

# Cottingham Times

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Issue 228 - January 2021



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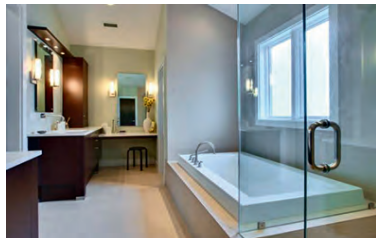
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## Council recruitment drive for volunteer members of the Local Access Forum

East Riding of Yorkshire Council, in partnership with Hull City Council, is seeking to recruit up to five new volunteers to the East Riding of Yorkshire and Kingston upon Hull Joint Local Access Forum (JLAF) in early 2021.

The JLAF – a statutory advisory forum which works closely with local authorities and other local bodies to help improve public rights of way and access to green spaces in the area – is consulted on a range of local and national matters relating to public access.

Members of the forum include walkers, cyclists, horse riders, landowners and representatives of other outdoor interests.

Applications are invited from interested parties with a knowledge and passion for public access and sustainable travel in the local area, and especially welcome from relevant interest groups that are

currently under-represented on the Forum.

The closing date for applications is Friday, 29 January 2021.

To read the JLAF's latest annual report, and to find out more about this exciting and engaging voluntary role (and how to apply), interested parties can visit [www.eastriding.gov.uk/jlaf](http://www.eastriding.gov.uk/jlaf) or contact the forum secretary at [accessforum@eastriding.gov.uk](mailto:accessforum@eastriding.gov.uk).

Councillor Shaun Horton, portfolio holder for coastal regeneration and tourism, including culture and leisure at East Riding of Yorkshire Council, said: "We pride ourselves in the Hull and East Riding area in having a large network of footpaths, bridleways and other green space.

"These are important and frequently enjoyed assets, and as such having good local access provision significantly contributes towards healthy lifestyles and to the tourism economy. The council therefore welcomes the constructive advice of the JLAF in helping make further improvements to the local environment."

For further general information, please contact Steve Howdle in the rural policy and partnerships team at East Riding of Yorkshire Council at [accessforum@eastriding.gov.uk](mailto:accessforum@eastriding.gov.uk).

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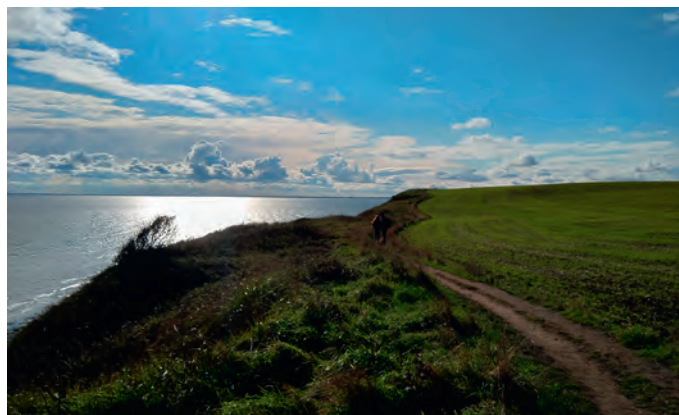


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Photo: Paul Lakin.





## Sports teams in Cottingham to benefit from Commuted Sums

A joint application from East Riding Leisure Haltemprice and King George V Trust has been awarded £45,950 funding from East Riding of Yorkshire Council as part of Commuted Sums from local housing developments.

The funding has been awarded towards the facility improvements at King George V Cottingham. The works will involve the resurfacing of a 45m x 35m 3G Sports pitch; drilling of drainage holes in the existing tarmac to improve the water runoff; provision of a shock pad; and supply of a 40mm fibrillated 3G carpet with line markings including sand and rubber infill.

The new resurfaced 3G area pitch will provide a much needed facility for the local sports teams in the Cottingham Area, as existing facilities are oversubscribed and teams often have to travel several miles for winter training. During match days there are not enough pitches for games. The improved facilities will also support the provision of wider community activities, such as Twilight Football.

Alicia Mail, Director of the KGV Cottingham Trust, said, "We are absolutely delighted to receive this award - it will mean so much to Cottingham Sports pavilion and to East Riding Rangers, the home football club, and indeed other sports clubs and individuals, including our local village schools and user groups."

"The multisport area on KGV Cottingham has been unused for a number of years as very little sport was played, as the surface was old fashioned and soon became unsafe underfoot. This award will bring the area back to life with a new purpose built FA registered 3G surface for 7x7 and 5x5 football games and training sessions."

"It not only provides a clean safe area for people to play sport, but it will bring in revenue to help sustain the pavilion, which is a charity registered business managed by a volunteer trust."

"It will make a big difference to the community and offer more scope, including day time use from schools, groups and walking football with the possibility of starting a walking football league."

"The trust, along with East Riding Rangers who are a partner group, have further plans for KGV Cottingham. The refurbishment of the multisports area is phase one of a large project with aims for phase two and possibly phase three which will bring good things for the ever expanding village in terms of sport and recreation."

Councillor Gary McMaster, portfolio holder for enhancing communities, added: "I am very pleased that the council has been able to help towards the improvement of the pitches at Cottingham KGV, by the award of Commuted Sums provided by local housing developments as a condition of their planning approval. These improvements will clearly make a huge difference to local sports clubs in the Cottingham area."

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## Closure of Barclay's King Street Branch in Cottingham on Friday 5th March

The King Street branch of Barclay's Bank will close on Friday 5th March 2021. Residents of Cottingham who bank at the King Street Branch have already been informed of its closure.

*The nearest branches to this are:*

**Hull City Centre:** 1-5 King Edward Street, Hull HU1 3RL

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For further information regarding the closure, please click on the link: <https://home.barclays/society/esg-resource-hub/reporting-and-disclosures/uk-branch-closures/#cd>.

## Covid-19 and Care Decisions

The CQC's review into the application of Do-Not-Attempt-Resuscitate (DNAR) orders during the Covid-19 pandemic reveals incorrect and ageist use. As a solicitor specialising in supporting older and vulnerable people in the East Riding of Yorkshire, I know that sadly, this is nothing new. Widely condemned by the CQC and medical bodies, it has emerged that instead of being applied on an individual basis, blanket DNAR orders were applied to groups of care home residents.

It's horrifying to think about DNAR orders being applied to groups of vulnerable people. This isn't how they should be used and however stretched our health and care services are, this kind of disregard for older people cannot be accepted.

Best practice guidelines have been set out by the Resuscitation Council UK, but they aren't being followed everywhere. Too often these are ignored or treated as a tick box exercise rather than prompting meaningful consultation with patients and loved ones.

There is clearly a need for all of us to initiate our own conversations about whether we'd want CPR, and also about our wider care wishes. Once we're in an emergency situation it's often too late.

Worryingly, only 59% of those aged 70+ have talked to loved ones about their care wishes. And whilst 81% of us think planning ahead for later life is important, only 22% of us have a Lasting Power of Attorney in place, setting out our wishes in writing in a legally binding way.

As a country, we must start talking about our wishes should we lose mental and/or physical capacity or require emergency medical treatment. This recent investigation into the use of DNARs must encourage us all to have those difficult, but vital conversations, no matter our age.

*Stephanie Sadofsky*

Solicitor at Jane Brooks Law, 112 King Street Cottingham, and member of SFE (Solicitors for the Elderly), the membership organisation for specialist solicitors who support older and vulnerable people.

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## Housebuilder supports NHS workers in Hull with £465k contribution to buying scheme

Local housebuilder Barratt Developments Yorkshire East is continuing to support NHS workers in Hull by extending their NHS Deposit Scheme until June 2021.

The move follows the popularity and success of the NHS Deposit Scheme, which has so far benefited 39 key workers in Hull, 26 of which were first time buyers. Since May, Barratt Developments Yorkshire East has directly contributed £465k to those in Hull using the scheme, with more funding now committed to further deposit contributions.

The NHS Deposit Scheme was launched by the housebuilder in May, to support NHS employees during the ongoing COVID-19 pandemic and sees the housebuilder offer buyers a 5% contribution towards their deposit, up to £15,000.

With the scheme originally due to end in December, the housebuilder has taken the decision to extend it until June in order to benefit as many buyers from across the region as possible.

Managing Director of Barratt Developments Yorkshire East, Daniel Smith said: "We are incredibly proud of the NHS workers across the region and we are so pleased to be able to support them in this way. We can't wait to welcome them to our developments to help them find their forever homes."

Barratt Developments has also extended the Armed Forces Contribution Scheme, which sees the housebuilder offer UK military servicemen and women a 5% contribution towards their deposit, up to £15,000. Customers choosing to use either the NHS Deposit Scheme or Armed Forces Contribution Scheme must legally complete on or before the end of June 2021 to be eligible.

Barratt Developments Yorkshire East has a number of offers available at a wide range of developments across Yorkshire,

including Tranby Fields and Hesslewood Park in Hessle, Harland Park and Poppy Fields in Cottingham, Harrier Chase in Brough and Queens Court in Beverley. Prospective buyers are encouraged to visit their nearest development to speak with our experienced sales team to find out more information.

For more information, please visit [www.barrattdevelopments.co.uk](http://www.barrattdevelopments.co.uk).



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## Local home insulation company teams up with ScottishPower and East Riding of Yorkshire Council for new energy efficiency scheme

Eligible East Yorkshire households now have the opportunity to reduce their energy usage and save money on their energy bills thanks to a partnership between Hull company Heat Insulation Ltd, East Riding of Yorkshire Council and ScottishPower.

The exciting partnership will see energy efficiency measures being installed into homes – using correct social distancing measures in line with current Government guidelines – within the East Riding of Yorkshire Council area by Heat Insulation Ltd and supported with Energy Company Obligation (ECO) funding by ScottishPower.

ScottishPower is offering this partnership, as part of ECO, and it has been running for a number of years. It is an energy efficiency government scheme for Great Britain, focusing on delivering energy efficiency improvements to low income and vulnerable households.

Councillor Chris Matthews, portfolio holder for strategic property and infrastructure at East Riding of Yorkshire Council, said: “It is a pleasure to team up with both Heat Insulation Ltd and ScottishPower to help those who need energy efficiency improvement measures put into their households, and of course we welcome the fantastic opportunity it will present as it will directly benefit our environment in the longer term.”

Ricky Swann, director of Heat Insulation Ltd said that this is an exciting opportunity to help those in need: “We are delighted to be appointed contractors in this partnership.

“Our background has always been one of helping those who struggle to heat their homes. Now, with the combination of ECO and the £99 scheme, we can help everyone who requires insulation in their homes.”

The £99 scheme is a separate budget, available to those who are not eligible under the ECO scheme. Funded by East Riding of Yorkshire Council, the scheme allows householders to contribute £99 towards cavity wall and loft insulation, with the council covering the rest up to a limit of £500.

The £99 scheme is a great opportunity and is much cheaper than the newly-launched Green Homes Scheme if the customer only requires cavity wall or loft insulation.

Nicola Marshall, business development manager at ScottishPower, believes the partnership will have huge benefits for the residents within the council locality: “We have worked with both Heat Insulation Ltd and East Riding of Yorkshire Council on a range of energy efficiency initiatives for a number of years and

we’re pleased to be supporting this scheme through the provision of ECO funding.”

The partnership scheme is available now and will continue until 31 March 2022, giving many households the opportunity to reduce their energy bills and benefit from a warmer home in the winter and a cooler one in the summer.

Any householder who owns their own property or rents from a private landlord may be able to benefit from the partnership as well as the £99 scheme.

Please visit Heat Insulations Ltd’s website at [www.heat-insulation.co.uk/what-is-eco-funding/](http://www.heat-insulation.co.uk/what-is-eco-funding/) for the full list of qualifying benefits.

Additional information on the £99 scheme is also available on Heat Insulation’s website at [www.heat-insulation.co.uk](http://www.heat-insulation.co.uk) or call (01482) 588591 to book a survey.

For further information about energy efficiency at home, please visit the East Riding of Yorkshire Council website at [www.eastriding.gov.uk/housing/energy-efficiency/energy-efficiency-at-home/](http://www.eastriding.gov.uk/housing/energy-efficiency/energy-efficiency-at-home/).

## Council’s Public Rights of Way service offers advice to developers in the East Riding

East Riding of Yorkshire Council’s Public Rights of Way (PROW) service, working alongside its planning service, have produced a new guidance document for developers, and those who are interested in Public Rights of Way, to explain how the planning process can work effectively to bring about both protection of routes and their improvement.

Public Rights of Way offer enormous benefits for leisure and recreation, health and wellbeing, sustainable transport, and the social and economic vitality of the area.

The new guidance has been produced in conjunction with the Local Access Forum – the customer forum that works with the Public Rights of Way team - and sets out best practice for planning and rights of way. It explains in detail what the service is looking for and how sustainable development can help achieve the targets set out in the council’s Rights of Way Improvement Plan.

Councillor Shaun Horton, portfolio holder for coastal regeneration and tourism, said : “This new document explains the approach of the council, provides recommended standards and gives associated advice, so that all those involved in the planning and development process consider Public Rights of Way at an early stage, and give due weight to their importance in the planning process.

“In turn this will lead to PROWs being well designed into a development proposal to deliver the most sustainable and viable scheme for the benefit of all.

“Early discussion with the Public Rights of Way Service from the start will help the planning process run smoothly and ensure that public access is properly designed into the development proposals.”

The document is now on the council website:

<https://www.eastriding.gov.uk/leisure/countryside-and-walks/public-rights-of-way/about-public-rights-of-way/>.



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# Property News from Martin English of Homelink

## A winter checklist for landlords

We have had one of the wettest run ins to winter that I can remember, winter is now firmly upon us and the days are shorter. Every year we see many weather-related property incidents at this time of year, and there is a lot that can be done to safeguard against this.

As a landlord, winter poses some unique problems. Your property is at its most vulnerable during the coldest months, and you need to take steps to protect it. As well as helping you fulfil your obligation to provide reasonable accommodation to your tenants, these simple steps will help to ensure that you avoid major problems further down the line.

### Check the pipes

Frozen pipes can cause major damage to your property. Pipes are more likely to burst when they are frozen, and this can cause flooding and water damage. This is an expensive prospect.

You can minimise the potential for damage of this kind by making sure that all outside pipes are properly clad. You can clad pipes yourself, and the material to do so is cheap and readily available from DIY shops.

If you notice cracks or fissures in pipes, make sure they are dealt with as a matter of urgency. These will only get worse, particularly in cold weather.

### Service the boiler

You have a range of legal responsibilities when it comes to the boiler in your property, including a requirement to secure an up-to-date Gas Safe certificate. In addition, though, you must make sure that this piece of equipment is fully functional – and this never more important than during the winter months.

You should consider having the boiler serviced before the winter. As well as keeping your tenants warm, a properly working boiler will help to ensure that your pipes do not freeze.

### Instruct your tenants

Properly informed tenants are your most useful tool in the battle against winter. By making sure that your tenants have the information they need you can significantly reduce the potential for damage.

Consider preparing an information pack that outlines things like how the boiler works, and the location of the stopcock. You should also suggest that they leave the heating on at a low setting if they intend to leave the property empty for a few days, for example over Christmas. This will help to ensure that the pipes do not freeze.

### Consider void periods

An empty property can begin to degrade remarkably quickly over the winter. If you are currently suffering from a void period, make sure that you visit the property regularly to do some simple maintenance.

Windows should be opened to air the property, and the heating system should be turned on regularly. Some systems feature automation that will perform this task for you. You should also make sure that the pipes have not frozen, and that the taps work correctly.

### Clear the gutters

Blocked gutters can cause water to accumulate, and ice to form. This in turn can increase the chances of overflows or frozen pipes. You should therefore make sure that the gutters around your property are clear of leaves and other detritus, particularly if you anticipate heavy rain or very cold conditions.

Winter property maintenance might seem like a hassle, but it is very much part of the landlord's job. By taking a few simple steps before the cold weather sets in, you can help to minimise the potential for bigger problems later on.

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

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## Local sight loss charity Sight Support Hull and East Yorkshire (HEY) is celebrating picking up a national award at the recent Visionary Conference

**V**isionary is a national infrastructure organisation for all local sight support charities in the UK. The conference offers local societies the chance to share information and knowledge, network and make new contacts as well as listen to key note speakers from within the sight loss field.

The Visionary Awards aim to recognise and celebrate how local sight loss charities have delivered impactful services through partnership and how this has improved the positive difference made to visually impaired people. Highlighting local charities' achievements helps to influence good practice throughout the sector and draws attention to the talent and expertise within the local sight loss sector across the UK.

Sight Support HEY picked up the "Connect" award in recognition of the charity's partnership with local charity FitMums and Friends which provides inclusive walking and running session for blind and partially sighted people.

Funded by the National Lottery Reaching Communities Fund, the project supports people who want to improve their fitness levels and/or mental wellbeing and make new friends. The funding has allowed training to be provided to 20 sighted guides and offered free annual membership of the 'FitMums and Friends' network for all trained guides and visually impaired service users, allowing them access to any of the nine groups meeting in the Hull and East Yorkshire region.

Sandra Ackroyd, Chief Executive of Sight Support HEY said "All of us at Sight Support Hull & East Yorkshire are delighted to have been shortlisted in two of the Visionary award categories and to have won the 'Connect' award category. This award is a great recognition of the hard work of our staff and our partner organisation 'FitMums & Friends', another local charity, with whom we work very closely to deliver this project for the benefit of blind and partially sighted people".

"The project is a huge success and sees sighted volunteers support people with visual impairments to participate in fitness walking, running and other physical activity to improve physical health and mental wellbeing as well as developing lasting friendships along the way".

Many of those who have taken part in the sessions have expressed an improvement in not only their fitness levels, but also their self-confidence and general well-being.

"It's really helped me with my mental health. It's taken me out of myself. When I'm alone and a bit under the weather I can go into a bit of a downward spiral. Just coming on the walk and talking with so many friendly people, it lifts me every time."

*Gillian*

"I was always a slow walker and I wanted to challenge myself and get fitter. Thanks to the guides and coaches at the fitness walk I've even started running with a guide, which I never imagined doing. At school I missed out on a lot of PE lessons. Steve, Roy and the other leaders have been amazing in guiding me and teaching me the things I missed out on. Although I'm being guided, I feel free than I've ever felt before."

*Claire*

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## Wordsearch - Happy New Year!

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

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

Find the words in the letters above:

Appetizers, Babies, Balloons, Banners, Buffet, Celebrate, Champagne, Confetti, Dance, Day One, Decorations, End of December, Events, Family, Father Time, Feast, Festivities, Fireworks, First of January, Friends, Hats, Holiday, Horns, Kiss, Midnight, Music, New Years Day, New Years Eve, Noisemakers, Occasion, Parades, Party, Punch, Resolutions, Singing, Streamers, Thirty First, Tiaras, Wine, Year in Review.

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

## Sudoku No. 164

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

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

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# MARIONOWENTRAVEL

**Hello Readers** I hope you are all looking forward to a happy 2021 with the freedom to move around again and enjoy socialising along with wonderful holidays. December was busy with new bookings many to depart in 2022. We thank you readers for your support.

We are now back working in our office daily if you wish to visit in person 10am to 2pm. Outside of these hours we are available over the telephone. We can of course also hold a face to face meeting with you over zoom!

Opposite you can see a list of our own tours. We do not use an interchange, they are direct from the East Riding. We only offer a small collection as I travel with each tour ensuring everything runs like clockwork for every one of our guests. We do of course book all coach operators including Leger, National & CAB - see our website for CAB tours under our new holiday section. Here you will find lots of holiday ideas all packaged with financial protection in place.

www.marionowentravel.com visit the following headings:-

**Holiday search** - we are acting as a travel agent

**Tours** - our own exclusive tours as an operator

**Cruise** - here you can search for your perfect voyage.

The site is not bookable but you can send an enquiry then we will be in touch.

**A cruise to undiscovered Prussian Ports** was due to sail from Hull in 2012 but sadly did not happen. This was an itinerary I had dreamt up including Hull's twinned city Szczecin. Now I am delighted to share with you the news that Fred Olsen cruise lines has a fabulous sailing in August 2022. The 10 night cruise departs from Rosyth but a coach will be available to give you a stress free start & finish to your holiday. You will travel to join the Braemar via the scenic Scottish Borders. Then sailing under the iconic Forth Bridge & viewing the Edinburgh skyline from the river will be the first highlight of your cruise. Travemunde, Rugen Island, Gdansk and Kaliningrad are also included before culminating in a daylight transit of the Kiel Canal. Please call for details.

**Our face book page** shows offers along with other news, a bit like our shop window! If you like our page you will get auto alerts. We also try to add bits to our website blog as well as sending out emails with news. If you are not on our mailing list call and we will add you.

As always in January I suggest you take a look at your passport, remember now we are not in the EU you will require 6 months validity on your return now to travel any where out of the UK. As an agent we will be monitoring entry requirements to all countries and advising our clients of any changes effecting travel to the destinations they have booked to travel to.

**We book all holidays with all tour & cruise operators.** Our wealth of first hand knowledge travelling around the world by land, sea & air allows us to make your travel simple & hassle free leaving you to relax and look forward to enjoying your holiday. We look forward to creating your special memories when we book your next holiday whether a break in the UK or a far away holiday to any corner of our world. Lets get back to exploring and enjoying wonderful adventures.

*Marion & Emma*

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<b>26 Feb</b>	<b>Warner's Alvaston Hall great entertainment 3 night weekend with great group Badness</b>	<b>£ 315</b>
<b>02 Mar</b>	<b>Yorkshire Sculpture Park day outing with Lunch</b>	<b>£ 48</b>
<b>20 Mar</b>	<b>Devon &amp; Cornwall National Trust - 6 days DBB</b>	<b>£ 665</b>
<b>22 Apr</b>	<b>Himalayan Gardens just for the day</b>	<b>£ 36</b>
<b>27 Apr</b>	<b>Bakewell + Peak Rail afternoon tea day outing</b>	<b>£ 55</b>
<b>03 May</b>	<b>Somerset Explorer 5 days staying at the Smith's on the Prom in Weston-Super-Mare (solos + £30)</b>	<b>£ 495</b>
<b>16 May</b>	<b>Well Dressing in Derbyshire day outing to Etwell</b>	<b>£ 30</b>
<b>23 May</b>	<b>Llandudno - 5 days at the lovely Tynedale Hotel right on the Prom - amazing food, half board 2 seats</b>	<b>£ 495</b>
<b>10 June</b>	<b>5* Rhine cruise to Switzerland via P&amp;O from Hull. Amsterdam to Basel with Aled Jones, 10 nights from</b>	<b>£1795</b>
<b>23 Jun</b>	<b>Tenby &amp; South Wales 7 days super itinerary DBB</b>	<b>£ 720</b>
<b>02 July</b>	<b>Wonders of Iceland 9 night cruise from Liverpool aboard Fred Olsen's Borealis from your door</b>	<b>£1599</b>
<b>04 Aug</b>	<b>East Lancs Railway day outing, sumptuous lunch</b>	<b>£ 75</b>
<b>05 Aug</b>	<b>The Edinburgh Tattoo -70th anniversary &amp; Kynren 4 days. Pick up Market Weighton &amp; Pock.</b>	<b>£ 499</b>
<b>10 Aug</b>	<b>Fred Olsen taster cruise 1 night ocean view cabin</b>	<b>£ 139</b>
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<b>31 Oct</b>	<b>Isle of Wight, Victorian Christmas. A very special tour of the island house DBB Bourne Hotel, Shanklin 6 days</b>	<b>£ 649</b>
<b>14 Nov</b>	<b>Newcastle - city centre hotel with dinner B&amp;B 2 days</b>	<b>£ 115</b>
<b>26 Nov</b>	<b>Festive weekend with Gin &amp; Wine dinners - 3 days</b>	<b>£ 299</b>
<b>03 Dec</b>	<b>Thursford Christmas Spectacular 2 day best seats. Dinner B&amp;B at the Links. Limited seats</b>	<b>£ 199</b>
<b>23 Dec</b>	<b>Christmas away, just like a cruise on land. Your hosts will keep you entertained. 4 days DBB+</b>	<b>£ 399</b>

  
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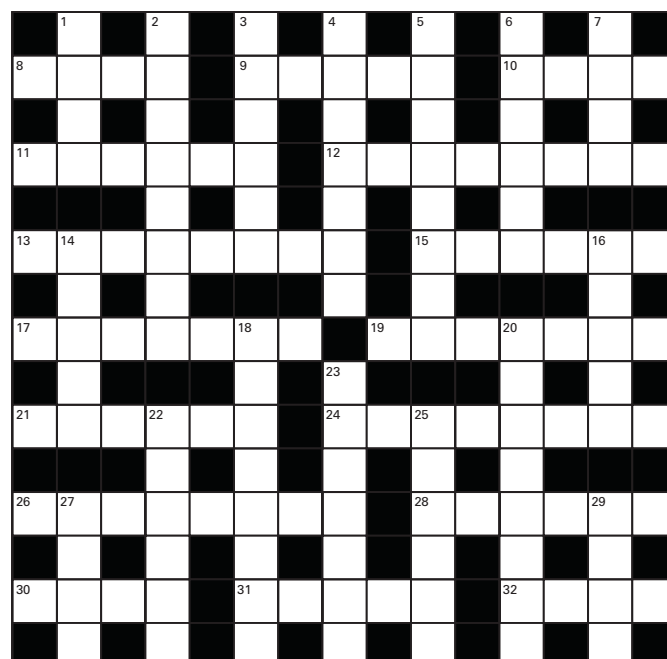
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## Crossword - Solution on page 29



### Across:

8. Pottery oven (4)
9. Steam bath (5)
10. Prompted (4)
11. An Australian stork (6)
12. Dirty (8)
13. Alluvium (8)
15. Where administrative staff work (6)
17. Expressing a totally negative opinion (7)
19. Make better (7)
22. Consume (6)
24. Mild rebuke (8)
26. Sot (8)
28. Making note of (6)
30. Coagulate (4)
31. Deadbolts (5)
32. An inclined surface (4)

### Down:

1. Capital of Latvia (4)
2. Imagine (8)
3. Take to be true (6)
4. Raised platforms (7)
5. Dance hall (8)
6. Nape (6)
7. Western Samoan monetary unit (4)
14. Exhilarate (5)
16. Relating to a city (5)
18. Usually (8)
20. Male chickens (8)
21. Commodity (7)
23. Elaborate (6)
25. Penalize (6)
27. Bun (4)
29. Fictional captain (4)

Crossword courtesy of [www.crosswordpalace.com](http://www.crosswordpalace.com)  
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## Wildlife Photographer of the Year exhibition will be at Sewerby Hall and Gardens in 2021

**S**ewerby Hall and Gardens is to host the 56th edition of the Wildlife Photographer of the Year exhibition in 2021.

On loan from the Natural History Museum in London, the exhibition features 100 awe-inspiring images, featuring exceptional images which capture fascinating animal behaviour, spectacular species and the breathtaking diversity of the natural world. Using photography's unique emotive power to engage and inspire audiences, the images shine a light on stories and species around the world and encourage a future of advocating for the planet.

Wildlife Photographer of the Year is the most prestigious photography event of its kind, providing a global platform that showcases the natural world's most astonishing and challenging sights for over 50 years. Launching in 1965 and attracting 361 entries, today the competition receives over 49,000 entries from all over the world, highlighting its enduring appeal.

Dr Tim Littlewood, Executive Director of Science at the Natural History Museum and member of the judging panel, says: "This competition has an outstanding reputation in attracting the world's very best photographers, naturalists and young photographers. But there has never been a more vital time for audiences all over the world to re-engage with the natural world, and what better way than this inspiring and provocative exhibition. Photography's unique ability to spark conversation and curiosity is certainly special. We hope that this year's exhibition will provide an opportunity for audiences to pause, reflect and ignite a passion of advocating for the natural world."

After several hugely popular visits to Beverley Art Gallery, next year the annual exhibition will have a new home in the East Riding at Sewerby Hall. Opening on Saturday, 24 April, the exhibition will run until 4 July.

Councillor Shaun Horton, portfolio holder for tourism, culture, and leisure, said: "This exhibition is the most prestigious photography event of its kind, and provides a truly global platform that showcases the natural world's most astonishing and challenging sights for over 50 years.

"I am delighted that we are able to put on the exhibition again, this time at Sewerby Hall and Gardens, and I hope that many more people will be able to come to see it next year. It is always an enjoyable, educational, and thought provoking experience for visitors."

Full details of opening hours, facilities available and ticket prices will be made available in due course.

General manager Marie Gascoigne added: "After the disappointment of being unable to show this year's exhibition, I am very pleased that we have been able to work with the Natural History Museum to bring the next edition of the exhibition to Sewerby Hall and Gardens next year. This is really something to look forward to in these difficult times!"

More details of the exhibition will be published on [www.sewerbyhall.co.uk](http://www.sewerbyhall.co.uk) and on social media.

Photo: © Sergey Gorshkov, Wildlife Photographer of the Year 2020.

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# In the Kitchen



## Slow cooked chilli

- Total time: Ready in 1 hour 45 minutes. Serves: 4

### Ingredients

400g pack Waitrose Aberdeen Angus Beef Lean Minced (10% fat)  
 1 tsp hot smoked paprika  
 150ml Baron des Tours Medoc red wine  
 1 Knorr Beef Stock Pot  
 1 tbsp essential Waitrose Tomato Purée  
 400g pack Cooks' Ingredients Vegetables and Mixed Beans For Soups, Stews and Tagines

### Method

1. Preheat the oven to 160°C, gas mark 3. Fry the mince and paprika in a saucepan to brown for 3–4 minutes. Add the wine, stock and tomato purée with 150ml water. Bring to the boil and add the vegetable and bean mix.
2. Transfer to a casserole dish, cover and cook for 1½ hours.

## Beef and ale stew

- Preparation time: 10 minutes
- Cooking time: 105 minutes
- Total time: 1 hour 55 minutes . Serves: 6

### Ingredients

1 tbsp light olive oil  
 2 onions, chopped  
 500g Cooks' Ingredients casserole vegetables  
 2 tbsp tomato purée  
 700g essential Waitrose British beef diced braising steak,



trimmed of fat  
 4 tbsp plain flour  
 2 sprigs rosemary  
 2 bay leaves  
 500ml dark ale  
 250ml Cooks' Ingredients beef stock  
 2 tsp essential Waitrose redcurrant jelly  
 480g steamed green vegetables, to serve  
 600g boiled new potatoes, to serve

### Method

1. Preheat the oven to 180°C, gas mark 4. Heat the oil in a large ovenproof casserole dish, add the onions and fry over a medium heat for about 5 minutes or until softened and lightly browned.
2. Add the casserole vegetables and cook for another 5-8 minutes or until slightly softened. Stir in the tomato purée and cook for 1 minute.
3. Place the beef in a large bowl and season with freshly ground black pepper. Add the flour and toss to coat. Add the beef to the pan with the vegetables and stir well.
4. Add the rosemary, bay leaves, ale and stock, stir well and bring to the boil. Cover with a lid and cook in the oven for 1½ hours or until the beef and vegetables are tender
5. Stir in the redcurrant jelly and remove the rosemary sprigs. Serve the stew with the steamed green vegetables and boiled new potatoes.

### Cook's tip

A meat stew is the type of dish that can easily be prepared ahead of time. Make the day before and leave overnight in the fridge for the flavours to develop. Alternatively, make a double batch and freeze half for dinner one night next week. To transform your beef & ale stew into beef bourguignon, swap the ale for 250ml red wine and 250ml water. Add 250g closed cup chestnut mushrooms (whole) for the last 30 minutes of cooking.

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## Chicken casserole with dumplings

• Total time: Ready in 45 minutes. Serves: 4

### Ingredients

1 tbsp oil  
800g pack essential Waitrose British Chicken Thighs, scored  
500g tub essential Waitrose Gravy  
195g can essential Waitrose Sweetcorn, drained  
4 essential Waitrose Fresh Garlic Bread Slices  
200g essential Waitrose Spring Greens or cabbage or kale, shredded  
150g frozen essential Waitrose Broad Beans, defrosted

### Method

1. Preheat the oven to 220°C, gas mark 7. Heat the oil in a large frying pan and fry the chicken for 5 minutes until cooked through, then pour off any excess oil. Add the gravy and sweetcorn to the pan and bring to the boil. Transfer to an ovenproof casserole dish and cook, covered, for 20 minutes.
2. Meanwhile, tear the garlic bread into chunks and add 3 tbsp water. Mix with your hands to bind together then mould into 4 balls.
3. Add the spring greens and beans to the casserole and cook, covered, for 10 minutes. Remove the lid and add the dumplings to the casserole, pressing down slightly. Cook for 10 minutes until golden.

## Sticky ginger loaf

This fantastic gluten-free cake is sweet and squidgy in the middle with a cool ginger icing on top. The stem ginger syrup is made with white sugar, but you could replace it with maple syrup or honey to make this recipe refined sugar free, too.

- Preparation time: 25 minutes, plus soaking
- Cooking time: 1 hour
- Total time: 1 hour 25 minutes, plus soaking. Serves: 10

### Ingredients

175g unsalted butter, melted, plus extra for greasing  
100g dried pitted dates  
3 balls stem ginger, roughly chopped, plus extra to decorate  
100ml maple syrup  
3 large eggs  
200g ground almonds

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50g rice flour  
1 tsp baking powder  
1 tsp ground ginger  
½tsp salt

### For the icing:

50g dried pitted dates, roughly chopped  
3 tbsp stem ginger syrup  
large pinch ground ginger  
125g Philadelphia soft cheese

### Method

- 1 Preheat the oven to 170°C, gas mark 3; grease and line a 900g loaf tin. Cover the dates with boiling water; leave for 10 minutes. Drain and whizz in a food processor with the butter, ginger and maple syrup until smooth. Add the eggs, then whizz to combine. Add the dry ingredients and whizz until just combined.
- 2 Tip into the prepared tin, level out the top and bake for one hour, until a skewer inserted into the centre comes out clean. (cover with foil for the last 10 minutes if it browns too fast.) leave to cool completely in the tin.
- 3 For the icing, soak the dates in 75ml boiling water for 10 minutes, then tip into a blender (ideally a high-speed blender or nutribullet, or use the small bowl of a food processor). add the ginger syrup, ground ginger and a pinch of salt, then blend until smooth; cool completely. using electric beaters, whip the soft cheese briefly, then whip in the date mix. ice the loaf and top with extra stem ginger.

*Reproduced courtesy of [www.waitrose.co.uk](http://www.waitrose.co.uk)*



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



## ON THE GRAPEVINE

## WITH ROY WOODCOCK

## A look to the future . .

First of all, let me wish every reader a Happy New Year - I think we need it after the 12 months we've just had. And let's raise a glass to happier and safer times.

Predictions are being made that with an accelerated vaccination programme and hopefully the banishing of Covid-19 from dominating the headlines, we'll all be looking forward to something like normality and the freedom to explore again.

The latest Waitrose Food & Drink Report says alternative formats and comforting old favourites rose in popularity during 2020 as consumers sought comfort and convenience in uncertain times. But it also says the (hopefully) justified new confidence in better times ahead will also extend to socialising and entertaining, predicting 2021 is likely to see more exploration in terms of lesser-known wine regions and grape varieties, exotic spirits and unusual flavour combinations.

Master of Wine Pierpaolo Petrassi, boss of the Waitrose beer, wines and spirits team, said: "Lockdown saw people reduce the number of visits they made to shops, so larger formats like bag in box were in demand and customers haven't looked back," pointing out that wine in cans, cocktails in post-friendly sachets and bag in box wine have "pushed the boundaries of how people expect to buy good-quality drinks" and predicts the trend will only grow on the back of innovation in the industry and more customers embracing different types of packaging.

But looking ahead, he said: "For 2021, our sense of exploring the new will be refreshed with 20 per cent of us saying we plan to continue experimenting with new drinks at home, rising to a third among 18-24 year-olds."

He continued: "We also expect to see a rise in popularity of lesser-known wine regions and grape varieties as well as more exotic spirits and unusual flavour combinations."

Writing in the report, Waitrose Wine buying manager Jamie Matthewson predicted that sherry, English wine and no and low-alcohol drinks would continue to see growth in 2021.

Sherry, he said, saw a steep increase in popularity during the year just gone, with consumers rediscovering classic or traditional styles of Manzanilla, Amontillado and Oloroso - where previously it was all about sweet cream sherries. He also noted the rise of martinis with a sherry rinse, sweet sherry and more consumers discovering the food matching potential of sherry, with everything from salty cured meats to rich, indulgent desserts.

Elsewhere, he said English wine was set to grow on the back of last year's excellent harvest. "The quality of the 2019 vintage of English and Welsh wine is the best we've ever seen and this, combined with the increase in popularity of English and Welsh reds - particularly lighter styles - made a bumper year for home-grown wine," he said.

Rosé sales had also seen its strongest year, up 57 per cent during the autumn alone, compared to the same period in 2019, proving that "pink is officially for all seasons", Matthewson said. "Rosé wine had its biggest year ever last year, and this will only continue to grow in 2021."

Spanish Albariño and Primitivo were also tipped for growth, with the former set to "have its truly mainstream moment in 2021".

Sales of no alcohol alternatives was also up 22 per cent year on year, the retailer said, with 18 per cent of consumers planning to try more low-alcohol or alcohol-free drinks as part of the wider trend to reduce alcohol consumption and boost health.

Meanwhile spritzers and flavoured vodkas area also on trend. "The growing trend for flavoured spirits, led by gin, has seen flavoured vodka become the latest spirit of choice," Matthewson said, pointing to "fun" flavours such as fir, rhubarb and marmalade, that are likely to do well.

\* Syrah and Shiraz - different wines? Not a bit of it; they are simply the two names of the same grape variety, although that grape can produce wines of very different style. The dark-skinned grape, used primarily to produce red wine, is the offspring of two obscure varieties from south-eastern France.

So why the different names? In truth I'm not sure, but wines from the grape produced in France, and some other countries, including the Americas and South Africa, are labelled Syrah, whereas "New World" wines, particularly in Australia, where the grape is the most widely planted, are bottled as Shiraz. The typical "Old World" Syrah is lighter and leaner than the intense Shiraz wines of the New World, which tend to be richer, riper and more full-bodied.

Interestingly, in the recent "best Syrah" category in the 2020 Global Wine Masters awards, it was Shiraz wines that dominated the under £10 category. And for unoaked varieties there was a silver medal for a real value-for-money example stocked by Aldi.

From Aldi's Exquisite Collection, their Exquisite South Australia Shiraz (£5.99) is high in alcohol (14%) and intense in fruit and spice flavours and is fantastic value and works well with rich pasta dishes or beef.



## BEST BUYS

**Studio Blanc by Miraval, 2019****Where:** Co-op**When:** Now

**Why:** From the Chateau Miraval estate owned by Hollywood A-listers Brad Pitt and Angelina Jolie, I managed to try a bottle of this over Christmas. Made from the Rolle grape, most commonly known as the Vermentino, this mouth-watering white has tangy lime acidity with a hint of almond.

**£12 (selected stores)****Chapel Down Chardonnay****Where:** Waitrose**When:** January 4 - 26

**Why:** From probably England's best-known winery, this is a superb unoaked Chardonnay (my favourite style) - a superb crisp white wine that's gorgeous with seafood. The store also has Chapel Down's Flint Dry, which I've recommended before, on offer at £10.49

**£11.99 (was £14.99)****Asado Club Malbec****Where:** Morrisons**When:** (January 2 - 26)

**Why:** If you can overlook the rather garish bottle, this rich and spicy Argentinian red drinks well, with vibrant blackcurrant aromas coupled with soft, supple concentrated jammy fruit flavours on the palate.

**£7.75 (but two for £10)****Porcupine Ridge Syrah****Where:** Waitrose**When:** January 4 - 26

**Why:** An oaked variety at the same price as the Aldi Shiraz mentioned in this month's article, so buy a bottle of each and do your own taste test. This is full bodied, even more alcohol (14.5%) and drinks well with its spicy, rich, notes.

**£5.99 (was £8.49)**



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

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

### My 2020 year in review. Fear to the fore!

Thinking back on the horses and owners I have worked with over the last year, the main criteria which repeated itself over and over again, was fear. Fear of traffic, fear of humans in general or specific to something like having a human on its back, fear of needles, vets, farriers or foot handling in general, fear of procedures like clipping or worming, fear of loading into horse transport trailers or lorries. Head shy, ear shy, uncatchable- the list is endless.

Yet again, I have met so very many horses fearing things and so many owners who are fearful of their horses reactions in certain situations because they have experienced their horse performing violent or frightening behaviour.

#### **Fear is the most enormous subject to try to cover when talking about behaviour in any animal.**

Fear is one of the most highly developed brain systems in all mammals because the need to survive is the reason it exists and survival is the trigger to it coming to the fore.

Fear behaviours range from being on high alert in general, to massive, violent physical reactions in order to escape. High alert in horses keeps them vigilant :- living on the edge, constantly tense and scanning the immediate environment for anything it feels it may need to escape from. Dependant on the triggers, the horse is basically ready to flee at any time. The animal suffers the inability to be able to relax. Fear overrides the ability to make calm cognitive processing. **It creates such tension as to disable any way to problem solve in a rational way:-** these are all in the mix when a horse lives in fear. We humans are just the same. We react in exactly the same way when we are in fear. Try putting yourself in an emotional place as described above- what would you be doing and how would you be feeling?

Some horses who have had an awful upbringing filled with bad experiences are most likely to live on the edge of fear most of the time. Horses who have had bad experiences in a given environment will always attach high alert when faced with the same scenario. The environment can be the initial trigger rather than a specific stimuli.

**Traffic fear** is the most frequent reason for owners to make contact



with me. It's the largest category for horses to come to my yard and into my training. The roads are so busy now filled with enormous vehicles and modern day horses tend not prepared for this situation properly when growing up or when they are sent to trainers for "breaking in". (That is a terrible term most commonly used in the horse world. It stems back to the days when horses were broken in spirit in order to be useable! I use the statement "starting under saddle" instead as I do not use abusive methods for any horse training)

**A lot of the old skills have been lost.** All young horses should be endlessly long-reined out on roads during starting training. It would appear that more and more horses see nothing more than the inside of a ménage or schooling area during training. Young horse training tends to be more rushed these days because some owners want the training done as quickly and as cheaply as possible. It is what it is. Being ill prepared is a recipe for disaster, sets the horse up to fail and ultimately puts the human in danger.

The last young horse I had in for training was exactly as this described and had suffered enormous trauma while out riding with his new owner. They were both left traumatised as a result. Which brings me to the next point.

Human training is as import as the horse training. Owners are left emotionally damaged too so very careful, slow and repetitive training is done with both horse and owner by the use of systematic desensitisation and counter conditioning. They must both gain confidence. They must both gain mutual trust and become a cohesive partnership. I absolutely love helping partnerships to develop, it's the whole reason why I do what I do! 😊

**I gain huge satisfaction in the phone/video Behaviour Consultancy side of my work.** The internet has made our world so connectable. I have helped horse owners from all across the world during this last year. A show jumper in the Caribbean, a new young horse owner in Austria, a producer of competition horses in the USA, a Dressage horse owner in South Africa- to name but a few International clients. Mostly though, I help horse owners from all across the UK to understand their horses better. To unpick why unwanted behaviour is happening and to create hugely positive training protocols and management plans to change what is happening and produce calm, safe and cohesive partnerships.

So, here's to the New Year and to helping more and more people learn how to help their horses and themselves in the process.

My thanks go to all of you who follow my work and who read my words. I wish everyone all good things for 2021.

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## Catastrophe

As a family, we have had numerous cats over the years, the first being a tabby kitten called Suiki. She was a feisty little thing, well respected amongst the 'Animal Kingdom' and definitely Top Cat. So, when Bisley, my one and a half-eared cat, came along to join our ever-increasing family, emotions ran high. Hissing and spitting first, then followed by an abundance of fur and sadly Bisley came off worse! Over a period of time, they learnt to respect each other's territory that was UNTIL Jaffa arrived, our beautiful ginger tom kitten. Once again, we were back to square one, hissing, spitting, fur flying. Then, you guessed it, we finally adopted number 4, a lovely grey tabby called Saffie. At the time, we thought that the feline species get on with each other, just like their counterparts the canines, and that they enjoyed being a member of a pack. For one or two cats this may be true but surprisingly to the majority, they are solitary...enjoying their own company combined with their owner's affection.

### Here is a scenario:

I have bought a new kitten Simba to keep my other cat Theo company. I think Theo is jealous of Simba. He doesn't sit on our knees any more but hisses and runs away if we try to stroke him. He hardly ever comes down from the top of the kitchen cupboards and he will not use his litter tray any more. Instead, he is spraying (urine) on the



furniture and curtains.

Simba is very good, always using the litter tray and is happy to sleep in the cat's bed. She loves being stroked, nuzzling and rubbing her head as we do so. I don't know if we can keep Theo as the smell is awful. I haven't been letting him out since we lost his brother on the road but there have been moments when I have been tempted to risk it.

LET'S HEAR IT FROM THE 'CATS WHISKERS' .....

"Hi, my name is Theo. My territory has shrunk to the top of the kitchen cupboards and I am TOTALLY stressed out. I was purrfectly happy sharing my territory with my brother but now??? Unfortunately, he crossed the main road once too often and then I quickly settled down to life on my own. I like my own company and like most cats am not overly sociable with others of my own kind. I want to hunt the prey on my territory, not share it. I was quite content even though I was kept inside most of the time - a little dull but tolerable.

Then CATASTROPHE! Two weeks ago, a young kitten TOTALLY invaded my territory. How would you like it if a total stranger moved into your home uninvited, started sleeping on your bed, eating off your dishes and even using your toilet!! Fine if you are a dog.

Clearly, scent marking my territory from my facial glands is not sufficient. The boundaries need stronger defences so I have begun spraying on the curtains and furniture. I feel a bit safer when there is plenty of my scent in the air. Good news on the toilet front too. When IT is asleep, I sneak down and I have found a quiet corner behind the chair to use instead of the litter tray followed by scratching my claws into the stair carpet on the way back. Fortunately, IT is unable to get up there. My owners are of no help, allowing IT on my things. They then try to touch me when they stink of IT. That really does tick all the wrong boxes - I cannot bear them to touch me! If I could just get outside again and put a bit of space between me and IT, I would have something else to think about."

Cats hunt small prey and often live solitary lives other than when reproducing and caring for their young. Siblings may share parental duties, but go hunting separately. There is no advantage to hunting together. There is benefit in holding a territory to hunt in and avoiding physical conflict through scent marking and respecting other cats' boundaries.

The introduction of a new cat into the household IS possible and there are ways of conducting the introduction to give the best chance of having 2 happy cats living together. This may vary from pheromone sprays/diffusers to relax the atmosphere, to positioning and increasing the number of litter trays.

Here at KINGSTON, we are delighted to have a dedicated resident Cat Advocate, Gillian Railton RVN, who is always on hand to help towards making your home a CAREFREE CAT ATMOSPHERE.

### AND FINALLY.....TALI....

Well, Christmas is 2 weeks away and the tree is up....in the hall. No, I haven't risked putting it in the lounge this year. By the time you read this, Christmas will have been and gone. Hopefully, I will not have had any of Tali's antics to report but on saying this, I haven't started baking yet and her fantastic nose can sniff out a mince pie still sitting on the shop shelf! Until the next time, stay safe.

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## Swanland Heritage Centre News

Despite all that has happened during 2020 the Heritage Centre Committee hope that you managed to celebrate over the Christmas period and we would like to hope that all readers will have a happy and healthy 2021.

The Heritage Centre has always, in previous years, closed for January and February so, whatever the restrictions that apply at the time, we assume we shall be repeating this practice in 2021 and hoping that, by the first Saturday in March (the 6th) we shall be able, once again, to throw open our doors and welcome you all to see our displays, photographs, books and maps. We love to hear your memories and see your photographs too as these all add to the information we shall be able to share with other visitors, whether in person or on line. See our webpage at <https://swanlandheritage.info/index.html> for up to date information, our history, our 3000+ photographs etcetera.

Last year we published a delightful new book of the memories of Elizabeth Dyson, "Down Memory Lane", who lived in the village a hundred years ago and wrote of her walk from home - near the current Water Tower - down to her church on Main Street. She writes about the styles of the houses she passes, the people who lived in them, the jobs they did and adds snippets of friendly gossip about some of them, plus mentions the wildlife he sees - and much more. One of our Committee, Ian Macfarlane copied this tale, added pictures and other relevant notes and manage to produce a wonderful reproduction of Elizabeth's story. If Santa did not leave one in your stocking I suggest that you cannot spend a better £5 than to buy one from yourself. There is no need to wait until March as you can telephone Ian (632800) or Yvonne (634863) to arrange to pick up your own copy. Why wait? You might be too late - just call now.

## New equipment for Cottingham Bowls Club funded by Commuted Sums

Cottingham Bowls Club have been awarded £1,920 funding from East Riding of Yorkshire Council as part of Commuted Sums from local housing developments. The funding has been awarded towards the purchase of bowls equipment - the equipment purchased will be: 10 Bowls Gatherers, 10 Bowling Mats, 10 Bowling Jacks and five sets of Lawn Bowls.

Providing more equipment will ensure that members can play when requests are made, as sufficient equipment will be available, and the additional equipment will enable more external and internal competitions to be played.

Reverend George Trevor Holborn, Secretary at Cottingham Bowls Club, said: "In 2019, the Cottingham Bowls Club celebrated the centenary of the founding of the Club. After a year of special activities, it was decided that we should replace some of our bowling equipment.

"At about the same time, a representative of East Riding of Yorkshire Council contacted the Club to ask if a visit could be made to the Club to discuss any ways in which the council could assist.

"After these discussions, the Club Committee, with the aid of the council representatives, submitted a request for a Grant which was approved. Throughout the process, the advice and the help of the council representatives was invaluable, and we are most grateful for everything that the council has done on our behalf, and for the very generous Grant."

Councillor Gary McMaster, portfolio holder for enhancing communities, added: "This award to Cottingham Bowls Club will clearly make a huge difference to them and their members, and it is very pleasing that we have been able to facilitate an award of Commuted Sums provided by local housing developments as a condition of their planning approval."

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## Hard Water Horrors ?

Fitting a new kitchen or bathroom is often an occasion that gets people thinking about protecting their planned investment from the ravages of hard water; limescale, soap scum, streaks and spotting . . . the list goes on.

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

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



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

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

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

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



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

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

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

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## "The Tooth and Nothing but The Tooth"

by  
Chris 'Dr. Smile  
Maker' Branfield

### A brand new hope - Happy New Year

**H**ello again, I hope that you are safe and well. A very happy new year to you!

#### Hope is here, the future is brighter

As I write a load more Covid vaccines are being distributed and administered. All being well we can be rid of this disease and state of affairs and get back to normal life relatively shortly.

Having a laugh with family and friends, some normality at work, a shot in the arm for the economy and new opportunities to emerge for people willing to take them.



Interacting like sociable human beings with no barriers or computer screens. Getting a hug! A lot of people have had time to take stock and realise what is actually important to them.

The time has come to stop continuously worrying. We can only do our best in any given situation and what happens, happens. 2020 was one to forget but



2021 could be the one to remember. The year we became more human again and got back to basics.

#### Time for some toothy talk

Some people have given up all hope on their teeth. I see it all the time. Many people are not aware of what can be done with modern, advanced dentistry. Adults think that if they didn't have braces when they were kids then they are destined for crooked teeth for life. Well, that's not always true at all. One thing I love about my job is the look on people's faces when they get some hope that things can be better. Even better is the look on their faces when they get the smile that they thought was just an impossible dream.

Since being back at work since June we've finished off a few teeth straightening cases for adults. It can be a bit more challenging with adults rather than kids, but with a bit of thought, and sometimes a bit of creativity we get nice results.

#### Not just for the kids

Before orthodontic therapy

After orthodontic

therapy with clear braces

Straight teeth, brighter smile can be a real tonic and even a confidence



booster. This is where I get my kicks. Giving hope, changing lives.

#### A toast

I raise a glass to you and toast: "To 2021, a year of new hope"



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 28 years and has a special interest in Life Changing, Pain Free Dentistry with Dental Implants, Teeth Straightening and Cosmetic Dentistry. And, not only that Chris is founder member and trustee of Dental Mavericks charity- ending the daily dental pain of Moroccan kids. For more patient success stories and Chris' Humanitarian work go here now [www.castleparkdental.co.uk](http://www.castleparkdental.co.uk).

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## Dove House delighted to launch Christmas tree collection appeal

Dove House Hospice are delighted to be running it's first ever Christmas tree collection, which will be taking place between 9th and 11th January 2021. The community have from now until 2pm on Wednesday 6th January to register their real Christmas tree for collection, making an invaluable difference to patients and their loved ones at Dove House Hospice in the process.

Tree collection will be from the following postcodes: HU5, HU8, HU13, HU14, HU16 and couldn't be easier to arrange, but don't forget to register before the closing date.

As with so much of fundraising at Dove House, the ability to run this appeal is based on those in the community who so kindly give their time and resources. The Hospice is incredibly grateful to the Ashcourt Group, who have joined the appeal as a corporate partner and will be disposing and recycling all of the trees collected.

Luke Stocks, Marketing Manager at Ashcourt Group spoke so kindly about the partnership: "We are thrilled to be working alongside Dove House on this fantastic campaign. The position of our local recycling facility

means that we can take care of all the processing of the trees and allows us to offer this service to as many Hull residents as possible. We greatly value the work that Dove House do within the local community and are proud to be part of this initiative."

Dove House Hospice are also delighted to be working with the City of Hull District Scouts, who will also benefit from the money raised this year.

*Continued on page 29*



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## Motoring - with Roy Woodcock



### Skoda's Kodiaq might be named after a bear but it has more than the bare necessities of motoring life - Roy Woodcock tries one for size . . .

**T**he car market is brimming over with SUVs and there seems to be no let-up in demand. But it needs something special to stand out from the crowd and for all sorts of reasons the Skoda Kodiaq does just that.

Launched almost four years ago (so don't be surprised if we see a refresh sometime soon) it was the Czech company's first seven-seater SUV and quickly made a mark as an impressive all-rounder, being comfortable, practical and good to drive.

Named after the 3,500 Kodiaq bears that live on a remote island off the southern coast of Alaska, it comes in a mind-boggling array of trim levels and configurations, so that opening statement about it being a seven-seater needs some clarification - at entry-level, the Kodiaq SE, it is possible to specify the car with just five seats.

That obviously makes it the cheapest variant - from £24,900 on the road - but as you go up the range, for those wanting premium levels of equipment and comfort, it remains highly competitive and actually delivers cost savings against most of its rivals.

It's not fanciful to start talking about this car and its capabilities in relation to much more expensive models from Land Rover and Audi, for example.

The closest rival is perhaps the Volkswagen's Tiguan Allspace, but that's more expensive, while the Nissan X-Trail and Peugeot 5008 don't have quite as much space as the Kodiaq. Elsewhere, the Hyundai Santa Fe and Kia Sorento offer seven seats, but are bigger and heavier, so not as economical or nice to drive, while the Land Rover Discovery Sport has a hefty price premium over the Kodiaq, but arguably isn't as versatile.

The range comprises seven trim levels; SE, SE L, Edition, L&K, SportLine, Scout and vRS. I was driving the Kodiaq Edition 2.0 TDI (190PS) model with a DSG gearbox and four-wheel drive (£39,960 on the road) and it's the seven-seat versions where the Kodiaq really comes into its own because of its tremendous versatility.

While the car is just 40mm longer than the Skoda Octavia, it offers a larger-than-average interior for the SUV segment. The interior length is 1,793mm, elbow room is 1,527mm in the front and 1,510mm in the rear. Head room is 1,020 mm in the front and 1,014 mm in the rear. Rear legroom measures up to 104 mm.

The middle seat row can be folded 60:40, features individually adjustable backrests and can slide lengthways by 180mm as standard. The third row of seats can be folded neatly into the floor space to create a larger load area - the biggest in its class, in fact, at a whopping 2,065 litres.

All models in the range are equipped with LED daytime running lights, alloy wheels, leather multifunction steering wheel and air-conditioning. Front Assist, DAB digital radio, touchscreen infotainment systems and SmartLink are also standard across the line-up.

Standard equipment on Edition versions include 19-inch alloys, cornering LED front fog lights, dual zone air-con, electrically-adjusted and heated front seats, electrically-adjusted and heated door mirrors, headlamp washers, automatic lights and wipers, leather upholstery, rear parking sensors, privacy glass, electrically-operated boot and a sat-nav system with online infotainment.

And of course being a Skoda it comes with a host of "Simply Clever" extras. These are the odd little presents Skoda stash in the car for that moment you remember you've forgotten your umbrella - and find one in the door, or need a light and discover a torch in the boot.

There's also door-edge protection, which deploys automatically thanks to preloaded springs when opening the car door to prevent the metal edge of the door from coming into contact with a garage wall or an adjacent vehicle. When shutting the door, the trim folds itself back in, helping preventing bumps and scratches to your own car, as well as neighbouring vehicles.

The 2.0-litre TDI diesel with the automatic gearbox and all-wheel drive in the most powerful engine available (there are two petrol and three diesels to choose from) and proved more than capable of hauling this big car along. But what was surprising was just how quiet it was; remarkably so.

The Edition trim level meant it was also fitted with a Drive mode selector, so you can choose Comfort, Normal or Sport mode depending on the terrain, your mood or your company. The slick DSG automatic gearbox suits the car extremely well, too.

Did I mention that the Kodiaq can handle pretty rough terrain, too? No? Well I can vouch for its Off-road capabilities - just one more thing that make this car hard to beat. So, a pretty impressive package all round, particularly if useable space is one of the boxes you need to tick.

More information: [www.skoda.co.uk](http://www.skoda.co.uk)





## The Bo-Men of Belgium march on the UK

Among the many striking artworks on show at the Artmarket Gallery, the remarkable Bo-men – small ceramic figures whose never-ending activity symbolises humanity, survival and the joy of life – always attract attention from curious visitors.

The square-headed little people, symbolising humanity's essential oneness with each other and ever-hopeful determination to overcome life's struggles, are the creation of Belgian artist Daisy Boman, and can be found worldwide – although in this country, the Artmarket Gallery is the sole stockist.

The sculptures are pretty sturdy but are, nonetheless, ceramic – so Artmarket Gallery directors Robert and Michelle

Power like to give them the VIP treatment. The latest consignment of Bo-men are handpicked by Robert and Michelle from Daisy's beautiful studio in Belgium.

"Daisy is special to us," says Robert. "You can't buy the Bo-men anywhere else in this country, and we love our regular trips to Geel."

"I think the Bo-men, large or small, speak for themselves, and are very easy to understand," says Daisy. "They are about humanity, survival, and the joy of life. They are on different levels, as we all have a little bit of a struggle to get to the next level of our lives, and sometimes get on top of each other a little."

The Bo-men were originally inspired by a serious and very personal crusade: Daisy's wish to remind people that we are all equal. She lived in South Africa in the early 1980s when her architect husband's work took the family there, and was appalled by the violent discrimination and inequality of the

racial segregation of the Apartheid regime at the time.

Already a trained artist – she'd studied art at the Sissa school in Antwerp and the Academy of Fine Arts in Mol – she undertook a ceramic art course in Johannesburg, and exhibited widely in South Africa.

On the family's return to Belgium in 1987 she created the 'Bo-mannetje' ('mannetje' being Belgian Dutch for 'little man'), later shortened to Bo-men. The egalitarian figures soon caught the attention of the wider art world – Daisy exhibited at London's Halcyon and New Bond Street galleries, and respected British art critic Estelle Lovatt praised their 'primitive and rough' forms, saying they were 'raw in their natural state. Stripped back, so as to illustrate man's equality and stability, each fits into a shared cast with shared objectives'.

The brand new collection of original sculptures are available exclusively at the Artmarket Gallery now.

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**C**lean and repair your garden tools, book the lawn mower in for a service and check garden furniture for any rot. When it is warm enough to brave the elements, treat sheds, fences and trellis with wood preservative; brushes and rollers are fine for most things, however a sprayer is well worth buying for tricky projects such as woven panels!



When soil conditions allow, continue to dig over beds and borders, incorporating as much organic matter as you can. Forking over not only helps prepare the soil for next year, it helps reduce pests by exposing them to hungry birds.

### Get kids into the garden

Gardening isn't just for grown-ups, just for summer or just for those with gardens. There are hundreds of ways children can have fun both in and outdoors, all year round. From miniature gardens to planting bulbs, from weeding and digging alongside adults to having a little spot all of their own – gardening can occupy them for hours and even help you out.

A good way to get children interested in gardening is to stimulate their senses with brightly coloured flowers, aromatic foliage, scented blooms, tactile leaves and fast-cropping edible plants. It may be necessary for you to explain things initially, making suggestions and putting forward ideas, but in the end the child should feel it's his or her project. And don't worry if you're a beginner yourself – gardening with children is the perfect excuse to go back to the drawing board together!

26 January - [www.cottinghamtimes.co.uk](http://www.cottinghamtimes.co.uk)



When the weather allows, carry on clearing paths of moss and leaves.

### Helping Out

Smaller children love to get really messy, but you can turn it to your advantage by getting them to help you with digging, weeding and watering.

Very small children may be scared of the creatures that live in the garden, so it's worth spending some time explaining what they do. Soon they'll be merrily collecting them in jars. You can explain:

- A weed is really an 'ugly' plant in the wrong place. Because they compete for food in the soil, it's best to pull them up. Take care to show children which are weeds, or precious plants could come a cropper!
- Some weeds, like dandelions, have deeper roots than others and are a bit difficult to dig up. Start with those that are easily lifted.
- Digging and forking the soil lets in the air which is important for the plants' roots and for all the animals living in the soil.
- To prepare the soil for a flowerbed, you have to turn over down to a depth of about 30cm and break up all the large lumps, adding organic matter, such as well rotted manure or compost.

## 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.

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### FUN TIPS:

- Put a small box around the fruit of a tomato when it's little, the tomato will grow into a square – much more fun to eat.

- If you tape a fridge magnet letter to a young apple, then the fruit will grow around the letter. When you remove it you have your own personalised fruit!

- Grow a 'head' of long, wild green grass by cutting off the foot of an old thin sock or thickish tights, tying a knot at the cut end and filling that end with compost and grass seed so you end up with a good-sized head. Knot the other end like a balloon and make a nose by pulling out a lump in the middle and fixing an elastic band around it. Cut out felt features, stick on with fabric glue and leave to dry, then sit it on a cup of water and watch your new friend grow grassy hair.

### STIMULATE THE SENSES:

- Introduce your children to 'noisy' plants such as the rattling seedheads of *Nigella* (love in the mist) and poppies, and rustling grasses and bamboos.

- Let them experience the distinctive scents of *Helichrysum italicum* (curry plant), cherry pie heliotrope, chocolate cosmos and *Melissa officinalis* (lemon balm).

- Fun to touch plants include furry *Stachys byzantine* (lamb's ears), sticky *Petunia* or prickly *Eryngium*.

Once a child is happy digging and weeding, they're all set to prepare a small garden of their own.



### Spring Seeds

- Seeds that can be planted straight into the ground and produce fast growing, brightly-coloured flowers are best, as a few weeks can seem years to a child. Look for candytuft, nasturtiums, stocks and sweet peas and packets that say 'easy' or 'good for children'. Big tree seeds, like acorns, conkers and sycamore wings are ideal for young children.

- Use a stick to dig a trench 2cm deep and place large seeds in at least 1cm apart. Small seeds should be sprinkled evenly pinch by pinch.

- Cover with soil and pat gently. Then water thoroughly with a sprinkler watering can, taking care not to disturb the seeds.

- Label the area so you remember what you have planted and where!

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### Containers

If you have a patio or roof terrace, have fun with containers – they will get children used to planning, preparing and tending, and can be moved indoors when it's too cold outside!

### Winter Bulbs

- Put a few pebbles in the bottom of a pretty pot 20–25cm in diameter and half fill with bulb fibre. Plant three hyacinth bulbs, putting bulb fibre around them but leaving the top of the bulbs just showing. Water well. Cover with newspaper to block out the light and keep in a cool frost-free shed or unheated room. Water every 2–3 weeks. After six weeks put it on a window sill and watch the flowers grow!



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## Your Stars for January 2021

By Kay Gower

### Aries (Mar. 21- April 20)

Sometimes big changes happen suddenly, but even sudden moves will have been a sort of gradual motion just gathering up speed. By the end of this new month you'll know for certain that there's no turning back. This is a good thing.

### Taurus (Apr. 21- May 21)

Responsibilities may have you wound tighter than a coiled spring. That's why your favourite people are the ones who can diffuse the tension by making you laugh. Steal relaxation wherever you find it.

### Gemini (May 22-June 21)

In the weeks to come, you'll build something that makes you proud. The work you're doing right now is foundational. Success depends on taking your time and getting the plans right.

### Cancer (June 22-July 22)

New year and new beginnings for you. Right after your initial wave of enthusiasm your two close buddies fear and apprehension come galloping over the hill. They're both valid feelings, but in spite of this unease, keep going.

### Leo (July 23-Aug 22)

Emotions continue to run high, do whatever you need to maintain your balance. Exercise and laughing with friends are effective stress reducers.

### Virgo (Aug 22 - Sept. 23)

You've had enough ups and downs to last a lifetime, what you need this month is a cooling off period, a time to relax and get back into shape. The cosmic line up is promising.

### Libra (Sept. 24 -Oct. 23)

Emotional needs can't be met through food and drink and an empty belly can't be satisfied by love and good intentions. Take some time this month to assess a 'need' so that you can prescribe the correct remedy.

### Scorpio (Oct. 24 - Nov. 22)

You're even more powerful than usual so be careful what you think about. Your thoughts have a way of becoming realities rather quickly. Fill your head with those outcomes you'd most like to see occur especially around the 11th.

### Sagittarius (Nov. 23 -Dec. 21)

Because you're so unpredictable, you can be frugal and a spendthrift all in one day. During the next three months other people will benefit you. Gifts and financial favours come your way.

### Capricorn (Dec 22.- Jan. 20)

Complete anything unfinished, after the 13th you'll be in the right frame of mind to start new projects, if you start with a clean slate you won't go far wrong.

### Aquarius (Jan 21 - Feb 19)

Jupiter and Saturn do a wonderful little shuffle in your first astrological house. Sometimes we never know what others are thinking or feeling, or even what their motives are. What you see and feel is real, at least for the next couple of weeks.

### Pisces (Feb. 20-Mar. 20)

The next solution you try may work like a charm, or it may not. Frustration will lead you to a dead end but only if it causes you to give up. Don't let it. Just because things aren't coming together easily doesn't mean they never will.

# Crossword solution from page 14



# Sudoku Answer from page 12

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

# Continued from page 23

Dan Clipson, Regional Fundraiser had this to say: "We cannot thank Ashcourt Group enough for their support to get this project off the ground and into a reality. We are also so proud to be working with Hull Scouts. Their attitude towards helping us as a charity has been phenomenal, they all should be really proud."

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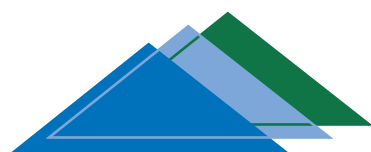
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**T**raditional Chinese Medicine (TCM) has existed for over 4,000 years and is a comprehensive medical system with its own principles, diagnostic methods and therapies.

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

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

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

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

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

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

## Problems and Diseases commonly treated by TCM

### Skin Problems:-

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

### Muscular, Neurological, Skeletal and Vascular:-

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

### Internal:-

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



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

### Men's Problems:-

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### 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:-

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