

Cottingham Times

and District

Issue 159 - February 2015

STEPHEN RICHARDSON

PLUMBING, HEATING & GAS SERVICES

Approved Worcester-Bosch Installer

All Worcester-Bosch Boilers installed, come with a 8-year
Parts and Labour Warranty - Get Peace of Mind until 2024

Some boilers with a 8-year Parts & Labour Warranty
available until the end of December 2023

Oil Boilers Installed, Serviced and Repaired

Natural Gas, LPG and Oil-Fired Heating Engineers

Call for your FREE, No Obligation Quotation Today

Tel: 01482 876145 - Mobile 07779 887769

33 St. Margarets Avenue, Cottingham, East Yorkshire HU16 5NQ



Magnolia
House

Luxurious care home for you or your loved one...



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

*Residential Care • Nursing Care
Dementia Care
Respite Care • Day Care*

With a genuine 'home from home' atmosphere, relaxing environment, tasty, nutritious food and beautifully landscaped, extensive gardens Magnolia House values the importance of elderly care whilst offering a whole new lifestyle with unrivalled services. Our dedicated activities co-ordinator organises a variety of leisure pursuits, therapies, entertainments and outings to stimulate, inform and brighten the day for everyone. A recent, resident led, £300,000 refurbishment has given the award winning 93 bedroom home a top-to-toe makeover including stylish new decor throughout, exquisite lighting and flooring and elegant, en-suite 'wet rooms' for every room.

You may be caring for someone and simply need a break, or you may be struggling to take of yourself - whatever your needs our specialist, dedicated and caring team can help!



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

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

T: 01482 845038 • www.parklanehealthcare.co.uk

Park Lane
HEALTHCARE

THE COTTINGHAM TIMES

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

Editor: Keith Teale

Published Monthly by: The Cottingham Times

Enquiries: Advertising

Tel: 01482 840035 - Fax: 01482 840035

Editorial and Contributions

Tel: 01482 840035 - Fax: 01482 840035

Accounts: Tel: 01482 840035 - Fax: 01482 840035

Website: www.cottinghamtimes.co.uk

E-mail: media@cottinghamtimes.co.uk

Cottingham Times is a totally independent publication.

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

Disclaimer

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

Notice to Advertisers

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

10,000 Copies Printed Monthly

Looking for Window Blinds?

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



Conservatory Specialists

5YR Guarantee
ON ALL PRODUCTS

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

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

Bridget FREER 07541 009321
bridget@bridgetfreer.co.uk



clinical hypnotherapist

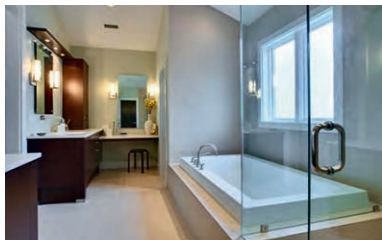
Lose weight with a
Virtual Gastric Band

Smoking: Stress: Phobias

www.bridgetfreer.co.uk

williams plumbing & heating

(Established over 32 years)



**Plumbing - Heating -
Bathrooms - Tiling**

Full Bathroom Installations

• Tiling • Electrics • Building Alterations • Joinery

Central Heating

• Full Systems • Boiler Changes



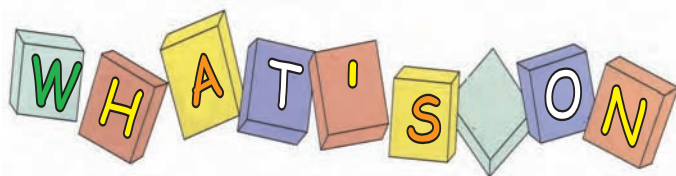
Plumbing and Gas

• All Plumbing Work • Gas Cookers
• Gas Fires • Servicing to all Gas Appliances

Tel 882552 Mobile 07721 366343

Support the advertisers who appear within the Cottingham Times

www.cottinghamtimes.co.uk - February 3



In Cottingham and District

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.

AgeUK East Riding

The first Friday every month, from 10.00 am to 11.30 am, call in to Cottingham Methodist Church, Hallgate, Cottingham for free information and advice on a wide range of issues. Ask about our befriending service, now available for Cottingham residents and other services available. Tea and Coffee available. Telephone 01482 869181 for further details.

Cottingham Bridge Club

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

Front cover: A view down Harland Way
Photo by: Paul Lakin

Cottingham Rangers AFC

Are one of the biggest football clubs in the area. We have a mini-soccer academy for 4-8 year olds and run teams for under 8's through to mens, as well as girls teams and now have an Ability Counts Section. Founded in 1972 the club offers sporting opportunities for the local community. Contact Dean Banyard, Club Secretary, telephone 01482 840924, or visit our website www.cottinghamrangers.co.uk.

Zion United Reformed Church, Hallgate

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

Play Badminton

On Tuesday and/or Thursday evenings at Cottingham High School, 8.00 pm until 9.30 pm during term time. £2.00 per evening. For more information telephone Dave 01482 842855.

Scottish Country Dancing Club

Every Monday - Beginners (for 1st hour), and experienced dancers of all ages welcome. National Associations, fully qualified teacher. For further information just turn up, or telephone Gordon Campbell on 849387 or Joyce 871790. 7.30 pm to 10.00 pm in the Arlington Hall, Cottingham.

Fitmums & Friends Run, Walk

The club meets at the Blue Kangaroo, Finkle Street, Cottingham on Monday's 9.45 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

STEPHEN RICHARDSON



PLUMBING, HEATING AND GAS SERVICES

Time-Served Plumber :: Ex-British Gas Technical Engineer
Natural Gas, LPG and Oil-Fired Heating Engineers



218388

- Gas Central Heating
- Boiler Replacements
- Gas Servicing
- Solar Water Heating
- Breakdowns, Repairs
- Bathroom Suites
- Systems Powerflushed
- Systems Upgraded
- Oil Boilers Installed, Serviced & Repaired
- Most Boilers come with 8 Year Warranty



**Beat Rising Gas Prices
Have a New
Condenser Boiler
Fitted NOW**



218388



All Plumbing Work Undertaken

Tel: 01482 876145
Mobile: 07779 887769

33 St. Margarets Avenue, Cottingham, East Yorkshire HU16 5NQ

The Alzheimers Society

Hold a memory café for people with dementia and their carers, family and friends at the Holy Cross Church, Carrington Ave in Cottingham. It is held on the second Tuesday of the month at 1.30 pm to 3.00 pm. For any further information please contact The Hull and East Riding Alzheimers Society on Tel 01482 211255.

Cottingham Cricket Club

The club provides cricketing activities and games for boys and girls from the age of 7. In 2015 we will be running four Saturday sides, an U18 side on Sundays, an U19, T20 side and team at U9, 11, 13, 15 and 17 and all Girl teams at U11 and U13 and possibly U15. All new players are welcome. Training starts in January with Indoor Nets at Thomas Ferens Academy for all age groups and Seniors on a Tuesday evening 6 till 8pm and at Cottingham High School on Saturday mornings. For more information please contact Rob Rhodes on 842215.

Calligraphy, Quilling and Folk Art classes

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

Cottingham Methodist Church Hall

Card making Class meets every Monday afternoon (except Bank Holidays) 1.30 pm to 3.30 pm at Cottingham Methodist Church, Hallgate, Cottingham. All Levels. Contact: Ann on 079328 33578.

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.

The Green Ginger Garland Dancers

Lady folk dancers established over 30 years ago. Thursday practices in the hall behind the Zion Church, Hallgate, Cottingham, between 8.00 pm to 10.00 pm. Every Thursday apart from August. For further information contact: www.greengingergarland.com or team leader Jenny Pittock on 01482 657778.

Writing Circle

A friendly and supportive group of aspiring writers. This is not a teaching class, but we offer gentle critique and bags of encouragement if you want to write a novel, poetry or just flash fiction and personal journalling. No Charge. We meet Mondays 10.00 am, at CC Coffee, King Street, Cottingham. Contact: Lynne 07866 850400.

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 FIRST Wednesday each month at 6pm. No Charge. Contact: Lynne 07866850400 or Pam 07966091513 heyhappinesgroup.weebly.com

English Country Dancing

The fun way to keep fit and make new friends. Every Tuesday at Darby & Joan Hall, Finkle St., Cottingham from 8pm till 10pm. Beginners welcome, no previous experience necessary. Additional sessions for beginners only will be held some afternoons by arrangement. Either come along on any Tuesday or for further information please ring Fred on 01964 550297.

Continued on page six

Four Generations giving 100 years Family Service

Herbert 1893-1962	Eardley 1908-1986	Geoffrey 1939	David 1964
----------------------	----------------------	------------------	---------------

Funerals respectfully conducted :: Personal Attention
Limousines :: Home & Abroad :: Private Rest Rooms Available

H. KEMP & SON LTD

Funeral Directors

(Established 1893)

259-261 HALLGATE, COTTINGHAM
YORKS HU16 4BG

Telephone (01482) 844695



♦ Golden Charter Pre-Paid
Funeral Plans Available ♦



PAINTER & DECORATOR

25 YEARS EXPERIENCE

QUALITY WORK

TEL: 01482 876743 (COTTINGHAM)

DAISY DECOR



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



**2 YEARS
0% INTEREST
FREE
CREDIT**

COLFAX

EST. 35 YEARS & STILL THE REGIONS NUMBER 1

up to
55% off Windows

For a no obligation
free quotation call: **01482 879077** www.colfax.co.uk



**BUY
NOW
PAY LATER**

Support the advertisers who appear within the Cottingham Times

www.cottinghamtimes.co.uk - February 5

Andy Wilson

Joiners & Wood Turners

National Avenue, Hull

FREEPHONE 0800 956 7419

MOBILE 07930 565457



Traditional or Contemporary Bannisters
Glass Panels • Pine • Hemlock • Ash • Oak
Squeaky Staircase?
Treads and Risers Replaced, Kites Rebuilt
All Staircase Repairs

Cottingham Singers

Singers Wanted! The Cottingham Singers meet every Wednesday at Bricknell Methodist Church, Bricknell Avenue, from 7.30 pm to 9.30 pm. They are looking for, Altos, Tenors, and Basses to join. The Singers covers a variety of music including Folk Songs, Spirituals, Choral Works, Songs from the Musicals and they perform a concert at Christmas and in the Summer, as well as concerts for different charities if asked.

Cottingham Tennis Club

Members are still playing through the year on our all-weather courts, warding off any winter-weight gain. New members are very welcome to join at reduced subscription rates: Adults £60; over 65's £50; under 23 £40; under 18 £25, to play until the end of April.

Cottingham Food Bank

The Cottingham Food Bank will be open every Wednesday from 11.00 am to 1.00 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.

Cottingham Methodist Photography Group

We meet in Cottingham Methodist Church Hall

Tuesday 3rd February at 7.30 pm

Tuesday 17th February at 7.30 pm

Tuesday 3rd March at 7.30 pm

Want to learn more using your digital camera? Why not give our friendly group a try? New members welcome. Why come along and give us a try? Contact for further details - John Tel No: 842169 or john@jcmhome.karoo.co.uk

Mother's Union

Meet on the 2nd Thursday of each month in the Arlington Hall, Cottingham, at 2.15 pm. You are most welcome to join us. Each month we have an interesting speaker, followed by tea and biscuits and a raffle. Our new season of meetings starts on Thursday March 12th. For more information contact Sheila Hall on 840834.

Cottingham Men's de Luda Society

Wednesday 4th February - Safeguarding Children with Geoff Ogden, in the St. Mary's Church Hall, Hallgate, starting at 2.00 pm.

Cottingham Local History Society

Wednesday 4th February - Arthur Credland 'The Zeppelin Raids on Hull'. Meetings monthly at 7.30 p.m. at Hallgate Primary School, entrance via King Street. Please arrive before 7.30 p.m. as the doors cannot be manned once the meeting has started.

Cottingham Catholic Women's League

Monday 9th February, AGM, in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7.30 pm.

Cottingham Women's Institute

Tuesday 10th February - Members' Hobbies and Interests. Competition: Most items in a small matchbox, at 10.00 am in the Methodist Church Hall, Hallgate, Cottingham.

Support the advertisers who appear within the Cottingham Times

Jane
Brooks
LAW

HERE TO HELP YOU WITH:-

- CONVEYANCING • WILLS • ESTATE ADMINISTRATION
- LASTING POWERS OF ATTORNEY • CARE FEE PLANNING • COMMERCIAL PROPERTY • TENANCY AGREEMENTS • EMPLOYMENT CONTRACTS
- BUSINESS SALES & PURCHASES • LEASES
- DEBT COLLECTION

Cottingham

2/4 George Street,
 Cottingham, HU16 5QU

Tel: 01482 848101

Hedon

13 St. Augustine's Gate,
 Hedon, HU12 8EU

Tel: 01482 893366

Your Local, Friendly Solicitors

www.janebrookslaw.co.uk

Both offices are accessible to wheelchair users

Haltemprice Art Group

Tuesday 10th February - After the Rain

Tuesday 17th February - Half Term

Tuesday 24th February - Sketching Night (M. Spink/M. McGowan)

Tuesday March 3rd - Workshop with Barry Whiting

Meetings held in the Cottingham High School, 7.00 pm to 9.00 pm in the Art Department. New Members always welcome. Annual fees are £20.00 which cover all but demonstrations, workshops, and appraisal evenings where an additional charge is made. For further details telephone Mrs. Pat Tillotson (Secretary) 01482 352840 or Mrs. Jackie Churchman (Publicity Officer) 01482 866783.

Cottingham Ladies Circle

Wednesday 11th February - Mr. P. Smith to give a talk entitled "Why (not how) Men and Women think differently", in the Darby & Joan Small Hall, at 7.30 pm.

East Riding Cricket Society

Wednesday 11th February - Chris Watts and Steve Richardson, ECB Anti-Corruption Unit, in the Brewery Bar, King William IV, Hallgate, 7.45pm Annual membership £15. Guests always welcome £5. Prize raffle - £2/ticket - includes vouchers for free tickets to watch County Champions Yorkshire CCC at Headingley in 2015. At King William IV, Hallgate, Cottingham (New Venue) at 7.30 pm for 7.45 pm.

Cottingham Green Women's Institute Evenings

Thursday 12th February - Ruth Atkinson - Hull Archaeological Archives. Competition: Name our Teddy. Meetings held in the Darby and Joan Small Hall, Finkle Street, Cottingham, at 7.30 pm, second Thursday of each month.

U3A

Thursday 12th February - Paul Schofield "History of the Pubs in Hull", at 2.00 pm in the hall at the Darby and Joan Hall, Finkle Street.

Beverley Film Society

13 February 2015 - The Great Beauty (2013)

Cert 15, Comedy/Drama (Italy) Director: Paolo Sorrentino

Oscar winning, compelling, tragi-comic tale of a journalist, who has charmed and seduced his way through a lavish life in Rome for decades. When his sixty-fifth birthday brings a shock from the past, he takes stock of his life, looking past the extravagant nightclubs and parties, to find Rome in all its glory: a timeless landscape of exquisite beauty. All films start at 7.30pm on the 2nd FRIDAY of the month, (except October). Screenings are in the Masonic Hall, Trinity Lane, Beverley. Membership costs only £30 for the whole season, that's £3 per film for a 10 film season, Sept to June. There is also a bar so it is a perfect meeting place for a drink and a film with friends. Members can join online at www.beverleyfilmsociety.org.uk, on a film night or by contacting the Membership Secretary T: 01482 870751.

East Yorkshire Embroidery Society

Saturday 14th February - Alice Fox - A Coastal Prospective. at 2.15 pm in the Darby & Joan Hall. Members £1.50; Visitors £2.50. Includes tea/coffee and biscuits.

North Ferriby Gardening Club

Thursday 16th February - There is a change to our published speaker, Keith Able and Pete Medley will now give practical tips on growing quality carrots and onions for the kitchen, at 7.30 pm in the North Ferriby Village Hall.

Continued on page 18

Support the advertisers who appear within the Cottingham Times

BOOK NOW And get 20% OFF
Ask us for details!

See the difference in a few days!
With a kitchen make-over from Dream Doors

GRAND OPENING OF SHOWROOM
12th-13th February
10.30 am - 6.30 pm

- Trusted Reputation
- Huge choice of Doors, Worktops, Appliances, Sinks & Taps
- Made to measure doors and units

DREAM DOORS
NEW LIFE FOR OLD KITCHENS

Call Andy or Terri On 01482 861653
For your FREE Quote

Showroom: Swinemoor Lane, Beverley, HU17 0LN

www.dreamdoors.co.uk

You'll be amazed at what we could do for your premiums!

- Home Buildings Insurance
- Home Contents Insurance
- Motor Insurance
- Taxi Insurance
- Travel Insurance
- Business Insurance
- Pre-paid Funeral Plans

Call Paul, Matt or Amy now on 707 800 (option2) or pop in at 195 Hallgate, Cottingham

'We're online with most insurers - so you don't have to be'

- local offices
- friendly people
- great prices
- face to face service

Hedon Insurance
your local insurance broker

Hedon Insurance is authorised and regulated by the Financial Conduct Authority

Cottingham Parish Council



Thinking of extending or altering your home?

Do you need planning permission? Save yourself money, frustration and time! By following the next few steps: Always talk to your neighbours about what you are trying to achieve.

- 1 Ring the East Riding Planning Office (01482 391737) and explain to them what you intend to do, they will be able to advise you if you need full planning permission or not.
- 2 If you are, for example, applying for a large extension or an unusual alteration, ask **for a site visit**, then they can advise you whether the application is feasible.
- 3 After taking on board neighbours' views (and the planning officer's comments if necessary) have your plans drawn up and submitted.

If you follow the above steps - in order - this should save you time, money and frustration.

The amount of planning refusals through the Cottingham Parish area in the last twelve months currently stands at 35. The majority of these could have been foreseen by contacting the East Riding planning officers before time and money was spent on plans.

Please remember we are here to help not hinder. Our work is to ensure that the best interests of all Cottingham residents are observed.

Cllr Kevin Casson

Chairman of the Planning Committee

Cottingham Day 2015

Put the date in your diary – Saturday 4 July! Planning for this year's event is well underway with some new ideas in the mix, along with the tried and tested attractions that you love. The good weather is ordered and we hope to have an event that once again has something for everybody.

If you think you can help in any way, either in the run up to the event or on the actual day – please don't be shy; contact Judith or Tina in the Parish Council office on 01482 847623.

Precept 2015/2016

At the Parish Council Meeting held on Thursday 15 January the Council agreed the precept for the financial year 1 April 2015 to 31 March 2016 at £120k which is unchanged from the current financial year. However, due to the changes in the council tax base agreed by ERYC this means that Band D equivalent households will pay approx. 27p less for the precept element of the tax. (The Parish Council precept is an element of the council tax collected by the East Riding of Yorkshire Council).

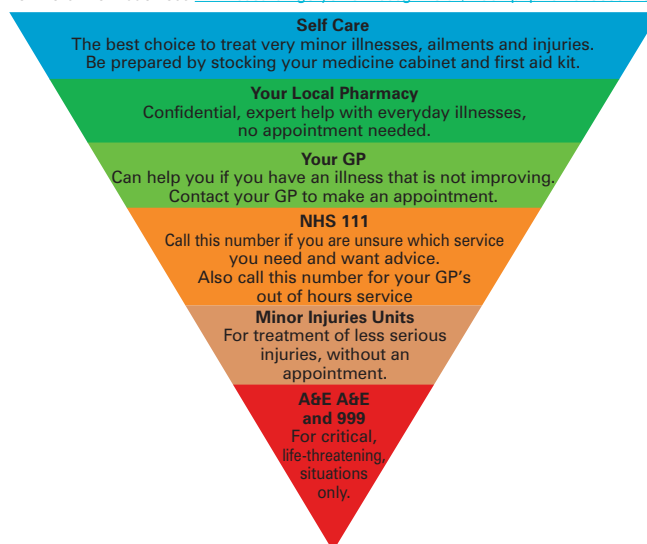
Parish Council Elections 2015

Have you ever complained about the decisions made by 'the powers that be' or feel that you should have had more say in

8 February - www.cottinghamtimes.co.uk

Alternatives to A&E

For more information see www.eastridingofyorkshireccg.nhs.uk/index.php?id=choose-well



what is happening in your village! Cottingham Parish Council wants to ensure that the people of Cottingham have a say in their future. **You** have the opportunity to make a difference.

On 7 May 2015 elections will be held for Parish Councils across the East Riding of Yorkshire. If you feel that you could do more for your community perhaps you could be a Parish Councillor.

If you would like more information please call into the Parish Council office.

Alternatives to Accident & Emergency (A&E)

If you are feeling unwell and you are unsure about where to go then the NHS Choose Well Guide will help you choose the right place for treatment. Here in the East Riding of Yorkshire there are a range of local NHS services to choose from – it doesn't have to be A&E.

Graffiti and Criminal Damage

On the same theme - if you see anyone defacing property or causing damage please report it to Humberside Police on **101** (this is the new non emergency number, which replaces 0845 60 60 222) or by e-mail (with a photograph if possible) to safe.communities@eastriding.gov.uk. You can also use the form at 'contact us' on www.humberside.police.uk. Many thanks to those unpaid volunteers who carry out unofficial cleanups around the village!

Contact Details

Should you wish to speak to a Parish Councillor, contact details are displayed in the noticeboards around the village. Alternatively, you can ring the Parish Council office on 01482 847623.

Keep up to date with what is happening around the village by visiting www.cottinghamparishcouncil.org.uk

Support the advertisers who appear within the Cottingham Times



Property News from Martin English of Homelink

Tenancy Deposit Scheme disputes

Tenancy deposit disputes can be a difficult issue to successfully negotiate. I recently came across a helpful article from the TDS the UK's largest Deposit Protection Scheme (DPS), gave the following useful tips to avoid a dispute:

The Deposit Protection Service protects deposits on behalf of 35,000 letting agents and 390,000 private landlords – and while dispute levels are extremely low, we've seen a thing or two along the way! Our top tips for a trouble-free tenancy are:

Check out your tenant before you check them in!

There are lots of cheap and simple options for tenant referencing available – a bit of work up front could save a lot of hassle further down the line. This doesn't necessarily guarantee a trouble free tenancy as circumstances change and a tenant could fall on hard times or be made redundant through no fault of their own; but it will give you a head start.

Have a good tenancy agreement in place

Would you believe it, we still see disputes between landlord and tenant where there is no tenancy agreement in place. Landlords, it'll be very difficult for you to make any claim on the deposit without a good, signed, tenancy agreement.

Make sure there's a well prepared property inventory on Day One!

We see a number of disputes where the landlord wants to claim for a dishwasher or sofa that's 'gone missing' – but without a

professional inventory and schedule of condition report to prove it was there in the first place, their case is difficult to prove. An inventory should be conducted with the tenant, either by the landlord or agent or an inventory company and signed by all parties. The same should be done on departure. Signed, dated photos are key!

Talk to your tenant.

A good channel of communication can stop all kinds of issues arising. Knowing when your tenant is planning to move out and starting the repayment process in good time means that the tenant can have their deposit back quickly which will make them happy – or will alert you to potential problems before the tenant moves out, giving you time to gather evidence for a deposit claim.

One of the most common issues between landlord and tenant is incorrect contact details – if one party changes their email address or phone number and doesn't update the other party – or us – then reclaiming a deposit can take longer than necessary.

If you have any comments or suggestions about the column or you have any property related questions that you would like me to cover please feel free to contact me at menglish@home-link.co.uk 01482 875248 or contact through *Cottingham Times* directly.

Homelink

your property partner

The professional family business, that really cares!

Hull £600pcm



- 3 Bedroom Semi-Detached**
- Neutrally Decorated Throughout
 - Spacious Through Lounge/ Dining Room
 - Fitted Kitchen
 - Enclosed Garden with Lawn & Patio Area
 - Ample Off-Street Parking
 - Gas Central Heating
 - Double Glazing
 - EPC Rating 38

Cottingham £550pcm



- 3 Bedroom Semi-Detached**
- Extended Semi-Detached Property
 - Cottingham Location
 - Spacious Throughout
 - Modern Fitted Kitchen with Dining Area
 - 3 Bedrooms
 - Rear Garden and Shed
 - Refurbished
 - Gas Central Heating
 - Double Glazing
 - EPC Rating 59

Cottingham £475pcm



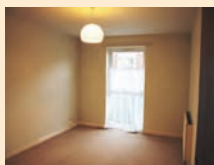
- 2 Bedroom Apartment**
- 2 Bedrooms
 - Central Location
 - Off-Road Parking
 - Modern Kitchen
 - Integrated Appliances
 - Modern Neutral Decor
 - Carpets
 - Double Glazing
 - EPC Rating 62

Hull £450pcm



- 2 Bedroom Apartment**
- Hull City Centre Location
 - Lounge
 - Fitted Kitchen
 - Bathroom with Shower over Bath
 - Secure Communal Entrance
 - Electric Heating
 - Double Glazing

Cottingham £395pcm



- 1 Bedroom Ground Floor Apartment**
- Cottingham Location
 - 1 Double Bedroom
 - Ground Floor Apartment
 - Large Living Area
 - Modern Fitted Kitchen
 - White Bathroom Suite with Shower
 - Storage
 - Gas Central Heating
 - Double Glazing
 - EPC Rating 69

Cottingham £385pcm



- 1 Bedroom Apartment**
- Central Cottingham Location
 - Neutral Decor Throughout
 - Separate Living Area
 - Fitted Kitchen
 - Storage Space
 - Gas Central Heating
 - Double Glazing
 - EPC Rating 58

LETTINGS • MANAGEMENT • LEASEHOLD

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

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

News and helpful hints and tips to keep you safe on-line

Here we are again, and into the second month of this new year already, how time flies when you're enjoying yourself. And computers can be great 'thieves of time'. How many times have you said 'I'm just going to do something quickly on the computer?' You start by doing one thing, then you might get side-tracked by a pop-up or reminder, and one thing leads to another, and all of a sudden an hour or two has passed you by. Either that, or you have a very slow computer – in which case you know who to call!

Windows 7 has been in the news as Microsoft ceases 'mainstream support' (as of January 14th). Don't panic as I've never known anyone get 'free mainstream support' from Microsoft anyway! The good news is that extended support will continue until January 2020. Basically this means that security updates will continue to be issued so all remains secure. Something like 50% of the world's computers are still running Windows 7 anyway. For the lifecycle other systems see: <http://windows.microsoft.com/en-GB/windows/lifecycle>

Tip > If you read the online version of this article on my website, you will be able to click on any links included. Just go to: <http://www.rdmcomputers.co.uk/news/>

ESET news. The very popular security software we have been selling for around 7 years now offers on their website an **online scanner**. This means that even if you don't use one of their excellent products at the moment and you are concerned about a possible threat to your computer, you can run a complete scan & removal utility by going to: <http://www.eset.co.uk/Antivirus-Utilities/Online-Scanner>



Wi-Fi - I mentioned previously about 'the internet of everything' - a huge growth area as so many gadgets are built to connect to the internet, most relying on Wi-Fi. At this time of year it might be worth looking at home heating automation systems like Hive (British Gas) and Nest (funded by Google and offered by Npower). Make sure your router is up to the job though. If it's quite a few years old

or generally struggling, then give us a ring for a quote on a new one.



Follow us on Twitter for latest news and views: @rdmcomputers1

Passwords – the bane of modern life! A list of the top 20 (bad) passwords were printed in the press recently, and most remain the same as last time they checked back in 2012. I won't repeat all of them here, but the top five were: *password*, *123456*; *12345678*; *abc123*; and *qwerty*. It's worth mentioning with so much hacking activity going on nowadays, we should all be using stronger passwords, and for that reason many email providers are insisting on it. Try to use at least 8 characters with a mix of letters and numbers, and/or symbols.

Another reminder: the telephone scam is still ongoing so watch out for that. Legitimate computer support companies **NEVER** phone around touting for business. **Don't do it, don't let them into your computer** and **NEVER** give them a credit card. Keep your passwords complex and safe (try not to use the same one!). For other tips on staying safe and secure visit: www.getsafeonline.org

Tip > If you missed an article or know someone outside the Cottingham Times distribution area who you think might be interested just go to: <http://www.rdmcomputers.co.uk/news/>

Hints & Tips

Word – One of my customers asked me recently how to turn on the 'overtyping' mode in Word.

That's where if you click back into a line of type and start re-typing, it replaces the existing text, instead of pushing it along. The keyboard shortcut is to press the Insert key (above the arrow keys). But if you don't have this key or it doesn't give this result, click on File, then Options and Advanced to turn on Overtyping mode. Or conversely you may want to turn it off.

PDF – I am often asked what a pdf file is. It stands for portable document format, and means the document is locked, and cannot be edited, and should look the same on any computer, provided it has a pdf reader installed. Adobe Reader is the most popular one, and if you don't have it, you can download it from: <http://get.adobe.com/uk/reader/>

Calculator – a handy feature in Windows I use a lot, normally found in the Programs/Accessories menu. But a quick way to launch it is to hold down the Windows key and press R, then type calc and press Enter.



Gmail – When you compose a new email there is a neat little toolbar at the bottom of the message box that lets you insert a picture or link straight into the text:

ESET has rolled out a new version 8 of their home products. Again it won't happen automatically, so open the ESET windows, click on update, and then click 'check program version', and then if it offers version 8, click to install. **And if your licence is due for renewal just call us and we can do it for you at the same price as online.**

Richard Mills

RDM Computers

Cottingham

01482 875666 or 07850 105424

Follow us on Twitter @rdmcomputers1

Web: www.rdmcomputers.co.uk

Email: richard@rdmcomputers.co.uk

All branding & trademarks acknowledged



RELAXED COMPUTING

CALL NOW FOR A QUOTE & ADVICE ON A NEW PC
T: (01482) 875666

Wifi setup, get online with your Laptop, Smartphone, Tablet or Kindle

Plain English computer support

CALL US NOW ON...
T: (01482) 875666
M: 07850 105424

rdm computers
technology simplified

www.rdmcomputers.co.uk

Thinking USA 2015/16?



USA holidays are becoming extremely popular because of the rising costs for a summer holiday in Europe. You can get a multi-centre around the USA for the same price as some holidays to Europe!

Also within this we are finding more families booking holidays to Florida. What was once a dream destination for people of all ages, is now comparatively the same price as a decent all inclusive holiday in Europe.

As an independent agent we have access to more flights, hotels, attractions and much more than any other operator.

You can also incorporate cruises, and other destinations into the mix to make the holiday that bit more exciting!

Check out our newly launched Destination USA website for an idea of USA multi centres.



Disneyland Paris is the closest Disney Park to the UK, and for a family who have never visited a Disney Park before is the ideal short break as a taster for families thinking about Walt Disney World in the future.

There are various ways of getting to Disneyland Paris such as flying, Eurostar and ferry.

The best value way to get to Disneyland Paris is to self drive using the overnight ferry from Hull to Zeebrugge. Once in Zeebrugge its only a 3 hour drive to the magic!

Whats more Disneyland Paris are currently running a free nights promotion. For example book 2 nights and get another 2 nights free!

For more on pricing please contact one of our stores.

www.destinationusa.co.uk

Contact : Unit 2 , Weltpon Road, Brough, HU15 1AF Tel : 01482 334545

Florida 2016

We are proud to announce that our allocation flights for 2016 to early 2017 are now on sale. If your planning on staying at Disney, in a villa or on International drive, get booked early to guarantee the cheapest class of seats.

We can also offer payment plans to make sure your holiday is affordable and paid off in time, however booking over a year in advance gives you plenty of time!

We are also expecting Disney World to announce their 2016 promotions soon, which always saves you hundreds of £'s.

We can use multiple airlines to get you to Orlando, we have various different accommodations we can use, and in fact have more at our disposal than any of the tour operators!

We also have our Disney specialist Mattie, who has created his own website to share his views and tips on Disney Parks/ cruises. It is up and running but still being built so check often for updates and new blogs from Mattie. You can also make an appointment to see him in store.

Make 2016 a magical one, with a holiday to Florida.



My Disney Holiday
#1 Trip planning for Disney
www.mydisneyholiday.com



ANDREW EARLES

HOLIDAYS

Designed Around You

www.andrewearles.co.uk

Contact : 81 Ferensway, Hull HU2 8LD Tel : 01482 581888

EVERFLOW

Plumbing Services

GENUINE 24-HOUR CALL OUT

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

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

CORGI 520101
safe 520101

Ace of Paints DECORATING

Sue Warren

Painting, decorating and DIY jobs. Friendly, reliable, experienced and reasonably priced.

For a **FREE** written Estimate or advice ...

Tel/Text: **07943 – 402 371**
(Cottingham)

HOME & SMALL BUSINESS COMPUTER SERVICES

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

Call Steve Blake on
01482 571100
www.blakeits.com

INSURED CRB CHECKED
Microsoft CERTIFIED IT Professional
EXPERIENCE 25 YEARS
Microsoft CERTIFIED

COTTINGHAM CARS LTD



Licensed private hire
Cottingham based
Local & Airport transfers
Competitive prices

07582 900 600
01482 847 848

Wordsearch - Good for You

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

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

Find the words in the letters above:

Apple, Apricot, Artichoke, Asparagus, Aubergine, Banana, Bean, Beetroot, Broccoli, Cabbage, Carrot, Cauliflower, Celery, Cherry, Cucumber, Date, Eggplant, Fig, Grape, Grapefruit, Leek, Legume, Lemon, Lime, Mandarin, Melon, Mushroom, Okra, Olive, Onion, Orange, Parsnip, Pea, Peach, Pear, Pineapple, Potato, Prune, Pumpkin, Rhubarb, Spinach, Sprout, Squash, Strawberry, Taro, Tomato, Turnip, Yam.

Wordsearch courtesy of www.puzzlechoice.com

Sudoku No. 97

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

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

Support the advertisers who appear within the Cottingham Times

MARIONOWENTRAVEL

Bookings are all over the place at the moment. There is no pattern, it can be for a holiday for next week through to a departure in 2017. It is never too early to book and nice to have something to look forward too.

Our first Warner's tour has just returned from Nidd Hall and they all had a great time. Just for adults they offer a great escape, quality food & entertainment, daytime activities and lovely grounds in which to enjoy the fresh air. Departures include travel plus concierge members save an extra £10 on our excellent prices.

Cruising : we have a great selection of offers many due to expire at the end of February so don't delay. E.g. Regent 7 Seas have prices from just £2499 for a 7 night fully all inclusive top notch cruise. Remember we book all cruise operators Ocean & River including Saga, Viking & Riviera plus we have our very own cruise departures too.

We have just returned from our first tour with "Historian" Fiona Irwin and look forward to Northumbria in March. Our tours do not just include nice hotels we also include all of your sightseeing. Northumbria includes Holy Island, Bedes, Durham Cathedral & Hexham Abbey - only 7 seats left.

Our Arran & Best of Ireland tour offers a super experience and are not to be repeated and Jersey now only has 9 seats left. Do take a look at our list opposite, having only 30 seats many now have limited seats.



APT offer fabulous inclusive river cruising plus touring in Australasia and North America - early booking offers are due to end 28th Feb 2015. For Example our Burma special departing on 3rd

March 2017 has companion flies free at the moment, which is a huge saving. This 18 day river cruise is very inclusive and starts at just £3495 pp on the offer!

This year there are many commemorations for historic events. One of these is the founding of the Women's Institute 100 years ago in the small community of Stoney Creek just on the outskirts of Hamilton in Canada. We have a group taking a pilgrimage in September, also incorporating a 10 day colours of the fall tour which even includes whale watching. Please ask for full details.

Fancy a special treat? Is the Orient Express on your list to do? We have a selection of tours with a saving e.g 1 night aboard the train in a private cabin, 2 nights in Venice plus a flight back to the UK starting at just over £2000 - don't delay ask Kayleigh & Natalie for more information today or see our website under "Exclusives".

We are regularly asked to organise family breaks across two or three generations to celebrate a milestone in life. For example a city break, the sights of London with a show, Bruges via North Sea Ferries, Paris by Eurostar or Disney in Paris or Florida. A cruise is good for a family allowing everyone to do as they please during the day then gathering together to dine each evening and catch up on the days events. Hiring a mansion or a castle, in the UK, Europe, North America or the Caribbean is also popular. Where ever you wish to travel in the world, we look forward to being of service.

Marion

**Our very own exclusive
coach & river cruise holidays
experience the difference**



09 Feb	Warner's Cricket St Thomas 5 days singles no sup	£ 275
17 Feb	Snowdrops at Hodstock Priory just for the day	£ 29
25 Feb	Mathew Bourne's Edward Scissor Hands matinee	£ 49
13 Mar	Warner's Nidd Hall 4 day weekend - single no supp	£ 229
19 Mar	Chesterfield Flea Market just for the day	£ 24
25 Mar	Northumbria with "historian Fiona Irwin" 3 days HB	£ 269
25 Apr	Harrogate Spring Flower Show just for the day	£ 39
26 Apr	Keukenhoff Bulb Fields - 2 nights North Sea & Entry from	£ 129
04 May	Warner's Alvaston Hall 5 days singles no supp	£ 289
10 May	Isle of Arran, Castles & gardens of Ayrshire 5 night tour Inc. Dumfries House, Culzean & Brodick Castles & more...	£ 525
19 May	Beamish Museum just for the day (8 seats)	£ 38
22 May	English Battlefields day out with "Historian Fiona Irwin"	£ 45
27 May	Orkney & Norway 8 night cruise aboard the Funchal	£ 974
08 Jun	Warner's Thoresby Hall 5 day mid week, singles no supp	£ 321
09 Jun	Flowers in Bloom just for the day at Walkers	£ 15
10 Jun	Dirty Rotten Scoundrills matinee in Sunderland via Thirsk	£ 70
13 Jun	BBC Gardeners World & Summer Good Food at the NEC	£ 43
21 Jun	"Best of Ireland" 8 night fabulous tour half board, super hotels & sights, historic Kilkenny, Killarney, Galway & Dublin	£ 895
06 Jul	Warners Alvaston Hall, 5 days, singles no supplement	£ 310
12 Jul	Liquorice Festival just for the day	£ 24
14 Jul	Dutch Dash with a twist - Hollands oldest Town Dordrecht	£ 99
26 Jul	RHS Tatton & Cheshire Halls & Garden's 3 days HB	£ 279
09 Aug	Edinburgh Tattoo - 2 nights B&B & good seats (8 seats)	£ 269
15 Aug	Rhine & Moselle River Cruise, a 9 night holiday includes fabulous ports each afternoon and no night sailing	from £1199
27 Aug	Barge Hotel Strasbourg & the Alsace Rhine/Marne canal 8 nights via P&O North Sea Ferries this all inclusive newly built barge opens up new waterways in style and comfort	£2350
21 Sep	Jersey by sea 7 days half board (9 seats)	£ 499
16 Oct	WW1 Ypres & Diksmuide with Historian Fiona Irwin	£ 275
27 Oct	NCL's new Mega Cruise ship - 2 days inc. Oxford from	£ 169
18 Nov	Thursford Christmas Spectacular 2 nights HB & top seats	£ 249
25 Nov	Thursford Christmas Spectacular 1 night HB & top seats	£ 169
13 Dec	Dutch Christmas Markets Dordrecht & Kuekenhoff 4 nights	£ 269
17 Dec	Beamish at Christmas - includes the museum & lunch	£ 49
23 Dec	Warner's Alvaston Hall at Christmas—5 days—huge saving...	£ 699
14 Mar	2016 Torquay, Exeter. Plymouth & Devon Cream Tea dance	£ 329
15 Sep	2016 Isle of Wight, Oxford, Stratford, island sights, super hotel	£ 469

Please do not hesitate to contact us or visit our website for more details. Dave & I look forward to personally welcoming you on board our coach.

To book your place Tel: 01482 212525

www.marionowentravel.com

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

Prices shown correct at the time of going to press, based on 2 sharing unless otherwise (cruises on lowest grade of cabin) single travellers welcome please ask.

Office hours: Monday to Friday 9am - 5pm : Saturdays by appointment only

ARTISAN ELECTRICAL CONTRACTORS Est. 2000
HOME • GARDEN • OFFICE • BUSINESS
A Family-run business serving west Hull and Villages
For all your Electrical Needs
How can we help you?
Telephone: 01482 502270 :: Mobile 07831 417446
 Email: info@artisanelectrical.com

We offer a Fast, Friendly & Efficient Service
 Over 30 years Experience
 Lost Power - Quick Response
FAULTS FOUND FAST!
 Free Quotes

NO VAT



SENSATIONS

Nails :: Beauty :: Chiropody

A warm, friendly relaxing atmosphere awaits you

Winter Special!

Choose any two treatments for just £30.00

- Luxury Spa Manicure
- Foil Wrap Toes
- Steam Cleanse Facial
- Back and Neck Massage
- Gel Polish Manicure
- Indian Head Massage
- Eyebrow and Eyelash Tint and Shape

181 HALLGATE, COTTINGHAM

Tel: 849068

COTTINGHAM MEMORIAL CLUB TRUST LIMITED

ANNUAL GENERAL MEETING

The Annual General Meeting of the
 Cottingham Memorial Club Trust Limited
 will be held on

Wednesday 25th February 2015
at the Cottingham Memorial Club
Finkle Street, Cottingham at 7.00 pm

*Admission to the meeting is restricted to
 current Members of the Club only.*



Special Educational Needs
 Support And Advice
Consultancy

Specialist TUITION for:
DYSLEXIA CONCENTRATION SKILLS
ADHD DYSPRAXIA

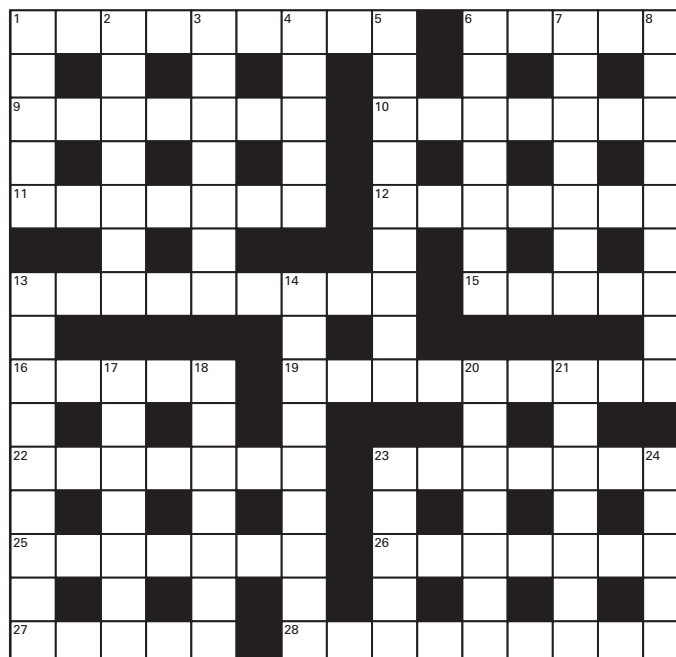
Call us NOW to arrange an initial meeting
 to discuss your child's needs

FREE OF CHARGE

TEL: 01482 475181



Crossword - Solution on page 46



Across:

- Intense sorrow (9)
- Deleted expletive (5)
- Blow up (7)
- Sowed (7)
- A tropical cereal grass (7)
- Trade stoppage (7)
- Regards with suspicion (9)
- Pertaining to the Hellenic Republic (5)
- Without companionship (5)
- Fazed (9)
- Sharp turn (7)
- Smooched (slang) (7)
- Inane (7)
- Piano music with a syncopated melody (7)
- Contemplates (5)
- Subverts (9)

Down:

- They often grow on heads (5)
- Asserts (7)
- Instructor (7)
- Whipping, clotted or ice (5)
- Female imperial rulers (9)
- A small weighted cloth bag (7)
- The Muse of music (Greek mythology) (7)
- Firmly fastened with a device (9)
- Controls the size of a camera aperture (9)
- Wastes (9)
- Beginnings (7)
- Depletes (7)
- Notion (7)
- Prolonged unfulfilled desire (7)
- Bush (5)
- Sediment (5)

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

Get set for this year's Swimathon challenge

Take to a pool in North & East Yorkshire for Swimathon 2015 and raise money for Marie Curie

Swimathon, the world's biggest annual fundraising swim is back for 2015 and swimmers across the country are poised to take to one of the over 600 participating pools and raise vital funds for Marie Curie.

Taking place across the weekend of 17-19 April, this year's event is set to be the biggest yet.

Marie Curie Community Fundraiser, Natalie Atherley is encouraging people in North & East Yorkshire to put on their swim suits and head down to their local pool to take on a Swimathon Challenge: "We're looking for swimmers who are up to the challenge to help make this the biggest and best Swimathon yet! In 2013, **513** swimmers took part in/across North & East Yorkshire and together raised a brilliant **£40944.96** for Marie Curie – a really fantastic achievement that we hope to smash this year. To find your nearest pool visit swimathon.org."

Swimmers can challenge themselves to the 5k, 2.5k or 1.5k individual or Team 5k or 1.5k swims and raise funds for Marie Curie.

Olympic gold medalist Duncan Goodhew and TV presenter and interior designer Linda Barker are heading up this year's campaign, and are calling on people of all ages to set themselves the challenge and take to the water.

Duncan Goodhew, MBE, Olympic gold medalist, said:

"Swimathon provides a fantastic opportunity to bring together swimmers of all abilities and demonstrates year on year that anyone can achieve their goal regardless of their ability, while raising funds for a good cause. In 2015, thousands of swimmers will be inspired to challenge themselves and raise vital funds for Marie Curie while smashing their targets."

Linda Barker, TV presenter and interior designer, said:

"I'm so excited to be part of this year's campaign alongside Duncan. Marie Curie does amazing work for people with a terminal illness and their families. The nurses really do an outstanding job; and raising money to support the work they do whilst getting fit by swimming, particularly after all the Christmas festivities, is a great way to start the New Year."

Commonwealth gold medallist, Siobhan O'Connor, is also getting behind this year's campaign, and is looking forward to Swimathon 2015 at the London Aquatics Centre (LAC), talking about the event she said:

"Swimming is a great way to get into shape, particularly after all the Christmas festivities. It's going to be great to be at the LAC alongside Duncan and Linda – to support those taking on the Swimathon challenge."

Marie Curie provides care and support to over 40,000 people living with terminal illnesses out in the community or in one of its nine hospices. Funds raised by Swimathon 2015 for Marie Curie will help people and their families living with a terminal illness make the most of the time they have together by delivering expert care, emotional support, research and guidance.

Swimathon entries are open until 15 April, 2015. Register at Swimathon.org or call 0845 36 700 36.

Graham Porter - Caring Dentistry



Graham Porter
BDS

Caring Dentistry

GDC Registration Number: 51131



Stuart Graham
BDS, MMedSci (Dental Implantology)

Routine and Complex Dentistry

GDC Registration Number: 59133

Cosmetic and restorative dentistry • Implants
Tooth whitening • DPAS monthly payment scheme

Graham Porter Caring Dentistry 8/9 Castle Green Green Lane Cottingham HU16 5JU
t. 01482 841146

In the Kitchen



Food has played a major role in Chinese New Year celebrations for centuries, and “lucky” foods are traditionally served throughout the two week Chinese New Year celebration, known as the Spring Festival - the most important festival in China when families come together to celebrate in as grand a style as they can afford.

The Chinese belief that different foods symbolize good things in different ways manifests in various forms.

Chinese Good Luck Foods for the New Year

The quantity of food prepared signifies prosperity and wealth of the household and there is an old custom of serving a platter which made up of five meats or five vegetables, referred to as “the five blessings of the new year” representing longevity, peace, righteousness, wealth and wisdom.

Individual foods and recipes also have specific meanings and are widely served during the Spring festival. Examples include, Chinese dumplings which have the appearance of the old Chinese silver ingots (the legend is that the more dumplings you eat, the more money you will make in the coming year); spring rolls which resemble gold bars; and noodles which represent long life.

But it's not just the appearance of the food which counts. Sometimes the name of the foods served are the significant factor.

For instance the Chinese word for fish sounds like the words “wish” and “abundance” which has led to the tradition of serving a whole fish (head and tail in tact) thus ensuring good fortune from the beginning to the end of the new year; the name Nian Gao (a glutinous rice cake) sounds like “getting higher year by year” the Chinese believing the higher you are, the better off you are; the name for turnips also means “good luck”; the word for lettuce in Cantonese sounds like “rising fortune” so it is very common to serve foods in a lettuce wrap especially if it's another lucky food; and tangerines and oranges are both given and eaten as their names sound like “gold” and “wealth”.



Another favourite is Sweet and Sour pork as the Cantonese word for sour sounds like the word for grandchildren, so serving this dish will help ensure the continuance of the family.

Prawn and Pork Spring Rolls

Ingredients

- 2 tbsp Vegetable Oil
- 50g/4oz Shelled Prawns, chopped
- 75g/3oz Minced Pork
- 50g/2oz Bean Sprouts
- 2 teasp Peanut Oil
- 1/2 Garlic Clove, crushed
- 25g/1oz Grated Carrot
- 1 teasp Freshly grated Ginger
- 2 teasp Soy Sauce
- 2 teasp Oyster Sauce
- 1 teasp Freshly chopped Coriander
- 12 x 15cm/6-inch square wrappers

Instructions

1. Heat the oil in a frying pan or wok, add the garlic, ginger and carrot and stir fry until softened.
2. Raise the heat and add the pork and prawns and stir fry for 1-2 minutes. Then add the bean sprouts and stir fry for a further 1 minute.
3. Remove from the heat and stir in the coriander, soy sauce and oyster sauce. Blend well and allow to cool.
4. Divide the filling into 12 portions then place the filling across the end of each wrapper, leaving a border of 1cm/½ inch on each side. Start rolling up the wrapper and when you get to 3/4 of the way, fold over the edges to enclose the filling.
5. Brush the remaining wrapper with a little beaten egg then continue to roll up the parcel. Repeat this process with all the wrappers. Refrigerate until ready to cook.
6. Preheat the oil to 180C, 350F. Fry the spring rolls, a few at a time, until golden and cooked through. Drain on Kitchen paper and keep warm whilst you fry the rest of the rolls. Serve immediately with a dipping sauce.





Noodles with Black Bean Sauce

Ingredients:

225g/8oz Dried Noodles,
2 teasp Soy Sauce
2 teasp Dry Sherry
2 teasp freshly grated Ginger
1 Garlic Clove, crushed
1 large Onion, chopped
1 Courgette (Zucchini) , chopped
25g/1oz Shitake Mushrooms, chopped
120ml/4fl.oz. Black Bean PASTE
3 tbsp Vegetable Oil
120ml/4fl.oz. Vegetable Stock
2 teasp Cornflour
1 tbsp Water

Instructions

1. Cook the noodles according to the instructions on the packet.
2. meanwhile, place the soy sauce, sherry, ginger and garlic in a bowl and mix well. Set aside.
3. Heat half the oil in a frying pan or wok until very hot then add the onion, courgettes and mushrooms and stir fry for 1-2 minutes. Remove from the pan and set aside.
4. Heat the remaining oil in the wok add the black bean paste and stir fry for 2-3 minutes being careful not to allow it to burn.
5. Add the soy sauce mixture together with the cooked vegetables and stir fry for 1 - 2 minutes.
6. Add the stock and bring to the boil.
7. In a small bowl, mix together the cornflour and water then add it to the pan and cook, stirring until thickened.
8. To serve - drain the noodles well then toss together with the vegetable mixture. Transfer to a warmed serving dish and serve immediately.



Support the advertisers who appear within the Cottingham Times

Sweet and Sour Pork Recipe

Ingredients:

350g/12oz Pork Fillet
1 tbsp Dry Sherry
1 tbsp Soy Sauce
Salt
1 Red Capsicum (Sweet pepper)
1 Green Capsicum (Sweet pepper)
1 Carrot
2 Spring Onion
1 Egg, beaten
2 tbsp Cornflour
Vegetable oil for deep frying
75g/3oz Pineapple Chunks
For the Sauce
180ml/6fl.oz. Chicken Stock
1 tbsp Soy Sauce
Salt
5 teasp Cider Vinegar
1 tbsp Sugar
1 tbsp Tomato Paste
1 teasp Cornflour mixed with a little water

Instructions

1. Cut the pork into thin strips about 2.5cm/ 1 inch wide by 5cm/2-inches long. Place in a large bowl together with 1 tbsp each of Soy sauce and sherry. Mix well and set aside .
2. Meanwhile, cut the green and red peppers into 2.5cm/1 inch squares. Peel and cut the carrots and spring onions into 1-inch chunks.
3. Bring a pan of water to the boil add the carrots and blanch for 4 minutes. Drain and set aside.
4. Make the sauce by combining the chicken stock, soy sauce, salt, vinegar, sugar, tomato paste and cornflour mixture in a large saucepan. Bring slowly to the boil stirring until thickened, then add the vegetables (but not the pineapple). Stir until well blended. Keep the sauce warm whilst you cook the pork as follows.
5. Mix the egg and cornflour together in a bowl until it forms a batter.
6. Remove the pork from the marinade with a slotted spoon, place the strips into the batter and mix to coat each piece well.
7. Heat the oil until very hot and almost smoking. Remove the pork pieces from the batter with a slotted spoon and immediately deep-fry until browned. Drain on kitchen paper.
8. To serve - add the pineapple and chicken cubes to the sauce, mix well, then turn the mixture into a warmed serving dish. Serve at once.

Prawn Toasts

Ingredients

1 teasp Dry Sherry
1 Egg White
1 teasp Cornflour
Salt
225g/8oz Shelled Prawns, chopped
4 Large Slices White Bread, crusts removed
1 tbsp Sesame Seeds
2 tbsp Cooked Ham, chopped
Oil for deep frying

Instructions

1. In a large mixing bowl, mix together the sherry, egg white, cornflour, salt and prawns until well blended.
2. Preheat the oil to 180C, 350F. Divide prawn the mixture between the slices of bread and sprinkle over the sesame seeds and ham. Press the mixture well into the bread using the back of a wooden spoon.
3. Deep fry the toasts, 1 or 2 at a time, prawn side down until the edges of the bread turn golden brown. Turn and continue to fry until golden. Remove from the oil and drain on kitchen paper. Keep warm whilst you fry the remaining toasts.
4. To serve - cut each slice into 4, transfer to a warmed serving platter and serve hot.

www.cottinghamtimes.co.uk - February 17

Launch of East Riding Poetry Competition 2015

Wordquake, East Riding Libraries and The Philip Larkin Society are delighted to announce the launch of the Philip Larkin and East Riding Poetry Competition for 2015.

Acclaimed poet Jean Sprackland will be judging this year's competition – with a first prize of £1000.

The competition is now open for entries with a closing date of Friday 10 April 2015. Winners and commended poets will be invited to read their poems in the company of some of the UK's finest poets at Bridlington Poetry Festival (19-21 June 2015), including this year's judge.

Jean Sprackland was the winner of the Costa Poetry Award in 2008, and the Portico Prize for Non-Fiction in 2012. Her books have also been shortlisted for the Forward Prize, the TS Eliot Prize and the Whitbread Award. She is Reader in Poetry at Manchester Metropolitan University and a trustee of the Poetry Archive, the world's premier online collection of recordings of poets reading their work.

The Poetry Festival's Artistic Director, Antony Dunn, said:

'We're very fortunate to welcome Jean back to the festival this year. She's a wonderful poet with a wealth of experience. The calibre of last year's entries was outstanding, so we're inviting poets writing in all forms to really take us by surprise in 2015. I'd also like to thank the Philip Larkin Society for its generous support.'

Jean Sprackland continued:

'It's an honour and a joy to be judging this competition, which is associated not only with Philip Larkin and his extraordinary legacy but also with East Riding and the wonderful Bridlington Poetry Festival. Judging poems is never easy, but I'm looking forward to the challenge, and to getting a glimpse of the range and variety of poems being written today'.

As well as the first prize of £1000, the 2015 competition offers a second and third prize of £500 and £200 respectively, and five commendations of £20. The East Riding Prize, for entrants from the East Riding, offers a prize fund of £100.

Entries are also welcomed for the East Riding Young Poet's Prize, the third year of the category for anyone between the ages of 13 and 19 who lives in the East Riding. Entry to the East Riding Young Poet's Prize is FREE with a prize of £100.

Commenting on the Young Poet's Prize, Jean said:

'Writing a poem can be about so many different things: the pleasure of experimenting with words, saying something important, putting powerful thoughts and feelings onto paper. Your poem can be on any subject, and written in any form – the important thing is that you enjoy writing it. Be more than just a consumer – be a creator too!'

For more information on the 2015 line-up and to download a competition flier, visit www.bridlington-poetry-festival.com or call the box office on 01482 392699.

The Cottingham Branch of the Royal British Legion say "thank you" to the businesses and people of Cottingham

The Cottingham Branch of the Royal British Legion wish to sincerely thank everyone who helped to raise £8,068.45p for the 2014 Poppy appeal.

These include Cottingham High School, local businesses, Mr. & Mrs. B. Minors, St. Mary's Church Choir, Swift Caravans, the large army of volunteer collectors and the wonderful generosity of the people of Cottingham.

18 February - www.cottinghamtimes.co.uk

Continued from page seven

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

Tuesday 17th February - Sashiko - Evelyn Gibbs. Meetings are held at the Endsleigh College Centre, Beverley Road, Hull. Meeting start at 7.15 pm on Tuesday evenings. New members and visitors are always welcome. Free Parking. Further details from Brenda Tennyson on 01482 708525.

Hull and East Riding Antiques and Fine Arts Society

Tuesday 17th February - 'Diaghelev and the Ballet Russ - Art on Stage' by Theodora Clarke. at 10.45 am in the Pavilion Suite, Willerby Manor Hotel. Guests/non-members welcome.

Cottingham Men's de Luda Society

Wednesday 18th February - My Time at Fountain Road School - Phillip Brock, in the St. Mary's Church Hall, Hallgate, starting at 2.00 pm.

Hull and East Riding Glaucoma Group

Wednesday 18th February - from 2pm till 3pm, when we will be pleased to welcome a speaker from the Lions Club. Many of the Lions Clubs' projects are designed to help and support sight programmes and services within local communities across the world. Our speaker will be talking to us about some of the projects the Lions are involved with in both the UK and abroad with regard to people with sight problems such as glaucoma, cataracts, and macular degeneration. Join us at Herib on Wednesday 18th February at 2pm. Entry is £1.50 per person. We look forward to seeing you. For more information and to book your place, please call HERIB on 01482 342 297.

East Yorkshire Association of the National Trust

Thursday 19th February - Alan Lavender, MBE - Chef to Four Prime Ministers, in the Cottingham Civic Hall, 7.30 pm. Non-members welcome.

The Inland Waterways Association

Friday 20th February - "Sea Fever" - Excitement for People of all abilities on the largest wooden sailing ship afloat, the Jubilee Sailing Trust's *Tenacious*. A lively illustrated talk by Rowena and Adrian Lovett, at 8.00 pm to 10.00 pm in the Cottingham Methodist Church Hall, £2.00 including refreshments.

East Riding Flower Club

Monday 23rd February - A Demonstrator Called Janice Kirk (from Barnsley). Her demonstration is called 'Yorkshire Life', at the Civic Hall, Cottingham 2.00 pm. Visitors £5.00 at the door. Cake stall. People are very welcome to join the club or come as visitors. Enquiries Judy Robinson 876279.

Cottingham Ladies Circle

Wednesday 25th February - Mr. and Mrs. Elsworth to give a talk and show entitled "Through the Eyes of Ben and Margaret", in the Darby & Joan Small Hall, at 7.30 pm.

Cottingham Methodist Church

Friday 27th February - Free Film Night, 6.40 pm for 7.00 pm. Popcorn, ice and chocolate for sale.

Cottingham Men's de Luda Society

Wednesday March 4th - A Glimpse of South Africa (Part II) - John Scotney, in the St. Mary's Church Hall, Hallgate, starting at 2.00 pm.

Support the advertisers who appear within the Cottingham Times

Cottingham Local History Society

Wednesday 4th March - Alan Richards "Mary Fowler's Holderness Road". Meetings monthly at 7.30 p.m. at Hallgate Primary School, entrance via King Street. Please arrive before 7.30 p.m. as the doors cannot be manned once the meeting has started.

Women's World Day of Prayer

Friday 6th March - At Holy Cross Church, Carrington Avenue, Cottingham, at 2.00 pm. This years service has been prepared by the Women of the Bahamas. All are very welcome.

The deadline for entries in the March "What's On" section, is Monday 17th February.

Unwanted Christmas gifts appeal

Marie Curie fundraisers are seeking donations of unwanted Christmas Gifts to raise vital funds to support raffles and tombola at events in the local area. If you are trying to diet with lots of boxes of chocolate spilling out of your cupboard or have received ill-fitting or duplicate Christmas presents you can save space in your house and get involved in recycling for a worthy cause.

All funds raised from the sale of your donated items will be spent on the local Marie Curie Nursing Services that provide a high quality nursing service, totally free, to give terminally ill people the choice of dying at home surrounded by friends, family and familiar things.

We are looking for unused items so if you have been given

any kind of items over Christmas which you simply have no use for volunteer fundraisers at Marie Curie would be extremely grateful to receive them. Please telephone 01904 755260 to speak to your local contact.

Women's World Day of Prayer (International and Inter-denominational) on 6th March

Women's World Day of Prayer is an organisation which enables us to hear the voices of women from a different part of the world each year expressing their hopes and concerns and bringing them before the rest of the world in prayer.

On Friday 6th March an estimated 3 million people, in over 170 countries, will gather to observe the day of prayer. The service is prepared by a different country each year and this year is prepared by Christian women from the Bahamas and translated into over 1000 different languages and dialects. In the British Isles alone over 5,000 services will be held. The services will begin when the sun rises over the island of Samoa and continue until it sets off the coast of American Samoa.

The Bahamas consists of over 700 islands scattered over 100,000 square miles in the Atlantic Ocean, only a small proportion of which are inhabited. It refers to itself as a 'family of islands' and in the service the needs of the smallest islands are given as much prominence as those of the larger ones.

Everyone is welcome to attend the service, men, women – people of all ages. The service in Cottingham this year is to be held at Holy Cross Church, Carrington Avenue at 2.00 pm.

Dream it...

Love modern?..
Prefer traditional?..
You've just found exactly
what you're looking for!



Call us for a free home consultation – 01482 860 688
Email us your plan or design idea – info@dreamerdesign.co.uk

Visit our showroom
Annie Reed Road, Beverley, HU17 0LF
open Monday to Friday 9am-5pm Saturday 9am-1pm

FURNITURE DESIGNERS & MAKERS



Never Again!

How many times have we promised ourselves this? Never to go back to the same restaurant after a disastrous meal, never to return to the same place for a holiday or never to have another pet. Never! After going through the extremely painful experience of watching our beloved companion take their last breath, how can we go through it all again? How can we put ourselves through all the pain that is, at the moment, so raw. For some, it may take years to come to terms with their loss and others less. There is no easy set time period to follow or easy solution. Everyone is different but what I can say you will know when the time, if at all, is right.

My love of dogs was introduced to me by my parents at the age of 5 years when we adopted a little waif and stray we called Scamp. A lovely little affectionate character that lived to the ripe old age of 13 years. After much deliberation and family discussion, mum and dad went on to adopt a gorgeous crossbreed puppy called Emma. It was strange having a puppy in the house again, learning all the training once again but it was also fun.

By the time I was in my early twenties and had been married for a year, my husband and I bought Brandy. Sadly, in those days (1980'S), pet shop windows were a common place to see litters of both puppies and kittens so the temptation got the better of us during our Saturday morning shopping trip. From that day to her sad passing away at the

age of 11, Brandy became one of my most treasured companions. She was always by my side, watching my 3 daughters grow up and eventually, sadly, being my 'confidant' as I went through my divorce and the devastating quick loss of my dad who adored Brandy as his own after losing Emma. Sadly, a month after losing dad, I had to make the devastating decision to let her go with dignity, I did say 'never again'. The pain was raw (and with only writing this, I realise it still is)...I was distraught. How could I ever think of owning another pet and having to open up all my feelings for them to only be torn away yet again? But I did.

Mum felt lost! After Emma, then dad, she needed another focus in life as well as her family and grandchildren so that is how we ended up at the RSPCA. Mum and Tess bonded from day one and it was seeing this that I decided the time was right to look for another dog for myself. Along came Tammy, an 8 week old cross bearded puppy who the girls immediately fell in love with. She was the 'perfect' puppy, if you can have one described as that.... never chewed a thing in the house, seemed to be house trained within a couple of weeks and just followed the girls around like their shadow. So what was holding me back?

Don't get me wrong, I loved her but I felt there was something. It wasn't until I awoke one morning, when Tammy was about 6 months old, to find the kitchen floor covered in bloody diarrhoea. Panic struck in and the thought of losing another member of our little family within such a short space of time, was unbearable. Thankfully, after a very early visits to the vet followed by 48 hours of monitoring, Tammy was on the road to recovery and it was from this moment on I finally found my bond with her. Whether I had put up an invisible barrier to stop my feelings getting hurt again after Brandy, I don't know but from that day I felt different. Once again, our little family unit felt complete. It was so amazing to watch such a unique friendship develop between my daughters and Tammy. Something I will always treasure and as I watch them all now in their twenties and thirties with dogs of their own, the legacy lives on.

As the years grew, so did Tammy. Not only in size but in our hearts. As I mentioned in last months article, wherever I went, she was there... from going to and from school to shopping, from visiting family and friends to eventually becoming a P.A.T (Pets As Therapy) dog. With a bit of time on my hands, I registered Tammy and after passing a short test with flying colours, we got our first 'job' of visiting a local residential home. It was wonderful to see how just 2 to 3 hours a week of our time, can bring so much pleasure.

It was also sad to hear of how some of the residents had to give up their beloved pets to go into the home, so the sight of a four legged big bundle of fun bouncing into the room brought a smile to many faces. It was the seeing one of the elderly ladies raise her hand and a smile for the first time when she first met Tammy...something she had never done since she had started living there.... that made me feel our visits were worthwhile. I am also proud to say Tammy won the regional finals of Companion dog of the year only to be pipped to 2nd place in the National finals by a Golden Retriever in Scotland.

Sadly, I had to give up our visits when I started working full time for a local veterinary practice and yes, Tammy was by my side once again. She accompanied me everyday and was quite happy lying in her basket by my feet, only to get up to greet the 'odd' nervous client to show them that the vet is not as fearsome as he/she may look. She also came on my visits to schools when I gave talks on Pet Care (sadly with Health and Safety etc., we are no longer able to take pets into schools). One of my proudest moments was when she gave her first blood donation (something we also do at KINGSTON and are constantly looking for donors) and delighted to say the receiver led a full road to recovery.

The list is endless. She had so many loving qualities, so much love to give...my four legged 'soul mate'. Then the fateful day arrived . I had to make that dreaded decision. So letting her go with dignity , at the age of 16 years, Tammy died peacefully in my arms, at home and surrounded by all who loved her. The old saying "Time is a Great Healer" is right. We never forget those who we have loved. The memories never go away but with time the 'raw' period begins to blend into the back ground and the happy times become more memorable. Like people, each pet is different. We don't love them anymore than the previous one, just maybe in a different way.

Never again? Teal!!! My gorgeous yet destructive black Labrador and like I said, everyone is different.....now there's another story.



Kingston
VETERINARY GROUP

Your local veterinary practice but so much more
Caring for your pet

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

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

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

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

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

Bluewaters Hydrotherapy
Unit 3 Factory Est, The Boulevard, Hull. HU3 4AY
Tel: 01482 226944



Dance on the Map

Everyone can dance!

Funding has been secured from Arts Council England for the next 3 years for the first strand of a new dance initiative in the East Riding, Dance on the Map. The first strand of the project is youth dance and it will deliver a community dance programme for young people aged 11 to 18 years.

Dance initiative

This initiative will put dance on the map in the East Riding by developing and providing a community dance programme for young people. There is no other form of youth dance work currently taking place in the East Riding and this project will provide opportunities for young people to take part in workshops and projects. The vision for the project is to engage young people and place dance as a focal part of community life beyond the lifespan of the project. This means that delivery will take place in local venues whilst linking in with dance programming at some of the East Ridings theatres and festivals. It will further develop progression routes for young people through regular County Company sessions for young people wanting to take dance further, building creative skills, experience and fitness.

Dance styles

A range of dance styles, from contemporary to urban dance will be offered across the three years and evaluation will play a key role in the continued artistic development of the project.

East Riding Youth Dance is now recruiting at a venue near you for the Spring term starting week commencing Monday 23 February, it aims to provide young people with little or no previous dance experience, with a fun, energetic and inspiring opportunity to develop both their dance technique and creative dance skills.

The sessions will focus on strength building and fitness along with the creation of an original piece of dance which will be performed at the biggest Youth Dance Platform in the area on Sunday 31 May 2015 at The Spa, Bridlington alongside other invited guest companies.

Enjoyable way to increase fitness

If you are looking for an enjoyable way to increase fitness and muscle tone; improve co-ordination, balance and posture and are excited by the opportunity to learn creatively with specialist dance artists then look no further.

The youth dance groups are taking place for 12 weeks in four areas of the East Riding:


Memorial Hall, Beverley	Tuesdays
The Spa, Bridlington	Tuesdays
The Courtyard, Goole	Saturdays
Woldgate College, Pocklington	Tuesdays

All groups start week commencing 23 February 2015

The cost is £45 per term (12 weeks).

To enrol please call 01482 395320 or visit the website

www.eryd.co.uk

I would love a

Kitchen

Roses of Beverley
 Unit 6 The Courtyard, Tokenspire Business Park
 Beverley. Tel: 01482 869111



At Home TV and DIY Services

(Pete Hall, formerly of Spectrum (Cottingham))

- TV, DVD Recorder Set Up • Tuning/Tuition • Wall Mounting • Low Rates
- **FREE** Advice • **FREE** Quotes • Friendly/Reliable • Small DIY Jobs
- Furniture Assembled • Blinds, Poles Fitted • Shelves/Pictures
- All Work Guaranteed • Call Anytime • 25 Years Experience

SMALL JOBS? NO PROBS!

8 Kent Road, Cottingham, East Yorkshire

Tel: 01482 848477 or 07812 813804

★ **Please keep this safe** ★



“The Tooth and Nothing but The Tooth”

by
Chris ‘Dr. Smile Maker’
Branfield

Treating cold sores, you can you know

Hello again. It doesn't seem like five minutes since I was writing the Christmas edition and now we're cruising on through to February!!! I've been busy this week putting a couple of presentations together for a conference I'm off to. Wish me luck.

They Can Be The Bane Of Your Life

Cold sores that is. Cold sores are caused by the Herpes Simplex Virus. The majority of us have had contact with it and usually early on in life, as a child. Most of the time we are unaware of it or we might just get mildly unwell. Sometimes however, it can make you really unwell for a bit and give ulcers all over the mouth and gums and around the lips that crust up. The posh name for this is Acute Herpetic Gingivostomatitis. This can be quite distressing as it usually presents in children. Pain killers, soft diet and ice cream is the order of the day.

The virus lay dormant in nerves and in about 20-30% of people they can reactivate and travel down the nerves to the



Pictured above: Very early stage, slight swelling.

surface. They often end up around the border of the lip. First here is a tingle and some slight swelling, then the blister or vesicle. This then bursts and crusts up. They can be really uncomfortable and last from about a week to a few weeks.



Left: The Blister Stage

What Triggers Them?

Various things can trigger cold sores including being run down and fatigued to hormonal changes. UV light can be a trigger so sunshine can set them off as well. What a nuisance if you are on your hols. Loads of high factor sunblock can help.

So What Can You Do?

Anti-viral creams can help and speed up healing but not by much at times. They work best if you can get them early at the tingly stage and can reduce the healing time by 12%. Examples are Acyclovir and Penciclovir.

Below: Crusty stage with more swelling



Stopping Cold Sores In Their Tracks With Laser

Non-contact laser therapy can stop cold sores erupting if caught early at the tingly, burning or stinging stage.



End Dental Suffering

Do You Have a Dental Wish List?

If you suffer from ill fitting dentures, want a fixed alternative for missing teeth and would love to eat steak and apples with confidence we have the answer to transform your life by changing the way you feel and eat forever, improving your confidence and general wellbeing. Dental Implants could be the solution!!

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

 **Call now for a free initial consultation minimum value £69**

Fantastic Results - Over the Moon!



The results were brilliant and overwhelming and I can now smile happily. The Castle Park Team are lovely and friendly and I would recommend them to anyone. *S Tennyson, Hull*

I will never be afraid of the dentist again!



What a difference my treatment has made to my life. I can now eat, chew and do all the things I had difficulty with. Many, many thanks to Chris and his team. *F Day, Beverley*

Our patients say it best at www.castleparkdental.co.uk

WHY WAIT?

CALL US NOW ON
01482 772550

Change Your
Life!

Treat Yourself to the Castle Park Experience!

"You have our personal promise of quality care and attention at all times"

Chris

Chris "Dr Smilemaker" Branfield GDC 68346

The Home of "Life Changing, Pain-Free" Dentistry

Castle Park Dental Care

Castle Villa, 28 Castle Road, Cottingham, HU16 5NA

www.castleparkdental.co.uk email: talk2us@Castleparkdental.co.uk

soys Elizabeth

Castle Park Dental Care is a Private Independent Practice and is the trading name of Castle Park Limited Registered in England, company number 06703803

A Case Study

Gill suffers from cold sores and knows well when one is on its way. She told me about it at the tingly stage when it just started to go red. So, we did a non-contact 30 second laser treatment. It just felt a bit warm. Immediately the tingling went. Within half a day the lump had gone and that was it, no blister or crusting. WOW!

Left: Non contact laser treatment

It's an amazing treatment that can make such a difference.

You can use it at a more advanced stage to speed up the healing better than creams and removing the discomfort.

A Bit Shaky

Hull City are struggling at the moment. Loads of injuries and struggling to score. I hope that we can get a few goals and a few wins. They'll need a bit of luck and loads of hard work to stay up but they can do it. Be positive!

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 22 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 charity work go here now www.castleparkdental.co.uk



In the doghouse from eating too much over the Christmas period?

NATIONAL CHARITY HEARING DOGS INVITE YOU TO COME OUT OF THE DOGHOUSE AND RUN FOR THEM!

Feeling a little overweight after Christmas? Are you ready to shed those excess pounds and get into shape for 2015? Well national charity Hearing Dogs for Deaf People is asking the public to resist those last few mince pies and pick up their running shoes to raise money

for hearing dogs, by applying for a place in this year's Great North Run on Sunday 13th September 2015.

It's time to get fit again and Hearing Dogs is offering a number of exclusive Gold Bond places for the world's most popular half marathon. The Great North Run is one of the largest half marathons in the world attracting thousands of runners from over forty different countries, so places are limited and demand is high! As well as a Gold Bond place, Hearing Dogs offer a high level of support from the moment you sign up to the day you cross the finishing line and beyond.

Hearing Dogs for Deaf People is urging people to apply for a place now, as Rachel Hassey, Community Fundraising Manager for North East explains:

"I was involved in the Great North Run in 2014 for Hearing Dogs and it was a truly inspiring experience. I was overwhelmed by all those people running for causes close to their hearts and the fantastic atmosphere!"

At Hearing Dogs, we support our running team every step of the way offering fundraising advice before the event, a warm welcome, refreshments and a professional sports massage on race day. We also offer our runners the chance to meet and greet some of our amazing hearing dogs with a behind-the-scenes tour of our training centre in Bielby, East Yorkshire.

'The support from the charity was amazing, both before and after. Thank you ever so much! I'm so pleased I ran the Great North Run for you and hope the money I've raised will help the charity' said Julie Docherty, 30, from Corby who completed the Great North Run in 2014 in 3 hours.

Highly trained hearing dogs alert deaf people to important sounds like the telephone and smoke alarm, as well as providing confidence and companionship, which can relieve the stress and isolation deafness can bring.

To secure your place in the Great North Run 2015 and for more information about Hearing Dogs for Deaf People please contact your local Community Fundraising Manager Rachel Hassey on 01759 322255 or rachel.hassey@hearingdogs.org.uk

Do it today and give yourself a new challenge for a new year!



www.premierroofing.co.uk

24 HOUR CALL OUT

Fast, Friendly Service







Premier Roofing Ltd.

Domestic & Commercial • Felt Roofing • Fibre Glass

• Fascias • Soffits • Rainwater Systems • Tiling • Cladding

TELEPHONE: 01482 571870/07813 118129



Here is Paul's latest walk in his series of monthly rambles.

This month his destination is Cottam

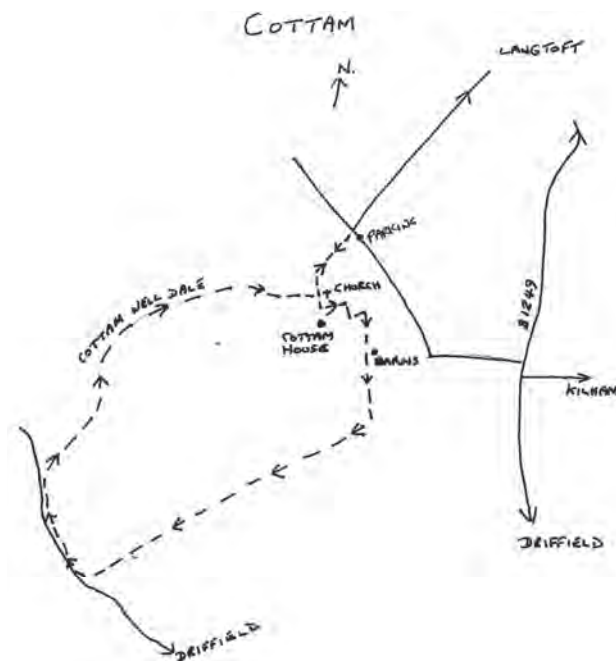
The map is for a general guide only. Please use an Ordnance Survey Map or similar if possible when walking.

Map:- EXPLORER 300

Start at GR.SE996654 Wide verges on Cottam road off the B1249.

Distance 5.0 Miles.

From the road junction take the concrete track heading south west, when the track turns sharp left pass through a gate ahead and walk with the hedge to the right. Ignore the next gate on the right but turn left and head for ruined church, pass the Church to the left and continue in the same direction



and immediately before the plantation pass through a gate on the left and then walk with the plantation to the right and then pass through a gate and emerge on a farm track and cross straight over.

After a few metres turn right and walk to the next farm track and turn left. After about one hundred metres turn right onto a concrete road heading towards a large barn. Continue past the barn on a concrete road and when the road ends, turn right and follow a well defined track which becomes narrower and eventually drops steeply to meet a road.

On emerging onto the road, turn right and follow the road for about 700 metres. Locate a way mark on the right. Pass through a gate and walk along the valley bottom, pass through two more gates and continue along the valley bottom which sweeps gently to the right and begins climbing. The ruined Church comes into view once again. Head for the church and then retrace the path back to the cars.

Suppliers of quality bespoke
kitchens, bedrooms & bathrooms

input
of Cottingham
kitchens

30-32 Northgate, Cottingham
Telephone 01482 844114
Fax: 01482 847828
www.inputkitchens.com
sales@inputkitchens.co.uk



Taking it easy in to the City!

park&rideHull

Priory Park

Park and Ride site

sat nav HU4 7DY

to

Hull Royal Infirmary
and the City Centre

up to every
10 minutes

free WiFi 

 @StagecoachEMid

www.parkandridehull.co.uk

The right
ticket
for you...

Park at Priory Park site
and be chauffeured

to the City Centre

£2.50

day return

£1.50 for children
use unlimited on the day
in Hull City Centre.

£3.00

dayrider

this ticket can also be used on all other
Stagecoach buses within Hull City

£10.00

megarider
weekly ticket

this ticket can also be used on all other
Stagecoach buses within Hull City

to Hull Royal Infirmary

£2.00

day return

£1.00 for children



Stagecoach



Love is in the air as Valentine's Day approaches; treat a loved one to a planted gift basket that will last longer than any cut flowers. Choose from baskets of patio plants or houseplants arranged by our Horticultural team or design your own using a selection of patio and bedding plants or houseplants available in the garden centre.

There is also a large selection of gifts to choose from including Valentine's Yankee Candle gift sets, delicious Belgian chocolates, Bomb Cosmetics bath bombs and beautiful glassware.

In February, the temperature should be beginning to rise and the weather becoming milder. While it still might be quite damp it's the ideal to transplant trees, shrubs and bushes. Why not try growing a fruit bush or fruit tree in the garden? We have a great range in our Planteria including apple, gooseberry, pear and citrus trees. Perfect for growing your own.

February is an ideal time to start growing your own fruit and vegetables. Growing your own is hugely rewarding and fun. Whether you have a garden, allotment, a small patio or a balcony there are many ways you can 'Grow Your Own'.

Start by choosing a spot in the garden. Ideally you need to choose a sunny spot away from other plants. Once you have the site of your vegetable it is time to prepare the soil.

Break up the soil in your patch and get rid of any weeds. Dig down to at least one spade depth and remove any debris and rocks.

Dig in a load of garden compost to improve the quality of your soil. Manure is a great addition to the soil as long as it is well rotted. If the soil is quite shallow you can

deepen it by making raised beds from plants of wood or spare bricks or stones.

Analyse the soil. Clay soils are fertile but very wet. Add some horticultural grit to help improve drainage. Sandy soils can be dry and may not be as fertile but can be improved with plenty of compost or manure.

What to Grow Now

There are a number of seeds that should be sown in February (Broad Bean, Lettuce, Pepper, Tomato to name a few). These seeds need to be planted in pots indoors, either in a potting shed, greenhouse or even on the windowsill. A propagator is the best way to grow seeds indoors if you don't have a greenhouse or a cloche once the frosts have finished. Starting your seeds off indoors gives them a better head start and can be moved outside once the weather warms. Choose from a huge selection of varieties in our garden centre. Each seed will require a different level of care so don't forget to read the packet if you are not a seasoned grower.



Seed potatoes are ideal to begin planting in mid to late February. There are dozens of different varieties to choose from at the garden centre. Each variety is put into categories which relate to their size and when they can be harvested - Early, Second Early, and Main Crop. Early potatoes are ideal for when you are short of space as they are the smaller varieties and are lifted earlier in the year. Main Crop potatoes take the longest to mature and take up more space but they tend to be the best varieties to grow for storage.

How to Grow Seed Potatoes

Before planting your seed potatoes you will have to 'chit' them. Chitting simply means to encourage the seed potatoes to sprout before planting and needs to be done around six weeks before planting. Start chitting in February for the best results.

WILLERBY FENCING

Proprietor: Mike Featherstone

We undertake all fencing jobs - At Competitive Prices

Decking Installation and Repairs

Ask for a Quotation

Tel: 01482 651962

www.spinney10.karoo.net

10 Jobs for this month

1. Prepare vegetable seed beds and sow some under cover.
2. Chit seed potatoes.
3. Protect blossom on apricots, nectarines and peaches.
4. Net fruit and vegetable crops to keep birds off.
5. Prune winter flowering shrubs that have finished flowering.
6. Divide bulbs such as snowdrops, and plant those that need planting 'in the green'.
7. Prune wisteria.
8. Prune hardy evergreen hedges and renovate overgrown deciduous hedges.
9. Prune conservatory climbers.
10. Cut back deciduous grasses left uncut over the winter.

1. Chitting - Use a tray or egg boxes to start your seed potatoes off. Each seed potato has a more rounded, blunt end with a number of 'eyes'. Stand your seed potatoes with this end pointing upwards in your trays or boxes and place them somewhere frost-free, with plenty of natural light. The potatoes are ready to be planted outside when the shoots are 0.5 to an inch long.



2. Planting - Plant your chitted potatoes when the soil has started to warm up around mid March to early April. Start by digging a trench 3 to 5 inches deep but the depth should vary depending on the variety. Add a light sprinkling of fertiliser to the trench before planting the potatoes.

Early potatoes need to be planted 12 inches apart, with 16 to 20 inches between the rows. Second Early and Main Crop potatoes need to be planted 15 inches apart with 30 inches between the rows.

Gently place your chitted potatoes into the trench with the shoots pointing upwards (be careful not to break the shoots). Then, cover the potatoes lightly with soil. As the shoots appear, earth up each plant by covering it with a ridge of soil so that the shoots are just buried. Do this regularly and by the end of the season each plant will have a small mound around it about 6 inches high.

Keep your potatoes well watered as the crop can be greatly reduced if it does not get adequate amounts of water.

3. Harvesting - Depending on the variety and the growing conditions your homegrown potatoes should be ready for lifting from June. Early potatoes can be lifted and eaten as soon as they're ready. Usually they are ready when the above ground growth is still green and the flowers are opening.

Second and Main Crop varieties can be kept in the ground much longer even though the above ground growth is not looking its best.

Two weeks before you lift the crop, cut the growth off at ground level. This should give the skins of the potatoes sufficient time to toughen up, making them less likely to sustain damage from lifting and making them easier to store.

Support the advertisers who appear within the Cottingham Times

NEWSTAR SECTIONAL BUILDINGS

Est. Over 40 years
OPEN 7 DAYS A WEEK
Open Sundays
11.00 am - 3.00 pm

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



**Discounts
on selected
ranges**

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

TEL: 01482 444256

sales@newstarbuildings.karoo.co.uk
www.newstargardenbuildings.co.uk

BRAVO LANDSCAPES



Garden design and build to the highest standard
Paving - Decking - Water features - Fencing -
Drives - Pergolas - Artificial Lawns
Imaginative low maintenance areas and much more!

Tel (01482) 844152 Mob 07985 416 665

www.bravolandscapes.co.uk



THE HEALING HUT
A Valentine's Gift
A Gift of Touch
Back Massage only £15.00
 (valid until 28th February 2015)
221 HALLGATE, COTTINGHAM
Telephone: 01482 842078




01482 876704
07929 860962

Ellyard Electrical
No job too small, give me a call

Rob Ellyard
 robellyard@hotmail.co.uk
65 The Dales, Cottingham

I would love a



Kitchen

Roses of Beverley
 Unit 6 The Courtyard, Tokenspire Business Park
 Beverley. Tel: 01482 869111

Finkles Boutique
 Cotta Court, Cottingham
Spring Stock Now Arriving
all at affordable prices!!
Well worth a look!




Your Stars for February 2015

By Kay Gower

Aries (Mar. 21- April 20)

Your bright outlook makes it easier for you to see your way through, past trials are over so look forward to handling whatever else life brings. On another note, give anything that's smaller than you a lot of loving care, children, pets and plants depend on your attention.

Taurus (Apr. 21- May 21)

The beginning of February may be a little rough going with the planet Mercury up to a few small tricks of the spilled coffee or traffic jam variety. By the second week you will be able to throw off the mental fog, and progress can and will happen as the Piscean New Moon on the 18th takes an industrious hand in the action.

Gemini (May 22-June 21)

A pleasant surprise occurs in February. This treat comes directly at you and might take the shape of a new friend or pet. Although this will be unplanned, when you see a chunk of good old-fashioned happiness, don't think too much about it just scoop it up and enjoy.

Cancer (June 22-July 22)

Stock up the pantry with food and hide out at home. It really doesn't matter if you're productive or not this month. Whether you get the energy to finish off any odd jobs or simply catch up on soap operas, the point is that being with yourself in your own environment is healing.

Leo (July 23-Aug 22)

Whatever your age, there is no harm in believing you are in your prime. After all, this is the day you have! The rest are either dead and gone or uncertain and unformed. Carpe diem!

Virgo (Aug 22 - Sept. 23)

Don't bite off more than you can chew this month. Overdoing it will only hold you back. Set a reasonable target for your project and go through all the necessary steps for success, and then you can sit back and enjoy your reward.

Libra (Sept. 24 -Oct. 23)

You try your best to keep your loved ones out of mischief, but sometimes it's not always possible. You might find yourself, having to cover for a friend this month. Your loyalty knows no bounds — but maybe it should.

Scorpio (Oct. 24 - Nov. 22)

The world will find its way in, no matter how you try to keep the commotion at a distance. Furthermore, it's coming at you fast. This will be true even if you decide to stay home and play things low key. You may as well just jump in. But keep your wits sharp.

Sagittarius (Nov. 23 -Dec. 21)

The month begins on a listless note with the planet Mercury retrograde until the 11th. Productivity will kick in strong but not until the 14th onwards. Once your way is clear, get to work. Respect goes to those who persevere when the going isn't easy.

Capricorn (Dec 22.- Jan. 20)

The life span of a tortoise can be up to 150 years. There's a reason for this...slow down! There is nothing that needs to happen in a time frame other than the way it is currently unfolding. Breathe deeply and trust in the process of life.

Aquarius (Jan. 21.- Feb. 19)

The effects of the Mercury retrograde through Aquarius continues until Feb 11th. By now you may be getting used to being unheard or misunderstood, so you're learning to talk louder and explain yourself clearly. There are a number of other tips for making the most of Mercury retrograde, which include: knowing where your mobile phone is and making sure you know where your keys are.

Pisces (Feb. 20-Mar. 20)

If you're young enough for a romance then it could happen if you're willing to risk it, and if you're not? Well, what happens is nothing at all. Both ways are good, actually. Romance is lovely, and doing nothing gives you perfect perspective. Basically, you can't lose this month.

New rules on food allergies

Food businesses across the East Riding now have to provide information to allergy sufferers about what ingredients are in food following the introduction of new rules.

The new rules, which recently came into force, apply to all food businesses that sell loose food, such as supermarket bakeries, delis, cafes and restaurants.

Now they will need to verbally explain or signpost allergenic information for the food they sell or provide.

East Riding of Yorkshire Council's food services team is working with those businesses that are affected, along with the Food Standards Agency to ensure people know what to do and how to provide safe food for those with food allergies and intolerances.

The primary cause of food allergy deaths in the UK is allergic reactions when food is consumed outside the home where allergenic ingredients have not been properly declared.

The new rules will mean that all food businesses will need to inform customers of any of 14 allergenic ingredients that are present in the food they make or serve.

This can be communicated to customers in writing on menus, verbally through explanations by staff or signposted to where or how more information can be found.

Councillor Jackie Cracknell, portfolio holder for community involvement and performance at East Riding of Yorkshire Council, said: "Allergy and intolerance to foods cause significant health issues.

"Around one to two per cent of adults and five to eight per cent of children in the UK have a food allergy so some people need to avoid certain foods.

"These new rules will boost the number of people shopping and eating out because those people who do have an allergy or intolerance will have confidence in what they are consuming."

Andrew Buxton, food services manager at East Riding of Yorkshire Council, said: "Food services team officers will be taking a suitably pragmatic and proportionate approach to ensuring the implementation of the food information regulations, particularly where it is evident that businesses have appropriate control measures in hand.

"However, there will be a justifiably high consumer expectation among allergy sufferers, that allergenic ingredient information is readily available, accurate and there is not a hazard to their health."

A special edition of East Riding of Yorkshire Council's food services team newsletter can be found at <http://www2.eastriding.gov.uk/business/food-services/> where there is more information and guidance.

It's a New Year . . . Volunteer

Marie Curie fundraising teams are appealing for people to give their time to volunteering this New Year to help with fundraising in the local communities in North and East Yorkshire or in the Elvington office near York.

Kyla Collins, local Fundraiser for the charity said 'We are looking for individuals who are organised with great communication skills to join our fantastic team of volunteers. From collecting during our Great Daffodil Appeal to sharing your skills in the office it's never too late to start your new year's resolution. Set yourself a challenge, learn new skills and help raise valuable funds for Marie Curie Nurses.'

Marie Curie Nurses provide specialist high quality nursing care in the comfortable and familiar surroundings of a patient's own home, totally free of charge. All funds raised by the team in this area will be used locally to make the choice of dying at home a reality for terminally ill patients nearby.

If you have a few hours or a day or two spare every week and would like to get involved in supporting the local fundraising team, please contact Kyla on 01904 755260 or email kyla.collins@mariecurie.org.uk

Support the advertisers who appear within the Cottingham Times



COTTINGHAM STOVES

TEL 01482 840811

OFFER OF THE MONTH

£995 FITTED



Offer Includes:

- Defra Approved 5kw Stove
- Hearth
- Stacked Slate Back Panel
- Oak Beam
- Flue Pipe
- Register Plate
- Hetas Certificate
- Fitting



Showroom: 144 Hallgate, Cottingham, HU16 4BD

Opening Hours: Mon - Sat 9am - 5pm Sun

www.brick-boards.co.uk



Holiday Home in Tenerife!!!!

Beautiful 3 bedroom house in Costa Adeje Mare Verde, Tenerife

On a peaceful and attractive complex, the house is only a five minute walk from the superb Fanabe Beach.

A great choice for that family holiday! From £300 per week

Visit www.tenerifecostaadeje.co.uk or tel. 658787 for more information and photographs.

Sudoku Answer from page 12

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



Keeping Bees with Neil Gower - a new quarterly article about the world of Bee Keeping

Two influential events took place in the summer of 1966 in the Gower household. The first is one that many of you will remember and others will have heard about when the England football team lifted the World Cup at the old Wembley Stadium on 30th July. I remember huddling around a 9 inch black and white television that Mam and Dad had rented from Redifusion especially for the occasion, with what seemed like an extended family of hundreds in our living room. It only had a small screen but it was so heavy it took two men to deliver it.

The second event had taken place a month earlier and was a much less public, but was a memory that has stayed with me just as much as that World Cup final... I opened my first beehive.

My Grandpa Jim rented an allotment with an association whose members collectively looked after a number of beehives on the site. The bees would pollinate the peas, beans, potatoes and fruit trees, and in return the allotment holders would harvest the honey. They would tend the hives in rotation and I was allowed to watch, thus began a fascination with bees that has stayed with me.

Our relationship with the Honeybee goes back thousands of years, and bees appear on prehistoric cave drawings throughout the world, are referenced in the history of every civilisation, and have been written about endlessly.

The equipment, tools and techniques used in beekeeping have changed since I first helped my Gramps back in the 60's, and in a series of articles I hope to give you an insight into the world of the modern beekeeper.

30 February - www.cottinghamtimes.co.uk



The Honeybees' original natural habitat has always been a well protected dry space, often a hollowed tree where they can draw down natural honeycomb from above. We have attempted to provide artificial housing in a number of guises over the years, but have now settled on the beehives that we see today. My own hives are made mostly of cedar, but as new technology progresses I also have some made of polystyrene. Feral colonies can still be found in tree hollows, and can also find their way into household chimneys and cavity walls, so it's always a good idea to investigate if you see flying insects taking an interest in that small hole in the wall that you intended to fill last week, if you want to avoid major building works!

Did you know?

There is only one species of Honeybee in the UK. This is the European Honeybee
But . . .
the UK host around 25 species of Bumble Bees and 225 species of solitary bees

In preparation for Winter, Honeybees will store honey in the outer frames of the hive, and as the temperature drops they form a cluster in the centre of the hive around the Queen. The worker bees will only venture out on cleansing flights on warm calm winter days, and the Queen will stop laying eggs.

As we have moved into February, my colonies have started to become more active and the Queen's have started laying eggs again. The early spring flowers such as snowdrops and crocus provide a good source of pollen and it's great to see the workers returning to the hives with tell tale sacs of brightly coloured pollen on their back legs. This is essential food for the larvae and although there are fewer bees in the colony over the winter months, I will still have around 10,000 in each hive. The race is now on to build up the population of each colony quickly to take advantage of the nectar flow and the pollen that will become available during the spring and summer. Whilst the pollen is an important source of food for the larvae it is the nectar that will be converted into honey, and many worker bees are required for that task.

I have been keeping an eye on my colonies over the winter. This is mostly to ensure that the hives are in tact but also to check that the bees have enough food, which I have supplemented with a sugary fondant where stocks have been low. Since Christmas I've been busy making new frames to put in the hives, and will replace at least half the existing frames over the coming months. This is good practice, especially in the fight against disease, and it goes without saying that it's also important to keep tools and clothing clean for the same reason.

Support the advertisers who appear within the Cottingham Times

Did you know?
Honeybees are classed as
livestock and should be
registered with the Government
Department DEFRA

There is nothing quite like the taste of thick natural honey that has been produced locally. Not only does it taste superior, but knowing that it is pure and untreated means that it contains more goodness, which is why it is often recommended to Asthma and allergy sufferers and is being more commonly used to treat wounds.

Branded honey bought from the supermarket has been treated, often pasteurised and comes in a poor second to the genuine article. There is real satisfaction from taking a frame of sealed honey from the hive, removing the wax capping, extracting and filtering it, and tasting that first spoonful.

For me, it's the reward for the hours of dedication, the regular hive inspections, the treatment against parasites and disease, swarm control, making sure they have enough food, enough equipment, and of course the stings! However, there is much to do before I can even think about extracting honey, and in the next article I shall update you on progress within my hives.

By the time May arrives we will be in to the 'swarming season', and this is the time when new Queens are born and the old one leaves the colony, often taking half the workers from the hive with her. It is quite a natural occurrence, and quite a spectacle. The sight of around 30,000 bees

taking to the air and travelling together like a large black balloon across the sky is not something that most people are likely to forget. I will tell you how we try to manipulate Mother Nature by creating artificial swarms in order to prevent our bees from leaving, and let you know if I have been successful. In the meantime I hope I have whetted your appetite with regards to bees and beekeeping. The countryside should also be awash with yellow, a sure sign that the oil seed rape is in flower, and a great source of nectar for the bees, which I hope will result in me being able to take off some early honey. Watch this space.

Neil

Neil is a member and former Secretary of the Beverley Beekeepers Association, and is based in Cottingham.

Organ Recital by Peter Gould, at 'Christ Church with Trinity', South Ella Way, Kirk Ella on Saturday March 7th at 6.00 pm

Don't miss this opportunity to hear an Organ Recital by Peter Gould, ex Organist and Master of Music at Derby Cathedral on Saturday 7th March, at 6 pm., at 'Christ Church with Trinity South Ella Way, Kirk Ella.

Tickets £6 from Roma Darley 01482 632942 or at the door. Tickets include food and wine. Proceeds for 'Ghana Hospitals Foundation' Please support this Charitable event and bring friends.



THE INGLEMIRE

**Tel: Dale 07960 167535
or Ian 07753 636110**
589 Inglemire Lane, Hull HU6 8SW

Function room Hire for all occasions
Weddings :: Birthdays ::
Engagements :: Christenings

Live football - Two big screens and 8 plasmas
Beer garden with heated smoking area
Snooker, pool and darts team wanted





Chinese New Year The Year of the Sheep/Ram/Goat begins on February 19th

About a week before Lunar New Year, traditional families will be busy preparing the religious ceremony performed with tributes and offerings in honour of Heaven (Tien Shen) and Earth (Ti Tu), and of the various deities of the household together with family ancestors. One of the most well know deities is the Kitchen God who resides over the stove and is said to keep an eye on the interactions of the household, making an annual report on what the family has done in the past year to the Jade Emperor in Heaven around about a week before Chinese New Year Day. Rites and offerings are made to the Kitchen God (Zhou Khun) on this day with hopes that he will speak well of the deeds of the family.

Traditionally, the run up to the celebration of Chinese New Year is the 'Reunion Dinner'. An extravagant banquet is laid out to mark the onset of the New Year where young and old gather for a reunion dinner to symbolise family unity. Family members try to get home from different places before or on New Year's Eve to celebrate this special occasion in the family home. Married daughters will traditionally spend their reunion dinner in the husband's family home.

This is a family banquet that is full of special dishes and delicacies artistically named with auspicious symbolic meanings. The dinner will start with a prayer of tribute and offerings to the ancestors and deities at the family altar. It is a very colourful and lively affair when every light is supposed to be kept on in the house throughout the whole night.

Some of the dishes that are laid on the banquet table have superstitious attributes such as: Ginkgo nuts; these represent gold ingots and are full of auspicious luck for fertility. Black moss seaweed is a symbolic food of prosperity. This is also true in the case of a whole chicken which is a desirable addition to the feast. Dried bean curd is placed on the banquet table to symbolise happiness and luck. Lotus seed is seen as another fertility symbol and signifies having many offspring. Nian Gao is a traditional sweet steamed glutinous rice pudding, when you eat this dish you will aid growth and abundance.

When you translate bamboo shoots into Chinese, the words sound similar to the Chinese for "hoping that all turns out for the best". A whole fish with its head and tail intact will represent togetherness.

Reunion Dinner

The Reunion Dinner is a very busy event. The women buzz around the kitchen with the dinner preparation whilst the men either watch TV or (guess what?) play mah-jong. Mah-jong is an extremely important part of Chinese culture and is played by men and women alike, often in halls exclusively dedicated to the game.

Mah-jong is linked with gambling with huge sums of money being won and lost by the players. An excellent memory is required to remember which tiles have been laid down and which remain. Once a certain point in a hand has been passed, you need to pay special attention as if you are the one to put down the tile that enables another player to win that hand, you not only have to pay your own losses on the hand but those of the other two losing players as well. This can mean serious amounts of money.

Children are bathed and dressed in their new pyjamas and promised the arrival of "Tsai Shen Yeh" (Chai Shen Yeh) (the Wealth God). Whilst they sleep; the parents will slip an ang pow (a red envelope with money) under their pillow signifying a visit from 'Chai Shen Yeh'. Children can also expect to receive red envelopes from uncles and aunts, with the amount that is given, being dictated by the closeness of the family relationship and also the age of the child. Older children can usually expect to receive more than younger ones. Someone who has a large family and who has taken a hammering on the mah-jong tables is in for trouble!

At midnight, at the turn of the old and New Year, people let off fire-crackers which serve to scare away the evil spirits and old qi of the past year and to greet the arrival of the New Year.

New Years Day itself, starts with you, in your finest and newest clothes, with the exchange of good wishes amongst the family. Married couples present the young ones, children and unmarried adults alike with a Hung-Bao. In Chinese culture, instead of giving a wrapped up present as we do at Christmas in the UK, it is customary to give this red envelope containing money. The amount of money contained in the envelope has to be in even numbers. Even numbers are auspicious unless it is a single Chinese i-ching coin on its own. It is amazing how much a person can accumulate in a single day.

The day continues with visits to relatives. The visiting rota has its unspoken hierarchy arrangement. The oldest get to sit at home and wait for the younger relatives to visit them to exchange good wishes to each other. This is a very exciting time for the children because nearly every 'Kung Xee Fa Chai' (it means Congratulations and May you be Prosperous) they recite, they get an ang pow (red envelope containing money) for it.

The second day of Chinese New Year is named 'Kai Nien' meaning "Year Beginning" which starts with a very early morning breakfast. Special dishes with symbolic names will be served. The special dish of this day is long noodles which are served with everyone competing to toss the noodles as high as possible with their chopsticks. The tossing of noodles is a



Support the advertisers who appear within the Cottingham Times

symbolic activity done to promote longevity. This means that, unless you are unable to do so, you stand up and raise your arms full stretch in the air holding the noodles aloft. In order to get extra lift off, some people use super long chopsticks and stand on chairs so you should probably make sure the ceiling fan is turned off.

Unlike in the west, Chinese New Year is not a time for drinking a lot of alcohol. In fact, alcohol is generally not drunk as people save space for themselves to drink enormous amounts of Chinese tea. Some people will have a Chinese wine with their meal but, particularly as the emphasis is so much on the family nature of the celebrations, nobody goes over the top.

Two days of over eating and general fun and games are indulged in quite a lot as the Chinese do not hold back on these occasions. The Chinese relationship with food is close all the year, but at no time more than at New Year. Many dishes have particular significance, especially at this time. Even everyday dishes like fish and turnips have special meanings and none more so than fish balls and meat balls both of which suggest reunion, which is a most important element at this time. However, after two days of festivities and fun, even the Chinese can have enough and recognise that energy levels need to be restored. The third day is therefore a day of calm. Traditionally, it is not a day for risks or adventure. The young ones will venture out to see friends but it is a quiet day. In China no offices or businesses will be open on this day.

Normal procedures return with businesses as usual on the fourth day. Many businesses will choose a specific day to start business with the assistance of their Feng Shui Practitioner and initiate the new trading year with a spectacular display of Lion Dance and fire crackers. It is a very noisy and exciting event.

Greetings and an air of festivity remain for another eleven days through to the full moon of the first lunar month when another celebration follows but this time it is to mark the closing of the Spring Festival. Day 15 is also called the 'Spring Lantern Festival' (Yuan Xiao Jie). This wonderfully romantic celebration takes place under a full moon on the fifteenth day of the first lunar month of the year.

On this day, the old and young carry a colourful lantern and gather in a neighbouring public place. They gather to admire and appreciate the first full moon of the year (very similar to the Mid Autumn Festival). In China, there are still villages that hold a big Tang Yuan (rice dumplings) cooking and eating session. The dumplings are round and symbolise family unity and completeness. The mid-month Lantern Festival traditionally brings the seasonal passage of the New Year to a conclusion.

Food has played a major role in Chinese New Year celebrations for centuries, and "lucky" foods are traditionally served throughout the two week Chinese New Year celebration, known as the Spring Festival - the most important festival in China when families come together to celebrate in as grand a style as they can afford.

The Chinese belief that different foods symbolize good things in different ways manifests in various forms.

Rat	1900	1912	1924	1936	1948	1960	1972	1984	1996	2008
Ox	1901	1913	1925	1937	1949	1961	1973	1985	1997	2009
Tiger	1902	1914	1926	1938	1950	1962	1974	1986	1998	2010
Rabbit	1903	1915	1927	1939	1951	1963	1975	1987	1999	2011
Dragon	1904	1916	1928	1940	1952	1964	1976	1988	2000	2012
Snake	1905	1917	1929	1941	1953	1965	1977	1989	2001	2013
Horse	1906	1918	1930	1942	1954	1966	1978	1990	2002	2014
Goat	1907	1919	1931	1943	1955	1967	1979	1991	2003	2015
Monkey	1908	1920	1932	1944	1956	1968	1980	1992	2004	2016
Rooster	1909	1921	1933	1945	1957	1969	1981	1993	2005	2017
Dog	1910	1922	1934	1946	1958	1970	1982	1994	2006	2018
Pig	1911	1923	1935	1947	1959	1971	1983	1995	2007	2019

Chinese Good Luck Foods for the New Year

The quantity of food prepared signifies prosperity and wealth of the household and there is an old custom of serving a platter which is made up of five meats or five vegetables, referred to as "the five blessings of the new year" representing longevity, peace, righteousness, wealth and wisdom.

Individual foods and recipes also have specific meanings and are widely served during the Spring festival. Examples include, Chinese dumplings which have the appearance of the old Chinese silver ingots (the legend is that the more dumplings you eat, the more money you will make in the coming year); spring rolls which resemble gold bars; and noodles which represent long life.

But it's not just the appearance of the food which counts. Sometimes the name of the foods served are the significant factor.

For instance the Chinese word for fish sounds like the words "wish" and "abundance" which has led to the tradition of serving a whole fish (head and tail in tact) thus ensuring good fortune from the beginning to the end of the new year; the name Nian Gao (a glutinous rice cake) sounds like "getting higher year by year" the Chinese believing the higher you are, the better off you are; the name for turnips also means "good luck"; the word for lettuce in Cantonese sounds like "rising fortune" so it is very common to serve foods in a lettuce wrap especially if it's another lucky food; and tangerines and oranges are both given and eaten as their names sound like "gold" and "wealth". Another favourite is Sweet and Sour pork as the Cantonese word for sour sounds like the word for grandchildren, so serving this dish will help ensure the continuance of the family.

Reproduced by kind permission of www.fengshuiweb.co.uk





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

www.instinctivehorsetraining.co.uk

Training behaviours

Discovering the power behind the use of positive reward methods has been a real adventure for me and my staff. It certainly has opened more avenues when dealing with unwanted behaviours and gives us the ability to shape new ones, extinguish old ones and opens a line of pure communication between the horse and its owner or trainer.

Getting started is the hardest part with most horses because many are food aggressive. We have to make sure we can stand next to them with food and not get mugged. Therefore we start in something called protected contact. That is when there is a barrier in between us and the horse. We pair up the clicker/whistle/cluck (Whatever we want to use as the marker for what we want or are happy with and would like repeating) with food (the reinforcer)

In simple terms when the horse displays calm, relaxed behaviour over the door we then click and give the food... at arm's length. It's quite a skill and can take ages to get really solid.

The horse then has the ability to work out what works and what does not. He is really wanting to earn that click noise (the bridge) because of what it is now associated with once he works this out he is starting on a path of impulse control and operant learning. Dogs are no different. Give them the chance to work out what you want by setting up the situation for him to learn easily, click that behaviour and reward with a treat. Very soon your dog will no longer pull on his lead for instance because you make the point of clicking and treating every time his

lead is slack no pulling back on the dog, no scolding the wrong behaviour just simply mark with that bridge every bit of good and reward it with whatever is of high value to that dog.

My rescue pony Toby is now a bit of a super star. He comes with me round the country to various events I am invited to and displays quite a repertoire of cued behaviours the word "cued" means that we have attached a command or a signal which asks for a particular behaviour. Alongside the fact that Toby has a few tricks up his sleeve, this training is essentially about bringing calm and relaxed feelings, changing associations from things which were formerly scary or frightening into being accepted calmly.



This is how we re train horses who have had a harsh life/ had accidents or introducing new things...like being ridden by a human or introducing traffic. By creating good associations and by rewarding every try life becomes a playground instead of an emotional torture chamber.

Toby playing basketball and impatiently waiting for me to open this huge umbrella so he can get his treat to an audience in Ipswich October 2014



Support the advertisers who appear within the Cottingham Times



It's February, how are your new-year resolutions doing?

If you can remember mine from last month's article then they are, shall we say, "work in progress" the cold weather is my excuse for not getting on the Golf course yet, however, if a trip to the driving range, to prove to myself I can still hit a ball counts, then I'll put a tick by that one.

My second is progressing, with internal decoration nearly finished, just the Pool Room to do, while agreement has been reached on new facilities in the rear food prep area and complete external decoration and signage to the building, creating a smart appearance for Skidby's Village Pub. More to come on the external grounds I hope, for the Summer.

As to my third resolution, well March 5th is pencilled in the holiday calendar and we're almost ready to book, I've managed to find a Hotel with a very nice 9 hole Pitch-and-Put within the grounds so having convinced Judy that keeping to my resolutions is important it looks like we've, (or I've) selected the Hotel. My short game should be up to scratch by the time I get back!!!!

All in all I think I'm doing quite well with my resolutions.

Dates in the diary for February include Valentines Day when, our chefs will be creating some tempting themed goodies on our Specials board to augment our standard menu, with treats on the tables for the Ladies. OK gentlemen, something for you as well.

I've had a great photograph from our Firework display last November enlarged and hung near the bar, many people have found an amazing spooky face within the fireworks, can you find it?

Although our little village shop is providing a service throughout Pub opening hours, I am aware that the necessity to close the shop door when there is only one or two front of house staff on duty, therefore providing access only via the Pub, does cause inconvenience. I am planning on changes which will improve this situation enabling us to keep the shop door open as well as improve our range of products on offer. I'll keep you informed in next months article.

As always thanks to all my customers and staff; keep warm, Spring is just around the corner.

Cheers Mike

The Half Moon, Skidby. Tel. 01482 843403.

Support the advertisers who appear within the Cottingham Times

SICK OF WINTER FUEL COSTS? LOSING HEAT THROUGH WORN OUT WINDOWS AND DOORS?



- Local Family Company
- Manufacturers & Installers
- Wide Choice of Products, Styles & Colours
- No Pressure Sales
- Windows
- Doors
- Composite Doors

**HIGH SECURITY, ENERGY
EFFICIENT DOUBLE GLAZING AT
GENUINE, SENSIBLE PRICES**

Call today for FREE, no nonsense, no obligation quote.

VISTA FRAMES
T/A COTTINGHAM WINDOWS

T: 01482 307307 / 849999

www.vistaframes.co.uk E: info@vistaframes.co.uk

FACTORY & PRODUCT DISPLAY

Unit 3 Unity House, Rotterdam Road, Sutton Fields, Hull HU7 0XD



Alishaan
Authentic ❖ Indian ❖ Cuisine
Special Four Course Meal
Sunday to Thursday £10.95

(not available on Bank Holidays
or February 14th; December 24th and 31st)

Prices discounted by 20% on Takeaway Meals
10% Student Discount on Sit Down Meals

Outside Catering available for that Special Occasion

Open 7 Days a week (including Bank Holidays)
Sun to Thurs 5.30 - 11.30 pm
Fri & Sat 5.30 - Midnight

205 Hallgate, Cottingham HU16 4BB
Tel: 01482 847255 :: Fax: 01482 847032
www.alishaan.net

**Now taking
Bookings for
Valentine's Day
10% OFF
Main Menu
Prices**



Art exhibition at CC Coffee in King Street raises £120

'Steve Honey, Trustee of CC Coffee and Scott and Giovanna Tones (Pastor of Christchurch and wife) would like to thank all those who contributed to raising money for HARP and Samaritans through the 'What a Gift' Art exhibition held in December in CC Coffee on King Street.

£120 was raised in total. In particular special thanks goes to Jackie Churchman and Pat Tillotson of the Haltemprice Art group who organised the contribution of the pictures.

Pictured in the photo are Steven, Scott, Giovanna, Jackie and Pat.'

Walking for health scheme seeks volunteers

Do you want a new challenge? Do you want to meet new people and stay active? Then becoming a walk leader is for you.

Walking for Health scheme is looking to expand and gain new walk leaders. The scheme relies on local people who are willing to commit to a few hours to help with leading walking groups. All volunteers are provided with free training and insurance to lead walks in the East Riding.

The next free Walk Leaders training course is going to be held on Monday, 16 February at Cottingham Civic Hall, Market Green Cottingham, HU16 5QG at 9.30am until 3.30pm (registration at 9.15am).

East Riding of Yorkshire Council's Walking for Health scheme currently has over 18 walks covering the whole of the East Riding. The walks are designed to cater for everyone from the experienced walker to the complete beginner. Walks last between 30 minutes to 2 hours depending on venue.

Anyone interested in becoming a walk leader or wants to know more about the walks in your area should contact East Riding of Yorkshire's Healthy Lifestyles Development Officer, Jennifer Lonsdale on (01482) 392527 or email jennifer.lonsdale@eastriding.gov.uk

If you want a new challenge or would just like to get out in the fresh air and meet lots of new friends then go along and join the walks, no booking is necessary.

The Dental Studio & Implant Centre

92 Northgate, Cottingham, East Yorkshire HU16 4EH Tel: 01482 875445



A BRIGHT SMILE TO BRIGHTEN UP YOUR DAY

ZOOM WHITENING NOW ONLY £250 - SAVE £100

Services include:

- Cosmetic dentistry
- Hygiene Therapy
- Dental Implants
- Tooth coloured fillings
- Crowns
- Anti Wrinkle and Dermal fillers treatment
- Interest free loans
- Low cost patient plans - from £16.00 a month

ALL NEW PATIENT CONSULTATIONS HALF PRICE

HALLGATE TREE CARE

A cut above the rest!



**Logs,
coal and
Kindling
available**

Hallgate Tree Care is a family run business and we would like to offer you our services while working in your street

PROFESSIONAL TREE AND HEDGE CARE

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

We also offer a Stump Grinding Service

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

Tel. 01482 846069 or Mobile 07817 214792

HALLGATE, COTTINGHAM, EAST YORKSHIRE HU16 4BD



HALLGATE TREE CARE

A cut above the rest!



Saturday 14th February
Normal À la Carte Menu
being served



See our
Valentine's Menu
on our
Specials Board
£15.95

Please book early to
ensure your table

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



“Sherlock Holmes - A Working Hypothesis to be performed at Swanland Village Hall

A new show will be performed in Swanland Village Hall at 7.30pm on Saturday 28th February. “Sherlock Holmes - A Working Hypothesis” is a fast paced and interactive production which places the audience at the heart of the action, with games to play and investigations to be solved.

This production for a thrilling, interactive and original drama inspired by Sir Arthur Conan Doyle's much-loved detective stories is suitable for ages 10 upwards. Three years after the Reichenbach Falls the great detective, Sherlock Holmes, is presumed dead. Dr John Watson has married and moved on, Consigning his of days adventure and investigation to memories. In an intimate room in this rural town a lecture is about to take place.

A great professor of criminology prepares to educate his audience on the science of deduction that Holmes made famous. Will this event be the catalyst to throw Holmes and Watson together again, as one final mystery lays dormant, waiting to be unravelled? Could it be true that their archenemy Moriarty is still at large?

Tickets cost £8.50- adults; £4 - accompanied children; £20 - family ticket (2+2) SVA members (bought in advance) £7.50. Available by calling Yvonne on 01482 634863.



HANNAM Upholstery Company

1b Main Street, Willerby,
East Yorkshire HU10 6BP.
Tel/Fax: (01482) 658787

Maybe the new sofas you've been looking for are right under your nose

Before buying a new suite or sofa, take a look at what your sitting on. We can totally transform your existing furniture, re-upholster it in the latest modern, or contemporary fabrics. Re-style it or sometimes even re-shape it. Don't throw away a quality piece of furniture and replace it with rubbish. If you have a quality suite, then it will be worth letting us bring it back to life. A good frame will last for ever. Ring or call in to see what we can do for you, We will give an honest opinion on it if your suite is worth spending money on.



WE ALSO MAKE NEW SUITES

Sofas and chairs built to your own designs and dimensions in a choice from thousands of fabrics built on solid hardwood frames that carry a ten-year warranty. We also re-cover occasional furniture, such as dining chairs, chaise lounges and sofa beds. **Traditional French Polishing Service available.** With 35 years experience, satisfaction is guaranteed.

The Belmond Northern Belle returns to Hull

On Saturday 2nd May 2015, Dove House Hospice are proud to charter the Belmond Northern Belle, sister train to the Venice-Simplon-Orient-Express, and offer our supporters an opportunity of a lifetime. Just like its famous sister, the Belmond Northern Belle celebrates the era of elegant trail travel. After offering this exclusive experience for the people of Hull and East Yorkshire over the past few years, this sadly will be the last time the Belmond Northern Belle will be chartered from Hull with Dove House Hospice.

Don't miss out on being transported to a more gracious age on a journey of refinement and glamour. As the decadent carriages depart from Hull, watch the English countryside unfold as you sample the delights of fine wines, champagne and mouth-watering cuisine. The outward journey includes a delicious three-course brunch with Bellini's and fine teas and will arrive in our capital city of London midday. Our packages can be tailor made by incorporating tickets to a popular West End theatre show or a travel card to explore the city at your own pace. On your return journey a sumptuous gala dinner is served including complimentary wine and champagne.

This journey is a once in a lifetime experience and is a perfect gift for that special someone, or especially for a milestone birthday or occasion. Tickets are £380 per person including a theatre ticket and £350 including a travel card. For more information and a full brochure please contact the fundraising team on: 01482 785743 or email fundraising@dovehouse.org.uk.

ERYC Section 19 Report into Cottingham Flooding

Thanks to the digital revolution East Riding Council now publish all their documents on their website, rather than a booklet in the local library, but finding them is not easy. For some reason documents are posted as image files, so none of the words are visible to the 'search' function.

Cllr Geraldine Mathieson has long been complaining about this in County Hall, but recent requests from residents for the report into last July's flooding has highlighted the issue. "It reminds me of The Hitchhikers Guide to the Galaxy, where planning documents were 'on display in the bottom of a locked filing cabinet stuck in a disused lavatory with a sign on the door saying Beware of the Leopard'."

Fortunately ERYC planning documents are relatively easy to find using the Planning Portal, a national system, but you need to know exactly where to look to find anything else.

Section 19 of the Flood and Water Management Act 2010 gives ERYC the responsibility to investigate serious incidents and make suitable recommendations for action. The report into the rainfall event last July went to ERYC's Cabinet on 28th October, and the report in full can be read as part of the documents for that meeting. Log on to the ERYC using the following link <http://www2.eastriding.gov.uk/council/committees/the-cabinet/>, then scroll down to the list of meetings and download the PDF entitled 'The Cabinet Supporting Papers 28 Oct 2014'. This also includes the proposals for the River Hull.

The Cabinet approved all the recommendations of the Section 19 Report, one of which was to explore ways to help protect individual properties. The first stage in this is to consult householders and businesses who were affected, so please don't ignore the letter if you get one.

Geraldine Mathieson



Oscar winning "Amour" to be shown at the Swanland Screen

The film for February 2015 is the Oscar winning "Amour" - the story of Georges and Anne, an French octogenarian couple. They are cultivated, retired music teachers. Their daughter, also a musician, lives in Britain with her family.

One day, Anne has a stroke, and the couple's bond of love is severely tested. As always the film will be shown at 7.30pm on the third Saturday of the month, the 21st February, at Swanland Village Hall, with tickets on sale at the door, £4 adults and £2 schoolchildren. For further information see www.swanlandvillagehall.info/future-events.htm or call Yvonne on 01482 634863.

Law firm offers legal advice clinics to help people understand changes to Inheritance Rules

Leading law firm Andrew Jackson have been providing legal advice clinics for over 10 years and have seen their popularity build as a trusted, valuable forum for anyone wishing to discuss wills, powers of attorney, probate or family matters. In light of major changes to rules surrounding inheritance, even more clinics are planned across the region.

Solicitor Deborah Gilpin, who specialises in this area of law, explains: "Family arrangements are becoming increasingly complicated, particularly as the intestacy rules - the rules concerning the estate of a person who dies without a will - changed on 1st October 2014.

People must understand that if they do not make a will, the law decides who will administer their estate and who will inherit. It's a complex picture, with different versions of the rules being applied dependent on a range of factors. There is a lack of awareness of these matters and we want to help.

Legal matters around bereavement can present real challenges for couples and families at an emotional and unsettling time. It's much better to take time to review issues now, when they are much easier to tackle than they could be further down the line. Our friendly, supportive team is keen to guide people through these matters, providing the expertise they need to plan for the future."

Deborah believes that this is a great way for people to take control of their futures and tackle a delicate subject in a supportive environment, "Our clinics are really important as we know how daunting the legal landscape can be. We are very happy to be able to help by discussing their options with them without them worrying about incurring costs."

For more information about the legal advice clinics or to book an appointment, contact: Jo Pearman or Jayne Lowde in confidence on 01482 325242 or email legalclinics@andrewjackson.co.uk

Support the advertisers who appear within the Cottingham Times

Andrew Jackson
Solicitors

Legal Clinics

Free initial appointment
advice on Wills, Probate, Powers of Attorney & Family Issues

Cottingham

Civic Hall, The Green

1pm – 4pm

29 April, 27 May, 24 June, 29 July

For further details or to book an appointment
please contact Jo Pearman or Jayne Lowde on

01482 325242

or email legalclinics@andrewjackson.co.uk

Marina Court Castle Street
Hull HU1 1TJ

www.andrewjackson.co.uk

Authorised & Regulated by the Solicitors Regulation Authority (SRA No. 51781)

Happy Chinese New Year Year of the Sheep

enjoy a superb evening at the
woksoever

Experience superb cuisine on
Valentine's Day

A superb menu is available for you and
your loved one, on this special day.
So don't miss out, make your booking today!

*Chinese New Year
Party Nights*

20th and 21st February

For reservations

Telephone 01482 840800

www.woksoever.co.uk :: info@woksoever.co.uk



Hilary James and Simon Mayor present 'Hoagy, Hornpipes, Handel and Hoedown'

If you've managed to catch their quartet The Mandolinquents in one of their Beverley concerts or heard Hilary and Simon on BBC Radio's 2, 3 or 4 you'll be familiar with the unique combination of Simon Mayor's virtuosity and humour and Hilary James "honey dripping voice"... not to mention her enormous mandobass!

But it's probably the diversity of their repertoire that surprises people most: from folksongs to blues, Berlioz, classical mandolin show-stoppers, swing fiddle and some of their own notorious comic songs. This hugely entertaining evening is not to be missed. Serious stuff – but don't take it too seriously!.

On Thursday 19 February 2015 at 7.30pm, in the Toll Gavel United Church, Beverley.

Tickets cost Adults £14, Concessions £12, under-14s free with each full-paying adult ticket, additional Children £5 and are available from Beverley Tourist Information Office on 01482 391672 or www.eastriding.gov.uk



3rd Willerby Arts Festival *"Seasons"*

**at Willerby Methodist Church
Friday 20th – Sunday 22nd March 2015**

You are invited to exhibit in:

Art (any medium), Sculpture, Photography

With free viewing on

Friday: 2.00 - 8.00 pm

Saturday: 12 noon - 4.00 pm

Sunday 12 noon - 5pm

Free Workshops during Saturday

with

"The Smugglers in Concert" at 7.30pm:

Tickets: £5 and £3 under 19

The Festival Service on Sunday at 10.30 am

Further details and/or Forms for exhibiting Work
are available from:

waf@willerbymc.org.uk

or c/o Willerby Methodist Church, Carr Lane,
Willerby HU10 6JP

COMPANIONSHIP inc holiday companions SLEEPOVERS LIVE-IN HELP

All staff have police checks and insurance.

Over 10 years experience in care

BEVERLEY BEFRIENDERS

Tel: 01482 860 353

Weekly activity sessions at Tickton Village Hall

East Riding Council's Sport, Play and Arts Service are hosting free weekly activity sessions at Tickton Village Hall from Tuesday, 3 February at 3pm until 4.30pm.

The weekly activities aim to capture memories of times gone by with topics such as holidays, school days, hobbies and much more.

Go along and get your free memory box to fill, a cuppa and biscuit.

There are a limited number of places available. For more information or to book a place please contact Sam James on 07881 843197 or email samantha.james@eastriding.gov.uk

The Windmill Walkers

The Windmill Walkers Rambling Club was established in 1999. It originated in Skidby, East Riding of Yorkshire, the location of a working windmill, hence the name.

A recent re-organisation has led to a new, small committee of volunteers overseeing the interests of a current membership of around 80 adults who reside in Skidby, Cottingham, Kirkella, Willerby, Hessle, Beverley and other villages within the East Riding, as well as Hull.

We concentrate on a programme of weekly Wednesday walks of some five to seven miles taken at a steady pace. There is one longer weekend walk once per month. Wednesday walks generally start at 10:00 am and end with an optional lunch or drink at a suitable pub or cafe.

The walks take place, primarily, in the East Riding of Yorkshire with occasional forays into North Yorkshire and Lincolnshire in the summer months.

If you would like to try a walk with us or require further information, please check our web-site www.windmillwalkers.org.uk. At this web address, you will find our 2015 Wednesday walk programme showing the start location of each walk. There is also a link to contact our Secretary if you need further information.

We hope that you enjoy our company so much, that after a couple of taster walks, you will want to become a member. Our annual membership fee is just £8.

Please wear adequate footwear and clothing. We usually stop for 'elevenses' so bring a drink and snack too.

Windmill Walkers is a club affiliated to the Ramblers and we support their aims and objectives. We also hold civil liability insurance to protect our leaders and members.

For those without internet access, our schedule of February walks is shown below.

Day/Date	Time	Start Loc'. Grid Reference	Walk Distance
Wed 04 Feb	10:00am	Cottingham, King George, Playing Field Car Park TA 044 333	6 miles
Wed 11 Feb	10:00am	Lockington (west of village & 1st left after turning off B1248) SE 983 475	5 miles
Sun 15 Feb	10:00am	Goodmanham Car Park SE 887 430	9 miles
Wed 18 Feb	10:00am	Hessle Haven Car Park TA 034 255	5 miles
Wed 25 Feb	10:00am	Watton (A164 Lay-by) TA 018 499	5 miles

CAVE CASTLE HOTEL & COUNTRY CLUB

WEDDING FAYRE 2015

Sunday 22nd February
11am – 3pm

VALENTINES

Friday 13th February

3 course Dinner & Disco £26.50 per person

Stay over, only £135 including event,
bed & breakfast for two in a double/twin

Saturday 14th February

3 course dinner with coffee
in the Windsor Restaurant
£32.50 per person

Stay over for £145 dinner, bed & breakfast
for two in a double/twin

'Special Nights' - 70's & 80's Night

Friday 6th March

Northern Soul / Motown Night

Friday 10th April

Eagles Tribute Night - 'Little Eagles'

Friday 5th June

Only £21.50 per person – including 2 course dinner

Stay over for £125 including event,
bed and breakfast for two in a double/twin

MURDER MYSTERY NIGHTS

Another crime by 'It's Murder' to solve
whilst you enjoy a 3 course dinner

Friday 20th February- £33

'They Sphinx It's All Over'

Thursday 27th March- £33

'Without A Clue'

Stay over for £145 including event,
bed and breakfast for two in a double/twin

www.cavecastlehotel.com

Telephone: 01430 422245
Cave Castle Hotel & Country Club,
Church Hill, South Cave HU15 2EU
Email: info@cavecastlehotel.com

New Carers information sessions

Carers will be able to find out more about the help and support available to them at a series of free information sessions that are due to start this month.

Five weekly Carers Information Sessions are being held at Cottingham Library, Market Green, Cottingham starting on 21 January, 2015 from 10.30am to 12.30pm.

The sessions, run by the East Riding of Yorkshire Council's Carers Support Service, will then be held at the same time every Wednesday until 18 February.

The first session will be about support services, including the East Riding Carers Support Service, Lifeline and Alzheimer's Society.

The second session on 28 January will be about Health Trainers, including information about chair based exercise, healthy eating and stress control.

On 4 February carers will be able to get money and benefit advice, and information about welfare rights including details on the benefits that are available and financial assessment.

The fourth session, on 11 February, features information about community services including ERVAS, Connect to Support and libraries.


The final session will be about Information Technology (IT) with further details to be confirmed.

Councillor Richard Harrap, the council's portfolio holder for adult and carer services said: "The Carers Support Service has a wide range of information, advice and support to offer carers across the East Riding.

"The new programme of Carers Information Sessions is the perfect opportunity for carers to access this information and advice and I would encourage anyone wanting to find out more to book a place to attend the sessions or get in touch."

For more details or to book your place on the Carers Information Sessions call 0800 9176844.

I would love a



Kitchen

Roses of Beverley
Unit 6 The Courtyard, Tokenspire Business Park
Beverley. Tel: 01482 869111

Sewerby Hall launches new annual pass

Regular visitors to Sewerby Hall and Gardens can now buy an annual pass to enjoy the attractions all year round.

The new pass has been launched following the successful reopening of the Hall last summer after its major refurbishment, and the popular introduction of its opening during the autumn and winter months.

The annual pass entitles the holder to free admission to the house and gardens (including the zoo and events programme) for a full year from the date of purchase together with ten per cent discount on selected items in the Clock Tower Cafe and Stables gift shop.

In 2014 over 3,500 holders of the season pass – which only included access to the house between April and October – visited the site regularly. It is hoped that numbers will increase because of the additional benefits of the new annual pass, which includes admission all year round.

The pass, which is perfect as a gift for a friend or family member, costs £20 for adults, £10 for children (three to 15 years old), £55 for families (up to two adults and two children) and £3.50 for an additional child.

Pass holders can take advantage of everything Sewerby Hall and Gardens has to offer, including the house, which features furniture from the Victoria and Albert Museum, the magnificent gardens, children's adventure playground, zoo, Stables gift shop and the various activities on offer around the estate.

Councillor Richard Burton, East Riding of Yorkshire Council portfolio holder for civic wellbeing and culture, said: "Sewerby Hall and Gardens is a wonderful place to visit at any time of year, and it is great that regular visitors can now take advantage of the new annual pass, which is fantastic value for money."

Passes can be renewed or purchased in person online at www.sewerbyhall.co.uk, at the Welcome Centre, with a cheque by post or over the phone with a debit or credit card.

Golf annual passes are also available. They cost £95 for adults and £50 for children (three to 15 years old).

For more information ring (01262) 673769 or book online www.sewerbyhall.co.uk

Total Peace of Mind...
...with the Classical Gas Care Plan

For fast boiler repair, whatever the weather, **choose a local company** with real people answering the phone (no call centres!)

Thousands of local households trust us to make sure they have heating and hot water 7 days a week, 365 days a year.

We keep our promise – to attend emergencies within 24 hours whatever the weather.

One low cost monthly payment* gives you:

- Priority call out for emergencies
- Choice of cover – boiler only or full system cover available
- Unlimited call outs – repair of your boiler and central heating system including all parts and labour*
- Includes annual boiler service and safety inspection

*Subject to contract chosen, Terms & Conditions Apply

Call 01482 875897 to learn more

From only £2.08 per week

Classical Gas Ltd
60 New Village Road
Cottingham HU16 4NE
www.classicalgas.co.uk

safe
375



Explore stunning scenery with the new Yorkshire Wolds & Beyond brochure

More than 50,000 copies of the new Yorkshire Wolds & Beyond brochure are being distributed to tourist information centres, on board P&O Ferries and for online request to encourage overnight visits to the Yorkshire Wolds.

Backed by a national advertising campaign, the brochure contains information about events, leisure attractions and accommodation providers and will assist visitors to discover a whole 'World of the Wolds' just waiting to be explored.

The brochure, launched by Visit Hull and East Yorkshire (VHEY), looks at how the Wolds inspired the famous paintings of local artist David Hockney, walking and cycling routes that take in the picturesque countryside, the magic of the area's market towns, amazing stately homes and nature tourism, including the seabird colonies of Bempton Cliffs.

Tourism plays a vital part in the East Riding economy and was valued £497 million per year as well as supporting more than 11,000 jobs. The council and VHEY are working to promote more short breaks to the area, as overnight stays see five times more visitor spend for the local economy.

Councillor Jane Evison, cabinet portfolio holder for economy, investment and inequalities at East Riding of Yorkshire Council, said: "The Yorkshire Wolds has been a hidden gem but one that the council and VHEY are keen to share with the world and this year will be promoted at the BBC Countryfile Show and at a number of trade shows in Holland.

"The Yorkshire Wolds offers so much for people to see and to do and is a stunning part of the county. Through the production of this guide, we hope that the Yorkshire Wolds will feature prominently on more people's list of places to visit in 2015."

Nestling in the charming Yorkshire Wolds village of Millington in East Yorkshire, The Ramblers' Rest has been a haven for walkers, cyclists, locals and visitors for over 20 years.

Angela Sissons, proprietor of the Ramblers' Rest, said: "We are really pleased to be featured in the new Yorkshire Wolds & Beyond Guide and are excited to be involved in marketing for this amazing part of the county.

"We are proud to have built up a successful business in such an unspoilt area of natural beauty and without a doubt have benefited from the promotion that this guide gives to the Yorkshire Wolds.

"The Wolds are the perfect place to escape and discover the captivating countryside on foot, by bike or on horseback.

"From family holidays to weekend breaks spent with friends or as a romantic getaway, the Yorkshire Wolds won't disappoint."

The Yorkshire Wolds & Beyond Guide is available from local tourist information centres and can also be requested by visiting www.visitthullandeastyorkshire.com

To find out more about events, attractions, accommodation offers as well as what's happening in the world of tourism in Hull and East Yorkshire, follow [@VHEY_UK](https://twitter.com/VHEY_UK) on Twitter, like Visit Hull and East Yorkshire on Facebook and subscribe to VHEY's YouTube channel.

For further information about The Ramblers' Rest, visit www.ramblersrestmillington.co.uk

Pictured top left: Councillor Jane Evison, cabinet portfolio holder for economy, investment and inequalities at East Riding of Yorkshire Council with Angela Sissons of The Ramblers' Rest, Millington, with copies of the new Yorkshire Wolds & Beyond visitor guide.

Four Generations giving	Herbert 1863 - 1962	Eardley 1908 - 1986	Geoffrey 1939	David 1964	100 years of Family Service
-------------------------	------------------------	------------------------	------------------	---------------	-----------------------------

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



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

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

**259 Hallgate
Cottingham
East Yorkshire
HU16 4BG**

TELEPHONE: (01482) 844695

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





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

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

hkempandsonltd@gmail.com | www.hkempandsonltd.co.uk

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

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

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

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

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

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

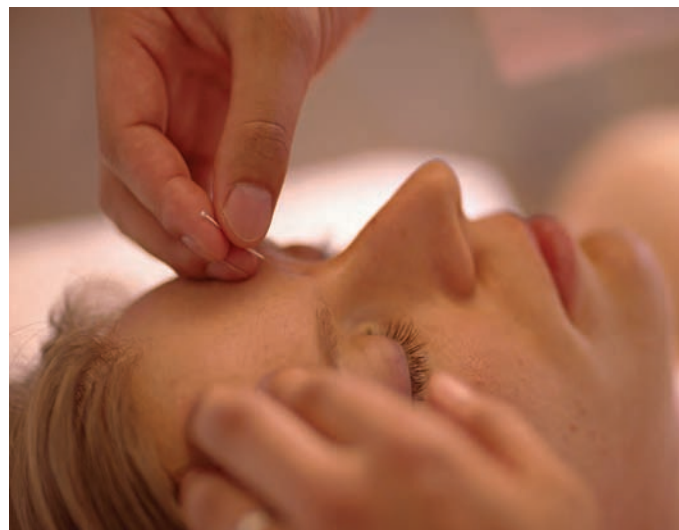
The channels are related to the internal organs, which if out of balance is another important factor in the cause of disease. Chinese Herbal Medicine and Acupuncture are used to correct this imbalance.

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

Problems and Diseases commonly treated by TCM

Dermatological:

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



Muscular, Neurological, Skeletal and Vascular:

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

Internal:

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

Men's Problems:

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

Women's Problems:

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

Ears, Eyes, Nose and Throat:

Otitis, Tinnitus, Sore Throat, Hay Fever, Pharyngitis, Rhinitis, Sinusitis, etc.

Cancer and Tumour:

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

Addictions:

Tobacco, Drugs, Alcohol, Reduce Weight etc.

Mental and Emotional:

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

Herbgarden have been situated in Butcher Row, Beverley, for the past seven years and are a very respected medical centre in the area, with many satisfied customers over the years. There are customer recommendations displayed in the windows of the clinic and many more are available to see if you wish.

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



HERBGARDEN
CHINESE MEDICAL CENTRE

*Acupuncture and
Chinese Herbal Remedies*

Free Consultation

15% OFF

First Treatment

New Clients Only

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

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

**28 BUTCHER ROW
BEVERLEY HU17 0AB**

TELEPHONE 01482 888152

*For High Quality, Reliability
and a Friendly Service*

Talk to George and Anne at

The Print Works

(Hull) Limited - Established 1997

Your Printing Experts -

High Tech with Craftsmanship

Over 50 Years in Printing -

Qualified to C.G.L.I. Int. Final, Full Tech & P.P.M. (Works)

- **Business and Personal Stationery**
- **‘NCR’ Pads and Sets • Newsletters**
- **Booklets • Leaflets, etc.**

**Telephone
01482 842796**

76 Golf Links Road, Hull HU6 8RB



Briefing session for election candidates

East Riding of Yorkshire Council will be holding a briefing session for those who are standing for election in May.

The briefing is for candidates and agents who are standing for parliamentary elections for the constituencies of Beverley and Holderness, Haltemprice and Howden, and East Yorkshire as well as the East Riding local ward elections.

As well as an opportunity to ask questions, the briefing will cover:

- election timetable
- qualifications
- disqualifications
- nominations
- agents
- postal votes
- day of poll
- counting of votes
- candidates' expenses.

The briefing will be held on Thursday, 12 February between 6pm and 8pm at County Hall, Cross Street, Beverley, HU17 9BA.

Anyone who is thinking of standing as a candidate in any of the above elections, particularly if they are new to the nomination and election process, is strongly advised to attend the briefing.

People must book in advance by emailing jane.stewart@eastriding.gov.uk by Friday, 6 February.



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

For Membership details Ring Theresa on 823032

Crossword solution from page 14

1	H	E	2	A	R	3	T	A	C	4	H	E		6	B	L	E	E	8	P	
	A		F		E		R					M		E		U			A		
9	I	N	F	L	A	T	E					10	P	L	A	N	T	E	D		
	R		I		C		A					R		N		E			L		
11	S	O	R	G	H	U	M					12	E	M	B	A	R	G	O		
			M		E							S		A		P			C		
13	D	I	S	T	R	U	S	T	S					15	G	R	E	E	K		
	I								Q			E							E		
16	A	L	O	N	E				19	U	N	S	E	T	T	L	E	D			
	P		R		M		A							H		O					
22	H	A	I	R	P	I	N					23	S	P	O	O	N	E	24	D	
	R		G		T		D					H		U		G			R		
25	A	S	I	S	I	N	E					26	R	A	G	T	I	M	E		
	G		N		E							U		H		N			G		
27	M	U	S	E	S							28	S	A	B	O	T	A	G	E	S



The Process for Dry Skin Brushing

Dry skin brushing is an excellent way to improve the look and the function of your skin and the process will take only minutes a day.

First of all, buy the right kind of brush. The best type of brush for dry skin brushing is a natural bristle brush that will not damage the skin in any way. Choose one made with vegetable bristles. Aim for a brush with bristles that are not too soft but not too stiff and unyielding either. Also look for a brush with a long handle in order that you can reach those hard-to-reach areas such as the middle of your back.

Once you have the brush, you are all set. Dry skin brushing is one of the least expensive forms of alternative healing that you will come across. The best time to brush your skin is in the morning or at night before your shower because you have to disrobe to do it. No clothes allowed! This is also the best time of day to do it because the dead skin cells that are brushed off your body can be washed away in the shower afterwards. Dry skin brushing can be done once a day and even twice a day if you tend to have two showers a day or a shower and a bath.

Make sure your skin remains dry for the duration of the dry skin brushing- thus the name DRY SKIN BRUSHING.

Here is the procedure:

1. The feet contain pressure points that are associated with all of the body's major organs so begin at the soles of your feet. Brush gently but with a steady movement.
2. Next, brush your ankles, calves and thighs. You should feel the bristles of the brush on your skin but it should feel tingly as opposed to uncomfortable. If it does feel uncomfortable then you are being too rough and need to ease up a bit.
3. Brush across your stomach and then move the brush around to do your buttocks.
4. Now brush your lower back and then move up to do your middle back and then your upper back and your shoulders.
5. Once your shoulders are finished, do the front of your neck and then the back but be gentle.
6. Now it is time to do your arms and hands. Do one arm and hand on one side of your body and then do the same on the other side. The brush should follow a circular type of motion in order to get the very best results.
7. Do your chest last, but use caution when you brush around the breasts. Avoid brushing the nipples and all sensitive areas.

Important Points about Dry Skin Brushing

- This is the general procedure for dry skin brushing but you can modify it to suit you. For example, some people prefer to do their feet and calves but then return to do their legs and knees closer to the end, right before they brush their chest. See what works best for you.
- Always brush in the direction of your heart and it is important that you do circular counter-clockwise strokes when you brush your abdomen.
- Dry skin brushing should never be done on the face.
- Fluids are lost from the body when dry skin brushing is done and therefore it is recommended that you drink plenty of water following the procedure.
- Every couple of weeks wash your brush in water and then allow it to air dry.

HALLGATE LANDSCAPES LTD HALLGATE, COTTINGHAM

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

BLOCK PAVING SPECIALISTS

DRIVES PATIOS PATHS

Aggregates Supplied:-
**SAND,
SAND & GRAVEL
TYPE 1 STONE
CRUSHED BRICK
TOP SOIL**

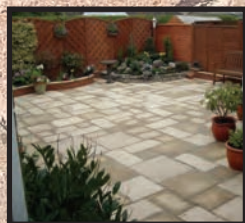
**Walls Built, Turfing, Trees Felled/Pruned
Demolition Work, Fencing Erected, Concrete Bases
Drives Gravelled, Planting Trees and Shrubs**

Established 1985

Tree Logs

£3.50

**per bag
Minimum
Delivery
10 Bags**



Tree Logs

£3.50

**per bag
Minimum
Delivery
10 Bags**

ALL WORK FULLY GUARANTEED

**FREE
QUOTES**

**Contact Brian -
T: 01482 846069/M: 07885 242773
COTTINGHAM**

**COAL
FOR SALE
£7.00
PER BAG**

google.hallgatelandscapes

(Formerly BJD Landscapes)

Roses are red, Violets are blue



February offers just for you



Join our *FREE* loyalty club and start saving



Plant of the month
Polyanthus



1L pot £1.99 or

£3 for 5

9cm pot 69p

6 pack £2.99

Visit the Oasis Cafe and try some of our home made baked delights, made by our very own baker in the Oasis Cafe kitchen.



Lime & Ginger
Slice



Lemon drizzle
& Blueberry
Loaf



Orange &
poppy seed
cake

Yankee Candles
of the month

**25%
Off**

Wedding
Day



Sweet
Apple



Ideal for Valentines day

New oak furniture
now in store



Buy two soups for £6.00



Available in 4Pets



Quality, value & service
for over 70 years!

324 Hull Road, Woodmansey
HU17 0RU
Tel: 01482 865410

find us on **facebook** | follow us on **twitter**

Opening Times
Mon - Sat (8.30am - 6pm)
Sun (10 am - 4pm)



COLETTA & TYSON
NURSERIES AND GARDEN CENTRE

www.colettagardencentre.co.uk