

Cottingham Times

and District

Issue 158 - January 2015



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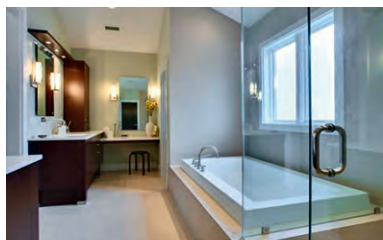
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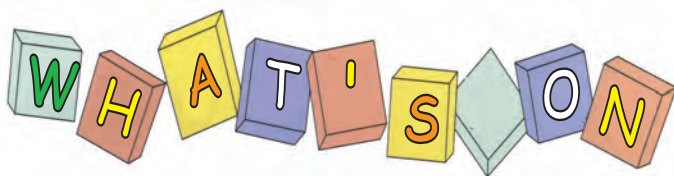
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AgeUK East Riding

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

Cottingham Bridge Club

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

Front cover: A view down Longman's Lane
Photo by: John Dewing

Cottingham Rangers AFC

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

Zion United Reformed Church, Hallgate

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

Play Badminton

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

Scottish Country Dancing Club

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

Fitmums & Friends Run, Walk

The club meets at the Blue Kangaroo, Finkle Street, Cottingham on Monday's 9.45 am (term time only) and at Cottingham Sports Centre KGV Pavilion, Wednesdays 7.00 pm; Fridays 6.15 pm. Suitable for men & women of all abilities. www.fitmums.org.uk

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The Alzheimers Society

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

Cottingham Cricket Club

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

Calligraphy, Quilling and Folk Art classes

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

Cottingham Methodist Church Hall

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

Humber Raiders Basketball Club

Training sessions are held every Wednesday evening between 7.00 pm and 9.00 pm and on a Saturday afternoon between 1.00 pm and 3.00 pm. If you would like to join us for a free starter sessions we would be pleased to hear from you on recruitment@humberraiders.co.uk or 07789 986323.

The Cottingham Whist Club

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

The Green Ginger Garland Dancers

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

Writing Circle

A friendly and supportive group of aspiring writers meet weekly on a Monday at 10.30am, at Pearl's Place on Hallgate, Cottingham. New members are welcome. This is not a teaching class but we offer gentle critique and bags of encouragement if you want to write a novel, poetry or just flash fiction and personal journaling. No Charge. Contact: Lynne 07866850400

Hull and East Yorkshire Happiness Group

Everyone could do with a bit extra Happiness in their life. To find out how, join us for lots of laughter, the company of diverse but like-minded people (and cake) at Pearl's Place on Hallgate, Cottingham on the FIRST Wednesday each month at 6pm. No Charge. Contact: Lynne 07866850400 or Pam 07966091513 heyhappinessgroup.weebly.com

Continued on page six

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Cottingham Singers

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

Cottingham Tennis Club

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

Cottingham Food Bank

The Cottingham Food Bank will be open every Wednesday from 11.00 am to 1.00 pm at the Zion and Newland United Reformed Church, Hallgate. Basic foods will be provided for a small donation to people who can demonstrate that they live in the area. Further information can be obtained by telephoning 845920.

Haltemprice Art Group

Tuesday 6th January - Workshop with Carol
 Tuesday 13th January - Sketching Night (J. Hardaker/
 G. Stansfield)
 Tuesday 20th January - Interiors
 Tuesday 27th January - One Picture Suits All
 Tuesday 3rd February - Short Poses
 Meetings held in the Cottingham High School, 7.00 pm to 9.00 pm in the Art Department. New Members always welcome. Annual fees are £20.00 which cover all but demonstrations, workshops, and appraisal evenings where an additional charge is made. For further details telephone Mrs. Pat Tillotson (Secretary) 01482 352840 or Mrs. Jackie Churchman (Publicity Officer) 01482 866783.

Cottingham Methodist Photography Group

We meet in Cottingham Methodist Church Hall
 Tuesday 6th January at 7.30 pm
 Tuesday 20th January at 7.30 pm
 Got a new Camera for Christmas? Want to learn more using your digital camera? Why not join a friendly group. New members welcome all levels. Why not come along and give us a try? Contact for further details - John Tel No: 842169 or john@jemhome.karoo.co.uk

Cottingham Men's de Luda Society

Wednesday 7th January - Pat Elliott 'Old Houses of Cottingham', in the St. Mary's Church Hall, Hallgate, starting at 2.00 pm.

Cottingham Local History Society

Wednesday 7th January - Paul Leaver, 'Antiquarians, Frauds and Scandals'. Meetings monthly at 7.30 p.m. at Hallgate Primary School, entrance via King Street. Please arrive before 7.30 p.m. as the doors cannot be manned once the meeting has started.

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Cottingham Green Women's Institute Evenings

Thursday 8th January - Annual Meeting. Meetings held in the Darby and Joan Small Hall, Finkle Street, Cottingham, at 7.30 pm, second Thursday of each month.

Beverley Film Society

Friday 9th January 2015 – Like Father, Like Son (2013)
Cert PG, Drama (Japan) Director: Hirokazu Koreeda
Oscar nominated road trip movie, shot in monochrome, about a tempestuous Missouri father who's convinced he's won a million dollar magazine sweepstake. On the journey to claim this winnings, his son discovers that his dad once a vivid existence, a complicated love life and a remarkable war record in Korea. All films start at 7.30pm on the 2nd FRIDAY of the month, (except October). Screenings are in the Masonic Hall, Trinity Lane, Beverley. Membership costs only £30 for the whole season, that's £3 per film for a 10 film season, Sept to June. There is also a bar so it is a perfect meeting place for a drink and a film with friends. Members can join online at www.beverleyfilmsociety.org.uk, on a film night or by contacting the Membership Secretary T: 01482 870751.

Wold Lace Makers

Saturday 10th January - 'Do Your Own Thing' Lace Meeting. A chance to work on your own project and help is on hand if you want it. 10.00 am to 4.00 pm, The Marist Hall, Church and Parish House, 119 Cottingham Road, HU5 2DH. Parking available. Members £1.50; Non-Members £4.00.

Continued on page 11

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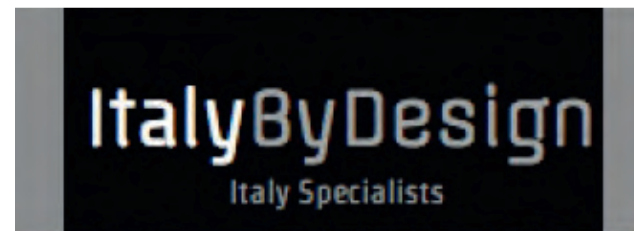
Summer 2015/16

Going forward in 2015 we have some fantastic offers available. This includes early booking discounts, free child places and much more.

We also have access to some fantastic cruise rates with Royal Caribbean. If you are thinking of going to Walt Disney World, keep your eyes peeled around April, as we are expecting their FREE Disney dining offer for 2016 holidays to become available, which will save you \$\$\$!

Wherever you fancy in 2015/2016 rest assured, the world is our oyster at Andrew Earles, with more choice than any other local agent.

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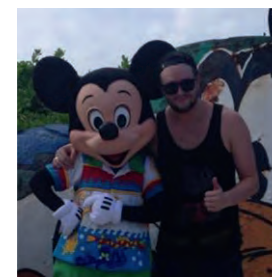
Holidays for the USA are becoming increasingly popular due to the rising costs of European Holidays. We have a new website launching called Destination USA which will be our main hub for sourcing USA Holidays.

From here you will be able to create your own Multi-centre holiday and get an idea of price. From there you can contact one of our USA specialists to get an exact costing for the dates you require for your holiday.

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We also have a Disney website, with more of a personal touch to go along with Destination USA called My Disney Holiday.



As Mattie is our Disney specialist, and booking a Disney holiday has become more interactive, here you can see his personal views, photos, reviews and also get in touch for advice or to book.

www.destinationUSA.co.uk
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Happy New Year to you all, hope you enjoyed the Christmas break. Eyes down and hold on tight for another exciting year of technology advancements! And if you need a little help along the way, just keep reading this monthly article.

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

Windows 8 or 8.1 simplified. Not the most popular operating system it has to be said, but to get to grips it, here are a few tips. It is comprised of two 'parallel desktops'. 1) The 'old desktop' as I call it, in other words it looks like previous versions of Windows with icons on the left hand side of the screen. 2) The new Start Screen with big tiles from side to side. The main difference in operation is that on the new Start Screen everything works with a single click, as opposed to a double click to open icons on the desktop side. You can switch between the two by hitting the Windows key on the keyboard. The Start screen is very fast once you get used to it and you can switch easily between tasks.



To try this, from the Start Screen click on a tile to open it, then press the Windows key again and click on another tile, do this a few times so you have a few apps all running at the same time. Then hold down the Alt key and press Tab for a list, and each time you press Tab you move to another app, when you find the one you want, just let go of the keys. Or to go back to the previous app hold down the Windows key and press tab to switch back. It is possible to work entirely on the 'old desktop' if you wish, by installing a third-party Start Button like 'Class Shell' or similar.



Or you could wait till later this year for Windows 10 and the return of the ever-popular Start Button show here in all its glory – with a few tiles attached for good measure!

If you didn't see last month's article and want to disable that pesky charms menu that pops out whenever you point to the

top right of your screen, or the recent apps from the top left, do the following. Go over to the Desktop, right click on the taskbar at the bottom of the screen and click Properties. Then click the Navigation tab, and untick the one/s you want rid of, and click OK.



WiFi is a huge growth area as so many gadgets are built to connect to the internet. Not just PCs but laptops, printers, tablets, smartphones and TVs and Sky boxes. It is a fact that some gadgets work much better with a cable connection, but for everything else, thank goodness for wireless networking aka WiFi. It is an evolving science, still not perfect, but the standard keeps improving all the time. After Christmas there is sure to be a surge in demand with all those shiny newly acquired devices. So make sure your wireless router is up to the job, and if it is old and battered with aerials hanging off it's time for a new one. The more recent the better is the rule with WiFi, and of course new ones as you might expect supply higher levels of security. Contact us for information or a quote for a replacement, and for ways to extend coverage if you struggle to get a signal in some parts of your house.



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Spoofs, scams etc. The latest email scams are in the form of reminders of unpaid invoices; or remittance advices or even a 'congratulations from the Google Board on winning the email sweepstakes'. The common denominator is that they will have attachment/s like a Word or Excel document, and that is where the danger lies! Don't open one of these attachments, just delete the email.

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

Tip > If you have purchased Microsoft Office 365 remember you can download & install the programs on up to 5x computers, including Mac and iPad. (Exception: the newer single user version) Also, remember that Office 365 is a subscription product so you will receive an annual reminder email from Microsoft to pay for another year's use.

Malwarebytes. Another program update was launched recently and this does not happen automatically, so when you open the program it will say a new version is available and to click to install it, just follow the prompts. If you only have the free version and want to purchase a licence so it protects your computer in real-time; as an official re-seller we can supply that to you for around £24. Remember this line of security is **in addition to an anti virus program**, not instead of.

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

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

Finally, best wishes for a happy & prosperous 2015!

Richard Mills

RDM Computers, Cottingham

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Continued from page seven

Cottingham Catholic Women's League

Monday 12th January - Jannette Harrison of the British Red on Zambia, in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7.30 pm.

Cottingham Women's Institute

Tuesday 13th January - 'Flowers on the Water', a tribute to Hull's Lost Fishing Industry - McGarry Nelson. Competition: Item of Local History, at 10.00 am in the Methodist Church Hall, Hallgate, Cottingham.

Cottingham Ladies Circle

Wednesday 14th January - Mrs. H. Barnes gives a talk entitled 'The Life and Times of Joyce Grenfell', in the Darby & Joan Small Hall, at 7.30 pm.

East Yorkshire Association of the National Trust

Thursday 15th January - Kirsten Simister 'Curator of Arts Ferens "Ferens Art Gallery Highlights and Projects"', in the Cottingham Civic Hall, 7.30 pm. Non-members welcome.

The Inland Waterways Association

Friday 16th January - Aquaducts - The Wonder of the Waterways, by Paul Waddington. 8.00 pm to 10.00 pm in the Cottingham Methodist Church Hall, £2.00 including refreshments.

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

Tuesday 20th January - Stitch and Chat. Meetings are held at the Endsleigh College Centre, Beverley Road, Hull. Meeting start at 7.15 pm on Tuesday evenings. New members and visitors are always welcome. Free Parking. Further details from Brenda Tennyson on 01482 708525.

Hull and East Riding Antiques and Fine Arts Society

Tuesday 20th January - 'The Invisible Woman: Into the Heart of Dickens' by Dr. S. Fagence Cooper. At 10.45 am in the Pavilion Suite, Willerby Manor Hotel. Guests/non-members welcome.

Cottingham Evening Townswomen's Guild

Wednesday 21st January - The El Well Trail, Paul Schofield, at 7.30 pm in the Darby & Joan, Finkle Street.

Cottingham Men's de Luda Society

Wednesday 21st January - Alan Richards 'Holderness Road', in the St. Mary's Church Hall, Hallgate, starting at 2.00 pm.

Cottingham Ladies Circle

Wednesday 28th January - Mrs. M. Beadle gives a talk entitled 'Amy Johnson - Her Life and Achievements', in the Darby & Joan Small Hall, at 7.30 pm.

Cottingham Men's de Luda Society

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

Cottingham Local History Society

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

The deadline for entries in the February "What's On" section, is Monday 19th January.

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Wordsearch - Let's Dance

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

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

Find the words in the letters above:

Ballet, Ballroom, Barn Dance, Belly Dancing, Bolero, Break Dancing, Cha Cha Cha, Charleston, Clog Dancing, Conga, Disco, Fandango, Flamenco, Foxtrot, Gavotte, Highland Fling, Irish Jig, Jive, Line Dancing, Minuet, Pas de Deux, Paso Doble, Polka, Quickstep, Rain Dance, Reel, Rumba, Samba, Square Dance, Sword Dance, Tango, Tap Dancing, Tarantella, Twist, Two Step, Waltz.

Wordsearch courtesy of www.puzzlechoice.com

Sudoku No. 96

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

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

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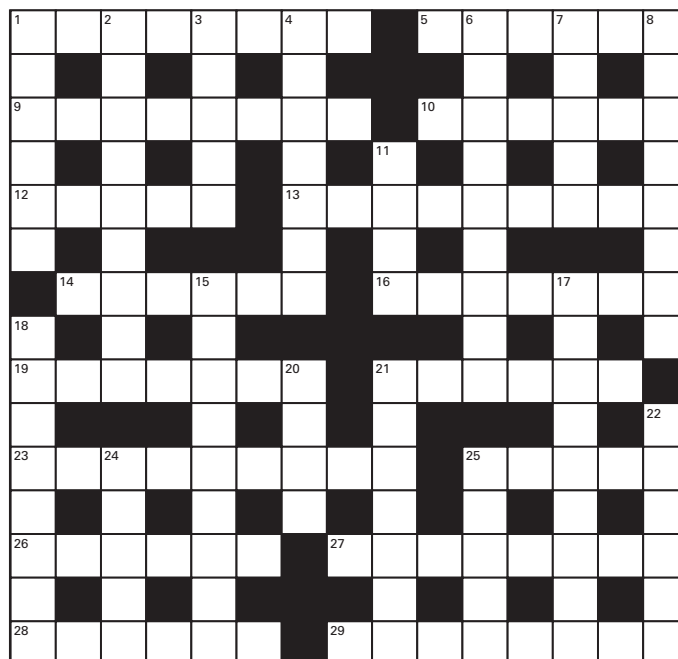
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Crossword - Solution on page 46



Across:

1. Salve (8)
5. Bequeathed (6)
9. Thrashes (8)
10. Tame (6)
12. Parts of plants that are under the soil (5)
13. English and French, for example (9)
14. Published (6)
16. Urine container (7)
19. Winged monster (7)
21. Moves stealthily (6)
23. A formal party (9)
25. Blunder (5)
26. Induces vomiting (6)
27. Flying (8)
28. Name derived from the name of a person (6)
29. Working in a job (8)

Down:

1. Exclaim (6)
2. Anxiously (9)
3. Fogs (5)
4. Goaded (7)
6. Immunize (9)
7. Telling untruths (5)
8. Chest of drawers (8)
11. Round handle (4)
15. Sadly (9)
17. Moral perversion (9)
18. Break the heart of (8)
20. Fastener of wood (4)
21. Reassert (7)
22. Decided innocence or guilt (6)
24. System of beliefs (5)
25. Make rotten (5)

Crossword courtesy of www.crosswordpalace.com
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In the Kitchen



Irish Stew with Herb Dumplings

You can make the stew in advance up to the dumpling stage, and then reheat, adding the dumplings to steam.

Ingredients

- 700g diced lamb
- 2 tbsp plain flour
- 2 large onions, sliced
- 4 medium-large potatoes, sliced
- 4 carrots, sliced
- 100g pearl barley
- leaves from 2 sprigs fresh thyme
- 1.2 ltr veg stock
- 180g self raising flour
- 90g suet
- handful chopped fresh parsley

Method

- Toss the lamb with the flour and season well.
- Layer the lamb, veg, barley and thyme in a large heavybased flameproof casserole. Pour over the stock. Bring to the boil.
- Reduce the heat and skim off any scum. Cover and simmer very gently for 2 hours.
- To make the dumplings, mix the flour and suet in a large bowl. Season and stir in the parsley.
- Gradually add just enough cold water (a few tbsp) and make a dough with your hands.
- Roll into 8 similar sized balls and pop them on top of the stew.
- Cover and cook for 15-20 mins.

16 January - www.cottinghamtimes.co.uk

Turkey Risotto

Ingredients

- 3 tbsp olive oil
- 1 onion, finely chopped
- 2 garlic cloves, finely chopped
- 1 ltr chicken or turkey stock
- splash of white wine
- 400g risotto rice
- 300-500g cooked chicken or turkey
- 1 tbsp fresh mixed herbs, chopped
- 4 tbsp parmesan, grated
- salt + pepper

Method

- In a large heavy-based saucepan heat the oil and gently cook the garlic and onion until softened but not coloured (about 5 minutes). Meanwhile, in a separate pan bring the stock to a gentle simmer.
- Add the rice to the onion and garlic and stir until coated in oil. Cook for a couple of minutes, until the rice is translucent.
- Add the wine to the rice and cook until absorbed, then add a few spoonfuls of stock to the rice and stir well. Cook until most of the stock has been absorbed before adding another spoonful. Continue cooking and gradually adding stock until the rice is creamy but al dente (you may not need all the stock).
- Fold in the cooked turkey meat, fresh herbs and parmesan. Season well and serve.
- A great recipe for using up the remains of a roast dinner, or substitute leftover goose or turkey after Christmas. Serve with a green salad.



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Quick ideas for Cabbage and Brussels Sprouts

Ingredients

- brussels sprouts
- cabbage

Method

1. Mix very finely shredded raw cabbage or sprouts with slivers of Parmesan and a drizzle of good aged balsamic vinegar. Serve with slices of prosciutto.

2. Melt some butter in a pan, sprinkle in some caraway seeds and cook for a couple of mins. Stir in finely shredded cabbage or sprouts and cook until just soft. Chopped cooked bacon can also be added if you like.

Bean, Potato And Sausage Stew

Ingredients

- 250g runner beans, sliced
- 500g potatoes, peeled and diced
- Small amount of olive oil
- 1 medium onion, sliced
- 2 cloves of garlic,
- 1 dessertspoon paprika (smoked if possible)
- 1 bay leaf
- 150ml stock
- 300g spicy sausage e.g. cooking chorizo cut into thick slices
- handful of parsley or coriander, roughly chopped
- glass sherry or red wine (optional)



Method

• Cook the onion in the olive oil until soft. Add the chopped garlic and sausage, stir briefly, add the paprika and bay leaf and then the stock. Bring to the boil and add the beans and potatoes. Cook for 10-15 mins.

• Add the sherry or wine if using, and bubble for a minute or two. Check for seasoning, adding more paprika or garlic if liked. Finally stir through the herbs and serve.

Apple And Cinnamon Cake

Ingredients

- 125g margarine/ butter
- 225g self raising flour
- 1 tbsp ground cinnamon
- 175g caster sugar
- 2 dessert apples
- 125g cream cheese
- 50g walnuts, chopped
- 2 medium eggs, beaten
- 40g icing sugar

Method

• Preheat the oven to 170C°/ 325°F. Grease and line an 18cm round cake tin.

• Peel the skin from the apples and then chop them into small pieces with a sharp knife.

• Rub the margarine and flour together with your fingers in a large bowl until the mixture looks like fine bread crumbs.

• Stir in the cinnamon, sugar, apple, 25g of the cream cheese, walnuts and eggs. Mix until smooth.

• Spoon the mixture into the cake tin and bake for 60-75 minutes until firm to the touch. Allow to cool before removing from the tin.

• Mix the remaining 100g of cream cheese with the icing sugar and spread over the top of the cake. You can also top the icing with walnut pieces.



Recipes and images courtesy of
Riverford Chef Kirsty Hale at
www.riverford.co.uk/recipes



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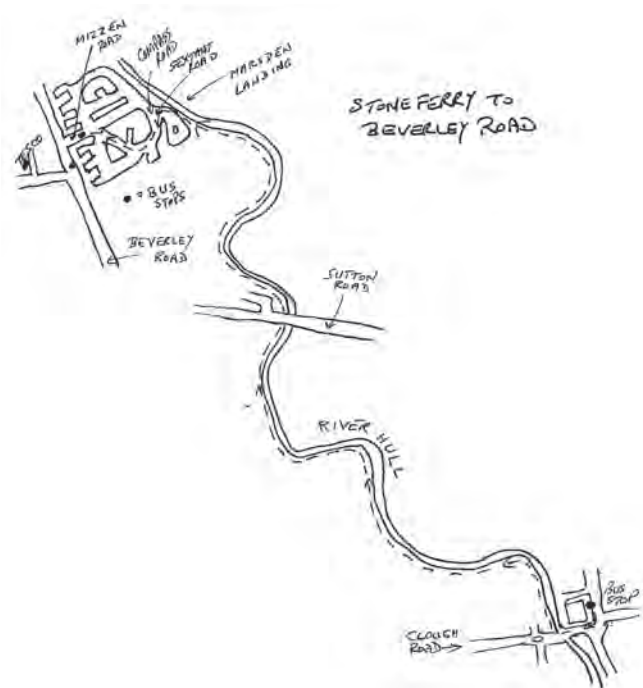


Here is Paul's latest walk in his series of monthly rambles. This month his destination is Clough Road to Marsden Landing

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

Clough Road Bridge. (GR TA102314) to Marsden Landing GR TA 086338 and Beverley road. Approximately 3.2 Miles.

Start at the bus stop on Stoneferry near Ann Watson Street and walk back to Clough Road, cross over Clough Road Bridge and immediately pass through a hand gate on the right and onto the west bank of the River Hull and continue along the bank as it passes various industrial units .



After passing the Croda complex on the left with a wind Turbine, ahead turn left off the river bank to an expanse of water known as Beresford Park Pond and take the path round the pond in a clockwise direction, to eventually leave the pond area near derelict buildings and once again walk on the bank with the river to the right. Very shortly pass the steps of the Rowing club leading to the river and again in a very short distance pass a sign leading off the bank, we continue ahead.

We now pass four grass fields on the left and then come to a residential area (Riversdale road and Silverdale Road) to arrive at Sutton Road Bridge. We cross the road at this point and then again follow the west side bank.

We eventually pass Haworth Hall on the left and after about one mile from Sutton Road bridge locate and descend steps near Marsden Landing and emerge onto the road. Turn right and ignore the first turn on the left but take the second left turn onto Compass Road and follow this round to a large block of flats and business premises on the right where we bear left into Mizzen Road and then emerge on Beverley Road where we turn left to the bus stop.

HOW I DID IT.

Depart Hull Interchange at 10.00 am on Bus No. 30.

Alighted at Stoneferry and commenced walk at 10.20 am.

Completed walk at 11.50 am and boarded Bus No. X46 at 11.55 am back to Hull Interchange.





EYMS long service awards recognise an amazing 561 years' service!

The eleven employees present at this year's recent Long Service Awards Dinner held by EYMS Group at Tickton Grange Hotel near Beverley represented a total of 361 years' service at East Yorkshire Motor Services, including one Hull driver who achieved 45 years and another with 40 years' service with the Company. A fitter from Scarborough also notched up 45 years' service but wasn't at the function.

The odd number is because one of the 35-year recipients, Hull driver and Union branch secretary Stan Mumby, who was due to receive his award last year, asked for his presentation to

be delayed so that he could receive his award at the same time as his wife Paula who reached her 25 years in 2014.

If the managers and partners who work for East Yorkshire and who hosted the function are added, the total number of years represented in the room was an amazing 472. Six other award winners were unable to attend the Dinner, but when they are added as well (200 years), the grand total becomes 672 years. The 561 in the headline represents actual award winners - 361 years for recipients themselves at the function and 200 years with absentees.

Speaking at the function Chairman, Peter Shipp, said he never ceased to be greatly encouraged by the number of people who have worked for East Yorkshire for such long periods.

"I have no doubt that the loyalty shown by so many of our employees reflects well on the Company but also it is a huge bonus for our passengers" said Mr Shipp. "They benefit just as much as we do from the experience and knowledge of such long serving employees and, of course, people recognised at these annual functions are only the tip of the iceberg because awards are presented only when certain annual milestones are reached."

Each year those staff who qualify at these milestones receive gifts to a value based on their length of service.

Pictured above left: Back row left to right Inspector Mike Rule (35 years), driver and Union Secretary Stan Mumby (36 years), Withernsea depot driver Robert Clipson (35 years), Hull driver Glen Vickerman.

Front row left to right are Hull drivers Ian Weaver (40 years), John Smithies (45 years), and Andy Mullett (35 years); training manager Darren Kendrew, BusLine call centre Supervisor Paula Mumby, Hull depot engineer (recently retired) John Taylor (35 years), and Hull driver Richard Bucknell.

All with 25 years' service except where shown.

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www.cottinghamtimes.co.uk - January 19



Time to say Goodbye

JANUARY..... the time of year to reflect on times gone by and also what may lie ahead. Why do we feel so down this month? Is it because we have had all the excitement and anticipation of the lead up to Christmas and now we 'fall flat' or is it the time we reflect on a New Year beginning without our loved ones? For some of us, these loved ones may have passed away much longer than last year. I can imagine that there is not one of us who has not reflected on the past during this time, whether it is for the loss of a partner, sibling, friend or relative or in other cases a much loved four legged companion.

You may have read in last month's article about Baxter's (Kath and Matt's faithful companion) forthcoming operation at the beginning of December at the Animal Health Trust in Newmarket. Well, I am delighted to say, after a very complicated long operation on his spine and a five day stay, he is now back home on 4 weeks strict cage rest and making a good recovery. It wasn't an easy decision for them to make, after all, Baxter is nearly nine-years-old and the anaesthetic risk was great, but it was because he does not act his age and lives life at 40 miles an hour, Kath and Matt just had to make the decision to give him that chance.

It was whilst thinking about the risk and the devastating possibility of loss that may have been facing us, I began to reflect on what life



would have been like without our 'gentle giant'.

No amount of words I can say will express the feelings anyone goes through when they lose their soul companion. It's a mixture of grief, sadness, loneliness, despair and also guilt in the cases of euthanasia. Guilt because we, as owners, have had to make that awful, dreadful decision to end our pet's life. Who are we, some may ask, to say when the time is right? Why didn't they go in their sleep as we prayed every night? Why didn't we leave it just that little bit longer? Is there ever a 'right time'? All I can answer is no..... I don't think there is. All we can say, is for you to think about euthanasia as letting your pet go with dignity and not in ending their life. This may sound strange to people who have never owned a pet but I do strongly believe our companions are like us and do feel uncomfortable towards the end.

I remember when the time came for my girls and I to say goodbye to our gorgeous dog, Tammy. She had been my constant companion through thick and thin, the hard times with the good and had watched my three daughters grow into their teens. At the previous Veterinary practice I worked for, I volunteered her as a blood donor where she had helped save two lives, she and I visited schools to show five to six-year-old pupils how to look after and respect their pets and once a week, we spent the afternoon at a local residential home where she was a trained Pets As Therapy visitor.

She had been a creaking gate for sometime but had been made comfortable with numerous prescribed medications so when the time did come, I was totally unprepared. Mum had been looking after her during the day whilst I was at work so when I got the call that Tammy couldn't get up, I totally panicked. It was early evening and still at work so I arranged for one of our vets to meet me at mums. At the back of my mind, I knew the 'time had come' and had rung my daughters, in advance, to be with me too. When Paul Atkinson (the vet on duty) arrived, I still questioned whether anything else could be done for her.... but I knew. With my daughters and mum alongside, we slowly watched Tammy peacefully pass away in my arms.

For many weeks after, I still questioned whether I had done enough...what if???

We all went through the awful grieving process but now..... we look back with many fond happy memories of a special soul mate and companion.

If you are going or have recently gone through the loss of your pet, please do not hesitate to call any of our five KINGSTON VETERINARY surgery's, we are always here to listen.



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by
Chris 'Dr. Smile Maker'
Branfield

Who wants their tooth drilling? - Not Me!

Hello again. I hope that you had a great festive period and didn't indulge too much.

What Is Bonding And What Is The Beauty Of It?

Bonding in the world of dentistry is pretty much what it sounds like, sticking stuff to teeth. Most bonding work we do is sticking tooth coloured fillings (composite resin) to teeth. We can also bond onto ceramic veneers and crowns. The beauty is that because the material used to restore the tooth/teeth is bonded we do not have to do loads of tooth grinding to get the stuff to stay in or on. Minimally invasive stuff. This is what I would have.

Is It Proven And Does It Work?

The quick answer is yes. When I was at dental school in Leeds over 22 years ago we could only really bond to enamel. Enamel is the hard surface covering the dentine. The dentine is the yellower bit underneath that can get sensitive when you expose it as it is in communication



Before - Road traffic accident



2 years on

with the pulp (nerve). Enamel bonding is great if you have loads of enamel. If, however, most or all of the enamel had been lost then we had to resort to traditional methods of removing more tooth for a filling or a crown. Things have moved on greatly since then and we can now bond (when the conditions are correct) to dentine with confidence as well. A lot of my

working week doing restorative dentistry is bonding of some nature. Most of it is with composite resin.

Above: Road Traffic Accident - Composite Bonding After 2 Years

Composite What?

Composite resins are essentially very small glass particles of various different size and shape held together in a plastic matrix. With newer materials we can build up I layers with different translucencies, shades and effects to mimic nature and fantastic results.



Above left: Old Composite. Above right: New Natural Looking Layered Composite, No Tooth Grinding

Can't stop still

In December my team and I went to the Dentistry Awards in Leicester as finalists for practice of the year. Unfortunately, we were not voted first but had a great night and are proud to be in the top lot.

I'm speaking at a conference in Liverpool this month. My bit is about dental lasers and the fantastic benefits that it brings to dental care. Exciting stuff. Later, off to London doing a University course. There's always more to learn!



Until next time. Take care and be good.

Chris

Chris Branfield is Principal Dentist at Castle Park Dental Care, Castle Villa, 28 Castle Road, Cottingham, telephone 01482 772550. He has been in dental practice for 22 years and has a special interest in life changing, pain free dentistry with dental implants, rapid teeth straightening and cosmetic dentistry. And, not only that Chris is founder member and trustee of Dental Mavericks charity- ending the daily dental pain of Moroccan kids. For more patient success stories and Chris's charity work go here now www.castleparkdental.co.uk

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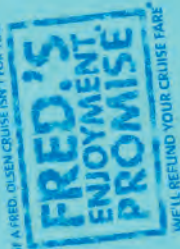
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10 May – Isle of Arran, Castles & gardens of Ayrshire inc. Dumfries House - 5 night tour	£ 525	<p>Highgrove Gardens: register now for 2015 we will be sold out before advertising. This will be on sale in February! We are always adding new tours and day outings, take a look at our website for more details & watch our blog for new tours. Alternatively just give our office a call.</p> <p>We pride ourselves on giving you a more relaxing holiday, singles are always welcome & we keep supplements to a minimum. Our Warner's breaks are great value & include your travel, concierge guests also receive £10 discount.</p> <p>2016 we have tours to Torquay (March) & the Isle of Wight (Sept) which are already on sale. Don't forget our special selection by air, with many options available from Humberside.</p> <p>Do you travel with a group of friends, a club or society? If so, next time you are wishing to organise a departure, give me a call, you will be pleased with what we can offer.</p> <p>Remember, we book all holidays with all tour operators. We also have a special selection of cruises with travel from your door.</p> <p>Please ask for details on any holiday you are interested in, wherever you see it advertised.</p> <p>We look forward to hearing from you. <i>Marion</i></p>	
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The Haltemprice Lions start the New Year with a bang!

The Lions enter 2015 with a busy programme of fundraising and service to the younger generation. On 26th February, The Lions' Dinner has been organised to be held at the Pavilion Suite, Lazaat Hotel, Cottingham, when the two speakers will be former England Batsman, Graham Gooch and the former Chairman of the England Selectors, Geoff. Miller.

Both are informative and entertaining speakers and the Lions anticipate the evening being very popular. Tickets are £38.00 each or £350.00 for a table of ten and are obtainable from David Whincup, email address: dwhincup@dwhincup.karoo.co.uk. The evening includes a three course dinner, an auction and tombola.

The 2nd Annual Young Persons' Music Festival will be held on Saturday 28th March, 2015, at the Willerby Methodist Church. This proved very popular last year and was soon fully subscribed. Generous prizes are offered in the respective classes for young people aged 12 - 18 years, for further details contact John Dickins email: jmsdickins@gmail.com. The Lions' 15th Annual Golf Competition has been organised for Friday, 1st May, at the Burstwick Golf Course, there are generous prizes for each age group, further details from John Dickins, email: jmsdickins@gmail.com.

The Haltemprice Lions are grateful to all the support they receive, not only from Cottingham but the old Haltemprice area and North Ferriby, the Caves, Brough and Elloughton. The two events at the end of November, the Christmas Fair and the East Riding of Yorkshire Band in concert again proved very successful and thanks to everyone who attended. Do you wish to join Haltemprice Lions? If so please email, dwhincup@dwhincup.karoo.co.uk

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Your Stars for January 2015

By Kay Gower

Aries (Mar. 21- April 20)

The past couple of months have not been easy but you have taken the knocks with grace. Thankfully, January promises to be a huge improvement and will put the spring back in your step and faith back in your future.

Taurus (Apr. 21- May 21)

The Midas touch, as legend tells, can have its disadvantages – but on the whole you should have plenty to be happy about. Around the end of this first month, it won't only be your bank balance that receives a boost.

Gemini (May 22-June 21)

You are now ready to be free of past disappointments and sadness releases its hold. Look hopefully into the future. Small activities like walking, deep breathing and connecting with nature reconnect you to your joy.

Cancer (June 22-July 22)

Not only are you getting wiser as you grow older, you are becoming stronger, too. It's beginning to dawn on you that despite all you have been through so far, the best is yet to come.

Leo (July 23-Aug 22)

Stress kills brain cells, and your plans for the year are going to need all the brain cells that you have. Breathe deep, smile and use the first couple of weeks to chill out. Creative pursuits would be an ideal way to relax.

Virgo (Aug 22 – Sept. 23)

You know those people who manage say just the right things at just the right time? Those sweet talking charmers who exude a quiet confidence? Those people who naturally look good and attract admiration from others? That's the kind of person you're turning into. Enjoy it while it lasts.

Libra (Sept. 24 -Oct. 23)

When you spend too much time with people who don't share your interests you begin to believe that your interests are not as important. Nothing could be further from the truth! Connect with like minds to remind you of this.

Scorpio (Oct. 24 - Nov. 22)

Expect a complete change. Negative conditions, delays, setbacks etc. are about to come to an end. A new order is about to be established – something much better.

Sagittarius (Nov. 23 -Dec. 21)

If you burn up any more energy Sagittarius, you'll burn yourself out. Do a slow burn instead....it's much better on the body and the weeks ahead.

Capricorn (Dec 22.- Jan. 20)

Change is coming down the pipe and moving in your favour. Plan your escape from all things routine and unimportant. A small windfall or prize is indicated.

Aquarius (Jan. 21.- Feb. 19)

If you've been frustrated with the pace of events or stuck in a rut, you'll soon become aware that life is about to get much livelier. The New Moon in your own sign on the 20th will be a good time to initiate a special plan or wish.

Pisces (Feb. 20-Mar. 20)

Action speaks louder than words. Although action can be surprisingly quiet and deceptive words can be yelled with much authority. Keep your eyes peeled this month and pretend to be deaf.

New Year, New You - Adult learning courses available

East Riding of Yorkshire Council's Adult Learning Centres are now taking enrolments for the dozens of courses starting in the New Year.

Anyone who wants to learn new skills, gain new qualifications or improve their career prospects will be able to choose from a range of subjects, such as computing and tablets, counselling skills, drawing and painting, guitar for beginners (acoustic and electric), pottery, patchwork and quilting, photography for beginners, cake decorating and psychology.

Many of these courses start on or around 12 January, but a large selection of courses can be done at any time. Courses such as maths, English and IT, from basic computer drop-in sessions to more advanced ECDL courses, can be joined at any time during the academic year. Take a look at the online course guide for more information at www.eastriding.gov.uk/learn

If you have recently been made redundant or are unemployed, the council also has a specialist team who can advise on free training that you might be eligible for as well as offering apprenticeship training in business and administration, customer service and IT/software/web and telecoms professionals training. The authority's apprenticeship pool will be open over Christmas for people to apply for vacancies with local East Riding businesses.

Sara Arnold, employment, education and skills group manager at the council, said: "There's something for everyone at one of the seven adult learning centres across the East Riding.

"We want people in the East Riding to make sure that they have the right skills to open up new opportunities in life and work and truly reach their potential. So, whether you're looking to learn for work or pleasure, join us and be among 4,000 local learners who benefit from education and training from us each year."

Councillor Jane Evison, cabinet portfolio holder for economy, investment and inequalities at East Riding of Yorkshire Council, said: "Providing quality adult education provision is a key priority for the council in supporting and growing the local economy by ensuring our residents have the necessary skills to achieve their aims and ambitions, whether that be securing employment or access to higher education or in setting up their own business.

"With the start of a New Year comes a new opportunity to learn and develop, so why not take a look at the courses available and enrol at one of our learning centres in 2015."

To book onto courses call (01482) 392818 or receive a five per cent discount when you book online at www.eastriding.gov.uk/findacourse

Help is available at all stages of the enrolment process. For help completing the forms call on the number above.

Visit the website to find out more information regarding help for learners with learning difficulties, the 24+ advanced learning loan and to find your nearest centre.

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Sudoku Answer from page 12

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



Do something useful with your day - Give Blood, and Save a Life

Blood Donation Q&A

Session Nurse

What do you do within the blood donor team? What is your role during the sessions?

I look after the day to day running of the session. It is my job to ensure that the session runs in a safe environment and I am accountable for a safe donation experience, which includes the safety and welfare of the donor and the blood products.

Why is the personal medical questionnaire important?

The Donor Health Check (DHC) form is important as we need to ensure that all blood donors have read the leaflets carefully and are able to give informed consent. We need to keep donors healthy and make sure that blood is as safe as possible for patients

What alarm bells are you looking for and why are they dangerous?

Donors get ill, or go on holiday to countries where they may pick up a blood-borne infection, or they may have a tattoo. All of these things can affect their eligibility to give blood. We want to keep our donors as healthy as well as patients, so we do ask rather a lot of questions about donors medical history. It is important to know where you have travelled as many countries carry different infection risks to the UK. For example, if you travel to an area where there is a malaria risk we can test you for antibodies, but only after six months. Without a test you would have to wait a year to be sure that you are not carrying the infections.

Talk me through the test were a drop of blood goes into the tube of liquid. What is it for? Why is it important?

This is part of the health screening and tests for the haemoglobin level, this is to make sure that donating blood will not make you anaemic. After cleaning your finger with a sterile wipe, a lancet is used to prick the surface of the skin. A new lancet is used for each donor. A small pipette (a pastette) then collects the drop of blood which will be used to test the haemoglobin level. Again, to ensure the safety of the donor, a new pastette is used for each donor.

The drop of blood taken from your finger is placed in one of the two copper sulphate tubes. The green tube is for male donors and the blue tube is for female donors. If there is sufficient haemoglobin in your blood the drop sinks to the bottom of the tube.

What happens if you fail this test?

If the test at the session indicates that your haemoglobin is lower than it should be they will take a sample of blood (similar to a blood test taken at the doctor's) and test your haemoglobin level in a special machine called a Hemocue. This gives an accurate digital reading of your haemoglobin level.

Depending on the results of this test, you will either be able to continue to donate blood or be invited to another session in the near future.

At the giving blood stage: Why are three coloured test tubes of blood also taken? What are they for and which colour matches to which condition?

Each time a donor gives blood, we will take blood samples as well as the donation. These tests are mandatory and will be used to test blood back in the laboratory. The three tests are for hepatitis C, Blood grouping (A,B,O and Rhesus blood grouping) and other mandatory tests (Hep B, HIV, Syphilis and HTLV). If you have registered an interest in joining the British Bone Marrow Register (BBMR) you will also have another test. There are also supplementary tests for Malaria and West Nile Virus

What do you do with positive results?

Any donation that is reactive on any one of the screening tests cannot be used. If your blood is reactive on any one of the screening tests, further tests are carried out to confirm whether the result indicates a true infection. If this is the case, we will inform you and offer you appropriate advice. If the result is significant to your health you will be asked to discuss the results with one of our doctors and, with your permission, we will arrange a referral to your own doctor or a specialist. If the test results show that you can no longer give blood, then you will be given specific advice.

How much blood is taken?

470 ml which is just under a pint

How long does it take?

About ten minutes but it varies person to person

What happens with the blood after that?

Samples and donations are put into large insulated bags ready for the drivers to collect them. They are immediately transferred to the laboratory and stored in a temperature controlled environment. While the samples are being tested, the blood donations are processed and most donations are separated into different components as some patients only need part of the donation and this allows the different blood components, such as red cells and platelets, to be used more efficiently. Once they have the test results back from the samples, and if everything is ok, the blood can be stored in the blood bank ready to be taken to a hospital.

How long can it be kept for?

Red cells can be stored for 35 days and platelets seven days.

How do you cope if someone has a fear of needles? What sort of adaptations are made?

We like to reassure our donors by helping them to focus on the end result. People are able to have their family or friends with them when they donate to help take their mind off it and once it is over people often wonder what they worried about. In fact, a lot of people believe that the pin prick test is more painful than giving blood.

Why is giving blood so important?

Giving blood can save someone's life. Blood is not just used for accident and emergency situations. Sufferers of hereditary diseases such as Sickle Cell and Thalassemia rely on regular blood donations to stay alive and people with serious diseases like cancer also need blood to help beat the disease.

What difference do blood donors make to the health service?

Blood donors provide the blood that is used to treat patients every day of the year. Without blood donors, we would not be able to supply hospitals with the necessary blood that they need.

Also, another very good tool that takes you through the process can be found on the website. The virtual session tells you all you need to know about the process at <http://www.blood.co.uk/funzone/virtualsession>. Call us on 0300 123 23 23 or visit us at www.blood.co.uk to book an appointment to find out when the next donation session is to be held.

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Have you always wanted to learn to dance? Or do you want to dance like the stars on 'Strictly Come Dancing'? Now is your chance!

Dove House Hospice are hosting their very own 'Strictly Learn to Dance' and are currently recruiting for 10 men and 10 women to take on this dancing challenge. Applicants will take part in 10 weeks of training from January to March 2015 where they will be partnered up and will learn two dances with our professional dance teachers.

Contestants will then take part in a grand live finale on Friday 27th March to perform their dances and battle it out to become 'Strictly Champions'. No dancing experience is required; this challenge will transform your two left feet into a dazzling dancer.

We have currently been inundated with applications from ladies, so we are eager for gents to step forward to join them! For more information visit: www.dovehouse.org.uk/strictly or contact the fundraising team on: 01482 785743 or email: fundraising@dovehouse.org.uk.

Dementia in the East Riding on the agenda for East Riding Health and Wellbeing Board

Plans are underway to improve the rate at which dementia is diagnosed among East Riding residents as the latest estimates show there will be over 5,000 people living with the condition in the region by March 2015.

There will be 850,000 people in the UK living with dementia by 2015, costing the UK £26 billion a year, according to Dementia UK: The second Edition, a recent report by the Alzheimer's Society.

A report that is due to be presented to the East Riding Health and Wellbeing Board estimates that there will be 5,246 individuals with dementia in the East Riding by March 2015.

The report, produced by the NHS East Riding of Yorkshire Clinical Commissioning Group (CCG), outlines the challenges of and plans for early diagnosis of the condition among the East Riding population, as well as ways to increase the rate of diagnosis.

It also highlights plans being put together by the Humber NHS Foundation Trust, the CCG and the council to develop older people's services.

Mental Health also featured on the agenda of the East Riding Health and Wellbeing Board which was held on Thursday 18th December, specifically the Mental Health Crisis Care Concordat (MHCCC).

The MHCCC is a national agreement between services and agencies involved in the care and support of people in crisis, ensuring that people who need immediate assessment and treatment at a time of crisis get the right services, when they need it, and the help they need to move on and stay well.

A report to be presented to the board outlines the steps being taken locally to implement the MHCCC and the progress being made in the East Riding.

There will also be reports on the 'Perfect Week' initiative at Scarborough Hospital; and the Roles, Responsibilities and Expectations of Health and Wellbeing Boards.

For more details go to www.eastriding.gov.uk

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It's January, meaning a new year. There is still a risk of frosts, as well as gale force winds and torrential downpours if there isn't any snow. Keep your pathways clear of frost and prevent slips and trips with our great offer on salt sticks: £5.99 each or buy 2 for just £10.

Now is the time to plan ahead with your garden at its minimal in winter. This time of year is perfect for recreating your garden and making plans for year round colour and beauty. Follow our inspiring ideas to create the garden of your dreams.



Hedges

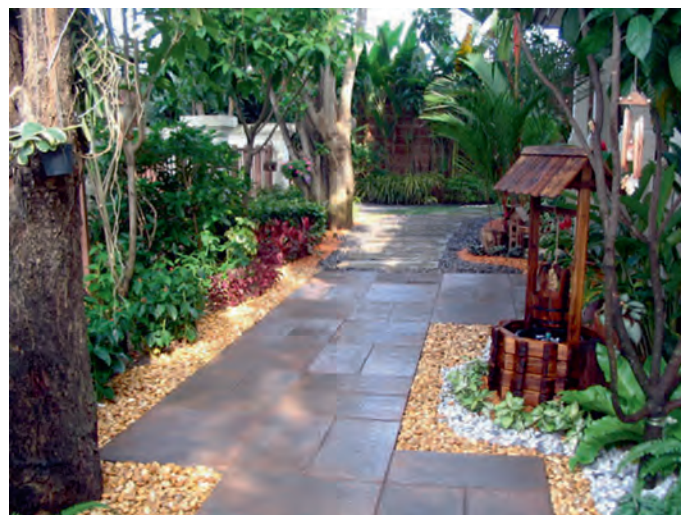
Hedges, walls and fences aren't just for marking out your property's boundaries. They can make great features in your garden perfect for adding depth, height and a backdrop for more colourful plants. Hedges can even be used as a focal point with clipped topiary in a classic or

quirky shape to create interest in your garden.

Hedges, walls and fences too, can be used to define areas. Grow climbers up short walls or fences and create a beautiful backdrop in your garden.

Paths & Patios

Paving can be used in a number of ways to create a pathway through your garden. For smaller gardens a selection of stepping-stones can be used if you do not want a solid pathway. At Coletta & Tyson we have a large selection of paving suitable for any garden from stepping-stones to sun circles. The shape of your path or patio is important to the overall look of your garden whether you want straight lines or soft curves.



Borders

Borders are excellent way to show off your creativity in the garden and can look spectacular with vibrant bursts of colour. Pack them full of plants and bulbs that will grow back year after year for a beautiful feature. Try a selection of spring bulbs like daffodils and crocuses for spring colours.

Try something different and let your borders grow wild by sprinkling native wild flower seeds. Not only will you have attractive summer flowers but local wildlife will love them too.

Containers

Containers are ideal for adding seasonal colour. Plant your own using your favourite flowers or find a selection of planted patio pots and containers in our Planteria with that season's best plants.

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10 Jobs for this month

1. Recycle your Christmas tree by shredding it for mulch
2. Ventilate the greenhouse on sunny days
3. Dig over any vacant plots that have not been dug already
4. Repair and re-shape lawn edges
5. Inspect stored tubers of Dahlia, Begonia and Canna for rots or drying out
6. Prune apple and pear trees
7. Start forcing rhubarb
8. Plan your vegetable crop rotations for the coming season
9. Keep putting out food and water for hungry birds
10. Prepare a polythene shelter for outdoor peaches and nectarines, to protect them from peach leaf curl.

Many non-hardy plants can be grown in containers meaning that they can be brought inside over the winter and protected from frost. Why not try growing a fruit bush or tree in a container?

Waterfeatures

A pond or water feature is another great way to add interest to your garden. There is a great selection in our Watergarden section to help you create a beautiful water focal point in your garden even if you do not want to build a pond due to limited space. In addition to being an appealing focal point, it will also make your garden more appealing to wildlife.

Furniture

Adding furniture can make your garden into another room. It can be as simple as adding a bench or as big as adding a full outdoor dining suite. There's a great range in our garden centre depending on what garden style you are going for. Our metal framed benches or swing chairs are perfect for a vintage or fairytale themed garden or a wooden bench is ideal for a traditional style.

Sheds & Greenhouses

Depending on the room in your garden a shed or greenhouse can make an amazing addition. A shed doesn't need to house tools when they're not needed. They can become another room to enjoy the summer in. Create your own Kirton shed at the garden centre and choose from a large selection of styles and sizes to suit your needs.

Plant of the Month - Spring Bulbs

January's Plants of the Month are Spring Bulbs. Our bulbs are perfect for bringing a pop of colour to spring after the cold, dark winter months. Ideal for planting outside in the ground or in a container, or pot on the windowsill you can find a variety of Spring Bulbs in our Planteria for 99p each, or buy 6 for just £5.00.

Buy a selection of bulbs to create amazing and bright containers or borders for your garden. Plant hardy bulbs like tulips and daffodils in warm, sunny sites with good draining soil. Bulbs like Cardiocrinum are best grown in cool, moist potions. Improve light or sandy soils with garden compost and heavy soils with compost plus grit.

To plant in a container, use multi-purpose compost and plant your bulbs three times their depth and one bulb width apart.



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

www.instinctivehorsetraining.co.uk

The importance of Community

I feel very blessed because I both live and work in a semi-rural village which I have been a part of, one way or another, since I was 14 years old.

In my teenage years (the late 70's) I used to visit Skidby often because I had friends with horses living here. I hung out at weekends, did jobs and got to ride sometimes. Friendships I forged in those days I still have today, have grown with longevity and I hold very dear.

Skidby was a place I always came back to whenever I could throughout my early days and years of work. When I was 17 ½ (34 years ago!) on completion of my A levels I spent a year in Scarborough, at The Snainton Riding Centre studying hard for my BHSAI qualifications. Mr Alec Llyall was a formidable trainer who commanded a great deal of respect and I received a fabulous training, way over my papered qualifications. He was of the old school and was highly respected in the British Horse Society ... a community in its own right.

If I could not face the drive over that wild countryside a lifelong friend from the village, John Spenser, would take me all that way and pick me back up whenever I could get a leave of absence! Sadly he died some 12 years ago but was part of my private friendship side and world for all of those years between as well as being an important member of this village community.

34 January - www.cottinghamtimes.co.uk

Once qualified I travelled to Vienna, Austria for a couple of years, being trained in the art of Haute-e'cole (very high standard horse riding!) by 2 head riders of the Spanish Riding school....an amazing ancient place of Equine brilliance! How lucky was I? 18 years old with the world at my feet? !.....When I returned home to England I came back to Skidby, rather than my family home in Hessle. My heart was always settled here in some way, shape or form. I did some office work for a dear friend who ran a bus company called Humber Pullman....who remembers going to Sheffield Ice Rink every Friday from Hessle square?! Those were the days! Westfield Country Club on a Saturday night! Janet on the desk! This will certainly make many older people in Cottingham smile!

I then moved down to Gloucestershire for 3 years of racehorse breeding, yearling sales in Newmarket and Doncaster and milking cows.....great days for me...my 21st birthday held in a very close knit farming community. I played Skittles for the local Berkeley Hunt team, I played darts for the Young Famers. I became ladies champion Clay Pigeon shot and had an absolute ball for the whole of those 3 years. Exactly how life should be before marriage, motherhood and responsibility grab at you and start you in a whole new direction in life!!!

When I left Berkeley I came back here to Skidby and shared a house with my 2 most important lifelong friends Norman and Helen (they eventually got married). I drove a tractor for George Foster and learned how to cut hedges and drive a digger! My JCB skills are still so useful to me to this day!

In 1985 I started my business here in the village. That has been quite a journey in its own right. I have been part of the village life, in my own way, for all of the 30 years I have had the Yard. I have sadly seen many good friends die, some move away, some divorce and some gain new avenues to follow with new partners or new jobs. I have seen how this community rallies round to help folk in trouble or for those who are grieving. I am proud to be a small part of how life is here. Friendships formed all those years ago are still in place. Burying village characters and celebrating new marriages and the subsequent births of the next generation.

Within my work per say, I have moved over to a new concept of training, which I realise you all know by now! This has brought a new community to my life where like-minded people are coming together, all over the UK, to bring new skills to horse training....all based on positive reward, no longer dominance and force. I have forged very real new friends. New relationships bring new energy, new enthusiasm and new skills in my case. I feel exceptionally good about life just now. The future is looking really good, exciting, invigorating and bodes well for 2015.

With this in mind I wholeheartedly wish you all a very Happy New Year.

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Resolute Resolutions

The short step into 2015 provides the opportunity for reflection, on the past with fondness and acceptance, we can't change things now, while looking into the future with enthusiasm and excitement for the challenges ahead.

The Half Moon and I have had a great year, in my personal life I have seen my family growing up strong and healthy, while my wife still supports me with my crazy notion that the life of a Landlord is a great retirement option. I am a lucky man. I only have one personal disappointment NO GOLF !!! Therefore my first New Year *resolution* (1.) Play some Golf.

The major work disappointment was not seeing the expansion plans accepted after so much hard work and enthusiasm from my staff and others involved. However it has strengthened our resolve, *resolution* (2.) To make what we have at the Half Moon the best we can possibly make it for the community and customers we serve.

Late last year I spent a few days holiday in a window bed with lovely views over the City of Hull, all thanks to a case of Pancreatitis. My staff coped superbly but did mention, that if I was to take a holiday a little forward planning might help. Therefore *resolution* (3.) To plan a proper Holiday with Judy sometime this year, maybe.

Plans for the Half Moon in 2015 include work to the external areas. External decoration and signage are planned, while landscaping improvements started in the autumn will continue again in the spring to take full advantage of the paddock area, making it more attractive and a safer environment for children. The marquee purchased last year will be used for a number of events during the summer months. Variations to our menu are planned particularly at lunch times with an additional range of bar snack options which hopefully will be extended to all day by the summer.

So, how did I put it, oh yes. With enthusiasm and excitement I'm looking forward to the challenges ahead.

*A Very Happy 2015 from all at Skidby's Village Pub,
Cheers Mike*

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Hallgate schools - continued

by Peter Railton (Local Author and Historian).

The year is 1950.

The previous decade had seen the virtual beginning and end of the Second World war, which touched, almost everyone in the village, not only in terms of loved ones killed or wounded or prisoners of war, but in terms also of the German air raids aimed at Hull and the odd stray bombs in the Cottingham area.

Many local families lost friends and relations in the bombing and Hallgate School opened its doors and its hearts to many 'bombed out' families from the City, and Hull children whose schools had been damaged or destroyed, attended lessons in the schools along with evacuees from London and other centres of population under threat from the Luftwaffe.

I remember our desks for two suddenly becoming desks for three as an extra strange lad was squashed at the end - one boy had such a strong 'cockney' accent that it sounded like a foreign language to us Cottingham boys. As has been described earlier, large amounts of money was raised in the schools for the various appeals, Spitfire Fund, Red Cross, and so on.

The return of the first post-war Labour Government had coincided with the worst winter weather in living memory, aggravating the shortages of food and materials so desperately needed here and in Europe, but through it all the work of educating Cottingham's children went on, teaching staff came and went but continuity and commitment was ever present - the care and education of the pupils was still priority, even in the darkest days of the war.

In the boys' school, Mr. Peckett the caretaker was away ill with bronchitis in February and Mrs. Panke, the Headmaster's wife filled-in for staff away sick, including Mrs. Atkinson, Mr. Clark and Mr. Panke.

Many boys were successful in scholarship exams that year including - M. Ashton, G. Forsey, G. Peak, A. Gulliver, R. Scott, M. Leach, who were to go to the Hull Technical College, and R. Ward to the Hull Art College. M. Allison, K. Benson, M. Budding, D. Bone, K. Burrill, D. Collinson, D. Drinkwater, D. Lorrison, J. Overend, D. Pope, T. Precious, M. Shore, J. Walkley, J. Work, R. Yapp, P. Scott, were all to go to Beverley Grammar School. In 1954 a film was shot in the Beverley and Lund areas called "Lease of Life" and starred Robert Donat. Some Beverley Grammar School boys were 'extras' in the film and I remember one precocious lad saying to a Hull Daily Mail reporter that he did not know what effect this was going to have on his future!

Mr. Bailey was successful in an application for the Headship of Riccal School and he was presented with an oak case clock by Mr. Panke on behalf of the Staff on the 28th of July. Mr. George Bramley retired in October, a few years before the usual retirement age; he had suffered recurring eye problems for a while including an operation for cataracts. Mr. Bramley was a long serving member of Staff and had two sons, David and John who was in the same class as me and had won a scholar-ship to Beverley Grammar School some years previously. When I became a teacher in Hull I had a Jane Bramley in my class - I recognised not only the name, but the family likeness - she was David's daughter: a 'small world.'

In the girls' department the new term opened with 285 pupils on the role, Miss Buttery was absent due to an accident in December which dislocated her right shoulder. During January, Miss Bell took Senior 4 to see the work of the nurses and staff at the Victoria Children's Hospital in Park Street, Hull; it was Mrs. Fletcher's aim to give her senior girls experiences of life and work outside of the school environment. Councillor Norman Bisby, Chairman of Haltemprice Urban District Council visited the school to talk to Senior 4 about the work of the Council and this was followed up by the girls, plus Mrs. Fletcher and Miss Bell attending a Council Meeting at Anlaby House, and afterwards 'taking tea' with Mr. Bisby in February. Later, the same class visited the Metal Box Company factory in Hessle Road to see the production line there: meanwhile, Senior 1 were shown around St. Mary's Church by the Rector Rev. Hebron.


The second half of February saw many pupils away with colds and 'flu, also some of the teachers. The position got so bad that the Head of Penshurst School in Hessle sent two of his staff to help out for a day or two, as even the supply staff at County Hall were also decimated. Half-term came and went and still over 50 girls were absent plus Mrs. Evans and Miss Buttery who had recently returned to school after her accident.

On the 7th of March, the selection exams (11+) were held in the schools; Mrs. Fletcher invigilated in the boys' hall and Mr. Panke in the girls' and the rest of the schools had a day off. Later that month a fancy dress parade was held to choose girls from the junior and senior classes to represent the school at the local schools final to be held in Hessle. Safety First played an ever increasing part in the life of the school, with representatives from the police frequently going to talk to pupils about road safety. On the same day, 22nd of March, an

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official from the Labour Exchange in Hull gave a talk to the Easter leavers about job prospects in the area.

On the 29th and 30th of March, a display of dancing was given to the parents in the hall each afternoon by every class in the department, the choir sang and the recorder groups played as well. Some 120 parents attended each afternoon and a collection for school funds raised £5.2s.31/2d. Six girls were due to leave school at Easter but decided to stay on until the summer break.

During May, many of the senior girls plus teachers visited the Law Courts in Hull to see the workings of the courts; they were welcomed by the Stipendary Magistrate - I believe it was Mr. Macdonald at that time. Three girls, Shirley Thompson, Elsie Wedgewood and Mavis Eastwood went to Estcourt High School in Hull to see a film and a talk about nursery nurses. Other girls went to the Hull Telephone Exchange and the Hull Trades Exhibition at the City Hall.

Two overseas visitors went to the school; Mr. Jiagge from the African Gold Coast and Miss Watt from South Africa talked to the pupils about their parts of the world, and three students from the Training College started their teaching practice on the 5th of June. The next day, Mrs. Nancy Henry took her glove puppets to school and gave demonstrations which were very popular with the girls.

On the 27th of June a particularly nasty accident occurred when a girl in Junior 6 climbed up a toilet door, slipped and severed her third finger on the right hand. She was taken to the Children's Hospital and detained for an operation. No doubt this would have served as a salutary lesson for the rest of the school.

The school was not so successful in sports that year with Cottingham Schools coming third in the Holderness Sports. Open Day was held on the 26th of July and the classrooms were open for inspection by the parents, and displays of work by the girls were on show and an evening of dancing and P.T. displays plus choral speaking and singing was given to parents. The term ended on a sad note as the school bade a farewell to Miss Buttery who had been at the department for 43 years; she seemed to many like a rock - always there to turn to for help by pupils and staff alike. She was very influential in the lives of the girls, especially the seniors and those who were in her scholarship classes and went on to grammar school or similar education. She was succeeded by Mrs. P. M. Evans as Deputy Head, who was a member of staff at the school.

Photograph above, top left: Boy's football team 1949 - 1950, courtesy of Mr. R. Bunton. Back row left to right:- K. Herdsman, G. Loft, R. Scott, B. Moore, J. Hagues, G. Forsey, Mr. Clark. Front row Left to right: D. Wright, J. Peak, R. Bunton, B. Norfolk and B. Richards.

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

Don't miss out on being transported to a more gracious age on a journey of refinement and glamour. As the decadent carriages depart from Hull, watch the English countryside unfold as you sample the delights of fine wines, champagne and mouth-watering cuisine.

The outward journey includes a delicious three-course brunch with Bellini's and fine teas and will arrive in our capital city of London midday. Our packages can be tailor made by incorporating tickets to a popular West End theatre show or a travel card to explore the city at your own pace. On your return journey a sumptuous gala dinner is served including complimentary wine and champagne.

This journey is a once in a lifetime experience and is a perfect gift for that special someone this Christmas or especially for a milestone birthday or occasion.

Tickets are £380 per person including a theatre ticket and £350 including a travel card. For more information and a full brochure please contact the fundraising team on: 01482 785 743 or email fundraising@dovehouse.org.uk.

Graham Porter - Caring Dentistry



Graham Porter
BDS

Caring Dentistry

GDC Registration Number: 51131



Stuart Graham
BDS, MMedSci (Dental Implantology)

Routine and Complex Dentistry

GDC Registration Number: 59133

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



Dunswell Playgroup is 'Good'

When Dunswell School was threatened with closure two years ago, it also threatened the survival of other village facilities. One of these was Dunswell Playgroup, which works closely with the school and was recently judged 'Good' after an un-announced inspection by Ofsted in late September.

The grades available are 'Outstanding', 'Good', 'Requires improvement', and 'Inadequate'. Only 3% of inspections are judged as 'Outstanding', so this is good news after previous fears of closure, and extensive flood damage in 2007.

As well as structured play at St Faith's Church Hall, the little ones also go gardening in their new plot at Landplan, alongside pupils from Dunswell Academy. Here they have been planting

all sorts of vegetables in raised beds and creating their own orchard. It is one of their favourite activities, and complements the outdoor play they enjoy just outside the church hall.

The last inspection, in 2009, was also 'Good'. At that time there were only 14 children enrolled, but the group now cares for a total of 18 youngsters, aged 2 to 5, spread across five morning sessions, but still has room for many more.

For more information, contact: Sue Cockerton
Orchard View, Dunswell Lane, Dunswell

Tel: 809915

Mobile: 0781 363 3545

or

Kerry Fleming

Mobile: 0789 696 2066

Can Cottingham become a Fairtrade village?

At Westfield Primary, we are campaigning for Cottingham to be recognised as a Fairtrade village. During the year, our pupils have carried out a survey which shows that Fairtrade products are widely available in the retail outlets and that groups around the village are already long-standing Fairtrade supporters.

We already have support from the Parish Council and from our MP David Davis for this project.

To continue with our campaign, we need to set up a steering group to help lead the project. If you are interested in working with us (and would like to join us for a Fairtrade tea/coffee and snack!), please email Year 5 at Westfield Primary School, westfield@westfield.criding.net.

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- Family Bathroom
- Spacious Throughout
- Cottingham Location
- Includes many Period Features
- EPC Rating 52
- Gas Central Heating

Cottingham

£575pcm



3 Bedroom Terraced

- 3 Bedroom Terrace
- Cottingham Location
- Modern Fitted Kitchen
- Spacious Through Lounge
- 3 Good Sized Bedrooms
- Bathroom with Shower above Bath
- Neutrally Decorated Throughout
- Parking
- Enclosed Rear Garden
- EPC Rating 73

Cottingham

£525pcm



2 Bedroom Apartment

- Luxury First Floor Apartment
- 2 Double En-Suite Bedrooms
- Large Living Space
- Modern Fitted Kitchen
- Period Features
- Utility Room
- Neutral Decor Throughout
- Off-Road Parking
- EPC Rating 85

Cottingham

£495pcm



2 Bedroom Terraced

- 2 Double Bedrooms
- Modern Fitted Kitchen
- Cottingham Location
- 2 Reception Rooms
- Garage
- Off-Road Parking
- Gas Central Heating & Double Glazing
- EPC Rating 63

Hull

£475pcm

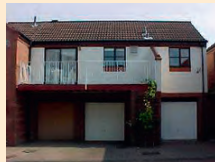


2 Bedroom Terraced

- Through Lounge
- Feature Fireplace
- Modern Kitchen
- Generous Garden
- Double Bedrooms
- Shower
- Large Bathroom
- Gas Central Heating
- Double Glazing
- EPC Rating 67

Hull

£425pcm



1 Bedroom Apartment

- First Floor Apartment
- 1 Double Bedroom
- Fitted Wardrobes
- Spacious Living Room
- Fitted Kitchen
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- Off-Road Parking
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Bupa Great Yorkshire Run raises over £27,383 for Diabetes UK

2,809 free Type 2 diabetes risk assessments for people in the Yorkshire area were provided Assessments found 1,430 people to be at risk of Type 2 diabetes

The three year partnership between Diabetes UK and Bupa UK has ended on a high, with a current total of over £27,383 raised by 856 participants over three years of the Bupa Great Yorkshire run, with funds for 2014 still to come in.

The Sheffield run is just one of the 33 Bupa runs that have taken place over the last 36 months, which will see £1.5 million in total raised by some 20,000 participants.

The money raised has funded 12 Healthy Lifestyle Roadshows in Yorkshire at which 2,809 people were offered free risk assessments to help them understand their risk of developing Type 2 diabetes, a condition which can have devastating consequences. People were also given advice on exercise and diet, and lifestyle changes which can all help reduce the risk of Type 2 diabetes. A total of 1,430 of those assessed were found to be at moderate to high risk of developing Type 2 diabetes and advised to visit their GP.

Phaedra Perry, Regional Manager at Diabetes UK, said: "Thanks to Bupa UK and our partnership, we have reached 1,430 people at risk of Type 2 diabetes in the Yorkshire area and helped people to reduce their risk of devastating complications such as blindness, amputation and stroke. We would like to say an enormous thank you to Bupa UK for their support which has made this fantastic work possible.

"The success of the last three years has also been made possible thanks to our wonderful runners, volunteers and supporters in the Yorkshire area, who have worked so hard to make the runs so fun and worthwhile. They have enabled us to do vital work in raising awareness of Type 2 diabetes, a condition which 11.5 million people are at high risk of developing in the UK."

Paula Franklin, UK Medical Director, Bupa, said: "We chose Diabetes UK as our nominated charity partner because raising awareness of the risk factors of Type 2 diabetes and advising on lifestyle changes to reduce that risk, strongly supports our vision to help people live longer, healthier, happier lives. We are delighted that we have been able to help so many thousands of people take that first important step towards a healthier life and would like to thank Diabetes UK for making this such a successful partnership."

Since being selected by Bupa as its nominated charity partner in 2012, Diabetes UK has:

- Cheered on 20,000 runners for Diabetes UK as they covered 206,557 miles between them – the equivalent of running around the world more than eight times.
- Been inspired by the 604 runners for Diabetes UK who have diabetes
- Given away 2950 bottles of water and 1890 bananas to our wonderful runners for Diabetes UK
- Enjoyed 98 hours of sunshine and endured 32 hours of rain over the three years cheering on our runners from the sidelines

Last year, Bupa UK and Diabetes UK also launched two free online learning programmes about Type 2 diabetes. 'Type 2 Diabetes and Me' (www.type2diabetesandme.co.uk) helps people living with the condition learn how to better manage their Type 2 diabetes. This has been used by 19,7703 people so far.

'Diabetes in Healthcare' (www.diabetesinhealthcare.co.uk) has to date been used by 7,1204 healthcare professionals who are not diabetes specialists. This helps them better understand the condition and how they can improve the care offered to people with diabetes.


The partnership's achievements were also heralded at the British Medical Association (BMA) patient information awards 2014, at which 'Type 2 Diabetes and Me' won the award for the 'long term conditions' special category. Feedback from users of both the e-learning programmes has also been positive - 71 per cent5 of people who used 'Type 2 Diabetes and Me' said they were more likely to look after their condition, and 77 per cent6 of healthcare professionals who used 'Diabetes in Healthcare' said they felt more confident in treating people living with diabetes.

Thank You from the M.S. Society

The Hull, Beverley Borough and Holderness Branch of the Multiple Sclerosis Society held its 'Floraganza' before Christmas when Robert Forbes, the renowned florist and flower arranger delivered an entertaining and artist show of flower arranging at the Cottingham Civic Hall. Robert played to a near capacity audience who enjoyed the entertaining evening.

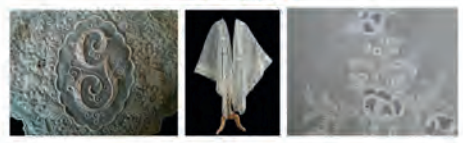
The M.S. Branch thanks all who attended, those who helped and especially Robert. The show raised £2117.00 which will enhance their 60th Anniversary Appeal to raise £60,000 for research into multiple sclerosis.

Support the advertisers who appear within the Cottingham Times



**Meeting of
East Yorkshire Embroidery
Society**

Vivienne Brown
**Grandmothers Bottom
Drawer**



A look at Whitework which was popular at the end of the 19th century, contrasted with the speaker's own cut and pulled work which reflects embroidery of the present time.

to be held at
The Darby and Joan Hall,
Finkle Street,
Cottingham, HU16 4AZ

2.15 pm on Saturday 10 January 2015

Members £1.50 Visitors £2.50
Includes Tea/Coffee and biscuits

www.eyes-embroidery.co.uk Contact: eyes.eyes@outlook.com

Residents encouraged to register for Money-Saving Energy Switch Scheme

Residents are being encouraged to register for a scheme which offers potentially large savings on energy bills.

East Riding households are invited to register for the scheme organised by East Riding of Yorkshire Council as part of the Big Community Switch and administered by the UK's leading collective switching expert, iChoosr Ltd.

It will be the seventh auction to energy firms since the scheme began in June 2013. It is free for households to join and there is no obligation to take up the winning supplier's tariff offer.

The switching process is easy. The new provider will take care of the whole process and East Riding of Yorkshire Council offers support to residents for the duration of their new energy contract if they choose to switch.

Councillor Symon Fraser, the council's portfolio holder for the environment, housing and planning, said: "The YORSwitch team has an excellent track record of delivering savings to residents through the deals being done with the energy suppliers.

"Residents can reap the benefits of group purchasing in what is becoming a much more competitive market place."

In the most recent YORSwitch auction, 2,958 households in the East Riding registered for the scheme, with 498 people deciding to switch after the auction between energy companies.

It resulted in those East Riding residents choosing to switch saving an average of £220 per household.

For the next round of the scheme, events will be held throughout the registration period for people to attend and ask questions.

Households wanting to sign up can register their interest by visiting the website www.eastriding.gov.uk/yorswitch or by telephoning (01482) 393939 and leaving their details.

The registration period closes on Monday, 2nd February 2015 and the auction for energy suppliers will be held on Tuesday, 3rd February 2015.

New customer services and library facility officially opened at East Riding Leisure Haltemprice

The new customer services and library facility at East Riding Leisure Haltemprice were officially opened on Monday, 15 December by the chairman of East Riding of

Yorkshire Council, Councillor Pat O'Neil.

The new integrated library and customer service centre is open 46 hours a week, allowing residents to carry out a wide variety of transactions at their own convenience.

In addition to the services previously offered, customers will now also be able to access council information using public access terminals and self-services facilities.

From April 2015, the intention is to expand the service available by mirroring the opening hours of the East Riding Leisure Haltemprice facility, by providing an unstaffed self-service customer access option for the library and customer service centre (57 hours per week).

The service will then be available to the public for a total of 103 hours per week.

Councillor Stephen Parnaby, OBE, leader of East Riding of Yorkshire Council, said: "I am absolutely delighted that we are now able to open these magnificent new facilities officially, offering a much better environment for both customer services and library users.

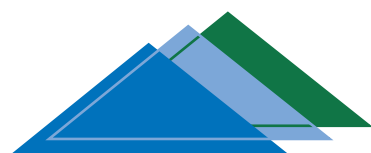
"This is yet another example of this council's prudent financial management over many years, which has allowed us to invest in facilities which will benefit all users of the centre."

East Riding Leisure Haltemprice, which will be fully completed in early 2015, also includes a new doctors' surgery, a new Cafe Vibe, a new 3G floodlit sports pitch, refurbished sports hall, a new Tone Zone fitness suite and fully refurbished swimming pools.

The final stage of the refurbishment will be the completion of the projectile hall in the New Year, with five badminton courts along with facilities for indoor cricket, judo and many other activities.

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Cameo Opera presents The Topsy Turvy World of Gilbert & Sullivan

The Cameo Opera present The Topsy Turvy World of Gilbert & Sullivan on Thursday 22nd January 2015, at 7.30pm, in the Toll Gavel United Church, Beverley

Cameo Opera return with a staged and costumed extravaganza of Gilbert & Sullivan that should delight G & S fans as well as those who enjoy the entertaining evenings of music, love and laughter that Cameo Opera are so renowned for. Let them introduce you to the larger than life characters who feature in the Topsy Turvy world of their famous operettas.

Enjoy the situations they find themselves in when a cast of six singers and pianist perform staged and costumed scenes from The Gondoliers, Pirates of Penzance, HMS Pinafore, Yeomen

of the Guard, Ruddigore, Trial by Jury, Patience, Iolanthe and The Mikado.

'A bright, joyous and frolicsome evening'

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

Dance First Aid Course at the Spa, Bridlington on 25th January

Open to anyone working in the field of dance, this first aid course is run by Helen Underwood, who has extensive experience in this field. The course covers all the emergency life saving first aid content as per an Appointed Person Course, as well as how to deal with children, soft tissue injuries and common medical problems such as asthma and low blood sugars. Participants will also receive a certificate and course manual at the end of the day.

Underwood Training is approved by the HSE to run First Aid at Work Courses through their certificating arm Pro-Active Medical Training. The strength in the quality of these courses is that they are all run by experienced trainers who are experts in their field. All trainers undergo continuous mentoring and regular training programmes to ensure that course content meets current best practice.

The course will take place on Sunday 25 January 2015 at The Spa, South Marine Drive, Bridlington and will run from 9am to 5pm. Course fee is £40.

To book a place please call the Spa Box Office (01262) 678258 or www.TheSpaBridlington.com

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Cheque presentation of £150 from the Cottingham Enterprise Guild to the Cottingham Lights Fund

At a cheque presentation held recently £150 was donated to the Cottingham Lights and presented to Charles Rawlings (Chairman of the Lights Committee and Geoffrey Kemp [not on photograph]) from the Cottingham Enterprise Guild.

The money was raised by donations and events held throughout the Year.

Pictured above are left to right: Phil Noons, Charles Rawlings and Councillor Mike Harkness.

Hull Amnesty Group concert at Hymers College on Friday 16th January

Three young artists from Live Music Now will play in the next concert presented by the Hull Amnesty Group in aid of Amnesty International. Carla Sousa (flute), Beatrice Hubble (oboe) and Caroline Waddington (clarinet), members of the VISTA Trio (<http://www.vistatrio.co.uk>), will perform a programme ranging from Bach's Air on the G String via a Mozart divertimento and Grieg's Peer Gynt Suite to Porter's Begin the Beguine and Billy Joel's And So It Goes.

The concert will take place on Friday 16 January at 7.30 pm in the Judi Dench Theatre at Hymers College, Hymers Avenue, Hull HU3 1LW, by kind permission of the Headmaster.

Tickets, including interval refreshments, cost £15 for adults and £10 for under 18s and students with student cards. They may be ordered by telephoning 01482 447860 or 01482 563235 or by sending an email to annelasckey@hotmail.co.uk or barnecutt@barnecutt.karoo.co.uk or aubus@aubus.karoo.co.uk.

All proceeds will go to Amnesty International.

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Saturday 14th February

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in the Windsor Restaurant
£32.50 per person

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Friday 6th March

Northern Soul / Motown Night

Friday 10th April

Eagles Tribute Night - 'Little Eagles'

Friday 5th June

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

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

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

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

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

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

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

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

Problems and Diseases commonly treated by TCM

Dermatological:

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



Muscular, Neurological, Skeletal and Vascular:

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

Internal:

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

Men's Problems:

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

Women's Problems:

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

Ears, Eyes, Nose and Throat:

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

Cancer and Tumour:

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

Addictions:

Tobacco, Drugs, Alcohol, Reduce Weight etc.

Mental and Emotional:

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

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

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

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Swanland Screen presents “Mandela - Long Walk to Freedom”

The first film in 2015 is the inspiring chronicle of Nelson Mandela's life journey, from his childhood in a rural village through to his inauguration as the first democratically elected president of South Africa: “Mandela - Long Walk to Freedom” (PG13).

As always the film will be shown at 7.30pm on the third Saturday of the month, the 17th January, at Swanland Village Hall, with tickets on sale at the door, £4 adults and £2 schoolchildren. For further information see www.swanlandvillagehall.info/future-events.htm or call Yvonne on 01482 634863.

Beverley Fine Arts Society - Donatello and the Sculpture of the Renaissance

From delicate idealism and startling realism, to the emotional force of his later works, this talk gave a look at the huge range of his sculpture, setting it against the vivid and colourful world of Italian politics in the age of the Renaissance. Donatello was born in Florence over 600 years ago, but his sculptures make him one of the most important artists of the early Renaissance.

Thank you to all our members and guests who attended the lecture and the next lecture will be on “The Age of Jazz! Art Deco Fashion and Style”. To be held at the Willerby Manor on the 21st January 2015 at 10.00am for 10.30am. If you would like to join us there please contact our Membership Secretary on 01482 863356.



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

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S.A.D.

Seasonal Affective Disorder (which is often shortened to the acronym of SAD or S.A.D.) is a mood disorder that brings about feelings of depression as well as changes in appetite, diet and weight during the winter months.

People who suffer from this disorder may feel exhausted and discouraged during the months of the year when there is less sunlight. Other common symptoms of SAD include headaches, irritability, sadness, a reduced libido, craving for carbohydrates and sweets, loss of concentration and achy muscles.

Also sometimes referred to as the winter blues or winter depression, this disorder affects a great number of people throughout the globe. It has been estimated that five to 10 percent of the population suffers from severe symptoms while 25 percent show moderate to mild symptoms.

It has been known for many centuries that seasons and weather have an effect on the moods of human beings. It is also well documented that depression is more prevalent during the winter months. However it was not until the 1980's that Seasonal Affective Disorder started to receive recognition from researchers and the medical community at large. It was once regarded in a very sceptical light but has since become acknowledged and well established as a real disorder.

Seasonal Affective Disorder was formally described and then given its name in the year 1984. It was named by Norman E. Rosenthal and his colleagues at the National Institute of Mental Health.

The season for SAD ranges from October to April. However not everybody who has it experiences it for all of those months. For many it is worse in January, February and March. It has been estimated that two-thirds of those who suffer from SAD also have an immediate family member who does the same.

Important Information About SAD:

Seasonal Affective Disorder is more common in women than in men (four times more common). SAD is predominantly a winter problem but there is a version of summer SAD that brings about some of the same symptoms, with the exception of the cravings for sugar and carbohydrates.

The cause of SAD is believed to originate with the pituitary gland. This gland, also known as the hypophysis, is an endocrine gland that weighs about the size of a pea and is located at the base of the brain. The pituitary gland produces a chemical by the name of melatonin. This hormone regulates sleep. The pituitary gland is greatly influenced by the sun and is regulated by it. When there is less daylight and a reduced amount of sunshine the pituitary gland does not produce the proper amount of melatonin in some individuals.

Why this only affects some people and not others is not known. SAD can often be made worse when stress levels are high. Premenstrual syndrome (PMS) can also make it worse as can anxiety and panic attacks. While there are a number of symptoms that characterize this disorder the most common ones include depression, extreme lethargy, the desire to sleep more hours, and an increased appetite for foods that are starchy in nature (such as carbs) and foods high in sugar.

Treatment Options for SAD Sufferers:

There are different treatments for SAD. One of the most popular is light therapy with bright lights or sunlight because it has been shown to be the most successful. Other options include counselling (such as cognitive-behavioural therapy), changes in diet and exercise, and carefully timed supplementation of melatonin.

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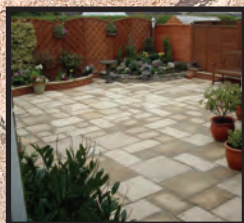
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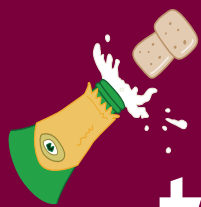
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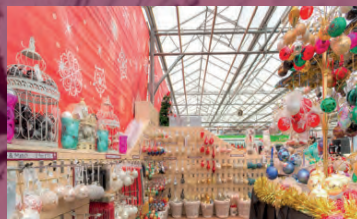
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