

# Cottingham Times

and District

Issue 206 - January 2019



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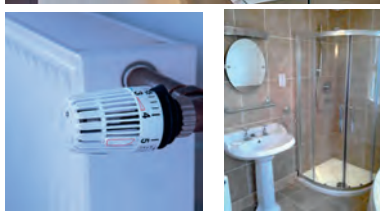
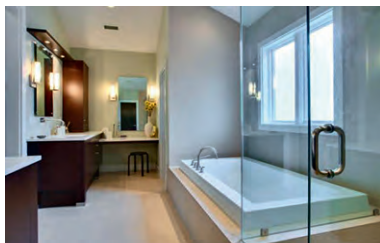
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## In Cottingham and District

The deadline for entries in the February 2019 "What's On" section, is no later than the 20th January 2019.

### The Skidby branch of the Yorkshire Countrywomen's Association

Thursday 3rd January - New Year's Lunch at the Millhouse, Skidby at 12.30 pm.

### Callis/Waudby Dancing

Starting Monday 7th January. Adult Couples All Ages. Learn Ballroom, Latin American and Easy Social Sequence Dancing At the W.I. Hall, Church Street, South Cave. 7-30 to 8-30 pm. Only £5-00 pp. per class. Callis/Waudby are noted for their careful, thoughtful and thorough tuition for Beginners. Callis/Waudby For dancing. Tel. 01430 424418, email [info@calliswaudby.co.uk](mailto:info@calliswaudby.co.uk).

### Cottingham Methodist Church Photography Group

We meet in Cottingham Methodist Church hall

Tuesday 8th January 2019 - Programme Planning

Tuesday 22nd January - Photographic Meeting at 7.30 pm, in the Church Hall.

Get a new camera for Christmas, then why not join our friendly group. Members are more than happy to help new members. New members welcome. All levels. Contact for further details:- John on 842169 or [john@jcmhome.karoo.co.uk](mailto:john@jcmhome.karoo.co.uk).

### Cottingham Local History Society

Wednesday 9th January - Thwaite House (later Hall, its occupants and Estates), Pat Elliott, in the Red Hall, Hallgate Primary School, starting at 7.30pm. Meeting fee: Members £2.00; Non-Members £3.00. Contact Chairman Mr. Peter McClure 845734.

### Cottingham Men's de Luda Society

Wednesday 9th January - Malcolm Scott - Hull's Local Breweries, in St. Mary's Church Hall, on alternate Wednesdays starting at 2.00 pm.

### East Riding Cricket Society

Wednesday 9th January, 7.45pm - Meet in the Brewery Bar, King William IV, Hallgate, Cottingham HU16 4BD. Speaker - MARK ROBINSON, OBE, Hull-born head coach of World Cup-winning England Women; former Championship-winning coach of Sussex CCC; Northants, Yorks & Sussex seamer. Everyone welcome! No dress code, no formalities - just great cricket chat. £15 a year / £5 a meeting. SPECIAL HALF-YEAR MEMBERSHIP OFFER \*\*£12\*\*. <http://ercsoc.blogspot.co.uk/>. Email: [ercsoc@gmail.com](mailto:ercsoc@gmail.com). Phone: Maggie Sumner (Secretary) 01482 861848.

### Cottingham Green Women's Institute Evenings

Thursday 10th January - AGM. Competition: Favourite Christmas Card, held in the Darby and Joan Small Hall, Finkle Street, Cottingham, at 7.30 p.m., second Thursday of each month.

**Front cover: A view from Keldgate.**  
**Photo: Paul Lakin.**



### The Hull Alpha Probus

Thursday 10th January - AGM - 10.00 am., in the Back Room, Hallgate, Cottingham. Social club for retired or semi-retired professional people. Meets in the Back Room (on Hallgate) on alternate Thursdays. Contact 01482 843282.

### U3A

Thursday 10th January - The Walkington Singers, at 2.00 pm in the hall at the Darby and Joan Hall, Finkle Street, Cottingham.

### EYES (East Yorkshire Embroidery Society)

Saturday 12th January - Opus Anglicanum or English Work - Alison Larkin, in the Darby and Joan Hall Finkle Street, Cottingham. 2:30 to 4.00 pm. Doors open 2:15. Members £1:50; Visitors £2:50. Tea/Coffee biscuits included.

### Cottingham Catholic Women's League.

Monday 14th January - David Leason - My Father Was a Snob. In the Garden Room, at the Holy Cross Church Carrington Avenue, 7.30pm.

### Hull and East Riding Astronomical Society

Monday 14th January - "Apollo 8 & Spaceship Earth", by John Dunthorne (Cleethorpes Astronomical Society). We meet every second Monday in the month at the Civic Hall, Cottingham, starting at 7:30pm until about 9:00pm. We are a friendly group and you are assured of a warm welcome if you come along to the meetings. You do not need to be an "expert" just someone who "looks up at the night sky and wonders . . .".

### East Yorkshire Woodturners

Tuesday 15th January - At Skidby Village Hall. Demonstration by Registered Professional Woodturner Dave Lowe, from Snainton near Scarborough. Meetings are every third Tuesday each month at Skidby Village Hall at 6.45pm. Visitors are always welcome, whether woodturners, novices, or just interested. (No need to book - £3.50 on the door for guests). For further information please contact David Taylor, Secretary, 01482 876702, [cotters@cotters.karoo.co.uk](mailto:cotters@cotters.karoo.co.uk) or visit the Club's website: [eastyorkshirewoodturners.org.uk](http://eastyorkshirewoodturners.org.uk)

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

Tuesday 15th January - Stitch and Chat, at the Newland Christian Centre, St. Johns Newland Church, Clough Road, Hull. Meeting start at 7.15 pm on Tuesday evenings. New members and visitors are always welcome. Free Parking. Further details from Jean Ellis on 01482 845415 or [www.hullandeastridingnewstitchers.weebly.com](http://www.hullandeastridingnewstitchers.weebly.com).

### Cottingham Evening Townswomen's Guild

Wednesday 16th January - Charity Speaker, at 7.30 pm in the Darby & Joan (Small Hall), Finkle Street. New members and visitors are always welcome.

### Cottingham Ladies Circle

Thursday 17th January - Pauline Stannard - Double Joy - A Children's Farm in Kenya, to be held in the Darby & Joan Small Hall, Finkle Street, at 2.30 pm.

### East Yorkshire Association of the National Trust

Thursday 17th January - Charles Trafford and Mike Wasling "The Trans-Pennine Trail" an illustrated talk with music, in the Cottingham Civic Hall, 7.30 p.m. Non-Members welcome.

### Inland Waterways Association

Friday 18th January - Lost Canals of Britain - presented by Paul Waddington. From 8.00 pm to 10.00 pm in the Methodist Church Hall, Hallgate. All welcome.

*Continued on page six*

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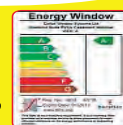
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**What's On - Continued from page five**

**Little Weighton Gardening Club**

Friday 18th January - In Little Weighton Village Hall, 7.30pm  
Peter Williams will give an illustrated talk beginning with 'Is this the Best Garden in England!' and other topics.

**North Ferriby Gardeners' Club.**

Monday 21st January - Andrew Willocks will give guidance on 'Choosing and Cultivating Plug Plants'. The club meets on the third Monday of each Month (except December and August) at The Parish Hall, Church Road, North Ferriby HU14 3DA commencing at 7.30pm. Annual membership is £10 with guests fees of £2.50 per visit. Tea/coffees are served along with a raffle. For further information please ring Trevor on 633409.

**Cottingham Men's de Luda Society**

Wednesday 23rd January - John Scotney - Hull's First City

Architect, in St. Mary's Church Hall, on alternate Wednesdays starting at 2.00 pm.

**The Hull Alpha Probus**

Thursday 24th January - 12 noon Lunch in the Back Room, Hallgate, Cottingham. Social club for retired or semi-retired professional people. Meets in the Back Room (on Hallgate) on alternate Thursdays. Contact 01482 843282.

**Beverley Gardeners' Club**

Tuesday 5th February - Sissinghurst and Vita Sackville-West, speaker Rose Horspool, at St Mary's Parish Hall, Beverley at 7.45pm. Refreshments will follow the talk. An annual fee of £15 to join the club provides free admission to all talks. Guests are welcome to all meetings at a cost of £4 per talk. For further information please contact the Chair on 01482 865432.

**Cottingham Men's de Luda Society**

Wednesday 6th February - Philip Walker - Being British, in St. Mary's Church Hall, on alternate Wednesdays starting at 2.00 pm.

**Storytime at St Mary's Church Cottingham**

Bible Stories with a twist, songs and fun! Parents, Grandparents and Carers bring your children along and join our friendly group. Tuesdays straight after school from Tuesday 15th January. Refreshments provided. This activity is aimed at primary school children. Younger siblings are welcome.

**Hull Folk Dance Club**

Tuesdays 7pm for 7:30 to 9:30pm. Darby & Joan Hall, Finkle St., Cottingham. Enjoy free tea/coffee and biscuits and get to know the members. Your first visit is free. Come on your own or bring a friend for light exercise in a friendly environment. No experience is necessary and everyone is welcome. All dances are walked through before being set to music. Beginners tuition is also offered. More information from Keith Alexander on 01482 509751; Jan Gray on 01482 840637 and [www.folkdance.me](http://www.folkdance.me).

**Musical Memories**

Do you enjoy a good sing-a-long? If so come and join us on the 1st Thursday of the month, 1.45 pm until 3.15 pm. We have coffee/tea and cakes halfway through. No Charge FREE. And we meet in the Methodist Church, Hallgate.

**St. Mary's Church, Cottingham**

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### 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 three floodlit, all-weather artificial grass courts. We have lots of opportunities for both social and competitive tennis and we have a dedicated coaching team. Please contact Matthew Fletcher on 07814 495931 for more information and to arrange to visit the club.

### Do you wish you could swim?

If you have failed to learn to swim by traditional methods, try something different. Hull Optimists teach people to swim by concentrating on balance and breathing skills. You may have a disability or a profound fear of water, we can still help you, providing that you are accompanied by your own carer or helper in the water. Sessions are in the warm water at Frederick Holmes Special School, Inglemire Lane during school term times and we now have places available on Mondays at 6 pm for, both children and adults. We also need someone to help in the water, no experience necessary as training is available. For further information 'phone Beryl on 01482 353547.

### The Cottingham Bowling Club

The Bowling Club meets daily at the Bowling Green, situated on Hull Road, by the Thwaite Street roundabout. Social bowling is held outdoors in the summer months and indoors in the winter months. Club competitions and social gatherings form an important part of the Club's activities. New members are always welcome. Further information can be obtained from Trevor Holborn 849647. Email [revtrev37@gmail.com](mailto:revtrev37@gmail.com)

### Alcoholics Anonymous Meeting

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

### ALANON Meetings

Thursday evenings at Holy Cross Church, Carrington Ave Cottingham HU16 4DU. The meetings start at 7.30 pm until 9.00pm every Thursday evening, it is an open meeting for relatives or friends of the alcoholics and who are being severely affected by someone else's alcoholism. This fellowship is an International one, there are no dues or fees for joining all new comers will be told that they will remain strictly anonymous and anything they share at the meeting would not be discussed elsewhere. Any further information on 01482 508231

### Alternative Aquatics

Alternative Aquatics is a local charity and self-help group. We provide gentle exercise and relaxation for people with back pain and associated mobility problems, in wonderful warm water and a friendly atmosphere. We meet on Thursdays at 5-6 pm during term time, at the hydrotherapy pool at Frederick Holmes School on Inglemire Lane, Hull, and the cost is £39 per school term. We have a few places available so if you would like more information, or would like to come along for a free trial session, ring Karen on 01482 807072 or Ann on 572011. We are also looking for volunteers and expenses can be paid.

### Zion United Reformed Church, Hallgate

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

*Continued on page 19*

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





# Property News from Martin English of Homelink

## Running out of energy

**Energy Performance Certificates (EPCs) for rented properties were introduced from October 2008. With a life span of 10 years this means that they are beginning to run out. There were some produced from August 2007 where a house was sold but this will be less common.**

The first and most important thing to understand is that, unlike a gas safety record, there is no need to get a new EPC simply because the current one expires.

The law defines when an EPC is needed, and one is needed when a property is put on the market for sale or letting. With an existing letting, as the property is not being marketed, no EPC is needed. This even applies if you are arranging a renewal to the existing tenant.

The logic behind this is that the EPC gives a standard assessment of the energy consumption of the property whereas the tenant who is living there knows exactly what the energy costs are, they are paying the bills!

Therefore, the first time a renewal EPC will typically be needed will be when the tenant gives notice and the property is to be advertised for sale or a new rental.

This rule about the EPC running out also affects the Minimum Energy Efficiency Standard (MEES) which is based on the requirement to ensure properties reach at least band E or an exemption is registered. If the property is not legally required to have an EPC (even if one was produced over ten years ago), then MEES will not apply until the property is required to have an EPC.

As the software for producing EPCs has been changed over the last ten years, some properties, particularly those with solid walls, may find that if the property was band F, a new EPC may then take them into band E anyway.

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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# CHRISTMAS SHOPPING?... KNOW YOUR RIGHTS

## **Alex Green, Solicitor at Graham & Rosen looks at your legal rights if there are problems with your Christmas presents**

It's that time of year again when we are busy buying presents for our friends and family. We all want to buy that perfect present for someone special but things don't always go to plan.

The good news is that the new Consumer Rights Act 2015 strengthens your consumer rights and makes the law clearer and easier to understand. Unfortunately, some retailers don't always play by the rules so it's important you know your rights should you need to return a gift.

**High Expectations** - the goods you receive should be of a satisfactory quality, so not faulty or damaged. They should also be fit for purpose and be as described and so match any description of the product of any models or samples you were shown before purchase.

**Can I have a refund?** - If the goods are not compliant, then yes, you can have a refund but you must act quickly; you only have 30 days to return an item and the refund should include any delivery charges. Some retailers offer a longer period over Christmas but don't assume this to be the case, ask before you hand over your credit card.

**Out of time?** - If 30 days have passed and the item is faulty or damaged, you must give the retailer the opportunity to repair or replace the item. If you are

still unhappy you can ask for a refund or a price reduction if you wish to keep the goods.

### ***Unwanted gift - can I have a refund/exchange?***

No, a retailer is not legally obliged to do so unless the goods are faulty. However, many retailers will offer a refund or allow you to exchange goods for a limited period of time. The key is to ask at the till before purchase. If you buy online, however, you do have the right to cancel up to 14 days after receipt but may have to incur the cost of returning the item.

**Can the recipient return the present?** - The person who bought the gift needs to return it as the contract is between the purchaser and retailer. However, more and more retailers now have policies in place enabling the recipient to obtain a replacement or exchange by using a 'gift receipt'.

**The retailer says the manufacturer is at fault** - The fault may have been caused by the manufacturer but your contract is with the retailer and they are under a duty to make things right. However, if you have lost your receipt and the item comes with a warranty you might want to contact the manufacturer direct. Love it or hate it there are presents to be bought; but by knowing your rights you can buy with confidence this Christmas.

**Happy Shopping!**

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# Wishing you a happy and safe New Year

**Half the world's population is now online!** That's around **3.9 billion people** now using the Internet, meaning that for the first time more than half of the global population is online, the United Nations reported last month. That's great news for a lot of people, but it raises the need for even more security awareness.

**Stay protected online.** It goes without saying that you should ensure your computer security is up to date and working. If you have purchased ESET anti-virus or Internet Security from us in the past, you will get a pop up on your screen a few weeks before it is due for renewal, so just get in touch straight away. Other products should also give you a similar warning, so just check it regularly. Also please read [security central](#) at the end of this article

**Make RDM your first call for home computer support – call us on: 875666**

**Annoying advertising – we all get it!** When you've been looking at something online that you might be interested in purchasing, all of a sudden you get banner ads appearing in the middle of whatever else you are doing. This is known as targeted advertising, in other words the retailer knows you expressed an interest, so they will keep pushing their products in front of you in order to get a sale.

**Online flight prices going up.** Continuing the online shopping theme, some say that 'cookies' (see explanation below), planted on your computer cause flight prices to increase when a particular airline knows what you are looking for. There could be an element of truth in this, but then again prices can go down when they are looking to fill seats. It is worth trying to clear cookies and try again, or use a computer or tablet with a different internet connection; for instance a different Wi-Fi or another family member, friend's or office computer. Airlines use a very complicated algorithm to calculate fares based on supply & demand so it's not a simple process to crack! Apparently, you should avoid booking on a Thursday though, because that's the peak day for bookings being made!

**What are cookies?** These are small text files put onto your

computer when you visit websites. They store data about your preferences, but not personal information. There are lots of websites with an explanation, but a good one with information on how to control cookies go to: <https://blog.malwarebytes.com/101/2018/01/cookies-should-i-worry-about-them/>

**The woman who created world's first word processor has died aged 93.** Evelyn Berezin developed the 'Data Secretary' device, and her company *Redactron* launched and sold the product in 1971. She is also credited with building the first computerised airline reservation system.

**New Year new PC –** a bit contrived maybe! But this is the time when we think of new beginnings and replacing old stuff that has had it's day. So a new PC can be a welcome start. Think of all the things you use a computer for: searching for answers, email, shopping, banking, family history, spreadsheets, even writing letters maybe. Most people's worry is that they might lose all their valuable files and photos etc., but fear not, it can all be transferred. Just get in touch for advice and a quote.

**For honest, unbiased advice & pricing on a new PC call RDM on 875666**

**If you don't want a PC, then for advice on purchasing a new laptop online or from a store,** please see our free article available on the website: [www.rdmcomputers.co.uk/news](http://www.rdmcomputers.co.uk/news)

## Question & Answer section

**Q:** I am still getting a message from ESET about webcam access, what do I do?

**A:** Unfortunately, this glitch is still not fixed, so just click block for now.

**Q:** My screen has turned upside (or right or left). What do I do?

**A:** On your keyboard hold down the Ctrl and Alt keys and the press the Left, Right, Up or Down arrow to rotate the screen

**Q:** My computer is still on Windows 7, is that ok?

**A:** Yes, but Windows 7 is scheduled for 'retirement' by Microsoft on January 14<sup>th</sup> 2020 (when there will be a collective sigh of sadness, like there was for Windows XP's passing!)

## Security Central:

**If you haven't already upgraded to ESET Internet Security,** now is the time to do it. Go to the website <https://www.eset.com/uk/home/free-trial/> and download a **free one-month** trial! Just make sure you uninstall any existing anti virus you may have, even if it has expired. For prices, upgrades and licences – just give us a call.

**Telephone scam – yes, I must mention this again.** There has been another spate of unsolicited calls to computer users in this area purporting to be from Microsoft or Windows (who they are not) offering to fix problems with your computer (which they won't) and then fraudulently taking money for their non-existent services. If you get such calls, and they can be very persistent, tell them you are not interested, or that you have a local computer specialist, or that you don't have a computer!

Remember to look on my website for copies of the current and two previous articles where they can be read, downloaded or printed.

*Best wishes for 2019 to all my readers – stay safe and well!*

**Richard Mills**  
**RDM Computers**  
**Cottingham**

**01482 875666 or 07850 105424**

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

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

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## Celebrating Success at Hallgate Primary School

The year 2018 has been a good year for Hallgate Primary School. In September the school received a 'Good' Ofsted rating with an 'Outstanding' for the way it promotes the personal development and welfare of the children. The Governors, staff and parents were delighted that Ofsted had recognised the high standards and achievements of the school as well as the excellent attitudes to learning that the children display.

In December the DfE Performance Tables identified the excellent progress that the children at Hallgate are making, and placed the school amongst the top performers in the East Riding for reading writing and maths. Out of 141 East Riding Schools, Hallgate achieved 6th for maths progress, 8th for writing progress and 11th for reading progress. The school was also in the top 20% in the East Riding for the percentage of children achieving age related expectations in reading, writing and maths.

The school is very proud of its exciting and innovative curriculum and enjoyment is an important part of school life,

with regular opportunities for 'hands on' learning, visits and visitors into school to engage and motivate the children. We encourage our children to be 'Super Learners', developing positive attitudes to learning. Our Values play an important part in our strong school ethos and we encourage the children to think about other people by providing plenty of opportunities for them to make a contribution to their local community.

We are looking forward to 2019 and continuing on our journey to excellence.

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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. 143

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

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



## HAPPY NEW YEAR!

WE'D LIKE TO SAY A BIG THANK YOU TO EVERYONE WHO HAS SUPPORTED US OVER THE LAST YEAR VIA THE CO-OP COMMUNITY GRANTS SCHEME, RAISING NEARLY **£5,000** TO SPEND ON IMPROVING OUR FACILITIES.

DID YOU KNOW THAT COTTINGHAM SPORTS CENTRE WAS THE FIRST 'COMMUNITY ASSET TRANSFER' IN EAST RIDING, AND ONE OF THE FIRST IN COUNTRY? JUST LIKE THE CIVIC HALL, WE CANNOT MANAGE ON HALL BOOKINGS ALONE, SO WE RELY ON GRANTS TO PAY FOR ANY IMPROVEMENTS AND MUST RUN PROFITABLE ACTIVITIES TO HELP PAY THE BILLS.

**TUMBLE 'N' TWIST PRE-SCHOOL GYMNASTICS**, AND **INTRO TO GYMNASTICS** ARE HALF-TERMLY COURSES DELIVERED TO BRITISH GYMNASTICS STANDARDS BY OUR QUALIFIED COACHES. **MINI-SOCCER SKILLS**, AFTER-SCHOOL ON MONDAYS, IS A DROP-IN SESSION DELIVERED BY OUR FA-QUALIFIED COACH ON THE **ALL-WEATHER 3G PITCH**. EVER POPULAR ON WEDNESDAY AFTERNOONS AND FRIDAYS MORNINGS IS THE DROP-IN **SOFT PLAY** SESSION WITH OUR **BIG BOUNCY CASTLE**, AND THERE'S A QUIETER **AUTISM-FRIENDLY** VERSION ON SATURDAY MORNINGS. AT WEEKENDS IT'S **PARTY TIME**, EITHER INDOORS WITH **SOFTPLAY** OR OUTSIDE FOR AN EXCLUSIVE **FOOTBALL** COACHING EXPERIENCE.

WE ALSO HAVE ADULT SESSIONS TOO, AS THE SITE IS THE HOME TO **EAST RIDING RANGERS FOOTBALL CLUB**, **COTTINGHAM FITMUMS & FRIENDS**, AND **HULL ZANSHIN KARATE CLUB**. EAST RIDING COUNCIL'S FREE **WALKING TO HEALTH SCHEME** OPERATES 30-MINUTES, 1-HOUR AND 2-HOUR WALKS FROM THE PAVILION, AND **COTTINGHAM RANGERS FC** HOLD ONE OF THEIR **WALKING FOOTBALL** SESSIONS ON OUR 3G PITCH EVERY FRIDAY MORNING.

CHECK OUR [WEBSITE](#) OR [FACEBOOK PAGE](#) FOR **SESSION TIMES**, **NEWS** AND **UPDATES** TO OUR PROGRAMME, AND, IF YOU NEED ANY ENCOURAGEMENT TO TRY SOMETHING NEW FOR THE NEW YEAR, THEN WHY NOT USE THE VOUCHERS BELOW.

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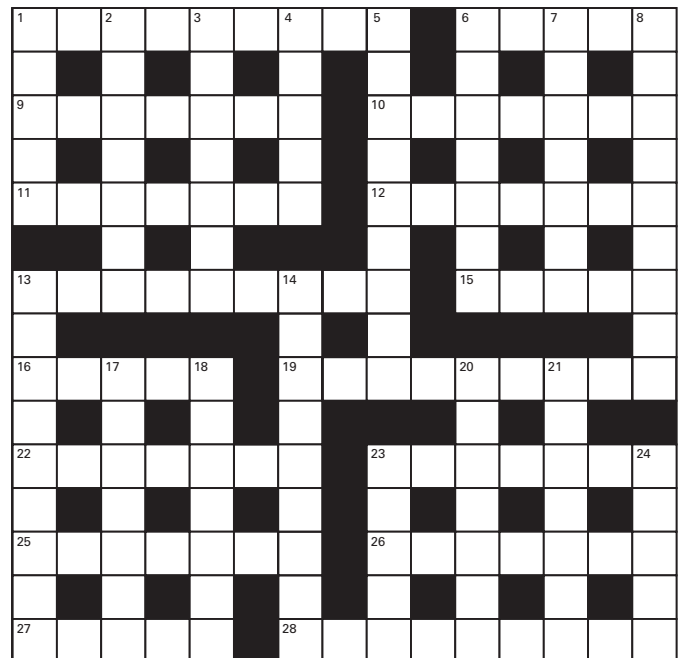
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COTTA COURT

WE ARE  
HERE

FINKLE  
STREET

## Crossword - Solution on page 46



### Across:

- Bought (9)
- Ledge (5)
- Incriminated (7)
- Doubter (7)
- Glanced at (7)
- Including everything (7)
- An officer (9)
- The mountain of the Ten Commandments (5)
- Breed of duck (5)
- Overburdens (9)
- Wrestle (7)
- Repeatedly drop bombs (7)
- A parasitic disease spread by mosquitos (7)
- A southern state (7)
- Connecting points (5)
- Prolonged unfulfilled desires (9)

### Down:

- Bogs (5)
- Repossess (7)
- A cry of praise to God (7)
- Aligned oneself with (5)
- Converse (9)
- Searchers (7)
- Drag along (7)
- Abilities (9)
- Preacher (9)
- Camel (9)
- Spoke with an accent (7)
- Accounts (7)
- Spoof (7)
- Breed of horse (7)
- British Association of Film and Television Arts (5)
- Beloveds (5)

Crossword courtesy of [www.crosswordpalace.com](http://www.crosswordpalace.com)

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### New Beginnings 2019

We hope all old and new clients have had a fantastic Christmas and experience a healthy and prosperous New Year. Please do not hesitate to contact Caroline Harraway Solicitors if we are able to assist you with your exciting plans for 2019.

Well! A year has now passed since we moved to Cottingham. What a year it's been! Thank you for making us so welcome in the village. We really feel a part of it! Some highs and some lows but all a great learning curve!

We started January 2018 as a three and that three is now a nine! Trebling in a year is all thanks to the client base we've acquired in Cottingham and surrounding areas.

### Departments

We've identified the strong client demands and have four established departments, as follows: -

1. Wills and Probate including Lasting Powers of Attorney;
2. Personal Injury including Clinical Negligence, Industrial Disease, Employer's Liability, Road Traffic Accidents and Housing Disrepair cases;
3. Civil Litigation; and
4. Conveyancing.

We are focusing our attentions on the above specialist areas to benefit our clients rather than diluting the team and providing other areas, for the moment.



### New Pricing

We have a new fair, pricing structure for 2019. Please do not hesitate to email us on [info@harrawaysolicitors.co.uk](mailto:info@harrawaysolicitors.co.uk) if you would like a copy and to be added to our mailing list (if you would like to be!).

### Join Our Team

We are looking to recruit an experienced family lawyer and until then we will no longer be providing family law services. This is an exciting opportunity for an experienced fee earner who is ready for the next stage in their career. We have found there is a huge demand for this area of law and are looking for the right person to join our team.

### Wills Special Offer

A surprising fact is the number of families we meet who haven't got round to having legally binding, clearly worded Wills written for them. Lots of young parents haven't thought about the importance of appointing legal guardians. We, therefore, have a special discount for any new Will instructions in January or February 2019.

### Big Thanks

We'd like to take this opportunity to thank the trusted friends of Caroline Harraway Solicitors who have gone above and beyond for us during 2018. These are Pro Fusion Partnerships in Hallgate, Simpatico Communications, Peter Brearley & Co and of course, Keith and the team there at *The Cottingham Times*!



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# In the Kitchen



## Spiced sweet potato and leek soup with stilton

- Gluten Free
- Preparation time: 10 minutes
- Cooking time: 30 minutes
- Total time: 40 minutes. Serves: 4

### Ingredients

3 essential Waitrose leeks, trimmed  
 10g essential Waitrose unsalted butter  
 2 tbsp essential Waitrose olive oil  
 ½ tsp ground cinnamon  
 ½ tsp ground cumin  
 2 garlic cloves, sliced  
 1 litre fresh vegetable stock  
 3 essential Waitrose sweet potatoes (about 450g), peeled and chopped into 2cm pieces  
 ½ essential Waitrose lemon, juice  
 50g stilton

### Method

1. Cut a 4cm length from the white part of one leek and set aside. Roughly slice the rest. Heat the butter and 1 tbsp oil in a large pan, add the spices and roughly sliced leeks and fry for about 10 minutes, until softened. Add the garlic and cook for 1 minute more. Add the stock and sweet potato, season and bring to a simmer. Cook for 10-15 minutes or until the potatoes are tender.

2. Meanwhile, make some frizzled leeks to garnish. Heat the remaining 1 tbsp oil in a frying pan over a medium-high heat. Halve the reserved leek, then finely slice lengthways into matchsticks. Add to the hot oil, and move constantly with tongs until golden and crisp. Remove from the pan and drain on kitchen paper. Sprinkle with sea salt and set aside.

3. Remove the soup from the heat and cool slightly. Transfer to a blender and whizz until smooth (in batches if needed).

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



Return to the pan and reheat gently; check the seasoning and add lemon juice to taste. To serve, divide between 4 warm bowls, crumble over the blue cheese and top with the frizzled leeks.

## Cottage pie with cauliflower cheese topping

- Preparation time: 15 minutes
- Cooking time: 1 hours
- Total time: 1 hour 15 minutes. Serves: 4 - 6

### Ingredients

1 onion, roughly chopped  
 1 large carrot, roughly chopped  
 2 tsp rosemary leaves  
 2 tbsp olive oil  
 400g Waitrose Hereford Mince Beef  
 150g red split lentils  
 2 tbsp tomato purée  
 1 Oxo Rich Beef With Onion & Rosemary Stock Pot  
 600ml boiling water  
 500g floury potatoes, such as Maris Piper or King Edward, peeled and cut into large chunks  
 1 medium cauliflower, cut into florets  
 100ml crème fraîche  
 100g mature Cheddar cheese, grated

### Method

1. Preheat the oven to 200°C, gas mark 6. Place the onion, carrot and rosemary in a food processor and pulse until finely chopped. Heat the olive oil in a large saucepan and add the mixture and gently cook for 6 minutes, until softened but not coloured.

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2. Add the mince beef and mix with the vegetables, cooking for 2 minutes until browned and breaking up with a wooden spoon. Add the red lentils and tomato purée and cook for 1 minute. Mix together the stockpot and water and stir into the pan. Cook gently for 20 minutes without a lid, until the lentils are tender.

3. Meanwhile, place the potatoes in a large saucepan and cover with water. Bring to the boil and cook for 10 minutes then add the cauliflower and cook for a further 7 minutes until the potatoes and cauliflower are very soft when pierced with a knife. Drain well and return to the pan with the crème fraîche, cheese and a pinch of salt and mash together until you have a creamy yet coarse mash.

4. Spoon the beef and lentil mix into a 35x25cm ovenproof dish then spoon the mash on top leaving it quite rough for a crispy crust. Bake for 25-30 minutes until golden, crusty and bubbling.

## Pork chops with peppercorn and Worcestershire sauce cream

This is a brilliant one-pan packed with punchy green peppercorns. The sauce is also great with steak or chicken.

- Preparation time: 15 minutes
- Cooking time: 15 minutes
- Total time: 30 minutes. Serves: 2

### Ingredients

25g essential Waitrose salted butter  
2 essential Waitrose British outdoor bred pork loin chops (about 175g each)  
4 fresh sage leaves (optional)  
1 garlic clove, smashed  
5 tbsp Worcestershire sauce  
125ml essential Waitrose double cream  
1-2 tbsp Waitrose Cooks' Ingredients green peppercorns, drained and rinsed

### Method

1. Heat the butter in a large frying pan until foaming. Season the chops and add to the pan, frying for 4-5 minutes on each side, or until cooked through. Towards the end of cooking, add the sage leaves (if using) and garlic, then baste the meat with the butter. Remove the chops to a plate and cover loosely with foil.

2. Discard the excess butter from the pan and pour in the Worcestershire sauce. Simmer until reduced by about ½, then pour in the cream and a splash of water; simmer again until creamy. Add the peppercorns, taste and season, adding a splash more cream if it's too punchy.

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3. Serve the chops, spooning the sauce over the top, with steamed green beans and new potatoes, if liked.

## White chocolate blancmange with blueberries

- Preparation time: 20 minutes, plus cooling and setting
- Cooking time: 5 minutes
- Total time: 25 minutes. Serves: 6

### Ingredients

5 sheets Costa Leaf Gelatine  
15g cornflour  
300ml semi-skimmed or full-fat milk  
50g caster sugar  
300ml tub single cream  
200g Waitrose Belgian White Chocolate, broken into piece  
For the berries  
180g blueberries  
2 tbsp caster sugar  
Squeeze of lemon juice

### Method

1. Place the gelatine in a bowl of cold water and leave to soften. Meanwhile, put the cornflour in a saucepan and gradually blend in a little of the milk until smooth. Stir in the remaining milk. Add the sugar and cream, then heat and bring to the boil, stirring continuously with a wooden spoon until thick and beginning to boil up.

2. Lift the softened gelatine out of the water and lower it into the custard. Stir until dissolved. Tip in the chocolate and leave for a few minutes, stirring frequently, until melted. Pour into a jelly mould with a capacity of about 800ml. (Or use individual moulds or a small trifle dish.) Leave to cool completely, then chill for at least 4 hours or until the blancmange is set.

3. Put the blueberries in a bowl and prick all over with a fork to release the juices. (You needn't be too precise with this, simply prod the berries roughly.) Add the sugar and a squeeze of lemon juice and leave to stand for about 30 minutes, stirring frequently until the sugar has dissolved and the juices are syrupy.

4. If using a jelly mould, fill a large heatproof bowl with very hot water. Loosen the top edges of the blancmange from the mould with the tip of a knife. Lower the mould into the water and leave for a few seconds. Lift out, rest a flat serving plate on top and invert. Shake the mould until you feel the blancmange loosening then lift away the mould. (You might need to re-dip the mould several times; metal and plastic moulds will be quicker to loosen than glass or ceramic. Take care not to dip them for too long or the blancmange will melt.)

5. Spoon the blueberries over or around the blancmange to serve.

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



## ON THE GRAPEVINE

## WITH ROY WOODCOCK

## The wines of New Zealand

2019 will see New Zealand celebrating 200 years since the first vines were planted on its shores and over 20 years of consecutive sales growth in the UK.

In fact, New Zealand continues to lead the way in both wine merchants and supermarkets, with sales volumes and value growing to stretch its lead as the top supplier of premium wines in this country.

New Zealand now sells £483 million of wine to the UK, up 6.6 per cent compared to the previous year.

Sauvignon Blanc is still the flagship and now accounts for 47 per cent of all Sauvignon Blanc sold in wine retailers and supermarkets. But Pinot Noir is growing rapidly and New Zealand has cemented itself as the leading supplier of premium red wines with an average price of £9.43 for their reds, which is almost a third higher than any other country.

The value of sales to the UK is up, but so is the volume - up 6.3 per cent to 6,597,000 cases.

The US is still New Zealand's key export market by value, but the UK is slightly ahead in volume.

New Zealand got its first vines in 1819 when Yorkshireman and Christian missionary, Samuel Marsden, planted 100 vines at Kerikeri in the Bay of the Islands. Today, there are close to 40,000 hectares of vines dotted across New Zealand and in the past 20 years, the total vineyard area has more than tripled.

\* Without wishing to utter the "B" word (Brexit, that is) I was interested to learn that many in the drinks trade are concerned about supply disruption.

Majestic has announced it is planning on holding an additional £5-£8 million of additional stock during Brexit. Meanwhile wholesalers Bibendum PLB are planning on bringing more stock into the UK as Brexit day approaches on March 29.

\* No, it isn't April, so please don't check the date on the cover of this magazine; what follows is 100 per cent true... Cereal giant Kellogg's and Salford-based brewery Seven Bro7hers have teamed up to create a beer made with cornflakes that were either too big, too small or overcooked to make it through quality control.

The beer, called Throw Away IPA, will help the cereal manufacturer to cut down on its food waste as Seven Bro7thers, a craft brewery based in Salford, swapped around 30 per cent of the usual mash bill for cornflakes.

The brewery used around 60kg of rejected cornflakes for the beer and 10p from each can purchased will be donated to food distribution charity FareShare.

Apparently, Kellogg's first approached Seven Bro7thers earlier this year when the brewer teamed up with BrewDog Manchester to make a cornflake milkshake IPA. Corporate social responsibility manager for Kellogg's UK, Kate Prince, said: "Kellogg's is always exploring different and sustainable ways to reduce food waste in its factories. So it is great to be involved in such a fun initiative with a local supplier."

And Alison Watson, from the brewery, added: "Seven Bro7thers Brewery is delighted to be working with Kellogg's on a project which uses edible but not-sellable cereal. Kellogg's recognises that it has an important role to play in reducing food waste, and that includes finding uses for edible food that doesn't make it into the cereal box. The cereal is perfectly safe to eat but the flakes might be too big, too small or broken."

London brewery Toast Ale was one of the first breweries to start adding surplus food into the brewing process. The brewer, which has since launched in the US, uses left-over bread to produce its range of beer.

\* And another strange, but true story... Surrey-based distillery The Gin Kitchen has unveiled a gin made for Lingfield Park racecourse, distilled with actual turf taken from the track!

The distiller, located in Dorking, has created the Lovely Lingfield Gin exclusively for the racecourse. Botanicals are sourced from Lingfield Park estate including Bramley apples, lavender, rosehip, lemon mint and, yes, even grass from the course.

The new gin will remain quite exclusive, however, being served at bars on site while, instead of a trophy, a bottle will be given to victorious owners alongside two Lingfield Park balloon gin glasses.

Clerk of the course, George Hill, commented: "We wanted to make winning at Lingfield a bit different considering we're one of the busiest racecourses in Europe."

Co-founder of The Gin Kitchen, Kate Gregory said: "We're thrilled with the results; we've never used turf before but loved the idea - we had no idea how good it would taste!"

And talking of gin, it was interesting to hear that trustees behind a campaign to bring a former steam trawler back to its home in Hull are promoting the Viola with a message in a bottle after securing their first sponsorship deal. The partnership has given the owners of Hotham's Distillery a licence to produce a special brand of their hand-crafted gin which will carry the Viola lifebelt logo on its label.

Emma Kinton and Simon Pownall, who opened their distillery in Hepworth Arcade, Hull, late in 2018, started production in time to deliver orders for Christmas and beyond. The deal was struck when Emma and Simon heard about the Viola campaign and decided to name their new still after the ship, which was built in Beverley in 1906 and now sits on a beach at Grytviken, South Georgia.



## BEST BUYS



## The Ned Sauvignon Blanc

**Where:** Co-op

**When:** Now, until January 3

**Why:** I've recommended this New Zealand Sauvignon Blanc numerous times; ever since I hosted a wine dinner with wine-maker and brand founder Brent Marris, once of Wither Hills. Zesty and fruity, with a brilliant smoky, herbal twist, this delicious Sauvignon Blanc has characteristic lime and gooseberry flavours.

£8 (was £10)



## Tiki Ridge Sauvignon Blanc Reserve

**Where:** Waitrose

**When:** From January 2 - 22

**Why:** Here's another great example and a bargain, at one-third off. A classic expression of the Marlborough style - lively and intense with juicy flavours, it's the perfect accompaniment to fish, seafood, chicken and Asian cuisine.

£6.99 (was £10.49)



## Mme Claude Parmentier Fitou

**Where:** Waitrose

**When:** From January 2 - 22

**Why:** Fitou is one of my favourite French reds and this is an example full of character and individuality. Traditionally served with delicious cooked beef, succulent pork sausage, a ripe French cheese or lasagne.

£6.29 (was £8.49)



## La Cerisa Rosa Pinot Grigio Rosé

**Where:** Waitrose

**When:** From January 2 - February 19

**Why:** A premium Italian Rosé from North West Italy made predominantly from Pinot Grigio grapes with the addition of Pinot Noir for colour and fruit. A wonderfully dry, fresh and fruity rose. Ripe berry and cherry fruit with a vibrant finish.

£5.99 (was £7.99)

### Butterflies

Is one for those with memory loss and their carers. The group meets on the 3rd Friday of the month in the afternoon from 12 noon to 2.30 pm. The venue is in the Methodist Church, Hallgate. A light lunch (optional) precedes a variety of activities, eg. Crafts, entertainment, games. A small charge is made to cover costs.

### Cottingham Rangers AFC

Cottingham Rangers AFC was founded in 1972 and is one of the biggest football clubs in the area. We have a total of 25 teams (17 Boy's teams at under 7 to under 19 level, 4 Girl's teams at under 10, 12 14 and 16 level, 1 Men's teams, 1 Veterans teams and 2 Ability Counts teams), as well as an academy for 4 to 7 year olds and a Walking Football section for those of a more senior age! For more information please contact the Club Secretary, Dean Banyard on 01482 840924 or visit our website [www.cottinghamrangers.co.uk](http://www.cottinghamrangers.co.uk)

### Play Badminton

On Tuesday and/or Thursday evenings at Cottingham High School, 8.00 pm until 9.30 pm during term time. **Get Fit, Have Fun!** £2.50 Adults; Students £1.00 per evening. For more information telephone Telephone Fiona/Steve on 01482 870906.

### Fitmums & Friends Run, Walk

The club meets at the Blue Kangaroo, Finkle Street, Cottingham on Monday's 9.30 am (term time only) and at Cottingham Sports Centre KGV Pavilion, Wednesdays 7.00 pm. Suitable for men & women of all abilities. [www.fitmums.org.uk](http://www.fitmums.org.uk)

### Cottingham Bridge Club

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

### The Alzheimers Society

Hold a variety of Activity Groups and Memory Cafes for people with dementia, their families and carers. For more information please contact the Hull and East Riding Alzheimer's Society on Tel 01482 211255.

### Thursday Fun

Takes place in the Methodist Church, Hallgate every 3rd Thursday of the month from 2.00 pm until 4.00 pm. Come and join us and play dominoes, cards, scrabble and do a jigsaw or bring your own craft/game. Enjoy a good chat and tea and biscuits. This is FREE, but we have an (optional) small raffle.

### Cottingham Cricket Club

'The club provides cricketing activities and games for boys and girls from the age of 6. We run 4 Saturday sides, and teams at U9, 11, 13, 15, 17 and 19 and also Girls Teams. All new players of any ability are welcome. Training starts in January with Indoor Nets at Sirius Academy North for all age groups and Seniors on Wednesday evenings 6.00 pm till 8.00 pm and at Cottingham High School (Sports Hall), (tennis ball/kwick cricket ball) for ages 6-15, on Saturdays 12.30 pm till 2.30 pm till Easter. Summer training for Juniors is Friday evenings and Seniors is on a Wednesday. For more information and details contact Rob Rhodes on 842215. Or email [cottinghamcc@hotmail.co.uk](mailto:cottinghamcc@hotmail.co.uk)

Continued on page 27

# Happy New...

## ...bedroom, bathroom, kitchen



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## Reflections . . .

**H**appy New Year to you all. A fresh beginning for some and reflections for others. I feel it does us good to start a new year with hope and fresh sights ahead but sometimes this can be marred with reflections of what has passed. This year shall be a new beginning for myself and Tali...my beautiful Labrador pup..with lots of training and new adventures together but this does not go without reflection on the past. As some of you may know, back in May I sadly lost my companion Teal at 10 1/2 years old. I wasn't prepared and thought she would go on for another few years but after a short illness, I had to make the decision we all dread as pet owners. It did take me quite a while to come to terms with my decision and the process of numbness, followed by, strangely enough, anger then grief engulfed me over the following months. My daughter Natalie and I decided to go away for a long weekend in the July with her 11 1/2 year old dog, Charlie and it was whilst we were away we noticed his occasional lack of interest in food was becoming more regular with a difficulty to swallow. We had put his disinterest in food down to pining for Teal, after all they had been together since puppies but once again, this saw us back at our Park Street hospital where Charlie was admitted. After a day of invasive surgery, it was sadly Natalie, this time, who was in the dilemma of making the decision... so at the end of July we



said goodbye to another of our faithful friends. How could this happen.....two of our closest pets gone within two months. During this time and further on into 2018, my eldest daughter Kath and her partner Matt, were monitoring their gorgeous cross Belgian Shepherd Baxter. He had suffered with his legs, having had hip dysplasia since a young age but they had become increasingly worse over the months with regular trips to the Anlaby branch. It was towards the end of November when Baxters back legs gave way but sadly it wasn't what we expected. During his examination, vet Joao noticed something else strange going on so back to park Street for a scan where it was confirmed...our poor lad had cancer. They were not prepared for this news, thinking it would be Baxters legs that were the problem so to come away knowing this was their final day with him, was devastating. Being put to sleep at home did help but the guilt remained (like did with Natalie and myself)...did we do enough for them, why did we have to make the decision and not pass away in their sleep? The guilt, anger and latterly grief goes on and from experience, will do for many years ahead but I can say we do not get over this experience but learn to live with it and look back on the time spent, no matter how long, we had with our pets realising they did have many many happy times with us.

One thing I have to say is thank goodness our three furry friends were insured. There was no hesitation for me to say, yes do the CT/MRI scan on Teal (yes we have a full sized MRI scanner) plus the many blood tests sent for a referral and more importantly the overnight/day intensive care all our pets received. It was whilst I was visiting Teal in the hospital, I witnessed first hand a behind the scenes emergency. To watch the vet in charge that evening, give CPR to a poor little soul who had stopped breathing, the nursing team rallying round..all knowing they had a critical job to do was mesmerising but at the same time emotional. Then finally to hear the vet say "well done team" upon the little one coming round, not only moved me tears but also made me so proud to be an actual part of such an amazing practice. I know we have all, at one stage or another, have either criticised or praised whichever veterinary practice our furry companion is registered with but on seeing first hand, what an outstanding and passionate team we have plus the amazing technology and equipment KINGSTON have invested in.....what better place to belong.

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

My gorgeous girl is coming on a treat, especially her recall to the whistle but her lead walking is a bit to be desired and will have to be brushed up on. Oh and she has started puppy swimming lessons.... yes, you can really enrol on them. The past months have been, should I say enjoyable with a twist of frustration, but definitely a learning curve for the two of us. The main one is if you do not wish for things to be chewed then do not leave them out.... five Christmas dog toys, four magazines, three x festive cushions, two pairs of slippers and a pair of old walking boots ( I think there is a song there). Thank goodness we haven't reached 12....yet!

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## Cookery courses launch at Cottingham Adult Learning Centre

Cookery sessions are now available at East Riding of Yorkshire Council's Adult Learning Centre in Cottingham after a new kitchen was installed at the Hallgate venue.

The investment means that the council's employment, education and skills team is able to launch a range of cookery courses that will take place in the new, modern and purpose-built cookery classroom.

The new facility was opened by Councillor Andy Burton, the council's portfolio holder for economic investment and planning delivery, and was attended by more than 20 organisations including local schools, health partners and community groups. Local groups had chance to meet the new tutors and take part in cooking demos to see what is going to be on offer from January.

Dozens of paying customers have also been taking part in £5 festive short courses during December to test the new facility before main courses are advertised in January. Test courses have included lots of festive treats including home baked tree

decorations and easy festive canapés

"This brilliant new facility was made possible, in part, due to the success of the Cottingham Adult Learning Centre," said Councillor Burton.

"Our festive taster sessions have already been booked up, demonstrating a real appetite for these type of courses.

"We anticipate that the cooking courses will prove extremely popular with learners and we have appointed a team of really knowledgeable and enthusiastic tutors with a wealth of experience in the food industry."

Sara Arnold, employment, education and skills group manager, said: "We're really excited to be launching our cookery courses in Cottingham. Our new tutors will be bringing some fantastic contemporary ideas to our classes and learners will have access to our brand new kitchen facilities.

"Residents will be able to book on to and explore a wide range of courses from January and we're hoping that they will travel from across the East Riding to attend the classes.

"It is really important to us to find out what residents think to this great new cookery classroom and we will be asking them for their thoughts, ideas and inspiration as to what cookery courses they would like to see on offer in the future."

Courses available from January are below and are now available to view and book online. Batch cooking and freezing, bread making, Chinese cooking, Chutneys/jams/preserves, cooking for children, cooking for one, delicious homemade desserts, family cooking, healthy family dinners on a budget, homemade burgers, Indian cooking, Italian cooking, Mexican cooking, pastry and pies, quick and easy desserts and sauces/jus/gravy.

To find out more and to book on courses, visit [www.eastriding.gov.uk/learn](http://www.eastriding.gov.uk/learn).

Alternatively call (01482) 842329 or visit the Cottingham Adult Learning Centre in Hallgate, Cottingham, HU16 4DD.

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## "The Tooth and Nothing but The Tooth"

by  
Chris 'Dr. Smile  
Maker' Branfield

## Here's to a Bright New Year

Hello again, I hope you are well and had a fantastic Christmas.

### Branfield And Son

I am a proud Dad and I'm excited that my son, Edward, will be coming back to join the team at Castle Park Dental Care. This time, though, it will be as a Dental Therapist, so he will be a clinician. I know he will be great. Before he joins us he's off to Peru for some jungle trekking and climbing Machu Picchu. I hope he gets back in one piece. He will be coming with me to Morocco with Dental Maverick's Charity to do some humanitarian work later in the year. He has been before as nurse a few times. That's what cemented his decision to be a Dental Therapist. Branfield and Son, eh.

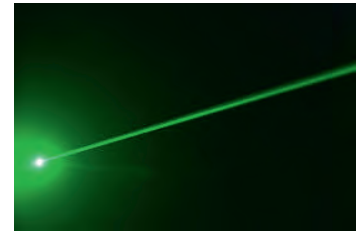


### What's So Bright Then?

Well, I was reflecting on 2018 and what have been my clinical highlights and successes. The thing that stands out the most

as the brightest is.....wait for it....treating snoring with my laser. Oh I can hear the groans.

Yes, this works like magic. Using the laser without contact or any cutting or surgery, shrinking back the soft palate to open up the airway to improve breathing 24/7 and stop snoring. The success rates and positive feedback of the results have been incredible. No need to sleep in the spare room any more, no **more** grief and sore ribs. I love the life changing stuff and this is the real deal on that score.



Treating snoring with surgery is horrible, often very, very painful and may not work. It has been removed from NHS services after a NICE review. I have invested about £200,000 in lasers all together because I knew that it was the best way to treat all sorts of things and help the body heal itself on a cellular level. I'm very proud of that. So I'll continue shine the light in 2019. Ooh, more groans I feel.

### Getting Even Greener

We have a Green Achiever Certificate because we try where we can to be green and environmentally conscious within the practice. It's a tricky thing with all the consumables we have to use. We have a water dispenser in the lounge area and we have been looking for a more green solution to plastic throw away cups. We looked at paper but most of these have a plastic inner bit which means that are not recyclable or completely biodegradable. Anyway we've found some biodegradable "plastic" cups now. I do hope that they do what say on the tin so to speak. I have a collapsible coffee mug that I take round with me so tat I don't need a cup from the coffee shop. It fits in my pocket! I even got my wife one for Christmas. Last of the big spenders, eh. Lucky woman I here you say.



*Until next time. Take care and be good. Have a great 2019. Here's to making a difference.*

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

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*Carol Hookem, E. Yorks.*

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Our own tours make up a small portion of our business and are something special not to be compared with other coach holidays. I accompany all departures to ensure you are taken care of from start to finish. Having just 30 VIP seats you need to book early to ensure you do not miss out. Many of our tours for 2019 are now full. You will see from the dates alongside they are dwindling. All tour details can be found on website [www.marionowentravel.com](http://www.marionowentravel.com) This 4 page feature introduces you to a small selection of our special departures along with ideas you may not have considered. Our special departures by air are often available on other dates, hence if the date shown does not work for you ask for an alternative but the price may differ. Lynne will be travelling to China with you, whilst I travel out with our May 2019 departure to Jersey plus our River Ganges departure in February 2020.

If you are thinking of Australia, New Zealand, Canada or the USA do remember we are specialists in these areas and can tailor any itinerary for you to suit your time available along with your budget as well as offer ready made holidays in partnership with any tour operators.

Perhaps now sit back with a nice cup of coffee and some of those sweet treats we all have left over from Christmas and ponder on where to travel to next. **Don't miss our hot off the press 2020 cruises sailing from Hull the price shown is the total for the cabin not per person.**

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### The Orchard Stroke Group

The Orchard Stroke Group is a small group run by, and for Stroke survivors and their carers. We meet on the 3rd Thursday of the month at Cecil Gardens, Hawthorn Avenue, from 10.00 am to 12 noon, for a friendly chat over a cup of tea or coffee with biscuits, and if any members need any help with any Stroke-related issues, we can point them in the right direction for information. If anyone would like more information, they can contact me on 01482 565767 or 07908 145585. My name is Rob and I am the chairman of this group and look forward to having some new members,

### Calligraphy, Quilling and Folk Art classes

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

### Hull and East Yorkshire Happiness Group

Everyone could do with a bit extra Happiness in their life. To find out how, join us for lots of laughter, the company of diverse but like-minded people (and cake) at Pearl's Place on Hallgate, Cottingham on the SECOND Thursday each month at 6pm to 8.00 pm. No Charge. Contact: Pam 07966 091513 [heyhappinesgroup.weebly.com](http://heyhappinesgroup.weebly.com)

### The Cottingham Whist Club

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

### Cottingham Food Bank

The Cottingham Food Bank will be open every Wednesday

and Saturday from 10.30 am to 12.00 noon, at the Zion and Newland United Reformed Church, Hallgate. Basic foods will be provided for a small donation to people who can demonstrate that they live in the area. Further information can be obtained by telephoning 845920.

### Scottish Country Dance Club

We meet on Mondays in Arlington Hall, Cottingham, 7.30pm - 10.00 pm. Everyone is welcome, beginners (for the first hour) and dancers with experience. It's a fun night with an RSCDS qualified teacher. For more information phone Lynne Brooks 840301 or Joyce Cochrane 871790. Your first night is free so come along and have a go!

### Humberside Steppers Square Dance Club

We meet at the Marist Social Hall, 119 Cottingham Road, Hull on a Thursday evening from 7.30 pm., and are hoping to recruit some new members to our fun activity!! Everyone is welcome and get the first two weeks free entry. Please email Philip on [philme79@gmail.com](mailto:philme79@gmail.com) for further information.

### East Yorkshire Climbing and Mountaineering Club

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

Continued on page 29



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## Your Stars for January 2019

By Kay Gower

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

Your instincts tell you there are subtle changes taking place this month. Your restless nature means that you are not afraid of change, and this may well be the month to prove it.

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

Whatever goals or ambitions you have in life, you will move closer to them during the coming months. Follow any ideas/inspirations you may have, who knows where they might lead you.

### Gemini (May 22-June 21)

Greener pastures are getting greener. If there was ever a time to blaze a new trail then this first month of the year is it.

### Cancer (June 22-July 22)

Plan your escape from all things routine and unimportant. Change is moving in your favour. A small windfall or prize is indicated mid month.

### Leo (July 23-Aug 22)

Kind words said to a stranger could win you a new friend. A surprise is in store. A visitor will arrive, someone you are very happy to see.

### Virgo (Aug 22 – Sept. 23)

You can't embark on a fresh start without taking care of old business first. Tie up those loose ends and then you can look forward to a new lease on life.

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

There may be no evidence that your idea is a good one or that the timing is right, but you still feel that you're onto something. For now, that's enough of a reason to move forward.

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

There could be a dramatic start to the new year. You may find yourself thrust into the limelight with no clue of how you got there. Enjoy it.

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

You always said you'd never be so trusting again - but here you are betting it all on a long-shot. What can I say? You know it's right this time. The planets agree.

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

Get a move on with those high hopes and impossible dreams - you could fulfill one of them during the next three weeks. Timing couldn't be better.

### Aquarius (Jan 21 - Feb 19)

Don't allow nerves to stop you taking on a responsibility. Do it. Planetary aspects show that not only will you rise to the occasion of this challenge - you'll master it.

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

Arguing isn't worth the time and effort. Let other people pursue whatever avenues they want to go down. All roads lead to you being right.

### Hull Zingari

Hull Zingari Cricket Club (est 1896) will be holding indoor net sessions for junior and senior players and new players will be made very welcome. JUNIORS Haltemprice Sports Centre, Springfield Way, Anlaby. 10 Sundays 6pm - 8pm starting February 12. £4 a session. Fully qualified ECB coaches in attendance. Hard ball and softball. Equipment can be provided. Ring Steve on 447568 to book a place. SENIORS Hymers College Sports Hall, Hymers Avenue, Hull. 9 Fridays 6.30pm - 8.30pm starting January 27. 3 sides playing weekend cricket in the York and District Senior Cricket League. Excellent playing and social facilities. If you are new to the area or looking to play in a higher grade of cricket then contact Ron Biggs (Hon Sec) on 571205 for details of how to join the City's longest established cricket club. [www.hullzingari.play-cricket.com](http://www.hullzingari.play-cricket.com) and on facebook and twitter

### Arterian Singers

"Would you like to join a friendly group of men and women who enjoy singing? We meet during school term time at the Methodist Church on Hallgate, Cottingham on Tuesday evenings at 7.30pm. We present three concerts a year; the music ranges from folk songs to songs from the shows to religious works to carols at Christmas. There is no audition, and although it helps it's not essential to be able to read music. Musical Director is Julian Savory. If you think you might like to join us, why not

### Sudoku Answer from page 12

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

come along one Tuesday evening? You will be made welcome! (If you would like to contact a choir member first, then please ring Maria or Alan Tel 442758).

**Card making classes at Cottingham Methodist Church Hall**  
Classes restart Monday 7th January. Every Monday (Except Bank Holidays) - 1.30pm to 3.30pm New members welcome. All levels. Contact Ann on 07932833578 for further details.



### Cottingham Police surgeries

Meet your local officer, PCSO Mike Dale at Cottingham Green/Market.

Thursday January 24th - 11 a.m. - 12 noon.

Thursday February 28th - 11 a.m. - 12 noon.



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## Cottingham Racer Esther Quaintmere's Season Review 2018

Local racing driver Esther Quaintmere concluded her racing season by taking part in the final race event at Rockingham Motor Speedway in Corby, prior to the circuit's closure in December.

Quaintmere was once again at the wheel of one of PDC Racing's Vauxhall Nova's, originally entered to take part in the two "Saloon" races as a part of Class B. However, when team mate Pip Hammond's car failed prior to the event she offered to split the entry so they could both compete in the historic meeting.

Back in July Esther, starting just her third ever race, entered the 750MC Roadsports event at Cadwell Park. Roadsports is a multi-class race held over 45 minutes, with a wide range of cars competing from high powered BMW's and Lotus', to relatively lower powered vehicles such as the early Toyota MR2. Drivers can enter the race solo or as a pair, but all entries are required to make a mandatory pitstop – this would be the first time either Quaintmere or the team would perform a competitive pitstop.

After qualifying 4th in class D and 28th overall, Quaintmere was quickly into a race-long battle with the Chatten brothers in their Mazda MX5. After tailing the roadster in the first half of the race, Esther elected to stay out for 3 laps after her rivals made their pitstop – setting her fastest laps of the race. This allowed her to rejoin the track in front of the Mazda after her stop, a gap she maintained to the finish. Having climbed to 22nd overall, Quaintmere had also claimed 2nd in class D and the first podium finish of her short career.

Quaintmere competes with dispensation from the MSA - the governing body of Motorsport in the UK – after being diagnosed with Tourette's Syndrome. The 30-year old engineer is often able to contain her "tics" but admitted to struggling in the run up to the Rockingham event, including having to step out of the car moments before a testing run on the Friday. With no prior circuit knowledge and limited practice time, Quaintmere had to start at the back of the 24 car field, and after steadily gaining speed throughout the race finished 20th and 7th in Class B.

With racing now over at the circuit just 17 years after opening, Quaintmere reflected on the closure of the Speedway which is ceasing operations despite boasting some of the best facilities in the sport.

"I think it's really sad, there's a lot that could have been done," she said in an interview with BBC Look East. "It's just sad to see it lay to waste really."

During the Rockingham weekend, Quaintmere was approached about entering next year's Citroen 2CV 24 hour race in an all-female team. She targets this as her main racing aim for 2019, if she is able to gain the funds or sponsorship in time.

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## How to form a company

by Nick Robinson of Yorkshire Accountancy

There are three main ways to set up a new company:

- Register it yourself with Companies House.
- Pay a company formation agent (Yorkshire Accountancy for example!) to do this for you.
- Buy an 'off the shelf' ready-made company and then change the name, directors etc.

When setting up a new company there are a number of points to decide first:

- What will be the company name and registered address?
- Who will be the shareholders and directors?
- How many shares the company will have, and what rights will attach to them?

You will then need to:

- Prepare the necessary paperwork: memorandum of association, articles of association and statement of capital.
- Register the company with Companies House.
- Register for taxes

Once registered the company will also have ongoing requirements to file accounts, tax returns etc.

These are based on registering a private company limited by shares, as this is by far the most common form of company. Requirements will differ for public, unlimited or limited by guarantee companies.

**Sounds like a lot of work? Why not let Yorkshire Accountancy form your company up for you?**

### Common errors

Companies House reported that 99% of the 644,000 + incorporations in the year ended 31 March 2017, were made online. Of these, 8% were rejected.

More than half of the paper incorporations were rejected. The main reasons for rejections include:

- not checking whether the company name is available
- not consistently writing the same name on the incorporation documents
- the company name includes 'sensitive' words
- incorrect memorandums, undated or unsigned memorandums included
- not including individual's nationality in correct or acceptable format
- full names of officers not shown or initials were used
- the company shown as subscribing for shares in itself
- claiming exemption from disclosing a director's address

**If you are looking for a new accountant please get in touch with us on 01482 845750.**

**Please remember the deadline for filing your 2017/2018 self assessment tax return is 31 January 2019. If you need any help please get in touch as soon as possible!**

### Key dates – January 2019

19 – Monthly deadline for postal payments of CIS, NICs and PAYE to HMRC

22 – Monthly deadline for electronic remittance of CIS, NICs and PAYE to HMRC

31 – Deadline for filing Self Assessment Tax Returns for tax year ended 5 April 2018 and 2017/18 Capital Gains Tax

Deadline for first payment on Self Assessment account for 2018/19

Please do not hesitate to contact Nick Robinson, Director at Yorkshire Accountancy Limited for any help or guidance you require.

Telephone – 01482 845750

Email – [nick@yorkshireaccountancy.co.uk](mailto:nick@yorkshireaccountancy.co.uk)

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

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

**W**ishing all the readers of Cottingham Times a Very Happy New Year. I have selected a few pictures from my collection of favourite moments of 2018.

There are so many other special moments in time, special horses and special people who all share a place in my heart but too many to mention.

I am blessed with my life, being in a position to make huge changes to animals and their humans. Forgive me if I have missed you out on this page today, but know you are all there with me, all the time.

My thanks always go to my amazing staff, none of this could happen without them.

SO! – Here's to a Happy New Year and another year of challenges and horses with special needs.

**Melanie S. Watson xxx**

*Pic 1. Monty arriving with us and learning to connect with his new owner Alison with target training*

*Pic 2. Bronte learning how to change fear into relaxation and play*

*Pic 3. My new rescue dog Buddy just loving life and making everyone smile all the time*

*Pic 4. Working with Amy and her fear aggressive mare Dotty. This lovely moment was after Amy loaded Dotty and she was able to relax and touch her and just be there together; when this had been impossible before*

*Pic 5. Training rescue ponies Woody and Buzz. Quite a story attached to both but the outcome of such extreme training was a pair of happy, relaxed, trainable and rideable ponies with a very secure future ahead of them.*

*Pic 6. Helping to give Casper back a safe and solid life, where his fear of everything no longer happened*

*Pic 7. After a year-long rehabilitation process, getting Tina and Billy back together safely and with joy in partnership*

*Pic 8. Supporting Ben and Lucky on a long journey from Lucky being in pain and living in isolation to him being pain free and no longer living on a chain. Lots of people to thank on this journey, you all know who you are!*

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



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## Buying your train ticket becomes a little more complicated

**T**rain operators have seen an escalation in numbers of passengers travelling without a valid ticket. Consequently changes are a foot with Inspectors being more visible and a change in how you purchase your ticket. Train services on the Hull to Scarborough line will soon be manned by only a driver, no conductor. Consequently there will be no on-board ticket sales so you'll have to either purchase your ticket from the machines on the station platform before boarding the train, or obtain a 'Promise to Pay' note from one of these ticket machines. 'Promise to Pay' notes must be presented, along with the cash, at the earliest opportunity to a member of staff. Be aware that if an inspector boards the train and you don't have a valid ticket or a 'Promise to Pay' note then there is every likelihood that you'll be fined. The fine is the greater of £20 or twice the full single fare from the station where you boarded the train to the next station at which the train stops (Hull or Beverley in our case). If you want to travel beyond the next station you must also pay the relevant fare from that station to your final destination.

A word on the station platform ticket machines; like the parking

machine in the railway owned car park at Cottingham, these machines only accept Debit /Credit cards or Contactless, they don't take cash. If you have a Rail Card then remember to select the appropriate option when purchasing your ticket. You can also use these same machines to collect tickets that have been pre-ordered on-line, and print out the 'Promise to Pay' note. There are two machines but if a train is due then please arrive in good time to obtain your ticket as other passengers will be purchasing their tickets too. If, on the rare occasion, one of the ticket machines is out of order you may have to walk over to the other platform, so it will pay you to plan ahead. You can always have a play with the ticket machine to familiarise yourself with the menu selections and then cancel before final payment.

Roz Jump (*With thanks to David Pennie of the Hull & East Riding Rail Users Ass.*)

## The 2018 Poppy Appeal has approximately £13,400 donated

**T**he Cottingham Branch of the Royal British Legion are delighted with the result of the 2018 Poppy Appeal of approximately £13,400 being donated.

What a wonderful achievement to the Remembrance of 100 years since the end of WW1.

We would sincerely like to convey our gratitude to everyone who helped to raise the above amount. Stores Co-op and Aldi for their much valued support in letting us man tables in their stores, St. Mary's Church, Schools, Hospitals, Shop, Pubs and all businesses, etc.

The Memorial Club for their support and room, and last but by no means, ail the volunteers who gave their time to help raise this great result. Very much appreciated. We couldn't have done it without you. Well Done!



**Cave Castle**  
Hotel & Country Club



## Cave Castle Hotel in 2019

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Dying to Tell You - Murder Mystery - Fri 18th  
Feb: Valentines Ball - Friday 8th  
Valentines by Candlelight - Romantic Dinner - Thurs 14th  
Valentines Brunch - Fri 15th  
Frankie Valli a tribute by Daniel Winters - Fri 22nd

Mar: George Michael by Rob Lamberti - Fri 8th  
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One for the Girls - Fri 29th  
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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!

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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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## Life-Saving defibrillator gifted to Swanland community as Duchy Homes announces British Heart Foundation Partnership

**D**uchy Homes endeavours to beat heart break forever as it installs a defibrillator at its development Cygnet Gardens in Swanland, in support of the nation's heart charity.

Duchy Homes announces that it is working with British Heart Foundation (BHF) to help save lives in communities. The award-winning house builder has pledged to install defibrillators across all its new and upcoming sites in Yorkshire, including Cygnet Gardens on Tranby Lane in Swanland where the BHF has delivered training to the site team this week.

The ongoing partnership will help the BHF in the education of CPR and heart and circulatory diseases, as well as protecting the safety of Duchy Homes' site workers and visitors during construction.

Once the Cygnet Gardens development is complete, Duchy Homes will gift the defibrillator to the local community and arrange for a public training session by the BHF, so that residents in Swanland have access to the life-saving equipment for the future and will have confidence in using it if necessary.

Around 620,000 people in Yorkshire and the Humber are living with heart and circulatory disease, which causes 1,150 deaths each month in the region, stealing them away from families and loved ones. The defibrillators installed by Duchy Homes will help support what the BHF is trying to achieve. There are more than 2,900 out-of-hospital cardiac arrests in Yorkshire each year and currently only one in ten people survive. By having CPR training and defibrillators in our communities, we can help create a nation of lifesavers and change that.



Darren Howell, Group Construction Director for Duchy Homes, said: "We are very pleased to be supporting the British Heart Foundation's vital work against heart disease. Health and Safety lies at the heart of each of our developments and is integral to achieving quality on-site. As part of our commitment to health and safety, we have heavily invested resource and time into maintaining the highest standards for our site workers and

our visitors. We are very proud to be creating a lasting legacy for Duchy Homes in Swanland by donating the defibrillator to the community once our construction work is complete."

Stephanie Jones, Fundraising Manager at the BHF, added: "We are thrilled to be working with Duchy Homes. Throughout the partnership, Duchy Homes is dedicated to leave defibrillators in as many sites as possible for communities to access, which will help save lives in so many new areas. Working together will help BHF realise its vision of a world where people don't die prematurely or suffer from heart disease or circulatory diseases."

## Trust commissioned by NHS England to provide Yorkshire's latest TAVI centre at Castle Hill Hospital

**H**eat patients needing aortic valve replacements will be able to undergo the treatment at Castle Hill Hospital from the start of next year.

Hull and East Yorkshire Hospitals NHS Trust has been commissioned by NHS England to set up Transcatheter Aortic Valve Implantation (TAVI) following a review of services for patients living in Yorkshire and the Humber.

The TAVI service means people in Hull, the East Riding, North Yorkshire and Northern Lincolnshire will be able to undergo the procedure closer to home and will no longer face journeys to Sheffield or Leeds for treatment.

Trust chief executive Chris Long said: "Becoming the third TAVI centre in the region further underlines our reputation for excellence in the field of cardiology and is great news, not just for us but for our patients.

"The centre will be located here after some inequality of access was noted during a review of the service by NHS England. Patients from this area were experiencing delays in accessing treatment compared to those in West and South Yorkshire.

"Having a TAVI centre here means patients will no longer have to travel to other parts of Yorkshire for treatment which can make such a difference to their lives."

Dr Michael Gregory, NHS England's Regional Clinical Director for Specialised Commissioning in the North, said: "NHS England is pleased to support the commissioning of a new Transcatheter Aortic Valve Implantation (TAVI) centre in Hull.

"It is the third such centre in Yorkshire and the Humber, alongside Leeds and Sheffield, and will improve access and reduce travel out of the area for local patients who require this specialised service."

Patients with aortic valve disease can experience angina, shortness of breath, fainting or dizziness although some may not have symptoms at first.

As symptoms worsen, they require aortic valve replacements and those who are not considered suitable for major heart surgery will undergo the TAVI procedure instead.

Performed under a local or general anaesthetic, a catheter or hollow tube with a balloon on the tip is inserted into an artery in the upper leg or chest. The catheter is then passed into the heart and is positioned near the opening of the aortic valve.

The balloon is inflated to create space for a new tissue valve, which is then put in position and expanded.

The procedure puts less strain on the body as the heart does not need to be stopped and placed on bypass. It also avoids people having a large cut on their chests and can mean people recover more quickly than if they had undergone conventional surgery.

The trust is expected to introduce the TAVI service for some patients by January, with the centre becoming fully operational by 2020.

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## How to plant conifers after Christmas

**Y**es, yes, we know you don't even want to think yet about taking your gorgeous Christmas tree down, especially when you have painstakingly decorated it with glass of sherry in hand and Bing Crosby on your stereo ....but the reality is, the time will come when you have to say goodbye to your beautifully pine scented friend ... or do you ????

### PLANTING CHRISTMAS TREES IN THE GARDEN – THE MOST IMPORTANT TIPS

If you plant potted Christmas trees or one of the larger conifers, but also the dwarf conifers sooner or later in your garden, there are a few things to keep in mind.

1. The right location is crucial so that the potted Christmas trees can develop unhindered. A size-limiting cut should not be performed on conifers, as this is often a considerable interference with its beautiful habit. And do not forget: the former Christmas tree should not obstruct or limit the garden inhabitants and persons in the house.

2. First, find out about the final size of the potted Christmas trees that you would like to plant later. How big will your conifer grow? With large conifers you will have to provide enough space! But even dwarf conifers should not be very hard pressed by other plants; due to their low growth, they then quickly disappear between other plants and get bare completely or on one side.

3. Dwarf coniferous plants, including the former compactly growing Christmas trees, work best together individually or in small groups with other weak-growing plants. Columnar conifers are well suited in pairs for marking entrances or passageways.

4. Most conifers we offer during the Christmas season are

undemanding at the location you provide them. It should be sunny or partially shaded, with neutral or slightly acidic soil. Most conifers tolerate waterlogging poorly, so the soil must be well-drained, but in contrast it may not get too dry.

5. When planting, you can easily shake out the root ball, which makes it easier for the plant to grow its roots into the new soil. Make sure that the plants are not planted deeper than they were in the pot.

If you pay attention to these few things, then your Christmas tree will also develop well outside in the garden and you will enjoy it for a long time.

## Rotary Club of Humberside raises over £1,000 from Antiques evening

**A**n Antiques evening presented by local expert Ken Walker and organised by the Rotary Club of Humberside has raised more than £1,000 for charity. The money will be split equally between Rotary Club international projects and the Hull branch of the Samaritans.

Winston Pannett, chairman of the Rotary Club's International Committee said the Club's share of the money would go to helping communities left homeless when disasters strike in many parts of the world.

"In recent years we have received more and more requests for help from communities in many areas where tragedy has struck or where local people, particularly children, are dying from a lack of food or water

"We can only help in a small way but when money from Clubs all over the world is added together the total is quite considerable".

## Caring Dentistry

Mr Porter has now retired from clinical dentistry. He says: "It has been both a privilege and a pleasure to have spent the majority of my career caring for a very special set of individuals."

He continues to own the business and would like to say to all patients old and new, that they can be assured there will be no changes to the principles of caring dentistry which have always been at the heart of the practice.



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

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# Hanging about

Expert tips from Artmarket Gallery director Michelle Power on making the most of your precious art collection.

## Where will it be?

Think carefully about your location. Are you hanging in your hallway, living room – or even your kitchen or bathroom? How often will you see the piece? How often do you want to see it? And consider safety – of your artwork and, even more importantly, your own. Tempting as it may be, it's probably best not to hang over a fireplace, where the work might ultimately be damaged by the direct heat. And be careful to check where electrical wires or water pipes are – you don't want to go banging a nail into either of those!



## Consider the scale

A tiny, intimate piece will be lost if you hang it over a huge, plump sofa – unless you cluster it with other, similar-sized pieces (plan these carefully, though!). Similarly, a huge, dramatic painting could be overbearing in a small room full of delicate furniture.

## Consider the style

If your living room is ultra-modern and sleek, a traditional oil will stand out like a sore thumb – and vice versa!

## Use your toolbox

A tape measure and/or a spirit level can both be really useful if you don't have a perfect eye – and who does?

## Think about the practicalities

If you hang a work from a single picture hook, it will lean forward slightly, and may move in the slightest breeze. Hanging from a pair of hooks, towards each side of the picture, will prevent this.

## How high?

There's a general tendency to hang art high on a wall, so that you're looking up at it even when standing. No one wants a cricked neck – hang your art so the centre is roughly at eye level.



Leading art auctioneers Christie's recommend hanging modern/contemporary art at 1.55m (the middle of the picture), with traditional work a little higher. And – a particular bugbear of mine – don't line the tops of the pieces up with the head of your doorframe. The eye seeks variety when it looks at a room.

## Think about your other art

Do your pieces work together – either contrasting pleasingly, or complementing each other? And make sure you consider the 'negative' space – the wall that shows in between pieces can enhance or detract from their visual impact.

## And finally...

If you want to, disregard all of the above! Beauty is, after all, in the eye of the beholder, so if you really want to hang a Gainsborough alongside a Damien Hirst, 12 feet up, who am I to tell you otherwise?

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## Hull CHA Rambling Club

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Sunday rambles are once a fortnight. Travel by coach to the starting point. **Fare £12.**

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Pick up at City Centre is now **0900 am** for the autumn and winter months continuing Beverley Road and onto Beverley.

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B walk from 7 to 9 miles

C walk 4 to 5 miles may be available (please enquire)

### Sunday 6th January 2019

#### Sledmere

A. Winteringham – Setterington Beacon – Kirby Grindalythe – Thirkley Wold Croome House - Sledmere

B. Shardale Rayslack House – Kirby Grindalythe – Thirkleby Wold – Croome House Sledmere

### Sunday 20th January 2019

#### Hovingham

A. Welburn – Castle Howard – Park House – Fryton Woods – Hovingham Lodge – Hovingham

B. Welburn - Castle Howard – Coneysthorpe – Slingsby – Banks Wood – Hovingham

For a C walk please enquire with the Joint Rambles Secretaries.

For further information and book a place on the coach, please

contact Joint Rambles Secretary Sue O'leary on [sue@sueoleary.co.uk](mailto:sue@sueoleary.co.uk) telephone 07767420646

Pauline Borger on [Pauline.borger223@btinternet.com](mailto:Pauline.borger223@btinternet.com) telephone 07929933323

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

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You will be very welcome.

## Co-op Community Fund donation to Cottingham Village Trust

On Saturday 24th November, Geoff Groom (Vice chair of the Cottingham Village Trust) and trustees Jenny Mills and Katrin McClure went to the Co-op to be presented with a cheque for over £4,000.

Over the last year, Cottingham Village Trust has been one of the local causes that the Cottingham Co-op store members have been supporting. The money raised will go towards improving the Civic Hall, which is now hosting many new events and shows, classes and meetings, during the year.

Jenny and Katrin had a table in the Co-op where they promoted the Cottingham Village Lottery – another way members of the public can support the Civic Hall and also have the chance of winning a prize for themselves. There is a monthly draw, with half of the funds raised going to the Civic Hall and half in prizes. At present, the first prize of the lottery is £150. Please contact Katrin if you wish to take part in the lottery on 845734 or [mcclure@mcclure.karoo.co.uk](mailto:mcclure@mcclure.karoo.co.uk).

The Cottingham Village Trust wishes you a Happy New Year!

*Katrin McClure, Trust Secretary.*

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## Chinese New Year The Year of the Pig begins on February 5th

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

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

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

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

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

### Reunion Dinner

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

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

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

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

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

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

### Chinese Zodiac Animal Chart for Each Year

Rat	1900	1912	1924	1936	1948	1960	1972	1984	1996	2008	2020
Ox	1901	1913	1925	1937	1949	1961	1973	1985	1997	2009	2021
Tiger	1902	1914	1926	1938	1950	1962	1974	1986	1998	2010	2022
Rabbit	1903	1915	1927	1939	1951	1963	1975	1987	1999	2011	2023
Dragon	1904	1916	1928	1940	1952	1964	1976	1988	2000	2012	2024
Snake	1905	1917	1929	1941	1953	1965	1977	1989	2001	2013	2025
Horse	1906	1918	1930	1942	1954	1966	1978	1990	2002	2014	2026
Sheep	1907	1919	1931	1943	1955	1967	1979	1991	2003	2015	2027
Monkey	1908	1920	1932	1944	1956	1968	1980	1992	2004	2016	2028
Rooster	1909	1921	1933	1945	1957	1969	1981	1993	2005	2017	2029
Dog	1910	1922	1934	1946	1958	1970	1982	1994	2006	2018	2030
Boar	1911	1923	1935	1947	1959	1971	1983	1995	2007	2019	2031



The second day of Chinese New Year is named 'Kai Nien' meaning "Year Beginning" which starts with a very early morning breakfast. Special dishes with symbolic names will be served. The special dish of this day is long noodles which are served with everyone competing to toss the noodles as high as possible with their chopsticks. The tossing of noodles is a symbolic activity done to promote longevity. This means that, unless you are unable to do so, you stand up and raise your arms full stretch in the air holding the noodles aloft. In order to get extra lift off, some people use super long chopsticks and stand on chairs so you should probably make sure the ceiling fan is turned off.

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

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

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

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

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

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

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

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## Chinese Good Luck Foods for the New Year

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

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

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

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

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

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

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

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

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

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

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

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

## Problems and Diseases commonly treated by TCM

### Dermatological:

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



### Muscular, Neurological, Skeletal and Vascular:

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

### Internal:

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

### Men's Problems:

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

### Women's Problems:

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

### Ears, Eyes, Nose and Throat:

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

### Cancer and Tumour:

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

### Addictions:

Tobacco, Drugs, Alcohol, Reduce Weight etc.

### Mental and Emotional:

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

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



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## Swanland Village Association upcoming events

Swanland Village Association would like to wish you all a very Happy New Year and look forward to seeing you at our shows and films in the Village Hall during 2019.

We have no more live shows planned until March so keep reading this publication to see what will be on offer then.

We do have films booked through until April, starting with "The Guernsey Literary and Potato Peel Pie Society" which will be shown on **Saturday 19th January at 7.30pm**. Price £4 adults and £2 schoolchildren. For further details please see [www.swanland.info/events&activities.htm](http://www.swanland.info/events&activities.htm).

## Music for Two Cellos at Concert in Aid of Amnesty International on 18 January 2019

Hull Amnesty Group's tenth annual concert in aid of Amnesty International will be given by Duo Furioso, two young cellists playing under the auspices of Live Music Now. Their programme ranges from a sonata by one of the most brilliant cello virtuosos of the eighteenth century to pieces composed this century especially for the Duo. It also includes popular favourites, such as The Swan from Saint-Saëns' Carnival of the Animals, and Somewhere over the Rainbow. Refreshments will be served during the interval.

The concert will take place at 7.30 pm on Friday 18 January 2019 in the Judi Dench Theatre of Hymers College, by kind permission of the Headmaster. Tickets, including refreshments, cost £15 for adults, or £10 for under 18s and students with a student card. They may be ordered by email ([aubus@aubus.karoo.co.uk](mailto:aubus@aubus.karoo.co.uk) or [hullamnestygroup@gmail.com](mailto:hullamnestygroup@gmail.com)) or telephone (01482 849443 or 07584 079252).

All proceeds will go to Amnesty International.



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### Crossword solution from page 14

1	P	U	R	C	H	A	S	E	D		6	S	H	E	L	F
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9	A	C	C	U	S	E	D		10	S	C	E	P	T	I	C
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## Winter is not always kind and gentle to skin

Not all seasons affect the skin in the same way. While getting sunburned is not a worry during the cold winter months there are other concerns that you must think about.

For instance during the coldest months of the year low humidity levels outdoors combined with dry heat indoors can lead to skin that is itchy, dry and on the irritated side.

To treat your skin in the best way possible you need to take the natural approach to keeping it healthy. That means taking care of it from the inside out as well as from the outside in. Your skin needs to be nourished by the foods you eat but also by what you do to it externally.

What then should you do in terms of seasonal skin care?

One of the most important things you can do is to make sure that your skin care regimen includes exfoliation. This is essential for both your face and your body. By skipping this essential step in your skin care process you can easily end up with skin that is dry, flaky and not very flattering. Exfoliating at least once a week will get rid of the layers of dead skin cells and will allow the newer and smoother cells to shine through.

You can exfoliate your face using an exfoliating scrub that is soft and gentle. You can exfoliate your body in the shower using a soft loofah or scrub.

Another option is, to do dry skin brushing or a dry brush exfoliation on your body right before you take a shower. Not only does this get rid of dead skin cells but it is also a form of detoxification for the skin. Doing this also improves blood circulation and it reduces puffiness of the skin. It is also believed to be very soothing for the nervous system. Just make sure that you choose a soft natural bristle brush that will not bruise your skin.

Do not spend too long in the shower or bath or take really hot ones. This can dry out your skin. Once you are finished bathing before you dry off, slather a rich moisturising cream on your body that will lock in moisture and will make your skin feel softer.

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