

The background of the cover is a photograph of a coastal scene. In the foreground, a weathered wooden post stands vertically, with several dried, thin-stemmed plants growing from its top. The plants have small, delicate, umbrella-like seed heads. The middle ground shows a body of water, likely the sea, with a few buildings visible in the distance under a clear sky. The overall lighting suggests a late afternoon or early morning setting.

Cottingham Times

and District

Issue 262 - January 2024

A large photograph of a two-story brick house with a tiled roof, surrounded by greenery. A green metal fence is in the foreground. The text 'Magnolia House' is written in a white, cursive font inside a light brown oval shape in the upper left corner of the image.

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Quality Water is our Business

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.

After all the effort and cost of selecting and fitting your new units and appliances its only natural to want to keep them sparkling and pristine and the one guaranteed way in our hard water county is to find the correct water softener for the property and get it installed as soon as possible.

Immediately after it is installed, a professionally specified and installed unit will protect plumbing, showers and appliances and keep everything at peak efficiency and performance year after year.

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.

For more friendly, unbiased advice and information, just call **Dave Parry** at:



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Cottingham Local History Society

Wednesday 3rd January - Hull's Old Town Fortifications from Edward II to Queen Victoria, Peter Water. In the Civic Hall. Doors open 7.15 pm, meeting starts 7.45 pm. Members £2.00; Non-Members £4.00. Contact Chairman Peter McClure 845734.

The Hull Stamp and Postcard Club

Wednesday 3rd January - at 1.30pm in the Arlington Hall, Hallgate, Cottingham. Bill Shand will be showing us his collection of the Straits Settlements.

Wednesday 17th January - Malcolm Rosenerg is displaying his collection of Post and Go and also Pop Music. All visitors are welcome. For further information contact Robert McMillan, the Secretary: robertfmemillan@gmail.com.

Hull and East Riding Astronomical Society

Monday 8th January - at 7.45 pm doors open 7.30 pm Meeting to be held at the Civic Hall, Market Green, Cottingham HU16 5QG. "Apollo Next Generation Sample Programme" by Samantha Bell (Visiting Researcher at the University of Manchester)

Haltemprice Art Group

Tuesday 9th January - Ten Minute Posers

Tuesday 16th January - Snow Scene

Tuesday 23rd January- Silver

Tuesday 30th January - Tea Time

In the Skidby Suite at the Cottingham High School, Harland Way, between 7.00 pm and 9.00pm.

Cottingham u3a

Thursday 11th January - at 2.00 pm in the Darby & Joan Hall. Colin Hill will be a giving talk 'Audio Visual Talk on Sam Allon Demolition', which will be followed by the usual tea/coffee and biscuits. For further information on becoming a u3a member, or queries, visit www.u3asites.org.uk/cottingham.

Hull Alpha Probus

Club for retired or semi-retired people meeting on alternate Thursdays - new members welcome. Contact the Secretary on 01482 348270 or 07542 959314

January meeting: 11th January- AGM at 10:15 upstairs at Kristoff's

East Yorkshire Woodturners

Tuesday January 16th 2024: 7pm, Skidby Village Hall. (Doors open 6.30pm). Woodturning demonstration by Ian Carress, Club Chairman. Ian - who is a mechanical engineer - is an experienced woodturner, having taken up the hobby in 2005, and demonstrates at clubs around the region. Non-members are welcome (£5.00 entry) - no need to book in advance. For information about the Club, please contact Amanda Barker, 07792 117539, or visit the Club's website: <https://eastyorkshirewoodturners.org.uk>.

Hull and East Riding New Stitchers (HENS)

Tuesday 16th January - Stitch and Chat. Meetings held on the third Tuesday of the month at The Darby and Joan Hall, Finkle Street Cottingham, HU16 4AZ, 7.15pm-9.15pm. For further information contact Jean Ellis 845415. www.hullandeastridingstitchers.weebly.com.

Front cover: Priory Road, Cottingham.

Photo: Paul Lakin.

East Yorkshire Association of the National Trust

Thursday 18th January - East Yorkshire Association of the National Trust meeting. An illustrated talk by Paul Schofield, entitled 'Georgian Hull'. Cottingham Civic Hall, 7.30 p.m. Non-members are welcome.

Hull Macular Society Hull Group

Friday 19th January - at Sight Support Beverley Road Hull 10.30am until 12.15 pm Our first meeting with a Presentation from Kcom giving us an insight into how Kcom works. Macular is an eye condition effecting central sight loss. For more information contact Sight Support 01482 342207.

Cottingham Food Bank

Cottingham Food Bank is open every Wednesday from 10am to 11.30pm. For £1 you will be able to select 8 items from our shop style display and in addition refreshments are available in the Church hall next door. You can find us behind Zion Church, Hallgate Cottingham (access via left hand passage). All welcome.

The Cottingham Community Garden Group

The Cottingham Community Garden Group [CCGG] meet every Tuesday and Thursday from 1pm to 3pm on the Worklink site on Eppleworth Road Cottingham HU16 5YF [Far right corner past last polytunnel] - All welcome . Find us a Facebook or visit us to find out more.

Skidby Village Hall

Coffee Mornings - join us for a cuppa and a chat, all welcome! Light refreshments on sale, every Friday, 10am - 2pm. Visit www.skidbyvillagehall.com or [@SkidbyVillageHall](https://www.facebook.com/SkidbyVillageHall) on Facebook for updates and information..

Cottingham & Hull Folk Dance Club

Tuesday 7pm-9-30pm at the Darby and Joan Hall Finkle St., Cottingham. No experience necessary come on your own or bring a friend for light exercise in a friendly environment everyone one welcome. For further information please contact Jan Gray on 01482 840637 or Keith Alexander on 01482 509751.

Cottingham Tennis Club (off Hull Road)

Are you interested in getting fit and making new friends? We are a friendly club looking for new members at all levels of playing ability including absolute beginners. We have excellent facilities including five all-weather artificial grass courts. We offer both social and competitive tennis supported by a dedicated coaching team. Pay to play is also available. Booking via our website. Please view our website or contact Matthew Fletcher on 07814 495931 for more information.

Christ Church Cottingham

Coffee Mornings 9am-1pm Monday to Wednesday, full cafe menu and all proceeds for the Ukraine Aid Effort. 31a Endyke Lane HU164QD. www.cccottingham.org.uk for more detail.

Christ Church Cottingham Play Cafe

Family cafe environment with play area and reduced cost cafe menu. Every Thursday 9am-1pm, all welcome. All proceeds to support the Ukraine Aid Effort.

BabyCafe Christ Church Cottingham

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Continued on page six

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Gentle dentistry in Cottingham

“ Due to an extremely upsetting childhood experience, I now suffer from a phobia of dentists. Such is my fear, that as soon as I enter the room and see the dentist chair, I start crying.

The consequence of my phobia is I have only visited random dentists when necessary, and therefore had to experience invasive treatment such as root canal or extraction.

As I have aged, I have realised how important it is to find a dentist and keep my teeth!

I contacted Castle Park Dental Care online, (after much research to find the right practice with a female dentist). I then ignored their calls. They gently coaxed me into visiting the practice for a cup of coffee and a chat. Special thanks to Gail x

I decided I should at least have a first appointment, which I did with Ozge. She was amazing, listening to all of my fears through tears and also helped me with monitoring my breathing, (I hold my breath through fear) and helping me with breathing exercises to relax.

Today I have been back to visit Ozge, after deciding to have the two required fillings in one session. I opted from the laser treatment, so no injections or aggressive drilling, I was astonished it was pain free! Throughout the treatment Ozge explained exactly what she was doing, showed me the instruments she was using and continued to monitor my breathing, stopping when I needed a minute.

For some this will be a long post, (so you will not have reached the end of it, I am sure). But, for those with a phobia of dentists it will be a short post, as you are looking for the answer, where I can find a dentist who will understand and support me.

I hope my post can help you create your own positive experiences with Castle Park Dental Care. ”

I am now on the road to recovery in terms of my dental health, and equally creating new and positive experiences with a fantastic dentist. Thank you so much Ozge and Katie (Dental Nurse) x.

I cannot highly enough recommend this practice; they really do care.

We are welcoming new patients

NEW PATIENT EXAM

A new patient exam will involve a full comprehensive check-up. This includes inside and outside the mouth, gum health check and mouth cancer screening.

You will also have time to discuss with the dentist any concerns you have about your smile and what we can do to help. A bespoke treatment plan will then be decided together, and we will make the next appointments. This will be the start of his patient journey with us.



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Cottingham Badminton Club

Badminton Tuesday/Thursday evenings, 8.00pm while 9.30pm. Cottingham High School. £3 per session. No booking required, just turn up and play. Fun and friendly. Open to all levels and abilities. Steve Baker 07795680912/870906.

Cottingham Cricket Club

Run four Saturday sides, a Sunday side, a Ladies team and junior teams from U9 to U15. Our indoor winter net training will be held at Hymers College, 6-9pm on Wednesdays starting in January. This is for all junior (Hardball) and Senior teams. We also have indoor Softball training for girls and boys aged 7-14 at Sirius Academy North. This is held on Saturdays 12.30 -2.30pm starting in January. In the Summer, junior training is on a Friday evening and Senior training during the week. For any further information please contact Rob Rhodes at cottinghamcc@hotmail.co.uk We are Clubmark Accredited and all Coaches are DBS checked”

Cottingham Bowling Club

Carpet bowls are ongoing at the club. Sessions times can be found on our web site cottinghambowlingclub.weebly.com or ring L. Davy 846611.

HULL OPTIMISTS Swimming Therapy Group

Come and join a friendly group of Adults and Children at Frederick Holmes School, Inglemire Lane Hull, in a warm Hydrotherapy Pool. The club is for persons with disabilities or have a fear of water, and are taught in a friendly and positive way how to overcome that fear and be safe in water and also help with their mobility. We meet in term time every Monday evenings. There are two sessions, the first between 6pm and 7pm for Children and their Carers, and the second for Adults between 7pm and 8pm. All are welcome. For further information and application details please contact:- Chris Hart on 07763 756345.

Arterian Singers

Rehearsals for the next term start 9th January at 7:30 in Cottingham Methodist Church, Hallgate. New members are welcome to join our friendly choir. We sing a varied range of music from pop to classical and perfect sight reading is not required. For further details please contact Hilary Andre on 848958 or 07979652976.

Kirk Ella and Willerby Short Mat Bowling Club.

We are at: St Andrews Memorial Hall, Beverley Rd, Kirk Ella, HU10 7QA (opposite the Police Station). We bowl every week, Mondays and Thursdays, 2 – 4 pm (Sept – April). In the Summer Mondays only. If you would like to try it out, just turn up at around 1.40pm. New Members are very welcome to our friendly Short Mat Bowling Club. The 1st bowling session is free. People new to bowling can borrow Club bowls. Please bring a pair of clean flat soled shoes to change into (these shoes should ideally have rubber soles e.g. trainers). We have Club Members who are willing to show new people how to bowl and explain the rules. For extra information, please visit our website: <https://sites.google.com/view/kewshortmatbowls/home>. If you require further details, then please do not hesitate to phone Ian or Brenda on; 01482 650157 or email us at: bgih@hotmail.co.uk.

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Major sporting projects completed in Cottingham, thanks to Commuted Sums

Two sports clubs in Cottingham have completed projects using a combined total of £108,626.76 from East Riding of Yorkshire Council as part of Commuted Sums from local housing developments.

Cottingham Cricket Club received £52,238.76 from Commuted Sums towards a £69,791.72 project (now completed) to make improvements to the club and to utilise another location on the same site for a second cricket pitch. In addition to the Commuted Sums award, the club received £10,000 from the England & Wales Cricket Board, £5,040 from the Football Foundation and raised £1,469.60 from their own funds.

The works saw Cottingham Cricket Club install a patio area outside their clubhouse and changing rooms, as well as a new path. The club also reclaimed some unused land to be used as part of the new

outfield, and purchased a sight screen, line markers, a mower and other equipment to set up the pitch. Additionally, they purchase new containers with hard standing which will be used for changing and storage on the new pitch.

Cottingham Lawn Tennis Club have also completed their works, having been awarded £56,388 from Commuted Sums to resurface their remaining artificial grass courts that weren't resurfaced in Phase One of the project. In addition to this, the Tennis Club also contributed £6,298 towards the £62,686 total project cost.



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Cottingham Parish Council



We wish you all a Happy and Peaceful New Year

Best Dressed Window Competition

Thanks to the businesses that took part in the competition, we hope you enjoyed looking at the displays and voting for your favourites - the winner will be announced on Friday 19th January 2024. Please look out for our future competitions.

Cottingham Christmas Festival

We hope you enjoyed our Christmas Festival on 3rd December, despite the weather over 16,000 visitors attended and it was our most successful Festival to date. A huge thank you to our wonderful Events Committee who have worked tirelessly for months to ensure the success of the day, their dedication has been amazing! Thank you also to the Councillors who volunteered on the day, Andy and his team of electricians who gave up their time and the Duke of Cumberland pub for providing storage and early morning refreshments for our team. We will soon start planning Cottingham Day for Sunday 7th July – if you are interested in trading please email: deputyclerk@cottinghamcouncil.org

D-DAY 2024

Our Councillors have recently formed a D-Day Working Party and are looking at possible events to commemorate the occasion.

Blue Plaques

We are hoping to install additional commemorative blue plaques in the village – if you would like to nominate someone to be considered for inclusion please email: clerk@cottinghamcouncil.org

Village Entrance Signs

We are aware that the village entrance sign on Endike Lane has been damaged, a new sign will be purchased and installed in the coming months.

Be seen in the dark

We have received numerous concerns regarding the number of cyclists & pedestrians who are invisible to motorists in the dark – please remember to wear reflective clothing and make sure your lights are working when cycling.

Nicola Pape

Nicola Pape, Clerk to Cottingham Parish Council
deputyclerk@cottinghamcouncil.org
 Tel: 01482 847623

FREE SEMINAR

HOW TO REDUCE THE COST OF LONG TERM CARE

Our trusts and care fee specialist, Philip Evans, will be talking about funding long-term care and how to reduce the amount you pay.

Graham & Rosen Solicitors are pleased to be hosting a further seminar in Cottingham.

This free seminar will be held at the Small Hall of the Darby & Joan Hall, Finkle Street, Cottingham, HU16 4AZ on Wednesday 7th February from 10am until 12 noon. Refreshments will be available.

We live in an ageing society and more people are worried about how to fund long-term care. Local solicitor, Philip Evans, will explain how residential care is funded, the means test, and ways you can reduce any potential costs to you and your family.

Graham & Rosen has lots of experience of giving care fee advice and the options open to clients. We believe in giving clients the information they need to allow them to make an informed decision about what is best for them and their families.



If you have any questions about the event please contact Karen Worsnop at Graham & Rosen Solicitors on 01482 314233.

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

www.instinctivehorsetraining.co.uk



New year, new start and my new hip! 2024

Happy New Year to one and all! I hope your Christmas and New Year celebrations were filled with love and friendships. We can all sit back now and relax, recoup and consider what this new year may bring.

I have been taking it easy over the last few weeks having had a total hip replacement back in late October. During this time of recuperating, so many people have come together to help keep my little business running and I am so grateful. My staff have been amazing, all pulling together to keep the yard running smoothly and the horses well cared for. My landlord and Chris have been amazing doing all the tractor work for me. Keeping the yard and fields serviced with forage and emptying the trailer. Its no mean feat doing all of this, especially through all the ice and mud. Thank you all so very much, it is appreciated beyond words.

Planning for the future is never easy. We have so many things to worry about in life with the way it all is just now. Prices on everything are sky high and our money seems to go nowhere. More and more of us are feeling the pinch and are adjusting in how we live and what we prioritise. It's never easy for sure. Robbing Peter to pay Paul springs to mind. I've been losing money hand over fist while I cannot work. No training horses in means the yard is not viable. They are how my business survives and I cannot wait till I am fit enough to be back at it! They are not a luxury, they are essential.

The price hikes have hit the horse world badly. Hard feed and forage have rocketed in price. Water and electricity prices have doubled. These are not products we can scrimp and save with. They are what they are and are needed at the same rate as ever, regardless of cost. Ever increasing wage bills are massively in the mix too.

When the Government decided to ban the use of red diesel for farmers, its knock-on effect was always going to be reflected in the price of producing all our food - both human and animals. There was never a more short-sighted decision made! Raising the extra tax revenue stream the Gov gets

10 January - www.cottinghamtimes.co.uk

from making farmers use fully taxed white diesel has had a catastrophic chain reaction, to which we all pay the price in our everyday lives. What were they thinking?!!

Rant over, how do we progress from this point in time? We hunker down and make the best of it. All prices of everything will have to go up as we also have even bigger raises in wage bills to contend with. They go up twice yearly, every April and October. Next April will be a huge deciding factor on many small businesses across the UK. The enormous raise planned, especially in the 21-year-old bracket will put many businesses out of business.

I'm feeling full of despondency just now. How long can I push water uphill? Last year saw the closure of two local horse yards. Swanland Equestrian and Swallow Hill in Cottingham. Swanland was sold to further develop housing on green land. I lost my hay making land down Harland Way to developers opposite the school. I often think about the abundant wildlife which lived on that land and the resident hawk. That hawk followed my tractor turning hay, year in, year out seeking out field mice and voles. Hovering over me or sitting on the bales scanning the grassland for miniscule signs of movement! Now pushed out and having to try to eke out survival in another's territory. It, alongside all the mice, voles, rabbits and wild birds, will not have survived.

Survival is the word for this next year. How best do we survive? This statement is both personal and business based for us all. Employed, self-employed, unemployed, it matters not. We are all in this together and together is how we can help each other. It could well be the time for inspiration, lots of people are starting up small businesses of their own, to bring in much needed extra income. Becoming innovative. Diversifying. Planting that seed which has been rattling around inside you for ever. Taking the plunge and finally doing it.

It's amazing how fortitude shines through. What do we do when our backs are up against the wall? - we learn how to survive and flourish by bringing in new ideas and seizing opportunities when they arise. Never say never! Do it! Learn how to help yourself because it will ultimately help others along the way.

We Brits are a resilient bunch, proven over our near history. Maybe it's time I wrote my book 😊

We will survive xx



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The Phoenix Walkers

Happy New Year and A **BIG WELCOME** to all walkers in 2024. Come and join us.

We are a friendly walking club for adults of reasonable fitness

We walk the coast and country on a Sunday, every two weeks from February to December.

Walks are 5-7 miles & 7-10 miles.

Departing by coach from Cottingham Green, Greenwood Ave, Hull Truck and Holderness Road.

Waterproofs and a packed Lunch required for a great day out. We finish our walk at a pub/cafe for a chat before returning home to your pick-up point.

Our first 2 walks of the year are - Feb 11th. Hornsea and Feb 25 Barton (Lines)

For prices and more information Tel Sid & Sue 01482 701325 (answerphone)

Or email - phoenixwalkingclub@outlook.com.

Hull CHA Rambling Club

We are a friendly walking club established in 1911 whose members enjoy walking on the Yorkshire Wolds, Howardian Hills, North Yorkshire Moors, Yorkshire Coast, occasionally into Lincolnshire, and we walk throughout the year.

Travel by coach to the starting point. Fare £13.

We pick up at Bilton, Holderness

Road, Hull City Centre, Beverley Road, Greenwood Avenue and The Green, Cottingham.


We have no walks planned for January 2024.

The Club's walks will resume on Sunday 4th February 2024.

Places must be booked in advance.

For further information and to book a place on the coach please contact Joint Rambles' Secretaries, Sue O'Leary on sue@sueoleary.co.uk or telephone 07767420646 or Pauline Borger on paulineborger48@gmail.com or telephone 07929933323.

Check out our website <http://hull-cha-rambling.wix.com/hull-cha-rambling>. Like us on Facebook: The Hull CHA Rambling Club. **NEW WALKERS WILL ALWAYS BE WELCOME.**



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

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. 198

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

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

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MARIONOWENTRAVEL

Happy New Year... as we step into the uncharted territories of 2024, let the spirit of adventure guide your journey. Whether you seek the tranquility of nature, the richness of diverse cultures, the energy of bustling cities, the possibilities are endless. Embrace the opportunities to create lasting memories, forge connections and weave a tapestry of experiences that will shape the chapters of your life in the years to come. Welcome to 2024 – a year filled with the promise of discovery and the magic of travel!

Why not try a totally different type of holiday and destination to your normal choice. Dubious? then why not join one of our own special departures which are escorted and join our wonderful friendly travelling family.

Northern Lights 19th January 2025 has very limited availability. This adventure sells out fast and is a truly unique experience deep in the heart of Lapland.

This is an adult only holiday, however we offer family experiences pre Christmas including a visit to Santa.

Fred Olsen Cruise lines is one of our favourite cruise lines and an ideal choice for first time cruisers and with a big selection of 2024 & 2025 cruises with FREE DRINKS or £££'s to spend on board for non drinkers now is the time to book. Our home to port service provides gives you a stress free start & finish to your cruise. Don't delay talk to us today, we are a team of ardent ocean & river cruisers.

Regent Seven Seas Cruises offer all suite relaxed luxury. If you enjoy a suite on any ship it is time to give this line a try you will not be disappointed. Ask about our special non advertised fares or book your place to know more on our promo event Thursday 8th February. Call for details.

Jersey a fabulous Island with a continental feel only a short flight from Humberside You don't need to change your currency, everyone speaks English and all should enjoy this gem of an Island at least once in a life time.

Australia & New Zealand If you are looking to visit later this year it is time to book before flights become more expensive, with flights 11 months in advance of your return flight.

We are here to book & guide you all the way, offer assistance with visa's, printed documentation for your holiday and boarding passes needed.

Many holidays are bookable for 2025 and some 2026. This gives you the opportunity to look forward to the experience and budget for that special adventure. Our South African Safari is now down to just 3 rooms. Apart from our specials we can offer alternative dates that are not escorted.

We are a small experienced team who love to travel ourselves, have first hand knowledge of travelling the world by land, rail, sea & air. We make your holiday booking simple and hassle free, leaving you to relax and look forward to enjoying your holiday. You also know who you are booking with and will find us available 24/7 when away on your holiday. Not biased in our sales, we book all our operators & cruise lines inc. Jet2 & Titan.

Pop into our office in person to make your booking over a coffee or simply pick up the telephone to book staying warm & cosy at home.

We look forward to booking you on your next holiday. "Let's travel more in 24"

Best wishes Marion



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04 Jun	Round Britain D Day 80th Anniversary cruise 13 nights full board, Optional travel to the port	From £1149
06 Jun	Norway—a great adventure on our coach 12 days	£1999
06 Jul	Douro River Cruise All inc. fly from Humberside 7nts	£2235
17 Jul	Isle of Man 6 nights dinner B&B + comprehensive sightseeing of the island. A longer tour than most operators offer + central 4* Mannin Hotel Douglas.	£1195
27 Jul	Jersey with Emma 7 nts flying from Humberside or 11 nts a two centre with Guernsey dinner B&B	£ 899 £1604
28 Jul	ABBA Voyage - 2 days inc. seated ticket & overnight	£ 225
07 Sep	Ireland's South West Corner, 8 nights dinner B&B following the Wild Atlantic Way it is a super itinerary	£1415
09 Nov	Northern Belle luxury train to Edinburgh for the day	£ 440
14 Nov	Thursford Christmas Spectacular 2 days	£ 259
25 Nov	Holly & Mistletoe at the Tynedale Llandudno - 5 days	£ 535
30 Nov	Thursford Christmas Spectacular 2 days	£ 259
12 Dec	Journey of distinction, Christmas lunch on the rails	£ 99
19 Jan	NORTHERN LIGHTS 5 days full board & activities	£1209
22 May	Cruise the Norwegian Fjords—5 nights from	£ 849
06 Jun	Regent Panama Cruise San Francisco to Miami 19 nts	£ POA
17 Nov	South African Safari, 7 nights all inc. from your door	£2899

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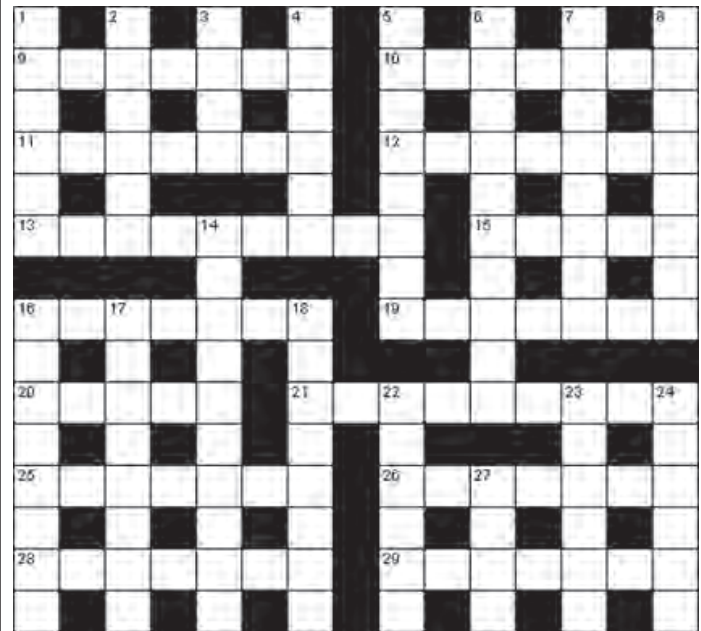


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Crossword - Solution on page 29



Across:

- 9 Motion sickness (7)
- 10 Query (7)
- 11 Trouble (7)
- 12 Army squad (7)
- 13 Winners (9)
- 15 Also known as (5)
- 16 Smiled contemptuously (7)
- 19 Car pilots (7)
- 20 Italian lawn bowling (5)
- 21 Categories (9)
- 25 The joined continents of Europe and Asia (7)
- 26 Exposes (7)
- 28 Duo (7)
- 29 Correction to a printed mistake (7)

Down:

- 1 Micro_____ = something very very small (6)
- 2 The circle of color around a nipple (6)
- 3 The lowest timber in a structure (4)
- 4 Elbows pointed outwards (6)
- 5 Threw away (8)
- 6 Greenish blue (10)
- 7 A black flavored candy (8)
- 8 Mesmerism (8)
- 14 Approval to do something (10)
- 16 Branches of knowledge (8)
- 17 Snails (8)
- 18 Diverged (8)
- 22 Ship's steering mechanism (6)
- 23 Inborn (6)
- 24 Big Bird's street (6)
- 27 City in Italy (4)

Crossword courtesy of www.crosswordpalace.com
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A New Year – A New Smile

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WHAT HAPPENS TO YOUR WORKPLACE PENSION ON DEATH?

A workplace pension is a type of pension set up by your employer to help you prepare for life after work. Some workplace pensions are called 'occupational', 'works', 'company' or 'work-based' pensions.

Under a workplace pension, a percentage of your pay is put into the pension scheme automatically every payday. In most cases, your employer also adds money into the pension scheme for you. You will also get tax relief from the government.

Some older-style or public sector pensions will be completely covered by your employer, without you having to pay in. This type of pension is not covered by this article.

In 2012, the government made it obligatory for companies of a certain size to offer a pension to their employees. It was then made mandatory for all companies in the UK to automatically enrol all eligible employees into a pension scheme in 2018.

You are an 'eligible employee' and will have been automatically enrolled in your employer's workplace pension if all of the following apply to you and you've not opted out:

- you're classed as a 'worker'
- you're aged between 22 and the State Pension age
- you earn at least £10,000 per year
- you usually ('ordinarily') work in the UK

If you die before retiring (by which we mean using your pension fund to purchase an annuity) the default position is that the value of the pension fund

will be payable to your estate. However, this can be problematic if adding a relatively large pot of money to your estate causes inheritance tax (IHT) to become payable. As workplace pensions are relatively new, little consideration appears to have been given to this fact.

IHT is a tax that falls due on death, or when gifts are made and is payable at a rate of 40% on the part of your estate that exceeds a certain threshold (currently £325,000). Although this is subject to certain exemptions and reliefs. However, an IHT problem such as this can be easily avoided just by taking a few simple steps as outlined in this article.

Most providers of workplace pensions permit the employee to name the potential beneficiary or beneficiaries of their workplace pension and this can be done in one of several ways.

1. You can do nothing, meaning that the pension fund will be payable to your estate and added to the value of it. Before the pension fund can be released your Personal Representatives (PRs) would normally need to obtain a Grant of Probate for your Will, or Letters of Administration if there isn't a Will. Doing this can take several months, so as well as being disadvantageous from an IHT perspective, this option could also delay the release of the pension fund to your beneficiary or beneficiaries.

2. Alternatively, you can nominate an individual (e.g. your wife or partner) as the beneficiary of your workplace pension with your pension provider. This requires you to complete an online or paper form to tell the pension provider that you wish this person to inherit the pension fund in the event of your death. The benefit of doing this is that the money can be paid out without waiting for Probate or Letters of Administration. It is also binding on the pension provider. The disadvantage is that it will normally still be classed as part of your estate for inheritance tax purposes.

3. A third option is for you to complete a 'Letter of Wishes' with your pension provider, either in paper form or online, requesting the pension provider to pay the pension fund to a specific beneficiary or beneficiaries on your death. This will mean that the pension provider will hold the pension fund under a discretionary trust for you and your eventual beneficiary or beneficiaries. The benefits of doing this are that the money can be paid straight away on your death without waiting for Probate or Letters of Administration, and that the pension fund will not normally be added to your estate for inheritance tax purposes. The disadvantage is that the pension provider could, in theory, pay some or all of the pension fund to other beneficiaries who might make a claim on it. However, this is only likely to happen if there are other potential beneficiaries who were financially dependent on you immediately before your death or, if you had married or entered into a civil partnership since completing the letter of wishes.

Steven Whiting, Head of the Private Client Department at Graham & Rosen, said: "As the value of a people's workplace pension funds increase in future years it will become increasingly important to think about what will happen to it on their death, and to take steps to avoid any potential inheritance tax traps. Pensions are one of the important things that we consider when taking instructions for Wills, or providing inheritance tax advice and this is one of the many reasons why it's always best to use quality Solicitors like Graham & Rosen to do so".

Note: This article is based on information from Nest Pensions which is one of the UK's largest providers of workplace pensions with £31.5bn under management as of 23rd October 2023 (Please see: <https://www.nestpensions.org.uk/schemeweb/nest/my-nest-pension/what-happens-to-my-pension-when-i-die.html>). You should ask your own workplace pension provider which options they provide. The inheritance tax position was verified against HMRC's Inheritance Tax Manual on the same date.

The author of this article, Steven Whiting, is our Head of Private Client Department who can see clients at Hull, Cottingham or Welton.



If you would like individual advice about what will happen to your workplace pension and other assets on your death, you should seek advice from a specialist Solicitor and make a Will. To make an appointment please contact our Wills & Probate department on 01482 323123 or email us at law@graham-rosen.co.uk.

For financial advice, including on pensions, you should seek advice from an Independent Financial Advisor (IFA). Alternatively, you can get free advice from the Government backed pension advice service, Pension Wise www.moneyhelper.org.uk/en/pensions-and-retirement/pension-wise/pension-pot-options.

As a final note, please bear in mind that the options described in this article are specific to workplace pensions. Other types of pensions will operate under different rules.

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Sea angling championship celebrates 30th anniversary on East Riding coast

The stunning East Riding of Yorkshire coast will once again welcome anglers from the UK and overseas as they take their place at the 30th Paul Roggeman European Open Beach Championship.

The three-day beach fishing competition will take place from Friday 1 March to Sunday 3 March 2024, stretching from the north end of North Marine Promenade, Bridlington, to Pilot Jetty at Spurn Point.

Tickets are now on sale and are fixed at last year's prices. Advance tickets are always in high demand with anglers visiting from across Europe, and as this is the event's 30th anniversary, it is anticipated that tickets will sell out quickly.

There will be exceptional prizes and fishing equipment to be won, and competitors will be able to pick up valuable experiences, tactics, skills and techniques while enjoying a fun-filled weekend meeting new and old friends.

Exhibitors will be on hand to offer expert advice and great offers on their products.

The popular Flattie Bash warm-up event will take place on Friday, 1 March, kick-starting a full weekend of angling. This catch-and-release event will be held between Fraisthorpe and Hornsea, with fishing times between 10am and 2pm. Tickets cost £10 per person (cash only) with registration taking place on the day at Hornsea Floral Hall from 7am to 9.15am.

Councillor Nick Coultish, portfolio holder for culture, leisure and tourism at East Riding of Yorkshire Council, said: "We are excited to launch our tickets for the 30th anniversary of this competition.

"We are proud to welcome this prestigious angling competition back to our beautiful coastline and I'm am sure it will prove to be as popular as ever and a great success.

"This event generates around half a million pounds for local businesses, helping to keep our high streets thriving."

For more information about the competition and to book tickets, visit the European Open Beach Championship website or Facebook page.



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Cottingham's Travel Agent



Josh Cotton, (founder)

Happy New Year to all of our fabulous customers, I hope you had a great festive period, we sure did, myself and the team ventured off to Benidorm for our Christmas Party, a long weekend mid December, we was met with 21 degrees sunshine each

day, which made sitting on the prom a delight, we also enjoyed all the tribute acts and a few of us may have had a go on the famous bull too, talking of the bull, was your New Year's resolution to start 'grabbing the bull by its horns' like mine? If so, we have plenty to offer you, maybe a bucket list world cruise? How about an African adventure doing a safari combined with the table mountain and garden route in South Africa? You get the picture! 2024 for me, is going to be the year of 'firsts' no more visiting places I have been to before, it's time to enjoy the adventure of life and sample new places and create new memories. It is worth a quick mention that **we are now open on SUNDAYS!** In response to the demand, for the whole of January and February we are open 7 days a week. Appointments are always encouraged, but walk ins are most welcome too. **Join us for a tea or coffee** and get some inspiration on your next travel plans! Saturday's will still have bubbles on offer, so you can 'sip back' and enjoy our worldwide knowledge and expertise in making your holiday all that more enjoyable. Due to a tight December publication deadline, I am unable to input the usual offers this month, but not to worry, plenty of offers are available in our window and are updated frequently, you can also call us and leave an enquiry and we will source the best deal for you. So instead of offers, I am going to remind you of what we offer, it seems fitting with it being a new year, so here is a reminder that **Cotton Travel is on your doorstep and ready to serve you!** From Blackpool to Barbados, Canaries to Cuba, Turkey to Tanzania, London to Lisbon, we have it all. Give us a try, you won't be disappointed 😊

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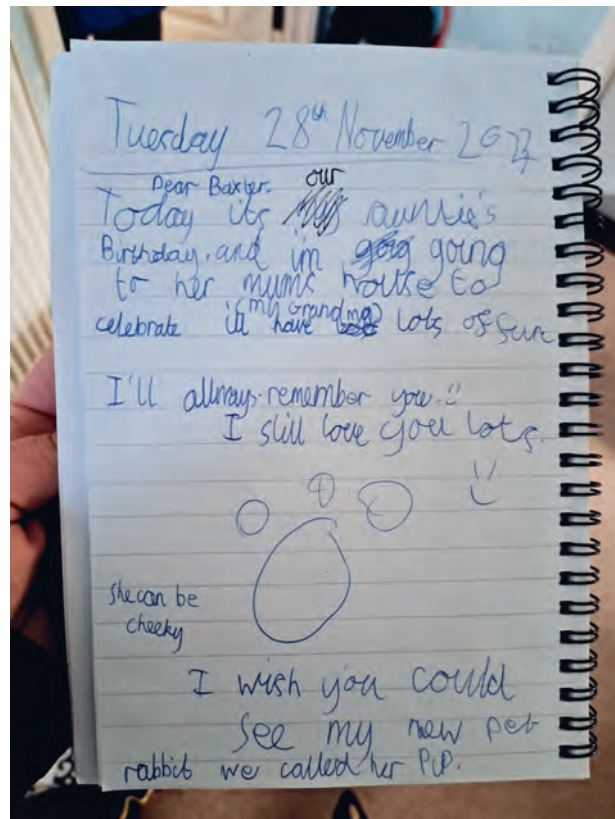
Behind the smile . . .

My January articles over the years have raised a thought to all the memories we have shared with our past furry friends and to look forward to the future nurturing those precious times. This new year was going to be an exception and take a different path until my daughter Kath showed me the letter my youngest grandson Allie, had written to their late dog, Baxter. (see pic).

I was not only moved to think that Alfie still thinks of his wonderful friend but also staggered as he was only 2.5 years old when Baxter passed away 5 years ago. This made me think of how we, as adults, deal with our grief compared to the younger generation.

They seem to see things in black and white, do not dwell on the sad times and the awful ending, but what fun they had together and hopefully wishing they are enjoying themselves in heaven. Like Alfie mentioned in his letter, he still misses him and wished Baxter could see his new pet, Pip. He expresses no grief or extreme emotion, just, in his little eyes, sadness that he is not here.

So why, including myself, can't we all make life this simple? How wonderful it would be if there was no prolonged grief in our



lives, just happy thoughts. There are many people who are not as fortunate as myself, who have no close family or friends and totally rely upon their pets for companionship so when the time does come to say goodbye, they are inconsolable. Whether it is a dog, cat, rabbit or even a budgie, no matter what four legged companion they have chosen, it has become their soulmate and confidante for many years.

Someone they can trust, never be judged and is always there for them. There are many words expressing the feelings we go through when we lose our companion such as grief, sadness, loneliness and despair. Therefore, who are we to criticise anyone who is displaying these emotions so extreme that the thoughts are taking over their every day living. All we can do to help is lend a shoulder to lean on, or a friendly ear to listen. This may help us as adults but what about our children who also may be going through the same emotions but do not display them as easily?

Let them talk about their pets, draw pictures, send letters or even make a memory box containing photos and special items. Like Alfie, children do not express the emotions above to show that they are terribly missing their pet but it's the 'odd' little things which occur that make us sit up and realise that they are grieving too no matter how many years have passed. If, for any reason, you are struggling to come to terms with your grief or even finding it difficult to support a younger member, then please do not hesitate to give KINGSTON a call, to speak to any of the qualified nurses who can be the friendly 'ear' you are seeking.

AND FINALLY.....TALI...

No antics so far to report just another learnt behaviour. I have told you in the past about her rattling the keys in the door to tell me that she needs to go out into the garden but then steps back as it's opened, waiting for her treat. Well, the latest is the phone. Anyone with children will tell you that as soon as you go on the phone, they start wanting your attention.

In my house, that child is Tali. The phone rings and she starts the awful periodic yap. When it first happened, I would give her a filled Kong to keep her amused but now it's become a learnt behaviour, of course she's a greedy Labrador. So, no more Kongs as I have learnt... I go into another room.

Until the next time

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Departs: Manchester
Board Type: Full Board
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*Other dates available

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Date: 4 June 2024
Departs: Heathrow
Board Type: 8 nights dinner B&B 4*
& 5* hotels

Highlights: Taj Mahal, 2 safaris,
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*Various date available in 2024, 2025 & 2026



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Board Type: B&B

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Dry January, low and non-alcoholic wines

Welcome to this, the first of my wine columns for 2024 and may I take this opportunity to wish you all a Happy New Year. Let's hope it's a year of many celebrations.

Where to start? Well, it may seem strange in an article devoted to the pleasures of wine to be talking about Dry January, but I know many of you will be taking part in this annual campaign which, so far as the UK is concerned, is now in its eleventh year.

The idea dates back a little earlier, to 2008, when a gentleman called Frank Posillico founded the campaign in the United States after taking a month off alcohol and boasting of a dramatic weight loss. In its first year, 4,000 people signed up for Dry January and it has grown in popularity ever since and has spread internationally.

Dry January was endorsed by Public Health England in 2015 leading to a large uptake in numbers.

What we're also seeing now - and, of course, the two things are not directly related, has been an explosion in the sales of low or no alcohol wines. It's not too many years ago that I wouldn't have touched either with a barge poll - they were insipid and lacked real depth or flavour. But things have changed - just the other week I ordered a glass at the Michelin-starred Pipe & Glass in South Dalton, which boasts an excellent wine list, and I have to say it was superb.

Sales of low and no alcohol wines are enjoying a boom - up 10 per cent year on year, with predictions that the market for them will have grown by almost a third this year compared to the situation in 2021.

So whatever you're reason for going "dry" this month or even longer, there's frankly never been a better time to be a "non-drinker" as the growing demand has caused a boom in offerings from leading winemakers around the world.

Waitrose buyer Sarah Holland said: "Customer demand for no and low alcohol is at an all-time high, so we're really excited to be offering more options than ever, having expanded our range by almost 20 per cent in the past year."

And she added: "No and low alcohol options aren't just for those who don't drink or are taking part in Dry January, they're also great for customers who want to moderate their alcohol intake, and for those who are taking a more damp approach to this month's challenge."

Most alcoholic wines tend to contain around 24 calories per fluid ounce, whilst alcohol-free alternatives contain 1.7 calories or less. The reduction in calorific intake is appealing for those interested in health and wellness, but who still wish to partake in drinking wine.

Winemakers now utilise innovative methods to retain the flavours and aromas while reducing alcohol content, resulting in an impressive array of options with a variety of grape varieties and styles. From crisp whites to robust reds, there are no and low alcohol wines available to suit every palate.

Zero alcohol red wines that are proving popular are De Bortoli's The Very Cautious One, a 0% Shiraz from Australia and Oddbird Domaine de la Prade Merlot Shiraz, an organic 0% red from the Languedoc-Roussillon region of the South of France. Both have all the flavours of a fruity red wine, but without the alcoholic percentages.

Marks & Spencer offer a 0.5% Sauvignon Blanc made with German grapes. This inexpensive white has all the tropical fruit flavour you'd expect, however it's a touch sweeter than the real deal and is consistently popular with health-conscious customers who wish to retain the enjoyment of white wine. Ideally served chilled, this full-bodied low alcohol alternative is perfect paired with roast chicken or spicy food.

Check out this month's Best Buys for a few low-alcohol offerings but on a connected topic I also came across an interesting piece recently about the phenomenon experienced by some drinkers of red wine leading to bad headaches. It suggested it may not be just the alcohol to blame as a new theory blames wines made from grapes that have been exposed to lots of sunlight.

Acetaldehyde is created when alcohol breaks down in the body and researchers know that high levels of acetaldehyde can cause facial flushing, headache and nausea. The body's defence is to produce an enzyme known as ALDH2 which breaks down the acetaldehyde, helping to limit the effects of over indulging in wine.

However, wines that are high in quercetin (a plant-based pigment) inhibit the ALDH2 enzyme from breaking down the harmful acetaldehyde, making the risk of headaches worse. Red wine was found to have much higher levels of quercetin than white wine, beer or even spirits.

Finally, this month, news of a special event at Beverley's small Pig & Whistle bistro - a game dinner on Thursday January 11 - three courses with matching wines for £62.50 per person. The menu offers a starter of rabbit terrine with pickled walnut puree, Armagnac Prunes and sourdough.

This is followed by breast of locally-shot Pheasant Wellington with King Oyster Mushroom, Tarragon, Celeriac and truffled chicken juices and is rounded off with a final cheese course.

BEST BUYS



Noughty Organic Sparkling Chardonnay

Where: Majestic
When: Now

Why: FSome zero-alcohol fizz to toast those special occasions. It's fresh and crisp with notes of green apple and fine bubbles. It's the lighter choice for celebrations, but will also be fantastic for a quiet night in with rich, cheesy nibbles.

£9.99



Noughty Red Dealcoholised Wine

Where: Waitrose
When: Now

Why: Delicious Syrah from South Africa, with less than 0.5% alcohol and with just 2.5g sugar per 100ml. Hints of ripe red fruit, crushed pepper, rose petal and candied cherries mix with French oak tannins. And with just 2.5g sugar per 100ml. Hints of ripe red fruit, crushed pepper, rose petal and candied cherries mix with French oak tannins.

£9.95



Oddbird Domaine de la Parade Merlot Shiraz

Where: Amazon online
When: Now

Why: Zero alcohol - this blend of Merlot and Shiraz grapes is full of juicy red fruit with cherry, plum and blackberry at the fore.

£9.00



Vermentino, Coquille de Mer

Where: the Cellar Door, Melton
When: Now

Why: Not a low-alcohol but a lighter style and a wine I enjoyed recently. If you're a Sauvignon Blanc fan you'll enjoy this - a delicious, zingy/zesty dry white. Vermentino

£9.49

Haltemprice Lions Christmas Dinner and changeover of President

Haltemprice Lions Club observed Christmas dinner with their Friends and distinguished guests in style. The event was combined with the Changeover of Presidency. Dr Neel Kamal, the outgoing President introduced the President-in-waiting a doctor of Sciences Mr Tony Galbraith, and his wife Kathleen Galbraith..

Besides the excellent, delicious food served in the beautifully decorated board room of the Cottingham Golf Club and Leisure Park, the ambience was filled by live music played by Violinist Mr Wesley Possible.

Another feature, was marking the move to work towards children's mental health. This was lead by the Young Volunteers, who are raising awareness of the mental health of children. They have sold their own art pieces to raise funds for Children's mental health. Their volunteering was appreciated

by their parents who were present. A substantial sum was raised which the children donated to the Club for work into Children's mental health, a subject close to the heart of the outgoing President Dr Neel Kamal, a Practicing Paediatrician.

The club aims to engage more with the main stream population and young families, with an object to offer opportunities to younger members of the community to use their leisure time in Creative Activities, sports and volunteering for humanitarian charities.



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Motoring - with Roy Woodcock



At the start of a new year, and another 12 months of motoring, Roy Woodcock reveals his Car of the Year for 2023, the MG4 ...

It's sharp on style, sharp on performance and sharp on price. It's an all-round winner, in fact, and I've joined my motoring writer colleagues, as a member of the Northern Group of Motoring Writers, in voting it our Car of the Year.

I'm talking about the MG4 electric hatchback, which was voted as the group's favourite car over the last 12 months and luckily I got to drive it again at an event organised by the Society of Motor Manufacturers and Traders at Wetherby Racecourse, when the presentation was made to representatives of the Chinese-owned, Birmingham-based, company.

Electric cars, even small ones such as the Fiat 500 or Mini Electric, will cost you around £30,000; the entry-level electric version of the new Vauxhall Corsa (we own a petrol model) is listed at £32,445, so it's the first of many pleasant surprises to find the MG starts at £26,995, making it the cheapest full-sized electric car on sale in the UK right now.

It's also much more spacious than the rival cars we've looked at, has an impressive list of standard kit and also manages to address one of the other major concerns felt

by prospective buyers - ie, how far it will go on a single charge.

Depending on which model you choose, the electric driving range goes from 218 miles for the 51kWh SE to 323 miles for the 77kWh Extended Range version, although it's only fair for me to say the Extended Range models start from £36,495.

All have rapid-charging capability, allowing for speedy top-ups for those looking to embark on longer journeys.

From the outside the design of the MG4 is striking; the sculpted front end really appeals and the way the bodywork frames the rear window makes it look sporty, even aggressive, at first glance. Move inside and I'd describe it as minimalistic high-tech, with a big central touchscreen, a smaller screen for the driver and not many physical buttons which, for some, might make it slightly fiddly until you really get used to it.

Talking of minimalism it's worth mentioning there's no key to insert or starter button: Armed with the fob, when you open the driver's door and sit in the driver's seat, the instrument panel and touch screen will be powered on. The door opening and closing status, battery level and other information will be displayed on the instrument panel. All that's left to do is press the brake and the car comes to life.

Believe me, you soon get used to it.

Standard equipment is generous and entry-level SE models boast 17-inch alloy wheels, automatic LED headlights, rear parking sensors, adaptive cruise control and a 10.25-inch infotainment touchscreen with Apple CarPlay and Android Auto connectivity.

There's also climate control, electric windows all round while the MG Pilot system is standard across the range, offering Active Emergency Braking with Pedestrian and Bicycle Detection, Adaptive Cruise Control with Traffic Jam Assist, Intelligent Speed Limit Assist with Traffic Sign Recognition, Lane Keep Assist with Lane Departure Warning System, Driver Attention Alert and Intelligent High Beam Assist.

Stepping up to the higher Trophy specification (£29,495) adds a 360-degree camera system, sat-nav, a two-tone roof, and rear privacy glass. Inside the cabin, upgrades include a heated steering wheel and front seats, a height-adjustable loading floor, a wireless smartphone charging tray and



artificial leather upholstery with cloth inserts.

As mentioned, the car can be ordered with different battery sizes, but even the smaller, 51Wh unit on the entry-level car should meet the requirement of most drivers, given the rapid-charging facility available for longer journeys.

Out on the road, performance is more than adequate for a family hatchback; I should stress that this is a rear-wheel drive car and it is fun to drive with precise steering, loads of grip and great body control – it doesn't roll about too much in bends and feels very reassuring even if you're Pushing things in terms of speed.

There's decent amounts of room all round, even in the back, although the boot does let things down slightly, with just 363 litres of space. But there's no loading lip to contend with and the rear seats fold flat, opening up a decent 1,177 litres of cargo space.

Driving the MG4 has been truly revelatory and for the



first time since the historic MG brand was taken over by the Chinese SAIC conglomerate we have a car that I can truly get excited about.

In all it was a worthy Car of the Year winner.

More information: www.mg.co.uk.

Pictured above: Members of the Northern Group of Motoring Writers at Wetherby Racecourse when the Car of the Year presentation was made.



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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! 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!

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- 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.

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.

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.

- 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!

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 2024

By Kay Gower

Aries (Mar. 21- April 20)

Leave others to their own devices this month and get creative. This is an excellent time to break out of old routines and bring some fresh energy into your life.

Taurus (Apr. 21- May 21)

Whether or not the dreams of 2023 came to fruition, they look much smaller today. The question now is: Should you try for them again in 2024? Perhaps not just yet. Keep your eyes open for new inspiration this month.

Gemini (May 22-June 21)

Optimism returns mid month when plans will be revitalised and inspired. Your astrological outlook for the next few weeks is positive. Health and finances begin to improve.

Cancer (June 22-July 22)

If you can leave well alone, mind your own business and don't even attempt to fix what isn't broken, you'll have a great month.

Leo (July 23-Aug 22)

You test yourself but the problem with this is that you're also the one keeping the tally. You would be hard pressed to find a harsher judge. Ease up.

Virgo (Aug 22 – Sept. 23)

With the planet Mercury going direct this month life becomes interesting. Unusual circumstances might be incredibly lucky. January will be a good month.

Libra (Sept. 24 -Oct. 23)

This month marks the beginning of a busy period when you will have less time than usual to relax. Almost everything you put your mind to works out the way you wish, which is why this is a good time for fresh starts.

Scorpio (Oct. 24 - Nov. 22)

You'll celebrate happy news over the next four weeks and be on the receiving end of some lovely attention. Just about anything you really want can be yours this month - with little effort.

Sagittarius (Nov. 23 -Dec. 21)

Astrologically speaking, you have everything going for you this year. Allow a beautiful full moon to light up your life during the last week of the month. You may be leaving part of your past behind but this is because new and wonderful things await you.

Capricorn (Dec 22.- Jan. 20)

Your emotions will be tempered with logic and your enthusiasms tempered with practicality. What you do during the influence of the full moon (25th), will depend on what you need at this time. Be confident in the knowledge that the stars will be in your corner.

Aquarius (Jan 21 - Feb 19)

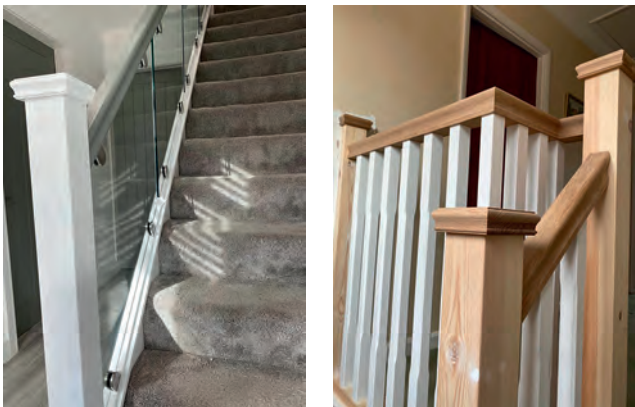
Make a move before the 17th. Do not be afraid to change course or take a risk, there can be no growth without change. A new source of income can be yours.

Pisces (Feb. 20-Mar. 20)

The advice from the stars for 2024 is simple : Stay in touch with the people who make you feel good about yourself. Distance yourself from the ones who don't.

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Household Support Fund reopens for applications in the East Riding

As winter tightens its grip, residents in the East Riding on low incomes are being urged to check whether they are eligible for help with food and energy bills from the latest Household Support Fund payments.

Applications to the Fund have reopened, and payments of £350 are available to help those on low incomes or unpaid carers facing increasing energy and food bills. The payments are available to anybody in the East Riding who is eligible and who has not previously received a payment.

Those eligible will receive a payment of £350 within 20 days of making an application.

East Riding of Yorkshire Council was awarded £4.1m in the latest round of the Household Support Fund from the Department for

Work and Pensions to support local residents struggling during the current cost of living crisis.

Councillor Anne Handley, leader of the council, said: "Many families and others on low income in the East Riding are having an extremely tough time making ends meet during the cost of living crisis. As winter draws in with colder weather, and the Christmas season approaching, things can get harder for many families.

"We hope this money through the Household Support Fund will make a difference.

"These payments are available now to those in need and I'd urge people to check if they are eligible and apply online, as this money is there to help."

To apply for the funding visit ercy.link/fund

The application form is available now and will be open until Friday, 26 January, 2024. Residents can make only one application per household – those who have previously applied in the last six months are not eligible to make another claim.

Payments will automatically be paid to those who have been identified as eligible for a payment

Visit the council's Help For Households webpage at ercy.link/helpforhouseholds to find all the cost-of-living support and advice available. People can use the free benefits calculator there to check they are receiving all they are entitled to.

Those who don't have access to the internet and wish to make a claim can call the council on (01482) 393939.

For emergency help visit www.eastriding.gov.uk/living/emergency-assistance

Households may also contact their nearest food bank when they require emergency support. Details can be found at: www.erfpa.org.

Crossword solution from page 14

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

Sudoku Answer from page 12

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

Christmas and New Year recycling guide for East Riding residents

For East Riding of Yorkshire Council's bin collection teams, Christmas and New Year are the busiest times of the year.

The good news is the vast majority of the waste generated during the holidays – such as cards, wrapping paper, cardboard boxes and leftover food – can be recycled.

East Riding residents are officially among the top recyclers in the country thanks to their continued support of the council's waste and recycling services.

Here the waste and recycling team is issuing festive advice to help residents recycle even more during the festive season.

What happens to our blue bin waste?

A new video has been produced to show residents the process of what happens to the waste they put in their blue bins.

The video shows why it's so important to put the right items in the bin to make sure everything inside them can be recycled.

Continued overleaf

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Continued from page twenty nine

Problems can be caused by the wrong waste being put inside, including clothing, batteries, electrical items and vapes. The footage has been produced by the council in partnership with Biffa, the company contracted to recycle the East Riding's blue bin waste.

It follows a day in the life of blue bin waste, from its collection from your doorstep through to its sorting at a Biffa materials recycling facility at Hartlepool, and how the waste is separated for recycling.

The video can be seen at www.eastriding.gov.uk/bluebin.

Councillor Paul West, the council's cabinet member for environment and transport, said: "People in the East Riding are fantastic at recycling their rubbish, but there's always more we can all do.

"Hopefully this new video explains the process blue bin waste goes through and it will encourage some people to leave out the rubbish we can't recycle in the blue bin."

Festive bin collections and recycling

Bin collection dates will change over Christmas and New Year.

Normal collections will resume from Monday 8 January.

Check your bin collection days on the East Riding of Yorkshire Council app, the bin collection calendar delivered to homes or at our website bins.eastriding.gov.uk.

Household waste recycling sites are open from 10am to 5pm each day, but will be closed New Year's Day.

Real Christmas trees can be recycled by placing them next to brown bins for collection in January or taken to household waste recycling sites. Please remove lights and decorations.

Blue bins can be used to recycle Christmas cards, envelopes, wrapping paper, cardboard and cardboard boxes, plastic tubs and trays, all glass and plastic bottles and jars, cans, tins, aerosols, tin foil, foil trays, books, newspapers, magazines, juice cartons, egg boxes.

Please make sure they are all empty, clean and put them loose in the blue bin.

Brown bins can be used to recycle all cooked and uncooked food waste, including plate scrapings, peelings, meat, turkey and other bird carcasses, meat bones, eggshells, tea bags and small amounts of sauces, creams and soups. Any garden waste can also go in the brown bin.

Free kitchen caddy liners to put your food inside are available at household waste recycling sites, customer service centres, libraries, mobile libraries and leisure centres.

Broken Christmas lights and other unwanted electrical items can be taken to the small electricals skip at household waste recycling sites.

Unwanted Christmas gifts can be donated to charity shops or taken to household waste recycling sites to donate them to the Reuse Shop for Dove House Hospice.

Batteries should never go in your bins. Instead, take them to supermarkets and local shops which have battery recycling collection boxes, or to any household waste recycling site.

Crisp packets and plastic bags can be recycled in some supermarkets.

Polystyrene can't be recycled, so please place any in your green bin.

Clothing, shoes and textiles can't go in your bins, so please take these to local clothing recycling banks or to charity shops.

Download the app

Download the East Riding of Yorkshire Council app and join the 78,400 people who have already signed up to receive reminders for their bin collection days.

The handy app aims to help residents with their waste questions and explains which items of rubbish can go in which bin, in the Can I Recycle It? Section.

There are also services including Find My Nearest, a list of local services, an Eating Out guide, and the council's Twitter messages.

Don't be left out, download the East Riding of Yorkshire Council app from your app store, or via www.eastriding.gov.uk/app and sign up for the bin collection alerts.

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