

# Cottingham Times

and District

Issue 183 - February 2017

## STEPHEN RICHARDSON

**PLUMBING, HEATING & GAS SERVICES LTD.**

*Approved Worcester-Bosch Installer*

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

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

**Oil Boilers Installed, Serviced and Repaired**

**Natural Gas, LPG and Oil-Fired Heating Engineers**

**Call for your FREE, No Obligation Quotation Today**

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

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

See our website [www.stephenrichardsonplumbing.co.uk](http://www.stephenrichardsonplumbing.co.uk) for further information



C13797



218388





# Home...

it's where the heart is.

Magnolia  
House



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

Residential Care ~ Dementia Care  
Respite Care ~ Day Care

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

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



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

Stylish décor • Elegant rooms with en suite

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

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

T: 01482 845038

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

Park Lane  
HEALTHCARE

*making new memories*



## THE COTTINGHAM TIMES

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

Editor: Keith Teale

Published Monthly by: The Cottingham Times

### Enquiries: Advertising

Tel: 01482 840035 :: Mobile 07563 885388

### Editorial and Contributions

Tel: 01482 840035

Accounts: Tel: 01482 840035

Website: [www.cottinghamtimes.co.uk](http://www.cottinghamtimes.co.uk)

E-mail: [media@cottinghamtimes.co.uk](mailto: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.

9,500 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](http://www.ukblindsdirect.com)  
[info@ukblindsdirecthull.co.uk](mailto: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](mailto:bridget@bridgetfreer.co.uk)



**clinical hypnotherapist**

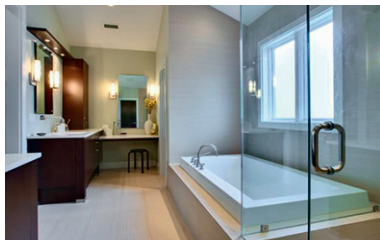
**Lose weight** with a  
**Virtual Gastric Band**

**Smoking: Stress: Phobias**

[www.bridgetfreer.co.uk](http://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](http://www.cottinghamtimes.co.uk) - February 3



## Taking the soft option ....

Some of the most enthusiastic endorsements we have for water softeners are from softener owners who have suffered from skin irritation, rashes and eczema. From their experience we can safely say that a huge number of people can and do benefit from softened water and are relieved of the symptoms of many skin rashes and eczema etc. How can this be?

While many enjoy its taste, hard water has a high concentration of minerals such as calcium and magnesium. These minerals are naturally added to the water supply as it's filtered from the ground through layers of limestone and chalk. These minerals can have a drying effect on the skin, which is why many believe hard water is the reason that their eczema isn't improving or is getting worse.

Another reason is that households in hard water areas tend to use more soap and detergent when washing clothes and bathing - products we know inflame the skin of eczema sufferers.

Water softeners have an 'ion exchange' system which removes the calcium and magnesium salts from the water, thus completely eliminating the hardness thus needing less soaps and detergents and making rinsing clothes and bedding more effective too.

To test this theory, the University of Nottingham looked at over 700 children to see whether hard water had an effect on the condition in children. They found eczema was 4 per cent more common in primary school children living in hard water areas than in those who lived in areas where the water was soft. Similar conclusions were found from studies in Japan in 2002 and Spain in 2006

Water softeners do much more too! Plumbing and appliances are protected from damaging lime scale, crusty taps and water marks on shower screens and surfaces are eliminated and appliances and heat exchangers last longer and operate more efficiently with fewer repairs and replacements.

*The biggest luxury of all though, is bathing and showering in beautifully soft water, even the towels are softer!*



## GREENS WATER SYSTEMS

647 Anlaby Road, Hull HU3 6SX

Telephone 01482 351769

Email: [d.parry@water-systems.co.uk](mailto:d.parry@water-systems.co.uk)

or visit [www.water-systems.co.uk](http://www.water-systems.co.uk)

**For: Water Softeners, Softener Salt, Quookers, Water Filters, Fridge Filters**

*We can also deliver all types of salt including de-icing salt (rocksalt)*



## In Cottingham and District

### Cottingham Local History Society

Wednesday 1st February - Alec Gill - Hessle Road Tom Boy, in the Red Hall, Hallgate Primary School, King St, Cottingham starting at 8 p.m. Meeting fee, members £; non-members £2. Contact: Peter McClure 018 93 83

### East Yorkshire Group of the Hardy Plant Society

Thursday 2nd February - at 8pm in St Mary's Parish Hall, North Bar Within, Beverley. Stella Exley - Camassias and Plants for Sale. Entry: £ which includes tea/coffee and biscuits. Further information from Lois Scott 018 926

### Bishop Burton Gardeners' Club at Beverley

Tuesday 7th February - at 8pm at St Mary's church hall, North Bar Within, Beverley. You are welcome to join us for a talk by Mr Paul Schofield entitled 'The History of the Parks and Gardens in Hull'. Entry for non members £ which includes tea/coffee and biscuits. For more information contact 018 93. New members welcome.

### Haltemprice Art Group

Tuesday 7th February - "Time"  
Tuesday 14th February - Heraldry  
Tuesday 21st February - Half Term  
Tuesday 28th February - Sketching Evening (Jane Hardaker/D. Goldsmith)  
Meetings take place at the Cottingham High School, Harland Way, in the Art Room on the first floor, 7.00 pm to 9.00 pm.

### The Back Care Group

Wednesday 8th February - Speaker Martin Wilkinson with his Assistant Dog Harvey. Everyone welcome. Refreshments available. Raffle. The Back Care Group meet at the Boulevard Village Hall (near St. Wilfreds Catholic Church) on the first Wednesday of every month from 1.0pm. Membership is £ per annum or £50p for a couple.

### Cottingham Ladies Circle

Wednesday 8th February - Mr. B. Cundill - Dicken's Secrets, to be held in the Darby & Joan Small Hall, Finkle Street, at 8 p.m.

### Cottingham Men's de Luda Society

Wednesday 8th February - Bygones of Hull - John Scotney, in the St. Mary's Church Hall, Hallgate, starting at 2.00 pm.

### Beverley Film Society

Thursday 9th February - Theeb (2014) Cert 15 Drama/History/Thriller (Jordan). Director: Naji Abu Nowar. In the Ottoman Empire during World War I, a young Bedouin boy experiences a coming-of-age journey across the desert, guiding a British soldier to a secret destination. BAFTA winner and Oscar nominated. Meetings are held at the Parkway Cinema Beverley. All films start at 8 pm on the 2nd THURSDAY of the month (doors open 10 pm). Membership fee: £5 for whole season of 10 films. PLUS: Tickets £3.00 per film (Members) £6.50 (Guests). For more information [www.beverleyfilmsociety.org.uk](http://www.beverleyfilmsociety.org.uk).

**Front cover: A view down Newgate Street, Cottingham.  
Photo: John Dewing.**



### Cottingham Green Women's Institute Evening

Thursday 9th February - Angus Young - Hold The Front Page.  
Competition: This was News, an old newspaper. Meetings held in the Darby and Joan Small Hall, Finkle Street, Cottingham, at 8 p.m., second Thursday of each month.

### UA

Thursday 9th February - David Smith - Bloodstained Glove, at 2.00 pm in the hall at the Darby and Joan Hall, Finkle Street.

### Hull and East Riding Glaucoma Group

Our first meeting for 2017 takes place at HERIB on Friday 10th February when we are very pleased to welcome two guests: David Harris, the Regional Development Manager from the International Glaucoma Association (IGA), and Mr Bhatta, Consultant Ophthalmic Surgeon and Glaucoma Specialist from the Eye Hospital, who will be joining us towards the end of the morning. Join us at HERIB on Friday 10th February at 11am. Entry £1.50 per person. A 2 course lunch, cost £5, and bookable in advance by contacting HERIB on 01482 342297, will be available following this meeting. For more information and to book your place (and lunch), call HERIB on 01482 342297.

### East Yorkshire Embroidery Society

Saturday 11th February - Claire Muir - Hats, Flowers and Fascinators, a fascinating journey. In the Darby & Joan Hall, Finkle Street, at 2.15 pm. Doors open to non-members. Members £1.50; Visitors £2.50. Includes tea/coffee and biscuits. [www.eyes-embroidery.co.uk](http://www.eyes-embroidery.co.uk).

### Cottingham Catholic Women's League

Monday 12th February - AGM, in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7.30 p.m.

### Cottingham Women's Institute

Tuesday 14th February - Colours of Bangladesh - Life in Bangladesh with a display of Saris- Angela Tubb (Author of the Golden Cage). Competition: A Valentine's Card, at 10.00 a.m. to 12 noon, in the Methodist Church Hall, Hallgate, Cottingham.

### Cottingham Evening Townswomen's Guild

Wednesday 15th February - Paul Schofield - Six Hull Personalities, at 7.30 pm in the Darby & Joan (Small Hall), Finkle Street.

### Cottingham Live Acoustic Music Club

Wednesday 15th February - Pete Morton. Cottingham live is one of the most progressive live music clubs in the area with all acoustic music being welcome. Meeting each Wednesday at 8.00pm at the Back Room in Cottingham. The majority of nights are reserved for local performers to strut their stuff. At least once a month some of the best guest artists are invited to perform. Details on [www.cottingham-live.co.uk](http://www.cottingham-live.co.uk)

### East Yorkshire Association of the National Trust

Thursday 16th February - Charles Trafford and Mike Wasling "Coast to Coast Walk", an illustrated talk with music, in the Cottingham Civic Hall, 8 p.m. Non-Members welcome.

### Inland Waterways Association

Friday 17th February - Boat Rallying presented by Iain Campbell. From 8.00 pm to 10.00 pm in the Methodist Church Hall, Hallgate.

*Continued on page six*

*Support the advertisers who appear within the Cottingham Times*

**Four Generations Giving  
Over 100 years Service**

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

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

**SAIF**   **Golden Charter**  
Funeral Plans

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

259 Hallgate, Cottingham,  
East Yorkshire, HU16 4BG  
Fax: 01482 843898  
Email: [hkempandsonltd@gmail.com](mailto:hkempandsonltd@gmail.com)

**Tel: 01482 844695**  
[www.hkempandsonltd.com](http://www.hkempandsonltd.com)

## PAINTER & DECORATOR

25 YEARS EXPERIENCE

QUALITY WORK

TEL: 01482 876743 (COTTINGHAM)

**DAISY  
DECOR**

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

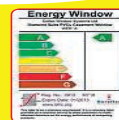
Get the

*Wow Factor*

with  
**COLFAX**  
WINDOWS

upto

**55% OFF** **WINDOWS AND DOORS**



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

**Buy  
NOW  
Pay  
Later**



**45% OFF**

**CONSERVATORIES AND ROOFLINE**

**0% INTEREST  
FREE CREDIT**

For a no obligation free quotation

Call **01482 879077**

or visit us online

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

and click "online quote"

Leads Road, Hull HU7 0DE  
Find us on [Facebook](#) [Twitter](#) [LinkedIn](#)

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

[www.cottinghamtimes.co.uk](http://www.cottinghamtimes.co.uk) - February 5



*Continued from page five*

### **The 'Friends of Thwaite Gardens'**

Saturday 18 h February - are opening Thwaite Gardens, Thwaite Street, Cottingham on Saturday 18 h February. Join a 'Winter Walk' led by John Killingbeck starting at 11 am or stroll round the gardens at your own pace. Gates to close by 1pm. £ for adults ( including members). Under 16 FREE (accompanied by an adult). If the weather is inclement the walk and talk will be inside the greenhouses.

### **The Hull group of the Macular Society**

Friday 18th February The Macular support group have Hull social services Nikki Kirk the Senior Practice Advisor and Natalie Holmes the Rehabilitation officer for the visually impaired as guest speakers meeting held at HERIB Beverley Road Hull 10.0 am until 12.15 pm for more information contact Clive Skinner 013 674

### **North Ferriby Gardeners' Club**

Monday 20th February - Growing Vegetables in small space - Keith Abel, in the Parish Hall, starting at 3 0 pm. Tea/Coffee and biscuits are served. Membership is £00 per annum, visitors fee £.50 per meeting.

### **YPI Camera Club**

Monday 20th February - Sequence exchange with Cleethorpes Camera Club AV Group. Viewing of their selection of sequences. We meet approximately every third Monday in the Darby & Joan Small Hall, Finkle St at 7 0pm . For more details & examples of our work see [www.ypicc.uk/index.html](http://www.ypicc.uk/index.html). New members always welcome - just turn up.

### **East Yorkshire Woodturners**

Tuesday 21st February - 8pm : Annual General Meeting - members only. Next open meeting for non-members is a woodturning demonstration on Tuesday 21 March. Meetings are held every third Tuesday each month at Skidby Village Hall. Visitors are always welcome, whether woodturners or just interested - £0 on the door. For more information please contact David Taylor, Secretary, 02. [cotters@cotters.karoo.co.uk](mailto:cotters@cotters.karoo.co.uk)

### **Hull and East Riding New Stitchers (HE N S )**

Tuesday 21st February - Easter Dabble, at the Newland Christian Centre, St. Johns Newland Church, Clough Road, Hull. Meeting start at 7 5 pm on Tuesday evenings. New members and visitors are always welcome. Free Parking. Further details from Jean Ellis on 013 845 or [www.hullandeastridingnewstitchers.weebly.com](http://www.hullandeastridingnewstitchers.weebly.com).

### **Hull and East Riding Antiques and Fine Arts Society**

Tuesday 21st February - Dr S Kershaw: "The Elgin Marbles". At 10.4 a.m. Willerby Manor Hotel (Pavilion Suite). Non-members are welcome to come and experience one or two talks as guests (admission £.00) , before deciding whether to join us. Our Society meets on the third Tuesday morning of every month (except August and December) for illustrated talks by experts on a wide range of antiques, design and fine arts topics. For further details please contact Membership Secretary, Margaret Ashley, tel. 013 637

### **Cottingham Ladies Circle**

Wednesday 22nd February - Janet Smart - Fundraising for Thuso, to be held in the Darby & Joan Small Hall, Finkle Street, at 3 p.m .

### **Cottingham Men's de Luda Society**

Wednesday 22nd February - Philip Walker - Horses, Shire Horses, Coal and Beer, in the St. Mary's Church Hall, Hallgate, starting at 2.00 pm.



**Andy Wilson**  
**Joiners & Wood Turners**  
Est. 1991

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

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

**Freephone 0800 956 7419**  
**Mobile 07930 565457**  
**National Avenue, Hull**



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

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

**Jane Brooks LAW**

Hedon 01482 893366 13 St. Augustine's Gate, Hedon, HU12 8EU  
Cottingham 01482 848101 2-4 George Street, Cottingham, HU16 5QU [www.janebrookslaw.co.uk](http://www.janebrookslaw.co.uk)



### Wednesday Social Club

Wednesday 22nd February - Mr. Trevis - Slides, in the small hall at the Darby & Joan Hall, at 2.00 p.m.

### East Riding Flower Club

Monday 27 h February - Nicola Davis-Murray from York, her title in "Step into Spring", at our new venue the Willerby Manor Hotel, at 2.00 pm. There will also be a cake stall. Visitors £5.00 Enqi rises to Judith Robinson 018 89.

### National Vegetable Society, East Yorkshire District Association

Monday 27 h February - John Robinson 'Life as a Parks Manager'. We meet at The Beverley Conservative Club, Wylies Road, Beverley, commencing at 7.30pm. A light supper is served. Raffle. Fees at £ per meeting. A pay car park is available with fees redeemed when purchasing from the bar.

### Cottingham Local History Society

Wednesday 1st March - Dr. David Neave - East Riding Farmhouses and Cottages, in the Red Hall, Hallgate Primary School, King St, Cottingham starting at 8 p.m. Meeting fee, members £; non-members £. Contact: Peter McClure 018 83

### East Yorkshire Group of the Hardy Plant Society

Thursday 2nd March - at 8 pm in St Mary's Parish Hall, North Bar Within, Beverley. Steve Hickman - 'Agapanthus and Nerines', Plants for Sale. AGM. Entry: £ which includes tea/coffee and biscuits. Further information from Lois Scott 018 926

### Skidby Village Hall

Friday 3 d March - Quiz Night at 8 pm. Teams of upto six people. In the Skidby Village Hall, Main Street.

### Women's World Day of Prayer

Friday 3 d March - The annual service is to take at 2 pm at St Mary's Church, Hallgate, Cottingham. This year's service has been prepared by the women of the Philippines on the theme of 'Am I Being Unfair to You?' All are very welcome."

### Hull Folk Dance Club

Tuesdays 7 0 to 9:0 pm; Darby & Joan Hall, Finkle St. Cottingham. Enjoy a free tea/coffee and biscuits and get to know the members. Come alone or bring a friend for light exercise in a friendly environment. All dances are walked through before being set to music. No experience is necessary, beginners are welcome. Your first visit is free. More information from Keith Alexander 018 50931 or Jan Gray 018 03 [www.folkdance.me](http://www.folkdance.me)

### Kirk Ella & Willerby Short Mat Bowls Club

The Memorial Hall, Beverley Road, Kirk Ella, (opposite the Police Station). Sessions on Mondays & Thursdays 2pm - 4pm . NEW MEMBERS VERY WELCOME! Fun, social short mat bowls club with a tea and biscuit break! £3 per session, FREE first session. Club woods available to use, just bring clean flat-soled footwear. Come along to any future session and give it a try! (aim to arrive around 1.4 pm so we can source bowls for you) For more information contact Ian/Brenda on 018 60157

### Cottingham Tennis Club

Did you follow Andy and Jamie Murray rise to be World No.1 (singles/doubles?) As the days lengthen again, give tennis a try on our all-weather hard /astroturf courts. The Club drive is on Hull Rd. on the right just after Overland Rd. as you come from Cottingham. Discounts for new members.00 for membership, 03- 5358 for coaching. Or search tennis in Hull tea for our website.

Continued on page 29

Support the advertisers who appear within the Cottingham Times

QUALITY FITTED  
KITCHENS AND QUALITY  
REFURBISHMENTS

**DREAM DOORS®**  
NEW LIFE FOR OLD KITCHENS

EST. 1999



Before



**SALE**

Checkatrade.com  
Where reputation matters

CALL ANDY OR TERRI  
FOR A FREE ESTIMATE:  
**01482 861653**  
[dreamdoors.co.uk](http://dreamdoors.co.uk)

Visit our showroom:  
Belprin Park, Swinemoor  
Lane, Beverley HU17 0LN

- Huge choice of doors, worktops, appliances, sinks & taps
- 50% deposit, balance on completion
- Made to measure custom-built doors and units
- Door swaps to full kitchens - tailored to your needs

**JJ's SMART REPAIRS & CAR SALES**

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

Protect your car with our Winter Waxing! £80



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



Unit 11 Station Road, Cottingham HU16 4LL  
**Telephone 01482 840465**  
email: [john.allen@jjsmartrepair.karoo.co.uk](mailto:john.allen@jjsmartrepair.karoo.co.uk)

Like us on Facebook

[www.cottinghamtimes.co.uk](http://www.cottinghamtimes.co.uk) - February 7



# Cottingham Parish Council



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

## • Treasure Hunt

Wow – what a turnout!! The first Christmas Treasure Hunt held by Cottingham Parish Council took place on Sunday 11 December 2016 and we were so pleased with the support given by our residents. The weather was very kind to us and enabled the families to go hunting through the village for clues in the Christmas lights and shop windows. All successful winners received prizes and light refreshments and activities were available. Thank you to everybody who turned out to make the event so successful and a massive thank you to the Cottingham Lights Association for all their hard work with the fantastic festive displays. They were much appreciated by everyone, children and adults alike.

## • Neighbourhood Plan

Following the final consultation period for Cottingham's Neighbourhood Plan, all comments and observations were discussed and the Steering Group have made the necessary amendments. The final plan has now been submitted to the East Riding of Yorkshire Council for approval who will now arrange for an Independent Assessor to review the plan and from there a referendum will take place in the early part of this year. In order for the Neighbourhood Plan to be formally approved and adopted, we need 50% of the total number of residents that vote to be in favour of adopting Cottingham's Neighbourhood Plan. Details of this referendum will be advertised on our website, Parish Council Office, Library and Customer Service, along with the noticeboards throughout the village. It is important that residents use their vote as this will give the Parish Council more influence on any building works and planning applications within the village and hopefully gives an indication of what residents of Cottingham would like the village to look like.

## • Memorial Gardens

Work continues to take place on improving the Memorial Gardens which are now owned by Cottingham Parish Council. Recent landscaping has taken place to the front and the right hand side, powered lighting installed and tree work to the left hand side will be taking place shortly. We have also met a local artist to look at the feasibility of installing a war memorial structure to enhance the rear wall. We will update you as work progresses.

At the meeting on 17 November 2016 Cottingham Parish Council made the unanimous decision not to allow any scattering of ashes, placing of memorial features or furniture to be erected in the gardens. Whilst we appreciate that this may cause disappointment to some families, it was felt that it is important that these gardens are returned back to their original purpose, a place for remembrance for the service personnel.

## • Precept

At the Parish Council Meeting held on Thursday 19 January 2017 the Council agreed the precept for the financial year 1 April 2017 to 31 March 2018 at £20,000. This means that the Precept charge has remained unchanged from the previous three years. (The Parish Council Precept is the element of the council tax collected by the East Riding of Yorkshire Council).

8 February - [www.cottinghamtimes.co.uk](http://www.cottinghamtimes.co.uk)

## • Meeting with Keith Hunter, Police Commissioner

Earlier this month, Cottingham Parish Council met with the recently appointed Police Commissioner, Mr Keith Hunter. The purpose of this meeting was to discuss the issue of policing in the village and discuss future plans. The Parish Councillors were pleased with the changes that are being introduced and will continue to work closely with Mr Hunter in the future in order to ensure that policing in Cottingham continues to be high on the Agenda.

## • Dog Waste Bags

You will be aware that the Parish Council made the decision from 1 April 2016 to continue to provide dog waste bags however these would be charged at 50p for 50 bags, with all proceeds going to Cottingham Lights Association. The response to this initiative has been very well received and from April 2016 to November 2016 it has raised £8.50. We do hope that you feel that this is an ideal solution and continues to show our support for a cleaner village.

## • Vacancy for Clerk & Responsible Finance Officer

Our current Clerk, Mrs Jo Sims, will be leaving her post at the end of January 2017 and going to pastures new and we would like to wish her the very best for the future. We are currently in the process of recruiting a new Clerk and Responsible Finance Officer and we will notify you accordingly when this appointment has been filled.

## • New Office Opening Hours - Temporary

Due to the resignation of our current Clerk, the Parish Council opening hours will temporarily change to Monday, Tuesday and Wednesday from 11.00am to 3.00pm with effect from Monday 9 January 2017. This is just a temporary change in hours and we will notify you when the new Clerk is in post and when we will be reverting back to our original days of Tuesday, Wednesday and Thursdays. We would like to express our gratitude to our Deputy Clerk, Mrs Tina White, who will hold the fort until such time that a new Clerk is appointed and in place.

## • Dates for your Diaries

You will be aware that Cottingham Parish Council meets the third Thursday of every month, excluding August and December and they all commence at 8pm. The dates for these meetings for 2017 have been approved as:-

16 February 2017, 16 March 2017, 20 April 2017,  
18 May 2017, 15 June 2017, 20 July 2017, 21 September 2017,  
19 October 2017 and November 2017

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

*Support the advertisers who appear within the Cottingham Times*



# PROUD TO SERVE THE LOCAL COMMUNITY

Our office in Cottingham is right on your doorstep, so there's no need to look any further. Speak to us today for all your legal needs. Whether you need advice on drafting a will, moving house or compensation – we're here to help. Our expert legal advisors are here to offer you a local, high quality and cost effective service when you need it. Give us a call or pop in to our office in George Street.

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

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

01482 840201

[www.graham-rosen.co.uk](http://www.graham-rosen.co.uk)

**Cottingham: 14-16 George Street HU16 5PQ**

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



## kcom continues to roll out its super-fast *Lightstream* service to more areas

**K**com continues to roll out its super-fast *Lightstream* service to more areas. By now many more roads in Cottingham should be connected. For readers in Beverley and Kirk Ella areas (as I know this magazine does travel outside of Cottingham!), the good news is that many more customers will be able to have the service this month. If you sign up you can expect speeds of up to 5 to 10 times faster than standard broadband. So that's great for downloading, watching catch-up TV or movies (without buffering!) playing games etc. But it's not just about speed, because *Lightstream* is delivered direct to your property by with fibre-optic cabling it gives much more stability also, and the routers provided by Kcom give a very good dual-band wifi signal (3g & 5g).

*Tip - if you already have Lightstream and use an iPhone and/or iPad, connect to the 5g wifi signal to get the best service.*

Now for some numbers, some interesting and some a bit worrying...

**50% of all crimes are cyber related - according to NCA UK** – even more reason to protect your computer and be very wary of unsolicited phone calls offering computer support or any organization asking you to transfer money.

**21% of people have thrown away at least one working computer in last 5 years** – probably true, especially in the case of laptops which really are becoming a commodity now. From about 3 or 4 years onwards, laptops tend to slow down with natural wear and tear. Just think, if you save £5 per week you could be in position to buy a brand new one every two years!

**37% of ecommerce purchases are by mobiles** – So not everyone sits down at their computer to buy stuff, many do it on the move!

**Smart Homes - 47% of all home owners would like to control their home from a mobile device.** That's central heating, lights, TV etc. I have had *Hive* from *British Gas* for some time now and find it very convenient to be able to

turn the temperature up and down, or boost the hot water whenever needed.

**Echo Dot from Amazon** – is an interesting gadget providing voice assistance and search. Using the command 'Alexa' you can ask for news & sport updates to be read out, turn the heating up or down (if you have Hive or other compatible service). Check the weather forecast, create a shopping list which is stored on an app on your smartphone. You can also ask to play music from your Amazon collection or radio stations, set a timer or an alarm call, or even have Alexa tell you a joke!

**Amazon Go Store is a revolutionary concept store in Seattle, USA.** Customers check in with their phone on entry, pick their purchases and then just walk out, and hey presto their Amazon accounts gets charged with the relevant costs! Could this be the future of supermarket shopping? For details see: <http://tinyurl.com/j2yiw6o>

**Cleaner** – many of you will have this useful clean up app on your computers. But you may have seen a message recently saying 'this version of *Cleaner* doesn't work on this version of *Windows*'. All you have to do is download the latest version, either follow the link it gives, or go to the website <https://www.piriform.com/ccleaner/download> and download the free version, (unless you want to pay for the premium version), go ahead with the installation and it will update the version you have.

**Hotmail – or Live or Outlook email addresses.** When you check your mail online at [www.outlook.com](http://www.outlook.com) it lists all your mail with a preview on the right, but if you want to read the message in full screen you can click the icon at the bottom of the screen.

**Citizen Aid is a new app and website** <http://citizenaid.org/> concerned with what to do in a public life-threatening emergency and how to administer first aid. It is not something we like to think about, but is designed to help any of us if we are ever caught up in such a situation.

**Windows Vista – official retirement date is 11 April 2017.** I've mentioned before that Vista is reaching 'end of life' in Microsoft terminology, and this is now the official date for end of support. This follows on from the same scenario for Windows XP back in April 2014. There is no upgrade path from Vista to any other version of Windows, so the only plan of action will be to buy a new computer.

You have probably gathered that we take security very seriously, so if you need advice on changing or buying anti virus, or if you think you may have been the victim of a scam, just call us for advice.

**For advice on a new home computer, security and Office versions please give us a call.**

**Everyone likes a bit of free advice**, so on my website you will find a free guide with some answers to often asked questions like: 'Why does my computer start and then stop at a black screen? Why does my Windows10 start button not work and I can't get emails?' And not least 'Why isn't my internet working?' (download it while you can!) So just go to [www.rdmcomputers.co.uk/news](http://www.rdmcomputers.co.uk/news) and you will see a link to the this and the previous two articles, plus the free guide.

**Also I will be updating the blog on my website** regularly with any news items worthy of mention. And for those on Twitter you can find me [@rdmcomputers1](https://twitter.com/rdmcomputers1)

**Richard Mills**  
RDM Computers  
Cottingham

01482 875666 or 07850 105424

Follow us on Twitter [@rdmcomputers1](https://twitter.com/rdmcomputers1)

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

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

All branding & trademarks acknowledged



<p><b>CALL NOW FOR A QUOTE &amp; ADVICE ON A NEW PC</b></p> <p>T: (01482) 875666</p>		
<p><b>Wifi setup, get online with your Laptop, Smartphone, Tablet or Kindle</b></p>		
<p><b>Plain English computer support</b></p>		
<p><b>CALL US NOW ON...</b></p> <p>T: (01482) 875666</p> <p>M: 07850 105424</p>		



# Problems getting in and out of your chair?

## Here's the comfortable answer!

**Come and try our range of top brand riser recliners.**

**If you have mobility problems, or simply aren't as flexible as you used to be, these chairs can make a real difference.**



As we age, our joints may begin to stiffen, and many of us suffer from back problems, arthritis, aches and pains. True comfort and relaxation is what we need, yet getting into and out of a favourite chair can pose problems and risks of falls.

### **How riser recliners help**

A riser recliner chair looks just like an inviting comfy chair, but has easy to use controls that ease you in and out of a sitting position, and tilt you gently back to give real relaxation.

### **Friendly staff**

Staff at our store are happy to help you try out the chairs, and will show you just how simple it is to use the controls – take all the time you need. The chairs come in a wide range of fabrics and styles to suit your home too!

**“I was delighted with the styles and colours”**

Mrs Phyllis M of North Ferriby

*“I’m in my 80s now, with disc problems and knee replacements, so getting out of a chair has been a bit of a struggle. Leightons took time to show me all the choices and how to use the controls, and I was particularly pleased that as a petite lady my chair was made to measure specially to suit me! When it was delivered they made sure I was confident using it – it’s made a big difference to my comfort and movement.”*

**Leightons**  
the home specialists  
Est. 1934

**Chairs  
Discount Voucher**

**20% off**

This voucher entitles the bearer to an additional 20% discount off marked prices (off ex. VAT prices for qualifying customers, off inc. VAT prices for non-qualifying customers) on all chairs in Leightons Cottingham store between 1st and 28th February inclusive. Not transferable, not for use with any other offer. One voucher per purchase.

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

**Free car parking**

**Opening Hours: Mon – Fri 9.00am – 5.30pm, Sat 9.00am – 5.00pm**



**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

**COTTINGHAM CARS LTD** Manchester - £95  
**AIRPORT TRANSFERS**  
**01482 847 848**  
[www.cottinghamcars.co.uk](http://www.cottinghamcars.co.uk)

HUMBERSIDE - £30  
 DONCASTER - £50  
 LEEDS-BRADFORD - £70  
 MANCHESTER - £95  
 HEATHROW - £185

East Midlands - £90  
 Newcastle - £120

Maestro VISA

THE  
**BATHROOM**  
 SANCTUARY

CONTACT  
**TEL: 01482 247321**  
 26 KING STREET,  
 COTTINGHAM HU16 5QE  
[www.thebathroomsanctuary.co.uk](http://www.thebathroomsanctuary.co.uk)

**HOME & SMALL BUSINESS**  
**COMPUTER SERVICES**

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

Call Steve Blake on  
**847711 & 571100**  
[www.blakeits.com](http://www.blakeits.com)

INSURED  
 CRB CHECKED  
 Microsoft  
 CERTIFIED  
 IT Professional

EXPERIENCE  
 25  
 YEARS  
 Microsoft  
 CERTIFIED  
 Professional

## Wordsearch - Valentine's Day

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

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

Find the words in the letters above :

Adore, Affection, Arrow, Be Mine, Beloved, Boyfriend, Candy, Champagne, Cherub, Chocolate, Cupid, Darling, Dearest, Flowers, Gifts, Girlfriend, Hearts, Hug, I Love You, Kiss, Love, Pink, Poem, Red, Romance, Roses, Sweetheart, Valentine.

Wordsearch courtesy of [www.puzzles.ca](http://www.puzzles.ca)

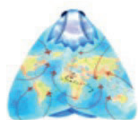
## Sudoku No. 121

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

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

Support the advertisers who appear within the Cottingham Times





# MARION OWEN TRAVEL



**February** already, blink and it will be March! Where does time go?

Have you been following Martin Clunes around the Australian Islands? I just loved Norfolk Island and thought I would never get to that island being 900 miles off the coastline! I am now very excited to report that I have a luxury cruise itinerary visiting in November 2018. Want to know more? Just give myself or Lynne a call. We have all the details to hand along with a selection of suites we can offer you on board!

**What's on everyone's Book it List? New York...** One day this week we had three bookings one after another to depart the end of the year! I have to say it is a great city to visit anytime of the year. Of course if you have enjoyed New York why not plan to visit Chicago, Boston or Toronto for your next city break across the pond? They all offer great shopping along with interesting sightseeing.

**Iceland**, many packages are fully booked departing in the next couple of months. In search of the Northern Lights is very popular. We are managing to full fill your requirements by tailor making tours to include all excursions. When you book with us you know you are financially protected.

**Japan...** our October departure is now full and we now have another date, 25 September 2017. It really is an amazing destination offering a wonderful unique culture, stunning scenery and diverse sightseeing.

**River Cruising...** we book all operators and have cracking savings with many of the cruise lines. Plus a number of options for single travellers without any supplement!

**Warners just for Adults:** Louise from Warner is bringing her desk to our office on Thursday 23rd February. Why not make an appointment to come along and see her? She will have great prices to offer you and will go through the finer points with you which ever location you wish to visit.

**It was sad last month** to see the demise of Swan Hellenic & Voyages of Discovery. We sorted the claims very quickly for our clients, a great advantage of having a Travel Agent taking care of your booking. Why would you book direct? You can simply sit back relax and look forward to your holiday whilst we take care of your arrangements.

**Do remember** we are a full travel agency, we book financially protected holidays with all reputable tour operators. You never have to worry about the security of your holiday. Also we have a wealth of first hand knowledge travelling around the world by land, sea & air. We have the answers, to make your travel simple all you need to do is talk. We are taking bookings not only for 2017, as many holidays & cruises are already on sale into 2019. We look forward to creating you special memories when we book your next holiday where ever in the world you have on your Book it List... **Marion.**



## Our very own exclusive holidays by coach, experience the difference

<b>22 Mar</b>	<b>Keukenhof, 2 nights P&amp;O North Sea Ferries from</b>	<b>£ 99</b>
Enjoy a full day in the Bulbfields which offers fabulous indoor as well as outdoor exhibitions.		
<b>27 Mar</b>	<b>English Riviera, Devon, Eden Project &amp; the Cotswolds</b>	<b>£ 349</b>
<b>4 nights half board &amp; excursions</b> staying at the lovely 4* Imperial Hotel just a short stroll from the harbour with fabulous views over Torbay. (Doubles for sole use £100 supplement)		
<b>25 Apr</b>	<b>National Arboretum &amp; Lichfield Cathedral</b> 2 days,	<b>£ 110</b>
a springtime opportunity to see the newly expanded Arboretum along with Historic Lichfield. 1 night half board. (Singles plus £15)		
<b>15 May</b>	<b>Inner Hebrides: great itinerary</b> Jacobite, Skye, Mull & Iona.	<b>£ 725</b>
Great itinerary 6 nights half board travelling by road, rail & sea		<b>2 rooms</b>
<b>25 May</b>	<b>NORWAY - 5 night cruise</b> includes full board, drinks & travel to/from Newcastle. Starting price twin share	<b>£ 649</b>
<b>09 Jul</b>	<b>Cabaret &amp; Canals ~ Joe Longthorne in Blackpool</b> 2 days	<b>£ 149</b>
1 night including dinner, breakfast & afternoon tea on the canal		
<b>07 Aug</b>	<b>Warner's Bodelwyddan, 4 nights half board</b> includes	<b>£ 385</b>
excursions to Llandudno, Portmeirion & Port Sunlight (singles + £10)		<b>5 cabins</b>
<b>17 Aug</b>	<b>Barge Canal Cruise 9 days Bresancon to Dijon</b> superb	<b>£2250</b>
12 cabin luxury all inclusive full board, drinks & excursions.		
<b>05 Sep</b>	<b>Germany ~ In the footsteps of Martin Luther</b> 9 days	<b>£1239</b>
fully guided fabulous tour full of historic Eastern Germany		
<b>24 Sep</b>	<b>Historic &amp; Scenic Southern Wales</b> 6 days Half Board a	<b>£ 499</b>
very interesting & special inclusive itinerary of sightseeing.		
<b>05 Oct</b>	<b>Sites of WW1 - Ypres Salient &amp; the Somme</b> - 6 days	<b>£ 485</b>
HB+ . A moving tour of many sites also includes the Last Post.		
<b>15 Oct</b>	<b>Harrogate, Shopping &amp; afternoon tea</b> 1 night at the Majestic HB	<b>£ 110</b>
<b>10 Dec</b>	<b>Edinburgh Markets, Botanical Gardens &amp; Whiskey</b>	<b>£ 169</b>
2 nights with an extensive breakfast in the heart of the old town		
<b>Thursford Christmas Spectacular</b> : best seats in the house, 1 night half board. £179 pp singles available please ask for cost. Sunday, 26 November: Tuesday, 28 November: Saturday 02 December		
<b>Just for a day 2017 e.g:</b> 21 Apr, Harrogate Flower Show £45: Theatre ~ Bradford Alhambra matinee shows : 08 Feb Anton & Erin: 01 Mar, Sunny Afternoon £57: 11 May, The Commitments £59:		

## Special Jersey departures

Travel from your door flying from Doncaster

### 7 nights Half board at the Mayfair Hotel

Full list of optional excursions available

We now have limited availability on the following dates

15 April 17 (Easter) £649, 06 May 17 - £689

01 July 17 - £749 & 16 September 17 - £689

Price per person based on 2 sharing a twin or double room, singles please ask.

To make your bookings Tel: **01482 212525** [www.marionowentravel.com](http://www.marionowentravel.com)



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

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

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

FEB 17\*

**kitchensolutions**  
**Door and Worktop Replacement Specialists**

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

**Transform your kitchen at affordable prices**

Free no obligation quote call **01482 841551**  
[www.kitchensolutions-hull.com](http://www.kitchensolutions-hull.com)

**THE BEAUTY CLINIC**  
 EST 1995

**10% OFF**  
 YOUR FIRST TREATMENT

**01482 875329**  
[www.beautycliniccottingham.co.uk](http://www.beautycliniccottingham.co.uk)

104A KING STREET  
 COTTINGHAM

**DECLÉOR** PARIS **COCOI**

**COTTINGHAM MEMORIAL CLUB TRUST LIMITED**  
**ANNUAL GENERAL MEETING**

The 94th Annual General Meeting of the Cottingham Memorial Club Trust Limited will be held on  
**Wednesday 22nd February 2017**  
**at the Cottingham Memorial Club**  
**Finkle Street, Cottingham at 7.00 pm**

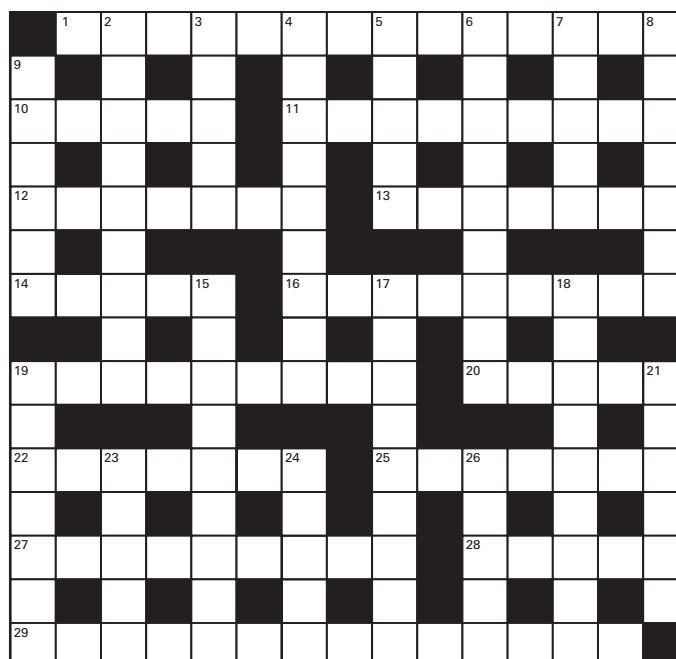
*Admission to the meeting is restricted to current Members of the Club only.*

**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](http://www.tenerifecostaadeje.co.uk)  
 or tel. 658787  
 for more information and photographs.

**Crossword – Solution on page 46**



**Across:**

1. Associated with the Christian church (14)
10. Pertaining to modern day Persia (5)
11. Redemption (9)
12. A mineral found in bones (7)
13. Nonattendance (7)
14. Muscle fiber (5)
16. Adorns (9)
19. A notable or unusual sight (9)
20. Bearskin (5)
22. A word from rearranged letters (7)
25. Folds (7)
27. One who studies the past (9)
28. Leaves fall to the ground (5)
29. Squares (14)

**Down:**

2. Dare (9)
3. Fifty-eight in Roman numerals (5)
4. Convulsive (9)
5. Fragrance (5)
6. Hoarded possessions (9)
7. Not dirty (5)
8. Froths (7)
9. Cringes (6)
15. Aquatic bird (9)
17. A gradual increase in intensity (9)
18. Change (9)
19. Collision (7)
21. Preoccupy (6)
23. Ancient Assyrian city (5)
24. A New England state (5)
26. Breed of duck (5)

Crossword courtesy of [www.crosswordpalace.com](http://www.crosswordpalace.com)  
 Support the advertisers who appear within the Cottingham Times



# YORSwitch

CHEAPER ENERGY TOGETHER

Scan me!



## Could you save money on your energy bills?



### HOW

- Register with **YORSwitch**
- East Riding of Yorkshire Council negotiates with energy suppliers
- Receive a no obligation quote to supply your gas and electricity

- ☒ **Hassle free**
- ☒ **Obligation free**
- ☒ **Cost free**

To register for YORSwitch visit  
**[www.eastriding.gov.uk/yorswitch](http://www.eastriding.gov.uk/yorswitch)**

alternatively call (01482) 393939 or visit your local customer service centre.  
You will need to have a recent energy bill to hand.



Register for your no obligation energy quote



EAST RIDING  
OF YORKSHIRE COUNCIL

# In the Kitchen



## Pearl barley & kale broth

During the long winter months, a wholesome broth is just what you need to warm you from head to toe.

- Preparation time: 15 minutes
- Cooking time: 60 minutes
- Total time: 1 hour 15 minutes. Serves: 4

### Ingredients

1 tbsp olive oil  
1 large onion, finely chopped  
2 medium carrots, diced  
77g pack Cooks' Ingredients Diced Pancetta  
2 cloves garlic, finely chopped  
1 sprig fresh rosemary, leaves finely chopped  
Pinch of chilli flakes  
1.2 litres vegetable stock  
100g pearl barley  
250g bag essential Waitrose Kale, finely chopped  
Extra virgin olive oil and finely grated Parmigiano Reggiano, to serve

### Method

1. Heat the olive oil in a medium saucepan and cook the onion and carrot gently for about 6 minutes. Add the pancetta and continue to cook for a further 4 minutes.
2. Add the garlic, rosemary and chilli flakes and cook for just a minute, then add the vegetable stock and the pearl barley. Simmer gently, covered, for 45 minutes until the pearl barley is tender.
3. Stir in the kale and let it wilt down, then continue to cook for 5 minutes. Ladle into bowl and top with a drizzle of extra virgin olive oil and a sprinkle of Parmigiano Reggiano.

## Sweet potato & chickpea curry

Packed with good-for-you vegetables, this flavoursome veggie curry is a great way to get more of your 5 a day. Serve with the quinoa, some poppadoms, chutney and naan breads for a real feast.

16 February - [www.cottinghamtimes.co.uk](http://www.cottinghamtimes.co.uk)

- Vegetarian
- Preparation time: 20 minutes
- Cooking time: 30 minutes
- Total time: 55 minutes. Serves: 4

### Ingredients

1 tbsp sunflower oil  
1 large onion, finely chopped  
350g cauliflower florets  
3 tbsp Cooks' Ingredients Tikka Curry Paste  
350g sweet potatoes, peeled and cut into 2cm cubes  
3g raisins  
500ml vegetable stock  
400g can chopped tomatoes  
Juice of ½ lemon  
400g can chickpeas, drained and rinsed  
115g pack baby spinach  
25g toasted flaked almonds  
200g Love Life Bulgur Wheat with White & Red Quinoa, cooked to serve

### Method

1. Heat the oil in a large saucepan and cook the onion and cauliflower for 6-8 minutes until starting to turn golden and soften. Stir in the curry paste and cook for 1 minute.
2. Stir in the sweet potatoes, raisins, stock and chopped tomatoes. Cover and cook gently for 15-20 minutes, stirring occasionally, until the cauliflower is tender and the sauce is thickened.
3. Stir in the lemon juice, chickpeas and spinach and cook for a further 2-3 minutes. Scatter over the toasted flaked almonds and serve with the white and red quinoa mix.



Support the advertisers who appear within the Cottingham Times





## Chicken & pepper jollof rice

This spicy African-style dish contains nutty-flavoured wholegrain rice, which makes a nice change from white basmati, and is bound to be popular with the whole family.

- Preparation time: 15 minutes
- Cooking time: 70 minutes
- Total time: 1 hour 25 minutes. Serves: 4

### Ingredients

- 1 tbsp sunflower oil
- 8 chicken thighs
- 1 large onion, finely sliced
- 2 cloves garlic, finely chopped
- 1 tbsp ground allspice
- 3cm piece fresh ginger, finely chopped
- 1 tsp ground coriander
- 1 tsp cayenne pepper
- 1 tbsp tomato purée
- 1 pack Waitrose 2 Sweet Peppers, deseeded and sliced
- 250g cherry tomatoes
- 150g Tilda Wholegrain Brown Basmati Rice
- 50ml 1 chicken stock
- 25g pack parsley, chopped
- 1 lemon, cut into wedges

### Method

1. Heat the sunflower oil in a large deep frying pan and gently cook the chicken for 15 minutes until the skin is crisp and golden. Transfer to a plate and set aside.
2. Add the onion to the pan and cook for about 5-6 minutes until beginning to soften and turn golden. Stir in the garlic, allspice, ginger, coriander and cayenne and cook for just a minute longer.
3. Stir in the tomato purée and cook for 1 minute, then add the peppers, tomatoes, rice and stock. Cover with the lid and simmer for 30 minutes, then return the chicken to the pan and cook for a further 10-15 minutes or until the rice is tender and the chicken is completely cooked through with no pink meat. Sprinkle over the parsley and serve with the lemon wedges to squeeze over.

### Cook's tip

If serving this dish to young children, swap the cayenne pepper for sweet smoked paprika.

## Blueberry drop scones

Have two of these tasty fruit scones as a snack.

- low in fat
- Preparation time: 10 minutes
- Cooking time: 20 minutes
- Total time: 30 minutes. Makes: 20

*Support the advertisers who appear within the Cottingham Times*

### Ingredients

- 50g essential Waitrose porridge oats
- 250ml skimmed milk
- 175g Waitrose organic light brown self-raising flour
- 1 tsp baking powder
- 2 eggs
- 150g Waitrose LOVE Life dried blueberries
- 1 Sunflower oil spray

### Method

1. Soak the oats in a little of the milk for 5 minutes. Mix together the flour and baking powder. In a jug, beat together the eggs and remaining milk. Make a well in the flour, pour in the liquid and beat together until smooth. Stir in the oat mixture and dried blueberries.

2. Spritz a large non-stick frying pan or flat griddle with oil. Drop small spoonfuls of the batter in the pan and cook for 1-2 minutes on each side until risen and golden brown. Serve warm with fresh blueberries and a tiny drizzle of honey.

## LOVE life chocolate macaroons

Makes: 24

### Ingredients

- 1 tbsp cocoa powder
- 125g icing sugar
- 100g ground almonds
- 2 medium egg whites

### Method

1. Preheat the oven to 180°C, gas mark 4. Line two baking sheets with baking paper. In a large bowl, mix together the cocoa powder, icing sugar and ground almonds.
2. In a separate bowl, whisk the egg whites until stiff, then fold into the almond mixture.
3. Use a teaspoon to spoon 12 small rounds of the mixture onto each baking sheet, leaving a gap between each. Bake for 15 minutes until the macaroons are firm to the touch but still a little soft in the centre.
4. Set aside on the tray for a few minutes, then peel off the paper and leave to cool completely on a wire rack. Store in an airtight container for up to 2 weeks.

*Reproduced by kind permission of [Waitrose.co.uk](http://Waitrose.co.uk)*



[www.cottinghamtimes.co.uk](http://www.cottinghamtimes.co.uk) - February 17

## ON THE GRAPEVINE

WITH ROY WOODCOCK

## Wine drinkers have a more discerning palate

While wine drinkers appear to be developing a more discerning palate, it's surprising to discover that many common misconceptions still abound.

One of the most popular is that wine must be aged in oak barrels if the flavour of the wine is to be properly enhanced.

However whether wine is aged in oak barrels or not is mainly due to tradition.

Flavouring was a secondary consideration in the Middle Ages when the majority of winemakers, mostly monasteries, matured wine in oak barrels as a convenient method of storage and transportation.

The impact of the wood on the flavour of the wine developed naturally and has led to numerous experimental combinations over the centuries.

Generally speaking, the effect of oak on red wine is to produce a soft, sweetish, vanilla flavour that is toasty, mocha or toffee on the back of the tongue while white wines generally take on the flavour of butter, coconut, cinnamon or cloves. The effect should be to support and enhance the flavour of the fruit but can occasionally be overpowering or over-oaked.

France's Loire Valley is distinct in this regard in that it does not have a tradition of oaking wines. In fact, during excavations in the cellars of the Chateau of Chaumont, archaeologists discovered wine tanks hewn out of stone and lined with thick glass tiles.

The reason was no doubt that wine raised in oak barrels would be too strong as a result of the region's cooler temperatures and the intrinsic flavours of the fruit would be lost.

That difference in taste was a huge eye-opener for Amanda Gallou who first moved to the region in 1995. Tired of wine she found too heavy, overpowering, too strong and too full of chemicals which also left her with a headache the following morning, she decided to set up a business - Amanda's Wines - bringing hand-made unoaked French wines direct to doorsteps across the UK.

Amanda's growers are some of the most eco-friendly on earth and produce their wines in the traditional way of their ancestors.

The vineyards are not irrigated and the plants have to rely on natural rain water. As a result, the roots of the vines grow far down into the earth as they get older - sometimes more than 20 metres deep - and the wines are made entirely from the natural grape juice, with no extra water.

These small independent growers harvest the grapes in September and raise the wines in tanks which can be made of stainless steel, resin or cement before they are bottled and aged.

Amanda says: "I cannot say that it is better or worse to raise wine in oak barrels. It is just different. 95 per cent of our customers now prefer unoaked saying the wines are so 'clean tasting'. My website is dedicated to helping wine lovers who are bored with uninteresting wines discover our delicious unoaked wines without making a huge hole in their pocket."

Sauvignon Blanc and Chardonnay figure prominently in her list of white wines but you'll also find red wines, blended and single varietals, made from the Gamay, Cabernet Franc and Cot varietals and a Sancerre red made entirely from Pinot Noir, and a delightful still and sparkling rose wine made from the Pineau d'Aunis grape.

More details from [www.amandaswines.co.uk](http://www.amandaswines.co.uk)

UK wine supplier Buckingham Schenk unveiled a new brand from New Zealand producer Rod McDonald Wines at its first New Zealand Winegrowers tasting last month.

The new "Mister" brand from family-owned Rod McDonald Wine comprises wines - a Pinot Gris, Sauvignon Blanc, Chardonnay, Rosé and Syrah - from Hawkes Bay, which the company claims to be "left of centre" and "modern to the core".

Retailing at around £12-13, it is set to target New Zealand wine consumers who want something a bit different and quirkier, a spokesman from Buckingham Schenk said, and is aiming squarely at the multiple and specialist retail channel.

The style is more modern, and because of its Hawkes Bay provenance, is different to the majority of New Zealand wines on the supermarket shelves, which tend to come from Marlborough or Central Otago, he added.



## BEST BUYS

**Waitrose Chilean Cabernet Sauvignon**

**Where:** Waitrose

**When:** Now, until February 21

**Why:** Full flavoured and intense red wine - a 14 per cent blockbuster that's dark in colour with enticing aromas of ripe red fruits, including blackcurrant. Ideal pairing for a slow-roasted lamb shank.

**£7.49 (was £9.99)**

**Les Six Terroirs Touraine Sauvignon Blanc**

**Where:** Waitrose

**When:** Now, until February 21

**Why:** A lovely fresh, crisp wine from the Loire Valley. Has got that classic Sauvignon Blanc citrus twist but rather more delicately done than many a cheapish Marlborough Sauvignon.

**£7.49 (was £9.99)**

**Ten Mile Bridge Portuguese Red**

**Where:** Waitrose

**When:** Now, until February 21

**Why:** A fruity, medium bodied red wine from the Setubal Peninsula just south of Lisbon in Portugal. Soft on the palate; will suit grilled meats, spicy sausage and savoury rice and pasta dishes.

**£5.99 (was £7.99)**

**The Unexpected Red, 2015**

**Where:** Co-op

**When:** Now, until February 7

**Why:** Not often I recommend anything under a fiver these days, but this is both Unexpected and well worth trying! Three classics, Cabernet Sauvignon, Merlot and Tempranillo, are blended with Sangrantino, a little-known Italian gem. Combined they create a heady melange of blackcurrant and bright cherry with a hint of spice and violet.

**£4.99 (was £5.99)**



# SUPER SALE NOW ON

**EURONICS**

FROM YOUR LOCAL ELECTRICAL *Superhero* !

**SAVINGS  
ON  
TOP  
BRANDS\***

**BONUS**  
ELECTRICAL SUPERSTORE



\* Selected Models Only.

**BOSCH**  
Invented for life

**NEFF**  
COOKING PASSION SINCE 1877

**SIEMENS**  
extraKLASSE

**Hotpoint**

**ZANUSSI**

**Blomberg**  
seit 1883

**SAMSUNG**

**Hoover**  
GENERATION FUTURE



**FREE LOCAL  
DELIVERY\***

\*T&Cs Apply.

**BONUS**  
ELECTRICAL SUPERSTORE

**BONUS ELECTRICAL SUPERSTORE**  
GRANGE PARK LANE ,WILLERBY HU10 6EB  
Tel:01482 659888 Email:  
willerby.sales@bonuselectrical.co.uk  
Website: www.bonuselectrical.co.uk

\*T&C's apply. Sold as an agent for Euronics Limited. All rights reserved. All offers are subject to availability while stocks last. Delivery & Installation charges may apply. Exclusions and Radius Apply. Prices correct at time of print but can be subject to change. See in store for full details. Images for illustration purposes only. Copyright Euronics 2016. December E&OE 2016. Saving compared to a higher price charged for 28 days in the last six months unless otherwise stated. 15.12.16 - 31.01.17



## Test Driving . . ?

**H**ave you ever thought how easy it can be to choose a new car? With the majority of garages offering free test drives on new cars, how can we possibly go wrong? When looking to move house, we more invariably look around the area, taking note of the local amenities, schools etc. Even some people look at the way the sun rises and sets in the garden. So why oh why do we draw a blank at adopting one of the most treasured members of the family.....someone who will be with us through thick and thin, from puberty to adolescence and then through to their twilight years?

I am talking about our four legged friends ... the dog and cat. In an ideal world, how lovely would it be to 'test drive' the pet of our choice? Sadly this is reality and mistakes are often made, more to the cost of our pets welfare.

Take our canine friend....may be a breed of dog is chosen because you have always had this breed of dog, forgetting that it was many years ago and your life style has changed OR losing your canine companion after many years together, you adopt a young, plant eating, shoe chewing tear away, forgetting how much time and energy it takes to train them.



There are many key factors to be considered when you are looking for a dog ie; BREED, SIZE, TEMPERAMENT AND TIME REQUIREMENTS. These are all very important, however, the most important thing to think about is your lifestyle. Ask yourself the following.....What spare income do I have? How much space do I have? Am I a novice or an experienced dog/cat owner?

Answering these questions will give you a better understanding of the right type of dog/cat that will fit in with your current lifestyle. The biggest mistake many new owners make is choosing a dog/cat for their looks without considering what the pet's needs are and if they have time to meet those needs. If you are a busy person then do not look at a long-haired pet that takes hours of grooming.

A few more examples are as follows....

**HUSKIES** have been bred to race and pull sleds. In some circumstances they will cover 70 miles in a single day! Would you really be surprised if you couldn't meet this dog's daily exercise regime.

**TERRIERS** have been bred to hunt and kill vermin which involves digging them out of their dens or going underground after them. If you want a nice garden without holes being dug, maybe think twice about the addition of a TERRIER to your household.

**LABRADORS/COCKER SPANIELS**, invariably (not all but some) come from working parents so please check the background when researching these breeds. A working Cocker Spaniel or Labrador need exercise, exercise, exercise alongside stimulation so if you are a person who goes to work all day and only goes for a short walk on an evening, then these breeds are maybe not for you.

Breeds of our **FELINE** friends should also be carefully considered although exercise is not one of the factors but, like I mentioned above, their coat is. Will you have time to groom your cat EVERY day if their coat is long? A beautiful, long coat is very attractive but not when it is matted and dirty which can bring great distress to our poor little friend.

Once you have the answers to your lifestyle questions, create a shortlist of breeds that meet your requirements. To do this, research the web and speak to dog/cat professionals ie: Breeders, Rescue Centres and of course your Vet. All will have different views based upon their own experience and knowledge, therefore for a balanced view, speak with as many as you can.

Here at **KINGSTON**, we have many qualified Vets and Nurses who are willing to answer any questions you may have so please do not hesitate to call.

A happy pet is a happy owner.

*Support the advertisers who appear within the Cottingham Times*



**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

**Thorngumbald Surgery**  
Main Road, Thorngumbald. HU12 9LY  
Tel: 01964 601607  
[www.kingstonvets.com](http://www.kingstonvets.com)



# Voices across the Humber at the Hull City Hall

**Tickets on sale for Hull UK City of Culture ■ choral concert. Tides turn. Seasons change. The Humber keeps on singing.**

**T**ickets have gone on sale for a concert that unites singers, young and old, from both banks of the River Humber to celebrate Hull UK City of Culture 2017.

**Voices Across the Humber**, which takes place at Hull City Hall on 1 April, is one of 60 projects funded by Hull 2017's Creative Communities Programme, which is being delivered in partnership with the Big Lottery Fund.

Led by Hull Choral Union, one of the area's most established choirs, the show will unite choirs and singers aged seven to 90, renewing old partnerships, forging new relationships and connecting communities from across the river.

Joining Hull Choral Union and Junior Chorus are Hull Choral Union Orchestra, Grimsby Philharmonic Society, Grimsby Bach Choir and Mapas Youth Choir and Scunthorpe Junior Co-operative Choir.

Rich in history and talent, both banks of the Humber will come together to perform an exciting choral, orchestral and visually stimulating concert celebrating our region's proud maritime heritage.

It will feature Vaughan Williams' *A Sea Symphony*, Hedges' *Bridge for the Living* and a selection of nautical songs.

There will also be an open rehearsal on the day of the concert which will be free for members of the public to attend with details to be confirmed closer to the time.

Hull Choral Union's Suzanne Brown said: "Voices Across the Humber is a unique collaboration of six choirs from Hull, Grimsby and Scunthorpe.

"In this sea-themed performance, conducted by David Lawrence, a massed adult choir will sing Hedges' *Bridge For the Living*' written originally for the opening of the Humber Bridge and Vaughan Williams' *A Sea Symphony*.

"A 100-strong children's choir will perform nautical songs and the audience will be transported into a sea world through special lighting and visuals."

Martin Green, CEO and Director of Hull 2017, added: "The River Humber may separate us from our close neighbours but this wonderful project brings us together through a shared love of music and the joy of singing."

Voices Across the Humber marks the start of Hull 2017's second season *Roots and Routes*, which celebrates Hull as a gateway to Europe.

Other projects supported by the Creative Communities Programme include a public art project by the Goodwin Development Trust which will see Thornton Estate get a full colour makeover, viral comedy FuzzFeed featuring a cast of cheeky puppets, and *Born Into A City Of Culture* for which footprints of babies born in Hull in 2017 will be preserved.

The Creative Communities

Programme, which is also being supported by Hull and East Riding Charitable Trust, was set-up to celebrate, nurture and support local talent. The winning projects received grants of between £300 and £10,000 and range from billboard displays of art to a display of metal sculptures at an abandoned city railway station.

Tickets, which cost £5, are available from Hull City Hall box office on 01482 300 306 or [www.hcandl.co.uk/hullcityhall](http://www.hcandl.co.uk/hullcityhall).

## IMPROVE THE WARMTH AND SECURITY OF YOUR HOME



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

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



**Call today for Free, No Nonsense, No Obligation Quote**



**VISTA FRAMES**  
T/A **COTTINGHAM WINDOWS**  
T: 01482 307307 / 849999

[www.vistaframes.co.uk](http://www.vistaframes.co.uk) E: [info@vistaframes.co.uk](mailto:info@vistaframes.co.uk)

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



**BioGraphy™**  
MODERN KITCHENS

**NEW RANGES AVAILABLE NOW**



**SUPPLIERS OF QUALITY BESPOKE KITCHENS, BEDROOMS & BATHROOMS**

30-32 Northgate, Cottingham. Telephone 01482 844114  
Fax: 01482 847828 :: [www.inputkitchens.com](http://www.inputkitchens.com)  
[sales@inputkitchens.co.uk](mailto:sales@inputkitchens.co.uk)



**input**  
of Cottingham  
**kitchens**





## "The Tooth and Nothing but The Tooth"

by  
**Chris 'Dr. Smile Maker' Branfield**

### A Bit of a Hoo-Ha

Hello again, I hope you are well. I can't believe it's three weeks into January already. We've hit 2017 at quite a pace and there are loads on. Tomorrow my team and I are off to Manchester to a Dental Customer Care Conference and a Charity Ball to raise money for Dental Mavericks. We are also busy organising our second 0's disco fundraiser for Dental Mavericks at Armstrong's Social Club in Beverley on February 10<sup>th</sup>. There might be a few tickets left if you fancy it. Last year was a good laugh.

### So What's All The Hoo-Ha

Well, it's toothpaste. Colgate toothpaste to be more precise. There is an anti-bacterial chemical called Triclosan that has been in Colgate Total Toothpaste since about

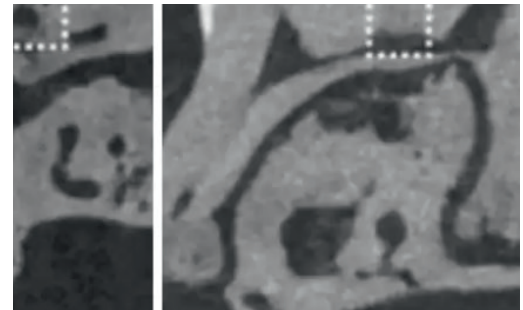


1997. This toothpaste was considered the benchmark in modern toothpastes because of it. Triclosan was also put into hand soaps and gels as an anti-bacterial agent. Now here's the rub. Quite recently the American Food and Drug Administration (FDA) banned Triclosan from soaps and gels. The reason is on health grounds. It was found that Triclosan is absorbed through the skin and can cause endocrine problems and also affect the immune system. Other studies have shown it to cause tumours in mice. Now mice are not humans so there isn't a direct correlation. However, Triclosan is still in Colgate Total toothpaste for some reason even though the mouth allows quicker absorption. Colgate argued that there are loads of studies to show its safety. The FDA took this on board and concluded that the benefits may well outweigh the risks. Now, Triclosan is not in Colgate sensitive as far as I know. I'm not trying to scare monger at all, I just find it all very interesting and thought you may want to know or research yourself.

### Now For Some Optimism

Fillings could be consigned to history after scientists found that a drug given to Alzheimer's patients can help teeth regrow and repair cavities. Researchers at King's College London found that the drug Tideglusib stimulates the stem cells contained in teeth so that they

generate new dentine, the material under the enamel. They discovered that the drug heightened the activity of stem cells in the dental



pulp so they could repair 0.1mm holes in the teeth of mice.

A drug-soaked sponge was placed in the hole and then a protective coating was applied over the top. As the sponge broke down it was replaced by dentine, healing the tooth.

Now, don't get over excited just yet, a 0.1mm hole is very big and easy to protect. I am intrigued to see how it fairs with bigger holes and how they protectively coat these so there is no wash out of the drug. It all looks very promising though.

*This King's College image shows tooth repair after four weeks (left) and after six weeks (right).*

### There Is Still Hope

I saw Hull City beat Bournemouth 3-1 last weekend. It was great!. There is still hope of staying up if we can keep sticking it in the net. Come on lads, get stuck in. Oh, I thought the City Of Hull Celebrations on Queen Victoria Square was really good. Very stirring.

*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 01825 2550. He has been in dental practice for 24 years and has a special interest in life changing, pain free dentistry with dental implants, rapid teeth straightening and cosmetic dentistry. And, not only that Chris is founder member and trustee of Dental Mavericks charity- ending the daily dental pain of Moroccan kids. For more patient success stories and Chris's charity work go here now [www.castleparkdental.co.uk](http://www.castleparkdental.co.uk).

## 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 Tenyson, 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. *E Day, Beverley*

**Our patients say it best ..... at [www.castleparkdental.co.uk](http://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*

**The Home of "Life Changing, Pain-Free" Dentistry** *says Elizabeth*

**Castle Park Dental Care**  
Castle Villa, 28 Castle Road, Cottingham, HU16 5NA  
[www.castleparkdental.co.uk](http://www.castleparkdental.co.uk) email: [talk2us@Castleparkdental.co.uk](mailto:talk2us@Castleparkdental.co.uk)

Chris "Dr Smilemaker" Branfield GDC 68346

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



# EAST YORKSHIRE COACHES

*Because quality matters.*



## Great value coach holidays with East Yorkshire Coaches!

### Coaches from Cottingham

**ON SALE NOW!**

**2017 Summer days away**



### City Breaks

**From £70**

Spend a couple of days based on your choices and not ours - where you eat, where you visit and when you do things. With centrally located hotels close to all the cities' amenities, restaurants and attractions, you have the freedom to enjoy the city and savour the atmosphere. With bed and breakfast included.

#### Newcastle

**From £75**

Sunday 18 June : 2 days from £75pp

World-class culture, award-winning dining, fantastic shopping and inspiring heritage awaits you in the heart of this vibrant visitor destination.

#### Cambridge

**From £99**

Friday 23 June : 2 days from £99pp

Exuding history and tradition, Cambridge offers something for everyone and is well known for its quirky rituals.

#### Lincoln

**From £75**

Sunday 16 July : 2 days from £75pp

With the cathedral and castle complementing its waterfront, Lincoln has a vibrant edge that adds an exciting dimension to every visit.

#### Cardiff

**From £185**

Friday 11 August : 3 days from £185pp

Europe's youngest capital city, Cardiff offers spectacular shopping, museums, dining and entertainment and is a true delight to explore.

#### Liverpool

**From £70**

Sunday 27 August : 2 days from £70pp

With its unique attractions, exciting events, unrivalled musical heritage and famously warm welcomes, Liverpool is the ideal destination.

#### Harrogate

**From £80**

Sunday 3 September : 2 days from £80pp

Elegance and style is evident throughout this scenic spa town with a wealth of history, art and culture for all to enjoy.

#### Stratford upon Avon

**From £75**

Sunday 15 October : 2 days from £75pp

A thriving market town full of leisure and shopping experiences, not forgetting its heritage as the birth place of William Shakespeare.

### Door-to-Door

**From £250**

Door-to-door pick-ups are included free for all our tours of 5 days or more, available for all our customers within the East Yorkshire area. Sit back and relax, let us pick you up from your home. Here's a selection of our holidays with door-to-door included.

#### North Devon Delights

**From £295**

Sunday 4 June : 5 days from £295pp

Staying on the outskirts of the thriving town and port of Bideford, we are in an ideal location to explore the delights of North Devon. With four nights' dinner, bed and breakfast.

#### Emerald Isle Escorted Singles Break

**From £455**

Monday 19 June : 5 days from £455pp

Explore the Emerald Isle's history and character on this escorted singles break, with four nights' dinner, bed and breakfast included.

#### Warner's Isle of Wight

**From £320**

Monday 17 July & 18 September

5 days from £320pp

**ADULTS ONLY**

The "Adults Only" Warner Resort is the ideal place for you to do as much or as little as you like. With inclusive excursions and four nights' dinner, bed and breakfast.

#### The Lake District

**From £310**

Monday 14 August : 5 days from £310pp

The beautiful Lake District needs no introduction with its wonderful scenery and character. Four nights' dinner, bed and breakfast are included, as well as a full range of excursions.

#### Idyllic Llangollen

**From £375**

Monday 2 October : 5 days from £375pp

Four nights' dinner, bed and breakfast in Llangollen, including a journey on the Llangollen railway, a horse drawn canal boat trip and a visit to the Llangollen Motor Museum.

#### Blackpool Turkey & Tinsel

**From £250**

Monday 27 November : 5 days from £250pp

Enjoy our inclusive three course menu, complimentary drink each night, festive entertainment and Christmas dinner!

#### Rhine Christmas Market

**From £349**

Thursday 7 December : 6 days from £349pp

Enjoy a festive break to the Rhine. With return ferry crossing, three nights' dinner bed and breakfast and trips to Christmas markets in Frankfurt, Rudesheim and Aachen.

### Short Breaks

**From £170**

Enjoy a quality short break to a delightful UK destination, with pick-ups from across East Yorkshire. See some of our featured short breaks below, visit our website to see them all or get in touch to request a brochure.

#### Edinburgh Tattoo

**From £245**

Wednesday 16 August : 3 days from £245pp

Includes tickets for the spectacle and two nights' dinner, bed and breakfast. We'll also travel via the Scottish Borders on the way to Edinburgh, and visit the famous Gretna Green on the way home!

#### Banbury & Blenheim Palace

**From £195**

Friday 8 September : 3 days from £195pp

Enjoy two nights' dinner, bed and breakfast, plus inclusive visit to the wonderful Blenheim Palace. We'll also spend time in Banbury and Stratford upon Avon.

#### Thursford Christmas Spectacular!

**From £170**

Thursday 30 November : 2 days from £170pp

Sunday 10 December : 2 days from £170pp

Thursford Christmas Spectacular is the largest Christmas show in the country. A three hour performance of singing, dancing, music, humour and variety, with one night dinner, bed and breakfast, plus free time in Norwich.

#### Gardens & Flower Shows

**From £199**

We also have a superb selection of gardens and flower shows available, from only £199 per person. See our website for details: [www.eastyorkshirecoaches.co.uk](http://www.eastyorkshirecoaches.co.uk)



Follow us  
@EYCoaches

Like us  
East Yorkshire Coaches

Single supplements may apply to some tours, contact us for details.



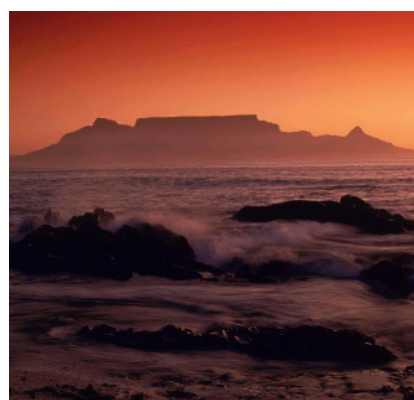
[www.eastyorkshirecoaches.co.uk](http://www.eastyorkshirecoaches.co.uk) | 01482 222 444

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



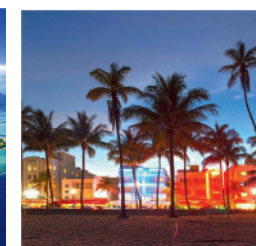


#bucketlist



All Holidays are ABTA & ATOL protected.

Where will 2017 take you?

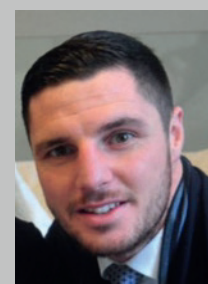


### Don't take risks

Why book online and risk your hard earned cash, come speak with the experts and we will make sure you get value for money, the best holiday for you and that all important financial protection.

Here are a few quotes from some of our customers who now book with us and trust us with their holiday plans.

### 'I have peace of mind'



"I take risks every day, but I don't take risks with my holiday. I trust Andrew Earles to book my flights, hotels, all my travel arrangements. I'm a professional boxer and I know how many hours I spent training to become a professional so I don't pretend to be a professional at booking holidays. Andrew Earles find my holidays saving me time but more important I know my holidays are covered by their ATOL licence. Sometimes my travel plans can change while I'm away and one call to Andrew Earles and I know it sorted. I have peace of mind with Andrew Earles without any of the risks of booking online."

Tommy Coyle, British Professional Boxer

### 'I'm not risking my money'

'Rugby is a risky game, but I don't take risks when booking my travel. Andrew manages all my transport, hotels and transfers along with all my travel documentation. His recommendation and attention to detail is spot on. And I'm not risking my money as I know everything is financially protected. What's more with the 24hour helpline I can call when I am away if there is a problem. Just one call and my holiday is sorted. I couldn't recommend the service more highly.'

Neil Hudgell, Chairman Hull Kingston Rovers



### The World is your Oyster

At Andrew Earles Holidays the possibilities are endless. Simply tell us what's on your Bucket List and we will get it sorted for you, with the added financial security of ABTA & ATOL protection. Give us a try, we may surprise you!

Make an appointment with a specialist today!

**Brough**  
Welton Road  
Brough  
HU15 1AF  
Tel : 01482 334545

**Hull**  
81 Ferensway  
Hull  
HU2 8LD  
Tel : 01482 581888

**Anlaby Common**  
274 Hull Road  
Hull  
HU4 7RR  
Tel : 01482 581777



Find us on facebook



www.andrewearles.co.uk





**N**ow that the temperature is rising and we are having slightly milder weather we can start to think about getting out into the garden again.

Make sure to keep your garden tidy so that you are ready for the arrival of the Spring weather. One job that is fun and rewarding with superior taste rewards is growing your own potatoes. Whether you have a garden, allotment or small patio or balcony there are many options for growing seed potatoes.

#### What to grow

- There are dozens of different potato varieties, usually described as early, second early and main crop potatoes. These names indicate when they crop and also give you an idea of the space you'll need, how closely and when they can be planted.
- You should concentrate on the earlier types if you're short of space, and it's also worth remembering that earlies are less likely to encounter pest problems as they're lifted so much earlier in the year.
- Second earlies take 16 to 17 weeks to mature after planting, so you should be able to harvest them from very late June through to the start of August.
- Main crops are ready 18 to 20 weeks after planting, so they can be lifted usually from July through to October. Main crops take up the most space in the garden, but they tend to be the best varieties to grow if you want some for storage.

#### What to do

##### How to chit

- Chitting simply means encouraging the seed potatoes to sprout before planting.
- Start chitting from late January in warmer parts of the country or in February in cooler areas, about six weeks before you intend to plant out the potatoes.
- Each seed potato has a more rounded, blunt end that has a number of 'eyes'.
- Stand the tubers with the blunt end uppermost in trays or old egg boxes, with plenty of natural light.
- The potatoes are ready to be planted out when the shoots are 1.5-2.5cm (0.5-1in) long.

##### How to plant

- Plant your chitted potatoes when the soil has started to warm up, usually from mid-March or early April. Start by digging a trench 30-35cm (12-14in) deep, although the exact depth should vary according to the variety of potato you're planting.
- Add a light sprinkling of fertiliser to your trench before you begin planting.
- Plant early potatoes about 30cm (12in) apart with 30-50cm (12-20in) between the rows, and second earlies and main crops about 45cm (18in) apart with 30cm (12in) between the rows.



- Handle your chitted tubers with care, gently setting them into the trench with the shoots pointing upwards, being careful not to break the shoots. Cover the potatoes lightly with soil.
- As soon as the shoots appear, earth up each plant by covering it with a ridge of soil so that the shoots are just buried.
- You need to do this at regular intervals and by the end of the season each plant will have a small mound around it about 15cm (6in) high.

#### Harvesting

- Your home-grown potatoes should be ready for lifting from June until September, depending on the varieties and the growing conditions. Earlies can be lifted and eaten as soon as they're ready.
- This will be when above-ground growth is still green, and usually as soon as the flowers open.
- Second and main crop varieties can be kept in the ground much longer, until September, even though above-ground growth may well be looking past 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 far less prone to damage from lifting and easier to store.

## 10 Jobs for this month

1. Prepare vegetable seed beds, and sow some vegetables under cover
2. Chit potato tubers
3. Protect blossom on apricots, nectarines and peaches
4. Net fruit and vegetable crops to keep the 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



### Growing tips

- **Potatoes like plenty of sun, so avoid planting** them in frost-prone sites, as these conditions can damage the developing foliage. If you're starting up a vegetable plot on very weedy ground or old grassland, potatoes may help swamp out weeds with their fast-growing, extensive foliage.

- If you're short of space, try growing potatoes in an adequately drained container that's at least 30cm (1ft) deep and wide. Half fill the pot with multi-purpose compost or good quality, fertile garden soil, nestle two seed potatoes into the top of the compost and then top up with more compost or soil to within 2.5cm (1in) of the rim of the container.

- It's particularly important that there's adequate water once the tubers have reached the size of marbles. Unless there's regular, ample rainfall, the size and quality of the crop will be reduced if you don't water your potatoes.

Seed potatoes are now in stock at Coletta & Tyson garden centre from £2.49.

### Plant of the moment Camellia

Camellias are one of the most popular winter- and spring-flowering shrubs, providing a vivid splash of colour when little



else is in bloom. Although they need acid soil, they are easy to grow in containers of ericaceous (acidic) potting compost.

### Site and soil conditions

Camellias are woodland plants that grow best in shelter and light shade, although with careful watering they can be grown in sunny positions. They prefer free-draining conditions, with plenty of organic matter, such as leaf mould, incorporated into the soil. Being ericaceous plants, camellias require an acid soil. If your soil isn't acid then consider growing your camellia in a container.

### Watering

Tap water, especially in hard water districts, often contains too much calcium for camellias, reducing the acidity around the roots over time. Rain water is ideal for watering camellias. If rain water runs out, tap water is satisfactory for a month or two in summer.

### Feeding

Feed camellias with acidic fertilisers, such as Chempak Ericaceous, Miracle-gro Ericaceous, sulphate of ammonia or sulphate of potash. Controlled release fertiliser pellets are available from Miracid and Phostrogen to mix into the potting compost of container-grown plants, avoiding the need for further feeding until the following season.

You can use organic fertilisers, including fish, blood and bone and seaweed products.

## WILLERBY FENCING

Proprietor: Mike Featherstone

**We undertake all fencing jobs - At Competitive Prices**  
**Decking Installation and Repairs**  
**Ask for a Quotation**

# Tel: 01482 353080

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

# NEWSTAR

## SECTIONAL BUILDINGS

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

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

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

**FREE LOCAL SITE SURVEYS**

## TEL: 01482 444256

sales@newstarbuildings.karoo.co.uk

www.newstargardenbuildings.co.uk



# SENSATIONS

Nails :: Chiropody :: Beauty

**Luxury  
Manicure**

**£18.00**

(Offer ends 28th February 2017)



**181 HALLGATE, COTTINGHAM  
Tel. 849068**

*Happy Valentine's Day*

**Why not treat your loved one  
to a Gift Voucher**

**Back Massage only £20.00**

**Indian Head Massage  
only £17.00**

**at The  
Healing Hut**

221 Hallgate, Cottingham

**Tel 01482 842078**

[www.healinghutcottingham.com](http://www.healinghutcottingham.com)

See us on Facebook too.

(Vouchers available  
from 1st February until  
Saturday 12th February)



**Yorkshire  
ACCOUNTANCY**

**Quality Accountancy Services  
at Affordable Prices**

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

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

[www.yorkshireaccountancy.co.uk](http://www.yorkshireaccountancy.co.uk)  
[info@yorkshireaccountancy.co.uk](mailto:info@yorkshireaccountancy.co.uk)

**01482 845750**

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

## Your Stars for February 2017

By Kay Gower

### Aries (Mar.2 April 9)

Life can be a puzzle, and you the missing piece, so don't underestimate how vital you are to the big picture. This month you will watch it all come together all around you.

### Taurus (Apr.2 May 1)

As the full moon moves into the sign of Leo, you may experience a feeling of content in which case you can count yourself among the world's most fortunate. No amount of wealth can get you a ticket into the contentment club. *"My crown is called cot en , a crown it is that seldom kig eji oy."* -William Shakespeare.

### Gemini (May 2 June 1)

Sometimes there can be a world of knowledge inside small talk. It will just takes a little careful listening this month and knowing the right questions to ask. Chit chat may well open up a possible treasure trove.

### Cancer (June 2 July 1)

The next three weeks show you changing your work style and making more money. The love you give comes back to you. The coming Spring will be a lucky time for your family. They will make you proud.

### Leo (July 3 Aug 2)

The full moon moves into your own sign on the 11th. You play by the rules, ruthlessly and for keeps. Your competitors will not stand a chance against you.

### Virgo (Aug 28 Sept. 3)

Strangely enough, happy endings don't always come at the end. Someone will be there for you when you're right smack in the middle of a task and looking for some help. You're not a victim, but once in a while it's nice to be saved.

### Libra (Sept. 4 Oct. 3)

This month you'll open your eyes with a fresh perspective on life. Then you'll decide what really makes you happy and go forward with that thought. It's going to be a great year.

### Scorpio (Oct. 4 Nov. 2)

There is only one time when life can be vividly felt. That time is right now. Anything before now cannot be changed. Anything after now is beyond our control. It might be argued that now is the only moment that exists.

### Sagittarius (Nov. 3 Dec. 1)

If you are not sure if you're been taken for granted but that's the way its feels then test the water. Pull back this month and see what happens.

### Capricorn (Dec 2 Jan .9)

You can never plan your own delight, it always happens by surprise. You can, however, put yourself into a situation in which you are more likely to be surprised.

### Aquarius (Jan 2 Feb 9)

Whatever battle you take on this month, you are favourite to win. Before you roll your sleeves up though, make sure the win is worth fighting for. Think it through.

### Pisces (Feb. 9 Mar. 9)

The unpleasantness that happened in the past is in the past now. You have been made richer and wiser for it, which is why you'll have so much to give over the next three months. The Spring will bring change. This change is good.

Continued from page seven

### Alcoholics Anonymous Meeting

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

### Sudoku Answer from page 12

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

### Arterian Singers

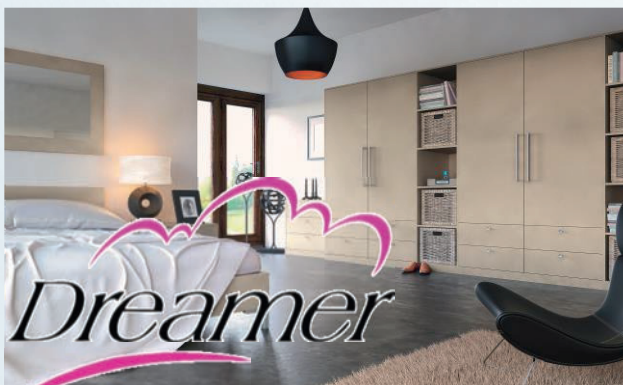
"Would you like to join a friendly group of men and women who enjoy singing? We meet during school term time at the Zion Church on Hallgate, Cottingham on Tuesday evenings at 8pm. We present three concerts a year; the music ranges from folk songs to songs from the shows to religious works to carols at Christmas. There is no audition, and although it helps it's not essential to be able to read music. Musical Director is Julian Savory. If you think you might like to join us, why not come along one Tuesday evening? You will be made welcome! (If you would like to contact a choir member first, then please ring Maria or Alan Tel 458

### Men in Sheds - Hull

We are a charity organisation and we meet every Tuesday and Thursday at The pavilion, Oak Road playing fields, Opposite Cross Keys Pub, Beverley Road, Hull HU6 8Y, between 10.00 am and 400 pm. Drop in for a chat over a brew and biscuits. Our friendly shed is a place where like-minded people gather together to socialise, share skills and learn new ones. With a variety of activities on offer, we really do think there's something for everyone and we're always open to suggestions! Our shed is very much guided by our members and will naturally evolve as it develops. For further information drop in or telephone Baz Wharf on 018 890 or 093 867 or visit our website [www.meninshedshull.org](http://www.meninshedshull.org).

Continued on page thirty two

## New Year... New Dream... New Look!



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

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

FURNITURE DESIGNERS & MAKERS

Support the advertisers who appear within the Cottingham Times

[www.cottinghamtimes.co.uk](http://www.cottinghamtimes.co.uk) - February 29





## Local Beekeeper Neil Gower continues his quarterly look into the world of beekeeping

### Christmas Lights and Manuka

Every year in the lead up to Christmas I am reminded of the industry of worker bees. A swarm of volunteers descend on to the streets of Cottingham every Sunday morning. With their high visibility jackets, helmets, cherry pickers and multiple skills they put up the Christmas lights for us all to enjoy. What a show they put on for us yet again.

This year we were able to get a birds eye view when in early December we went on one of St Mary's organised "Tower Tours" under the supervision of the Tower Captain, Ian Booth. The never ending climb up the spiral stone staircase was worth the effort when we emerged on to the roof of the tower and gazed down at the Cottingham Christmas lights.

Talking with a group of people as we were leaving the church I was asked, yet again about Manuka honey and it's 'benefits'. As this is becoming quite a regular topic I thought I might give a bit of an overview. For those not familiar, Manuka is a monofloral honey made from the nectar of the Manuka bush or tree which grows naturally in New Zealand and in some parts of Australia.

It is said to have great health benefits and some people swear by its medicinal qualities. I am certainly not qualified to comment on any medical benefits, and don't want to get into a debate as a great deal of research is still taking place in a number of areas. In New Zealand the export of Manuka has become big business and is controlled by the countries Unique Manuka Factor (UMF) Association.

They apply a grading to the honey which can determine the price at which it is sold, and this can be very high. The Tregothnan Estate in Cornwall has been growing Manuka successfully since the 18' s, and they sell a Manuka honey for £25 a jar. Australia also produces honey from Manuka, but only New Zealand Manuka is able to be

graded under the UMF scheme.

A few years ago, after a great many questions from consumers 'The Grocer' magazine wrote an article entitled 'The Great Manuka Honey Swindle' which was quickly followed up by an article in the Independent. Both articles highlighted the fact that more honey is sold as Manuka in the UK every year than is actually produced, and it is anticipated that more than three times the amount is sold worldwide.

The independent thus stated the obvious, that many consumers will be paying for something that is not actually Manuka honey. You can take from that information what you will and I have no desire to influence. In the latest British Beekeepers Association newsletter it would appear that further trouble is brewing in the world of Manuka honey. New Zealand's UMF Association are in dispute with Australian producers over the term Manuka which they claim is a Maori word and a protected trademark, and have contacted overseas intellectual property advisors.

I think I will stick to my local honey produced by my own bees from the diverse flora of the Cottingham area.

When I moved my colonies to their new location this year they had not been as strong or numerous as I would have liked. The prolonged warm weather in the early and middle part of autumn meant that they had longer than normal to build up and I was much happier with progress by the end of November. They had continued to forage well into the autumn and had also built up respectable honey stores in the hives.

I keep an eye on their habitat over the winter but tend not to disturb the bees too much by removing the roof, as this can impact the temperature within each hive. They have been treated against the Varroa Destructor mite and at the beginning of December I added some fondant to the top of each hive to supplement their food stores over the winter.

I have some new frames to make up so that I can continue my philosophy of changing all the frames within each hive every 18 24 months to prevent disease and I have a stock of pollen substitute ready to apply when the Queens start laying eggs. This is aimed at aiding a faster build up in the spring.

This article marks my second anniversary of writing these quarterly updates on beekeeping and in both the 2015 and 2016 February articles I wrote of the excitement and anticipation that beekeepers feel with the onset of spring. Both turned out to be an absolute nightmare from a beekeeping perspective with cold and wet weather causing havoc well into what have traditionally been the summer months. Honey production was low in both years and colony losses quite high.

With that in mind I will try not to tempt fate this year. I go into this spring with my fingers crossed, a much reduced expectation and a plan for beekeeping Armageddon. Anything better will be a bonus.

I wish you all a belated happy new year and will be back with the latest update in the May edition.

*Support the advertisers who appear within the Cottingham Times*

## Hull CHA Rambling Club

Explore Yorkshire with us. We visit the Wolds, Howardian Hills, the Yorkshire coast, the North York Moors and occasionally Lincolnshire.

Sunday rambles once a fortnight starting a 9am (8 during British Summer Time). Travel by coach to the starting point. Fare £0.

We pick up at Bilton, Holderness Road, Hull city centre, Beverley Road and Beverley and walk throughout the year.

Walks with leaders

A. 11-14 miles B. 8-9 miles

### Sunday 5 February

A. Langton Wold - Birdsall - Burythorpe - Leavening - Acklam - Thixendale

B. Birdsall - Burythorpe - Thixendale

### Sunday 12 February

A. Burwell - Ruckland - Worlaby - Tetford - Roman Road - Belchford Hill - Oxcombe - Farforth - Ruckland - Burwell

B. Calceby - South Ormsby - Roman Road - Tetford - Worlaby - Ruckland - Burwell

Contact Jan 078 951112

[jane558@outlook.com](mailto:jane558@outlook.com)

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

You will be very welcome.

## Phoenix Walkers

If you like walking in the countryside/a social day out then why not join Phoenix Walkers, a very friendly walking group with walks on Sundays in picturesque areas of Yorkshire, Lincolnshire and Derbyshire. The coach picks up on Ferensway Hull then through to Cottingham Green coach fare £10

Three levels of walks,

A) Walk 8-10 miles

B) Walk 5-7 miles

C) Walk 'The Strollers' a very leisurely 3 miles or so,  
5 February Hornsea (Followed by Fish and Chip tea)

19 February Thixendale

For further information please ring Dulcie Hartley 018 509000.

## Wykehykers Walking Club

We are a friendly long established local club whose members enjoy outings every alternate Sunday. Over the year we will be visiting Yorkshire's moors, dales, wolds and coast and areas of Derbyshire and Lincolnshire. Optional guided walk each time of either a 3 or 4 mile stroll or 8-9 mile walk with occasional option to simply stay and enjoy the place being visited at your own leisure.

**The first outing this season will be on Sunday 26 February and they will continue fortnightly thereafter.**

We pick up from Ferensway to Beverley via Beverley Road when Northbound or Beverley High Road, Ferensway, Anlaby and Boothferry Roads when Westbound starting at 9am and usually home around 6pm. Coach fare is £0.

For further details call Alan on (018) 80997 or Keith on (018) 8917. A warm welcome awaits.

Merlx provide many electrical services in the home and in the workplace. These are just a few services we could provide for you:

- Extra Sockets & additional lighting • Landlord Certificates
- Cooker Points • Outside Lighting & Power • Rewiring
- Fire/Burglar Alarms, Intercoms • Power & Lighting for Loft, Extension or Conservatory • New Consumer Units
- Testing & Inspection • Economy 7 Heating

For a more detailed listing of our services, please refer to our website

01482 635188  
info@merlx.co.uk  
www.merlx.co.uk



**Not just home and motor insurance - we do all kinds of business insurance too!**



**Home Buildings Insurance**

**Home Contents Insurance**

**Motor Insurance**

**Taxi Insurance**

**Travel Insurance**

**Business Insurance**

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

**Call in & see  
us at our  
new, larger  
offices at  
97 King Street,  
Cottingham**

Hedon Insurance is authorised and regulated by  
the Financial Conduct Authority

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

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



**Hannam Upholstery  
Company**

*Hand-built furniture that carries a 10 year frame guarantee*

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

**Tel/Fax: (01482) 658787**

*Find us on Facebook and Twitter*

### ALANON Meetings

Thursday evenings at Holy Cross Church, Carrington Ave Cottingham HU16 4U. The meetings start at 8 pm until 9.00pm every Thursday evening, it is an open meeting for relatives or friends of the alcoholics and who are being severely affected by someone else's alcoholism. This fellowship is an International one, there are no dues or fees for joining all new comers will be told that they will remain strictly anonymous and anything they share at the meeting would not be discussed elsewhere. Any further information on 018 5083

### Alternative Aquatics

Alternative Aquatics is a local charity and self-help group. We provide gentle exercise and relaxation for people with back pain and associated mobility problems, in wonderful warm water and a friendly atmosphere. We meet on Thursdays at 5-6 pm during term time, at the hydrotherapy pool at Frederick Holmes School on Inglemire Lane, Hull, and the cost is 2 per school term. We have a few places available so if you would like more information, or would like to come along for a free trial session, ring Karen on 018 002 or Ann on 5201 1.

### The Cottingham Bowling Club

The Bowling Club meets daily at the Bowling Green, situated on Hull Road, by the Thwaite Street roundabout. Social bowling is held outdoors in the summer months and indoors in the winter months. Club competitions and social gatherings form an important part of the Club's activities. New members are always welcome. Further information can be obtained from Trevor Holborn 018 00E mail [revtrev2@revtrev2.karoo.co.uk](mailto:revtrev2@revtrev2.karoo.co.uk)

### 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 6p (including biscuits). Please come and help us with our jigsaw puzzle. A warm welcome ensured.

### AgeUK East Riding

First Friday in the month from 10.00 a.m. to 11.0 a.m., 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 018 018 f or further details.

### Cottingham Rangers AFC

Cottingham Rangers AFC was founded in 192 and is one of the biggest football clubs in the area. We have a total of 28 teams (17 Boy's teams at under 8 to under 18 level, 4 Girl's teams at under 10, 12 and 14 level, 2 Men's teams, 2 Veterans teams and 3 Ability Counts teams), as well as an academy for 4 to 7 year olds and a Walking Football section for those of a more senior age! For more information please contact the Club Secretary, Dean Banyard on 018 0924 or visit our website [www.cottinghamrangers.co.uk](http://www.cottinghamrangers.co.uk)

### Zion United Reformed Church, Hallgate

Every Thursday morning, term time. From 9.0 am to 11.0 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.

**Continued on page 8**



# Logic heating

## The Boiler Installers



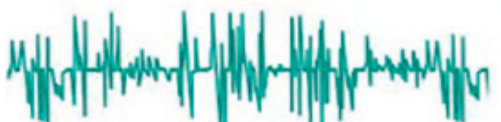
**336 Cottingham Road, Hull HU6 8QE :: Tel. 01482 446662**



The sound an ordinary boiler makes



The sound a Vaillant boiler makes



And the sound we made when these...



were awarded this:



## **“Have You Been Quoted over £2,000 for a New Boiler? ... Why Not Have The Best for Less?”**

**Vaillant Combi to Combi boiler prices  
supplied & fitted. 10 YEARS WARRANTY**

Vaillant EcoTec Pro 24kw	<b>£1,559</b>
Vaillant EcoTec Pro 30kw	<b>£1,729</b>
Vaillant EcoTec Plus 32kw	<b>£1,899</b>
Vaillant EcoTec Plus 35kw	<b>£1,989</b>

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

**Before you ask.....there is NO VAT to pay on top!**

### **IDEAL BOILER PRICES**

Logic+ 24kw Combi Supplied & Fitted	- <b>£1299</b>
Logic+ 30kw Combi Supplied & Fitted	- <b>£1399</b>
Logic+ 35kw Combi Supplied & Fitted	- <b>£1499</b>



Email: [logicheatingltd@gmail.com](mailto:logicheatingltd@gmail.com) :: Gas Safe 579830 :: FSB Member: 51393864 :: Vaillant & Ideal Boilers Accredited Installers  
Company Registered in England & Wales 10088144

\*Prices and offers are subject to change

And introducing Ideal Boilers' flagship Combi, The Vogue, with a **HUGE 10 YEAR** manufacturers parts & labour warranty.

**Vogue 26kw Combi Supplied & Fitted - £1549**

**Vogue 32kw Combi Supplied & Fitted - £1649**

**Vogue 40kw Combi Supplied & Fitted - £1749**

**Before you ask.....there is NO VAT to pay on top!**

With each of the above boilers, you also get:

**FREE** Central Heating **POWERFLUSH** Using Magnacleanse, The Latest Flushing Technology.

**FREE** Wireless Programmable Room Thermostat

**FREE** Gas Safety Check

**FREE** Boiler Registration With Building Control

### **Central Heating Powerflushing**

When was the last time you cleaned out your heating system? Many householders say "never"! You need to look after your central heating and your boiler as it attracts harmful carbon deposits such as rust which will cause issues like: • Luke warm radiators • Cold spots on radiators • Inefficient running costs • Cooler hot water from taps • Brown or black water or sludge. We use the latest in Powerflushing technology called The Magnacleanse from Adey.

Our machines collect the dirt instead of sending it back around your heating system.

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

**Up To and including 10 radiators - £249**

**Up to and including 20 radiators - £299**

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





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

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

## Behaviour is valuable information

**B**ehaviour, both wanted as well as unwanted, is always for a reason. It is a window straight into the emotional brain of your horse.

As a nation of pleasure horse owners, we tend to fixate on all unwanted behaviour and set our roles into constantly correcting our animals. The horse does something we don't like, or we did not ask for so we immediately retaliate with some move or action on our part (usually aggressively) in an attempt to correct that behaviour into some form of so called obedience. These actions dominate, pressures or bullies the animal back onto the path we choose and requires the horse to feel some form of momentary fear of us or some form of pain as a consequence to their actions.

How often do we stand back and ask why? What is the function to the horse by behaving in such a way? Why does it keep doing the same thing repeatedly? Why does the horse keep on repeating that behaviour despite repeating your chosen strategy for correction?

If an unwanted behaviour keeps happening, then the reason which triggers it has not been identified or has not been properly and accurately considered. You may be under the misapprehension as to why your horse does what he does and decide to label it inappropriately. I hear it all over and over again...the horse is stupid, naughty, stubborn, mare-ish, being awkward, hateful...and so the list goes on. Labeling is not helpful as it does not describe the actual behaviour and puts a human slant onto the horse psych.

**Think about it.** There must be a reinforcement of some kind to the horse for it to keep repeating it. If what you are doing in retaliation, or in preparation, for that expected behaviour was working then it would naturally extinguish.

**There is one huge statement which is massively important and one we should always take into account**

and that is that the **ANIMAL DECIDES!** That horse in front of you decides if what you are doing is working to help it feel safer in your company and in the environment you have chosen to put it in. Dogs are no different either. If any part of this article hits a chord with you and how your dog is behaving then seek the help of a good dog trainer. One who uses positive reward and the Science of Animal learning and Behaviour.

Getting back to the original statement about behaviour being information, then that is the time to sit back and think it all through.

Unravelling the cause, the need for, the reason for, the pure description of actual behaviour in its own right. Working out any historical influence. This is always where you need to start. All horses want to do is feel safe. That's it! There is nothing else to say. Nothing else to add. It's that simple. (take a good look at yourself at this point in time too because that same statement applies to us as humans. If any animal wants out of life and whatever life throws at it, is to feel safe.)

Defense, avoidance, fear based, rage based, grief or panic based, flight, freeze, fight, vocalising:- there is a myriad of possibilities, causes, historical influences, conditioned responses, triggers, environmental influences and so the list goes on.

I am here to help you through all of this. To better understand your horse. To better understand why he does what he does or feels the way he feels. To better understand how classical conditioning may be playing a huge role in your horse's life. You may need to re think your management role, the environment affect and even what you yourself bring to the table re your own emotions and past experiences. How you may be feeling peer pressure to adopt techniques you know are innately wrong or an approach with which you are not comfortable.

Please do get in touch and let's start to unravel all which is going wrong and set you both on a path to succeed through better understanding and correct information. Tel. 020 325 or 018 314.

Take a look at my Facebook page:- [www.facebook.com/instinctivehorsetraining](http://www.facebook.com/instinctivehorsetraining)

Instinctive Horse Training  
Melanie S Watson

# Remember....all emotions are behaviours.

Be in tune with all your animals emotions.....he  
is speaking very real words if you take time to  
listen.

## Essential maintenance work on seven bridges over the A1079 has commenced

East Riding of Yorkshire Council has announced that essential maintenance work on seven bridges over the A1079 between the roundabout at Bishop Burton and the east of Jocks Lodge interchange is about to be carried out.

The £500,000 project, funded through the highway maintenance grant allocated to the council by the Department for Transport, will begin on Monday 23 January, and is scheduled for completion by the end of March, 2017

The work, to be carried out by the council's contractors, Balfour Beatty, will include replacing and maintaining the bearings beneath the bridge beams; replacing life-expired joints; repairing damaged concrete; and building new access platforms to facilitate future inspections of the bridges.

In order to ensure the safety of road users and contractors, a 50mph speed limit will be in place on the A1079 in the vicinity of the works. Lane closures will be in place on the dual carriageway sections of the road, and during the night, traffic signals will be used to minimise disruption to traffic.

Traffic lights will also be in place on both Newbald Road and Walkington Road where they cross the A1079. The layby to the north of Jocks Lodge interchange will be closed to provide a working area for the contractors.

Councillor Andy Burton, portfolio holder for planning, highways and transportation, said: "We apologise to motorists for any inconvenience caused by these essential works, but reassure all road users that these works will ensure the long-term future of all these bridges over this very busy road."

## HULL CITY HALL CLASSICS

in partnership with the Royal Philharmonic Orchestra & Hull Philharmonic Orchestra

2016/2017

### HULL PHILHARMONIC ORCHESTRA

Saturday 25 February 2017, 7.30pm

City Hall Celebration for 2017

Conductor: Andrew Penny

Piano Soloist: Martin Roscoe

Organist: Jonathan Scott

Karl Jenkins: World premiere of '6000 pipes' for Organ and Orchestra, commissioned by the Hull Philharmonic for Hull UK City of Culture 2017

Ravel: Piano Concerto in G

Saint-Saens Symphony No 3: 'Organ Symphony'

Meet the Artists: Karl Jenkins, Martin Roscoe & Jonathan Scott talk to Andrew Penny at 6.55pm. Free to ticket holders

MARTIN ROSCOE JONATHAN SCOTT

TICKETS: £8.00 - £27.00 [DISCOUNTS AVAILABLE]

[www.hullphilharmonic.org](http://www.hullphilharmonic.org)



Box Office: 01482 300 300  
[www.hcandl.co.uk/hullcityhall](http://www.hcandl.co.uk/hullcityhall)



Working in partnership



## Homelink

your property partner

The professional family business, that really cares!

### WANTED!!!

2 Bedroom properties to rent in Cottingham. Tenants waiting to pay up to £450 PCM

#### Cottingham

£395pcm



#### 1 Bedroom Apartment

- First floor apartment
- Neutral décor throughout
- Good sized lounge
- Modern fitted kitchen with integrated oven and hob
- Double bedroom with fitted wardrobes
- Under floor heating
- Double glazing

#### Cottingham

£1200pcm

### TOO LATE!!



#### 5 Bedroom House

- Modern detached family home
- Exceptionally well presented
- Superb living/dining kitchen
- Well appointed lounge
- 2 Bedrooms with en-suite facilities
- Family bathroom
- Double Garage
- Gardens to front and rear

#### Kingswood

£995pcm

### TOO LATE!!



#### 4 Bedroom House

- Detached family home
- Furnished accommodation
- Well-appointed lounge leading to dining area
- Dining area open plan to modern extensively fitted kitchen
- Utility room & cloakroom
- 4 Double bedrooms
- Family bathroom with separate shower and bath
- Master bedroom with en-suite
- Enclosed lawned rear garden
- Driveway & garage

#### Hull

£450pcm



#### 2 Bedroom Apartment

- Self-contained first floor apartment
- Desirable Hull Marina location
- Good sized lounge
- Modern fitted kitchen
- 2 good sized bedrooms
- Off street parking

### WANTED!!!

We have a high demand for 3 bed Semi-detached properties in Cottingham, with tenants willing to pay up to £750 PCM.

Please contact us if you have a suitable property to let.

### LETTINGS • MANAGEMENT • LEASEHOLD

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

t 01482 875248 • f 01482 849062 • e [info@home-link.co.uk](mailto:info@home-link.co.uk) • w [www.home-link.co.uk](http://www.home-link.co.uk)



# STROUDS *of Cottingham*

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



**Gifts to suit all ages and budgets**

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

Find us at: 149 Hallgate, Cottingham, HU16 4BB  
Telephone: 01482 845600  
Website: [www.stroudsbags.co.uk](http://www.stroudsbags.co.uk)

## Four Generations giving 100 Years of Family Service

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

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

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

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



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

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

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

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

Email: [hkempandsonltd@gmail.com](mailto:hkempandsonltd@gmail.com)  
[www.hkempandsonltd.com](http://www.hkempandsonltd.com)

*Continued from page 3*

### **Play Badminton**

On Tuesday and/or Thursday evenings at Cottingham High School, 8.00 pm until 9.00 pm during term time. **Get Fit, Have Fun! £2.00** per evening. For more information telephone Dave 018 885.

### **Fitmums & Friends Run, Walk**

The club meets at the Blue Kangaroo, Finkle Street, Cottingham on Monday's 9.00 am (term time only) and at Cottingham Sports Centre KGV Pavilion, Wednesdays 10.00 pm; Fridays 6.50 pm. Suitable for men & women of all abilities. [www.fitmums.org.uk](http://www.fitmums.org.uk)

### **Cottingham Bridge Club**

Every Friday evening at the Darby and Joan Hall. Duplicate Bridge, for more information telephone 88 3

### **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 1.00 pm to 3.00 pm. For any further information please contact The Hull and East Riding Alzheimers Society on Tel 018 211255.

### **Cottingham Cricket Club**

'The club provides cricketing activities and games for boys and girls from the age of 6 We run 4 Saturday sides, and teams at U9, 11, 13 15, 17 and 19 and also Girls Teams. All new players of any ability are welcome. Training starts in January with Indoor Nets at Sirius Academy North for all age groups and Seniors on Wednesday evenings 6.00 pm till 8.00 pm and at Cottingham High School (Sports Hall), (tennis ball/kwick cricket ball) for ages 6 15, on Saturdays 12.00 pm till 2.00 pm till Easter. Summer training for Juniors is Friday evenings and Seniors is on a Wednesday. For more information and details contact Rob Rhodes on 8215. Or email [cottinghamcc@hotmail.co.uk](mailto:cottinghamcc@hotmail.co.uk)

### **Calligraphy, Quilling and Folk Art classes**

Held during term times in Swanland on Wednesday afternoons; in Woodmansey on Thursday evenings and in Hessle on Friday mornings. Contact Jane Jenkins 018 81 for details.

### **The Cottingham Wrist 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. 853 053 8593 or 82.

### **Hull and East Yorkshire Happiness Group**

Everyone could do with a bit extra Happiness in their life. To find out how, join us for lots of laughter, the company of diverse but like-minded people (and cake) at Pearl's Place on Hallgate, Cottingham on the SECOND Thursday each month at 6pm to 8.00 pm. No Charge. Contact: Pam 096 091513 [heyhappinessgroup.weebly.com](http://heyhappinessgroup.weebly.com)

### **Cottingham Food Bank**

The Cottingham Food Bank will be open every Wednesday from 10.00 am to 12.00 pm, and Saturdays from 10.00 am to 12.00 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 8 5920.

*Continued on page 8*

## Residents offered chance to get market-leading rates for home energy

**R**esidents are being offered exclusive market-leading rates\* for home energy thanks to the power of collective energy switching.

East Riding of Yorkshire Council teamed up with technology partner iChoosr, the UK's leading expert in collective energy switching, in 2013 and has been able to deliver savings of £5m million so far for East Riding residents.

The average saving at the most recent auction for dual fuel customers was £50 per year.

Residents who register before the next auction, which is taking place on 14 February, will receive a personal offer letter or email letting them know how much they could save against their current deal.

There is no obligation for people to accept their personal offer but, if they do, it is easy to make the switch and the new provider will take care of the whole process.

Councillor Symon Fraser, portfolio holder for asset management, housing and environment at East Riding of Yorkshire Council, said: "We are seeing East Riding residents make real savings on their energy bills.

"YORSwitch is open to everyone. More than 1,000 households have now switched energy suppliers with the

council's support, it's easy and safe. Once registered, there is no obligation to take up an offer so there is nothing to lose."

To help as many residents as possible to save on their energy bills, residents can still register after the auction has taken place. These customers will also receive a personal offer; by e-mail or by post. The winning supplier's offer will be available until 28 March and residents can go online at [eastriding.gov.uk/yorswitch](http://eastriding.gov.uk/yorswitch) and receive an instant quote.

Auctions happen throughout the year, with the next round starting again on 4 April. Residents are encouraged to register for every auction as offers are always changing.

**How to register to receive a no-obligation offer or find out more about YORSwitch:**

**Online:** If you have an email address and would like to register online, you can do so by visiting [www.eastriding.gov.uk/YORSwitch](http://www.eastriding.gov.uk/YORSwitch)

**Face-to-face:** Visit your local Customer Service Centre - for opening times go to [www.eastriding.gov.uk](http://www.eastriding.gov.uk)

**Telephone:** Call (018) 999 between 9.00 am and 5.00 pm, Monday to Friday

**Please have a recent energy bill or annual energy statement with you to register.**

All tariffs available to scheme members are market-leading against Ofgem averages on the day of the auction.

## CAVE CASTLE HOTEL & COUNTRY CLUB

### *Cave Castle in 2017*

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

**February:-** Lethal Lovers – Murder Mystery Night  
Valentines by Candlelight at The Windsor Restaurant  
The Valentines Ball

**March:-** Back by popular demand- Mickey Powell as Michael Buble  
Mother's Day Lunch

**April:-** Easter Eggstravaganza – Murder Mystery Night  
Yvonne Haylen as CHER

*As well as so much more - Request your 2017 brochure today*

[www.cavecastlehotel.com](http://www.cavecastlehotel.com)

**Telephone: 01430 422245**

**Cave Castle Hotel & Country Club,**

Church Hill, South Cave HU15 2EU :: Email: [info@cavecastlehotel.com](mailto:info@cavecastlehotel.com)



# Alishaan

**Tandoori & Balti Restaurant**  
**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

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

**Book Now for Mother's Day Sunday March 26th**



**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**

## 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**

### Scottish Country Dance Club

We meet on Mondays in Arlington Hall, Cottingham, 8pm - 10.00 pm. Everyone is welcome, beginners (for the first hour) and dancers with experience. It's a fun night with an RSCDS qualified teacher. For more information phone Lynne Brooks 840301 or Joyce Cochrane 871790. Your first night is free so come along and have a go!

### Loudhailer Acoustic

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

### Hull Zingari

Hull Zingari Cricket Club (est 1896) will be holding indoor net sessions for junior and senior players and new players will be made very welcome.

JUNIORS Haltemprice Sports Centre, Springfield Way, Anlaby. 10 Sundays 6pm - 8pm starting February 12. £4 a session. Fully qualified ECB coaches in attendance. Hard ball and softball. Equipment can be provided. Ring Steve on 447568 to book a place.

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

### Humberside Steppers Square Dance Club

We meet at the Marist Social Hall, 119 Cottingham Road, Hull on a Thursday evening from 7.30 pm. and are hoping to recruit some new members to our fun activity!! Everyone is welcome and get the first two weeks free entry. Please email Philip on [philmeec9@gmail.com](mailto:philmeec9@gmail.com) for further information.

### East Yorkshire Climbing and Mountaineering Club

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

### Cottingham Methodist Church hall, H allgate

Card making class held every Monday ( Except Bank Holidays) 1.30pm - 3.30pm. Classes restart 9th January. All levels welcome. Contact for further details - Ann on 07932833578.

**The deadline for entries in the March 2017 "What's On" section, is the 1st February.**

*Support the advertisers who appear within the Cottingham Times*



## Exciting news for Cottingham Scouts and Guides!

**A**t the East Riding Council Planning Committee on 20th December, Cottingham Scouts and Guides were finally granted planning permission for their new headquarters. The plans include two halls, lots of storage, a kitchen, toilets and much more. The headquarters is hoped to become something of a community building, with a whole range of groups using the facility.

Cottingham Scouts lost their headquarters over 10 years ago when Hallgate School extended onto the land on which it was built. Since then, the Scout and Guide units have been meeting in various halls and rooms around the village, causing leaders cars, spare bedrooms, lofts and garages to become equipment storage! The Building Trust have worked tirelessly since, and feel that a huge weight has been lifted off their shoulders.

The aim is to raise the £500,000+ needed in the next two years, so keep your eyes peeled, and please support them in this exciting new venture.

*Photograph courtesy of The Hull Daily Mail.*

## The Cottingham Darby & Joan Luncheon Club has vacancies

**T**he Cottingham Darby & Joan Luncheon Club has some vacancies for new members.

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

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

If you are interested in joining please ring Mrs. Hodge on 849077 anytime, or on a Friday on 845819. Alternatively, why not call on a Friday and see us in person.

## Learn to swim at the Hull Optimists Swimming Club

**D**o you want to learn to swim? Have you failed to learn by traditional methods? Now is your opportunity to try an alternative method. Hull Optimists is a swimming club for people who need extra help in learning to swim.

They may have a disability, a health problem or a fear of water. We use the hydrotherapy pool at Frederick Holmes Special School in Inglemire lane, lovely warm water. Places are available on Monday or Thursday 5.45 pm for children and 6.45 pm for adults.

We also need helpers. If you would like to try this very rewarding voluntary work either in the water or on the poolside, please contact us. Full training will be given and could include a nationally recognised certificate.

For further information 'phone for Mondays, 01482 353547 [kelsey59@keley59.karoo.co.uk](mailto:kelsey59@keley59.karoo.co.uk) or for Thursdays 01482 472603 [kbrockwell@frederickholmes.hull.sch.uk](mailto:kbrockwell@frederickholmes.hull.sch.uk).

## Graham Porter - Caring Dentistry



**Graham Porter**  
BDS

**Caring Family Dentistry**  
GDC Registration Number: 51131



**Stuart Graham**  
BDS, MMedSci (Dental Implantology)

**Caring and Complex Dentistry**  
GDC Registration Number: 59133



**Christos Ziaras**  
BDS Athens

**Caring Family Dentistry**  
GDC Registration Number: 102236

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



**SIX MONTH SMILES®**  
Cosmetic Braces System

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



## New activities for Under 5s at the Beverley Treasure House

East Riding of Yorkshire Council is inviting families with children under 5 years old to discover the new free resources at the Treasure House Museum in Beverley.

In any weather, families can have fun 'At the Beach' with the new interactive beach mat, natural seaside objects and sea creatures. They can also enjoy looking at seaside-themed books while sitting on 'pebble' cushions.

Explorer Kit items are also on offer for children to discover interesting things in the museum. Children can look closely at objects with a magnifying glass, find matching colours in the collection, shine a torch into dark spaces, and hunt for specific items in the display cases.

These new additions complement the existing activities offered for older children at the Treasure House and Beverley

Art Gallery, such as colouring in, dressing up and family open days. They have been enabled by funding awarded to the Humber Museums Partnership by Arts Council England.

The Treasure House is a cultural centre, including the Museum, a café, Beverley Art Gallery, East Riding Archives and Beverley Library, on Champney Road in Beverley next to the Magistrates Court.

For more information about the under 5s resources, other activities and open days, contact Treasure House on (01482) 392780, visit the website at [www.museums.eastriding.gov.uk](http://www.museums.eastriding.gov.uk) to download the events brochure, or just pop in.

## Find out where you are with your pensions & investments



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

Come in and talk to us and  
get to where you want to  
be in life

**icf**  
FINANCIAL SERVICES

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

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



## Cottingham Green Womens' Institute celebrated its 25th anniversary in January

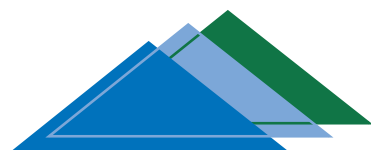
The new year started with the Annual Meeting and the election of the committee and President. Rosie Ellis was elected for a further year and 2016 was reviewed by the treasurer and secretary.

The first President, Geraldine Mathieson, was invited to cut the celebration cake with one of the original members, Mavis Batty, the oldest member, Elsie Beesley, and the present President, Rosie Ellis.

The new programme starts on Thursday February 9th with Angus Young, 'Hold the front page'.

New members are always welcome in the Darby and Joan Small Hall at 7.30pm.

*Pictured above left to right : Rosie Ellis, Geraldine Mathieson Elsie Beesley and Mavis Batty.*



[www.premierroofing.co.uk](http://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**



## Cat Homing Show in the Darby & Joan Hall, Finkle Street on Saturday 4th February

The Hull and District Cats Protection will be holding a Cat Home Show on Saturday 4th February, in the Darby & Joan Hall, Finkle Street, Cottingham from 11.0 am to 1.0 pm.

Come and meet the cats who are looking for loving, permanent homes Refreshments will be available..

For more information, please call 018 9028 Neutering vouchers are available for those on benefits or low income, by calling 018 660.

## Manchester Camerata - String Serenade to perform at Toll Gavel United Church, Beverley

Join Manchester Camerata's internationally acclaimed strings, Violin and director Adi Brett, on Thursday 23 February 2017 at the Toll Gavel United Church, Beverley HU17 9AA at 7.0pm, for an evening of some of the most well-loved pieces for string orchestra. Experience a youthful Mendelssohn's very first and last string symphonies, Mozart's fresh and energetic divertimento in F and the lush, romantic sounds of Elgar's Salut d'Amour and serenade for strings.

Mozart Divertimento in F

Mendelssohn String Symphony No.1  
Elgar Salut d'Amour  
Mendelssohn String Symphony No.13  
Elgar Serenade for Strings

Tickets cost Adults £5, Concessions £3 all children under 14 FREE with full paying adult, additional children £5 and are available from Beverley Library or call 018 9530 or visit [events.eastriding.gov.uk](http://events.eastriding.gov.uk).



### Starters

#### Paté di Fegatini

Homemade Chicken Liver Paté,  
Served with garnish, salad and toasted bread

#### Cozze Nostrame

Green Lipped Mussels cooked in White Wine, Fish Stock and Cream  
or with Spicy Tomato, Garlic and Wine, served with Ciabatta bread

#### BBQ Ribs

BBQ Meaty Ribs, served with Ciabatta bread

#### Prawns Savoia

Pastry Case filled with Prawns, Mushrooms and Topped with  
Thermedore Sauce, Baked and served with Salad garnish

#### Funghi al Forno

Button Mushrooms cooked in Garlic Butter,  
Wine and Cream, Cheese and Baked

#### Salmone Affumicato

Smoked Salmon, with Drizzly Olive Oil, Lemon Juice and served with  
Brushcetta bread and Topped with Fresh Chopped Tomato



## Valentine's Dinner -

14th February - 5.00 pm onwards

2 Course Dinner - £15.95

### Main Courses

#### Pollo con Pancetta

Strips of Chicken, Cooked with Onions, Marinated Spices,  
Fine Fresh Chopped Tomato, White Wine, Diced Bacon, Mustard and Cream

#### Anatra Pasco's

Pan Fried Duck Breast, Cooked with Stock, Mango Chutney and a touch of Cream

#### Salmone Suprema

Salmon Cooked with Prawns, Mushrooms, Dijon Mustard, Dill, White Wine and Cream

#### Tortellini Ripieni

Shaped Pasta filled with Spinach, Italian Cottage Cheese,  
and Served with a Creamy Wild Mushroom Sauce

#### Manzo della Casa

Strips of Beef, Cooked with Onions, Mushrooms, Demi Glaze, Red Wine and Mustard Cream

#### Nido di Carne

Two Pastry Cases, One Filled with Strips of Beef, and One Filled  
with Strips of Chicken, Both Served with Appropriate Sauce

#### Bistecca al Pepe

Rump Steak, cooked with soft Peppercorn, Red Wine, Mustard Brandy and Cream

All the above Dishes served with Vegetables of the Day and Potatoes

### Sweets

A Selection of Mouthwatering Homemade Sweets

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



# Best Connection



**24 Hour Genuine  
Emergency Call Out**

**For All Your Plumbing &  
Heating Requirements  
No Job Too Small**

**For a Professional,  
Friendly & Reliable Service Call**

**Tel. 07749 128539**

**624 Inglemire Lane, Cottingham HU6 8SJ**

# N.O.C.

**PROPERTY SERVICES LTD**

## ROOFING SPECIALISTS



***Special  
offers on  
all Roofs***

**30 YEARS EXP, CHAS ACCREDITED, FULLY INSURED  
ALL ASPECTS OF ROOFING AND GUTTERING**

**FOR FREE ESTIMATES AND ADVICE**

**CALL NICK O'CONNOR ON**

**01482 447 357 OR  
MOBILE 07947 556 719**

**92 HULL ROAD, COTTINGHAM HU16 4PU**

## How Made in Hull inspired top composer Sir Karl Jenkins

Sir Karl Jenkins, acclaimed as the world's most popular living composer, has revealed the inspiration behind his world premiere commission for Hull Philharmonic Orchestra.

Presented with support from Hull UK City of Culture 2017 **600** Pipes celebrates the City Hall and its mighty locally-built organ, and will be performed on February 25 as part of the Made in Hull season.

The old Tivoli Theatre, Hull's fishing industry and a modern day wildlife issues have influenced Sir Karl's piece for organ and orchestra after he visited the city last summer.

The Tivoli, home to the leading music hall artistes of the day, was built in Paragon Street, Hull, in 18 to a design similar to the Globe Theatre in London, with a 1,200 capacity. Originally known as the Theatre Royal, it became the Tivoli in 1912, but was demolished after closing down in the 1950s. The site is marked where Tivoli House stands today.

The Hull Philharmonic is linked to the theatre through its principal oboist, Gerald Bisby, whose grandfather moved to the city after landing a job with the Tivoli orchestra.

Unusually, **600** Pipes will also feature the Hull Philharmonic musicians as singers in a 'Humber Shanty' in honour of the city's trawlermen while the inspiration for another movement is the rare bee orchid growing on undeveloped sites in the city, but under threat from new construction.

Hull Philharmonic Society has financed the commission with support from Hull 2017 and insurance money after the loss of its music library in the Christmas 2013 tidal surge. Williamsons Solicitors of Hull and East Yorkshire are sponsoring the printed programme.

"We decided not to replace the old music, but to create something new for 2017 so some good has come out of adversity," said musical director Andrew Penny.

Mr Penny added that it was a major coup for the orchestra to attract a composer of Sir Karl's stature.

Hull City Hall was in full use by 1909 but as seen in the spectacular start to the culture year it was badly bombed in 194. The roof, stage area and the organ had to be restored.

The organ was originally built by Forster & Andrews, a successful Hull business that gained commissions in Africa, Central America and Australia, as well as the UK, in the period 18 1924

Swansea-born Sir Karl, who is in Classic FM's Ultimate Hall of Fame, is well known for his mass for peace the Armed Man, his songs for sanctuary Adiemus, film and TV scores and his recent work in memory of the Aberfan disaster in 196

His early career was spent in jazz and progressive rock as a multi-instrumentalist and his knighthood in 2015 was for 'services to music and crossing musical genres'.

Organist Jonathan Scott, who has performed at major concert halls in the UK, Europe, South America and the Far East, will feature in **600** Pipes, and the programme also includes Saint-Saens' Organ Symphony and Ravel's Piano Concerto in G with soloist Martin Roscoe.

Martin Green, CEO and Director Hull 2017 said: "Made in Hull is about celebrating this great city, so it is wonderful to have the Hull Philharmonic Orchestra performing Karl Jenkins' especially composed tribute to some of its people, traditions and stories. This world premiere adds to a richly varied line-up of music for Hull's city of culture year."

Advance bookings - Tickets can be purchased from Hull City Hall box office on 01482 300300, or online at [hullcc.gov.uk](http://hullcc.gov.uk). Tickets start from £ (discounts available). Andrew Penny talks to Sir Karl Jenkins, Martin Roscoe and Jonathan Scott at 6 0pm before the concert (free to ticket holders).

# HALLGATE TREE CARE

## *A cut above the rest!*



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

Hallgate Tree Care is a family-run business

## PROFESSIONAL TREE AND HEDGE CARE

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

**We also offer a Stump Grinding Service**

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

**Tel. 01482 846069 or Mobile 07817 214792**

**HALLGATE, COTTINGHAM, EAST YORKSHIRE HU16 4BD**



## HALLGATE TREE CARE

## *A cut above the rest!*



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

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

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

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

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

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

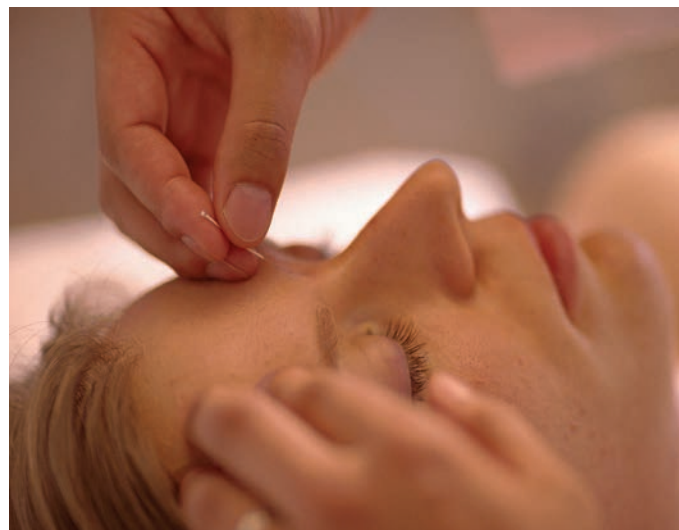
The channels are related to the internal organs, which if out of balance is another important factor in the cause of disease. Chinese Herbal Medicine and Acupuncture are used to correct this imbalance.

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

## Problems and Diseases commonly treated by TCM

### Dermatological:

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



### Muscular, Neurological, Skeletal and Vascular:

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

### Internal:

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

### Men's Problems:

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

### Women's Problems:

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

### Ears, Eyes, Nose and Throat:

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

### Cancer and Tumour:

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

### Addictions:

Tobacco, Drugs, Alcohol, Reduce Weight etc.

### Mental and Emotional:

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

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

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



**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**



## Marie Curie volunteers thank their local Community for helping them raise £100,000 over the years

Marie Curie volunteers in Cottingham have raised a staggering £100,000 since the very first Great Daffodil Appeal street collection took place in 1999. As support for Marie Curie gained momentum in the area, the Cottingham Fundraising Group was set up in 2006 and stalwarts, Gail Jarvis, Joy Smales and Pete Smales continue to support the charity today.

They would like to send thanks to everyone that has helped them reach this milestone which has provided 5,000 hours of care to terminally ill people and their families over the years. Thanks go to anyone that has volunteered their time at a collection, donated money, held an event or contributed in any other way, including shops and businesses that have a charity box on their premises.

Gail, who became a Marie Curie nurse back in 1985 for more than five years was re-introduced to the charity in 1998 when her dad was cared for by a Marie Curie nurse, and she became a founder member of the Beverley Fundraising Group. Gail is responsible for managing collection tins and daffodil boxes, organising the Great Daffodil Appeal street collections in Cottingham in March, arranging house to house collections, banking money donated by local people and supporting volunteers.

Gail said: "Every year I am amazed how much we raise during the Daffodil Appeal as Cottingham is not a very big place. The generosity of local people is always phenomenal."

Joy makes and sells greetings cards for Marie Curie and helps out with collections. She first became involved with the charity when Gail asked her to help with the Cottingham street collection. Today, Joy's cards are renowned locally and regularly appear on stalls at local events.

Joy explained: "Increasingly, more and more young people are donating money which is very encouraging and refreshing. It's great that they are keen to get behind such a worthy cause."

Pete Smales, who is married to Joy, got involved with Marie Curie in 2008. He was invited to give a talk about his experiences as a musician to a local ladies group. He donated the fee to the charity as a Marie Curie nurse had cared for his father. Pete is now on the speakers list at the central library and is busy giving different talks about his experiences as a musician and magician to numerous groups – he donates all of his fees to Marie Curie.

Marie Curie care for and support people and families living with a terminal illness, in their own homes. The money that Gail, Joy and Pete have raised with the support of their community will have funded 5,000 hours of care and their continued support will continue to help to fund this service.

If you would like to get involved in our Great Daffodil Appeal this year by collecting, holding an event or donating and wearing a daffodil please contact Natalie Atherley on 01904 755260 or email [natalie.atherley@mariecurie.org.uk](mailto:natalie.atherley@mariecurie.org.uk).

# Hull and East Yorkshire Hospitals **NHS** NHS Trust

## Living With and Beyond Cancer

**Adjusting to life after cancer treatment, or living with cancer, can provoke strong emotions and possible fears for the future. Cancer survivors have a wide range of physical, psychological and social needs.**

**The Macmillan Survivorship Programme is a service for cancer patients and their families. It is a programme designed to meet the individual needs of the patient and their carer and to focus on recovery, health and wellbeing after cancer treatment.**

**The service offers appointments at a variety of clinics across Hull, East Yorkshire, North Lincolnshire and North East Lincolnshire.**

**WE ARE  
MACMILLAN.  
CANCER SUPPORT**

**Patients will be able to access a full programme of support including:**

- ✓ Carer support
- ✓ Community clinics closer to home
- ✓ Early recognition of signs and symptoms of further disease
- ✓ Hobbies and life after treatment
- ✓ Legal advice
- ✓ Monthly pamper sessions
- ✓ Monthly support group
- ✓ Weekly choir
- ✓ Nutrition and diet management
- ✓ Telephone group
- ✓ Walking group and well being course

**To access the service please contact The Survivorship Team, Hull and East Yorkshire Hospitals NHS Trust, The Queens Centre for Oncology and Haematology, Castle Hill Hospital. Telephone 01482 461091. Email: [sarah.guest@hey.nhs.uk](mailto:sarah.guest@hey.nhs.uk) or ask one of the Health Professionals involved in your care.**

**The service offers one-to-one, group, telephone or email support. The service undertakes clinics in a variety of community areas.**



## Public help council wardens in fight against dog fouling

Better information from members of the public helped East Riding of Yorkshire Council's dog wardens issue almost double the number of fixed penalty notices for dog fouling in 2016 than in 2015, figures have revealed.

In 2016, the council's dog wardens issued 28 fixed penalty notices to owners who failed to clean up after their pets, compared to 11 in 2015.

Of those 28, four owners chose to not pay the £75 fixed penalty notice and found themselves in court where their fine was significantly more.

As well as issuing fixed penalty notices for dog fouling, wardens also issued a notice to three owners who took their dogs on a beach, which was part of an exclusion zone while two notices were issued to people who failed to keep their dog on a lead in a designated area.

Following new laws that came into force in April last year requiring all owners to microchip their dogs, the council also successfully prosecuted two owners who failed to keep the details on the chip up to date.

Councillor Shaun Horton, portfolio holder for local partnerships and community involvement at East Riding of Yorkshire Council, said he believes the reason for the increase in the number of fixed penalty notices is down to better information given to the dog wardens by members of the public.

He said: "It is disgusting when owners fail to clean up after their dogs and the council will issue fixed penalty notices to those who don't do this.

"The dog wardens rely on quality information from the public in order to find those responsible for not cleaning up after their pets.

"Some of the information we are now getting from the public is very detailed and contains locations, time of day as well as descriptions of both the owner and the dog – this means the wardens can tailor their patrols in order to catch those in the act as they can't always be in the right place at the right time."

For more information or to report incidents of dog fouling go to [www.eastriding.gov.uk](http://www.eastriding.gov.uk) or telephone the council's dog wardens on (01482) 396301.



## Face Saving Tips

Good circulation will give your cheeks a rosy hue. To maintain healthy circulation to your skin you need to exercise on a regular basis. Physical activity keeps your blood circulating properly and ensures that all of the nutrients in your body find their way to where they should be.

This also goes for finding their way to the surface of your skin.

The omega-3s are essential for supple and well hydrated skin.

Drinking plenty of liquids is important for the skin. Water is Mother Nature's cocktail and the skin needs plenty of it to remain healthy and to keep the complexion smooth and clear. Stay hydrated all day long. Not only is it essential for your skin but also for your organs as well.

Eat blueberries as they are rich in antioxidants which fight free radicals that damage the skin. There are lots of fruits that are good for the complexion but blueberries are one of the absolute best. Eat them alone, in yogurt, in parfaits, in smoothies or in fruit salads. Just eat them!

Reduce your alcohol intake if you drink. Alcoholic beverages dehydrate the body and add toxins to your system. This system is already doing its best to cope with chemicals in food and the air as well as pollution. If you do not want to give up alcohol all together then choose red wine because it contains antioxidants.

Take good care of your teeth. This means going to the dentist for regular cleanings and check-ups and following an oral care plan at home. Your teeth as well as your jaw bone forms the structure or the scaffolding that holds your face in the proper place.

The evil trio that threatens the health and well-being of your skin includes sun, smoke and stress. These three factors can dramatically increase the number of fine lines and wrinkles you have but also the severity of them. To prevent these problems one of the most important things you can do for your skin is to wear sunblock all year long and to avoid the sun during the hours of 10 AM to 4 PM. Give up smoking to preserve your skin and find effective means of coping with stress - Yoga and Tai Chi are just two avenues to explore.

Put these face-saving tips to work and you will notice that your skin is not aging rapidly at all! Reap the benefits of caring for your complexion.

**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	E	C	C	L	E	S	I	A	S	T	I	C	A	L
9	W	H	V	P	R	R	L	A						
10	I	R	A	N	I	A	T	O	N	E	M	E	N	T
	N	L	I	S	M	A	A	H						
12	C	A	L	C	I	U	M	A	B	S	E	N	C	E
	E	E		O		U		R						
14	S	I	N	E	W	D	E	C	O	R	A	T	E	S
		G	A	I	R	E		R						
19	S	P	E	C	T	A	C	L	E	S	H	A	K	O
	M			E		S		N	B					
22	A	N	A	G	R	A	M	C	R	E	A	S	E	S
	S	S	F	A	E			I	F	E				
27	H	I	S	T	O	R	I	A	N	D	R	O	P	S
	U	U	W	N	D	E		R	S					
29	P	A	R	A	L	L	E	L	O	G	R	A	M	S



# HALLGATE LANDSCAPES LTD HALLGATE, COTTINGHAM

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

## BLOCK PAVING WALLS AND PATIO SPECIALISTS

### Install/Repair/Maintain

*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: 07817 214792  
COTTINGHAM**

**COAL  
FOR SALE  
£7.00  
PER BAG**

**google.hallgatelandscapes**

(Formerly BJD Landscapes)



# Great Seasonal Offers



Summer  
Flowering Bulbs  
£2.49  
each  
**5 for £10**



Seed Potato  
Taster Bags  
£1.99  
each  
**3 for £5**



Spring  
Pack Bedding  
9 pack  
£2.49 each  
**4 for £9**



Yankee Candle  
Fragrance of the month  
Fresh Cut Roses  
&  
Cappuccino Truffle  
**25% OFF**  
until 28th Feb 2017



Woodwick  
Fragrance of the month  
Rose Scent &  
Petals Accessories  
**25% OFF**  
until 28th Feb 2017



Give plants rather  
than flowers this  
Valentine's Day  
with our stunning  
planted  
arrangements



Sharing the love until 14th February  
Buy Afternoon Tea for Two & get a  
**FREE BOX OF CHOCOLATES**

available Monday - Saturday 2-4pm. Free Melbon Truffles



Quality, value & service  
for over 70 years!

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

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

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



**COLETTA & TYSON**  
NURSERIES AND GARDEN CENTRE