

Cottingham Times

and District

Issue 244 - July 2022

WAKE AVENUE



Nigel Cooke

Amsterdam's Famous Route

Original acrylic on board

view online and in gallery, Cottingham

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The
Manor
House



A word from our chairman

We're enjoying a beautiful summer on the grounds of The Manor House, and we've had plenty to celebrate.

Last month we broke out the bunting, flew the flags and cocked our crowns for the Queen's Platinum Jubilee. Everyone had a fantastic time celebrating the record-breaking reign of Her Majesty.

The Manor House is set in the heart of the charming village of Little Weighton, where we are proud to be part of the wonderful community.

One such community activity has been the welcome return of Bob the Quiz Man, who has been testing the residents' general knowledge skills. This is just one of the fabulous activities on offer at the Manor House.

Our friendly team is working hard to make sure that everyone has a fantastic summer, even if the weather isn't always tropical, and I'd like to thank them for their hard work and commitment.

Chris Mitchell – Chairman, Park Lane Healthcare



NEWS FROM THE MANOR HOUSE CARE HOME

The Queens Jubilee Weekend



Home from home

At The Manor House, we understand that we're not just a care home, we're someone's home.

We celebrate milestones and give our residents opportunities to live their best lives as part of the Manor House community.

Recently, the lovely Rachel celebrated her 91st birthday with her friends at the home, with a delicious birthday cake to mark the day.

We've also had some four-legged visitors come to spread a bit of playful joy, the way only a dog can.

We love to celebrate special events at The Manor House, and we're really looking forward to some fantastic events in the second half of the year.

Platinum Jubilee

At the start of June, The Manor House joined the rest of the country in celebrating Her Majesty the Queen's Platinum Jubilee.

Enjoy a selection of photos from our Jubilee party.



If you'd like to find out more about The Manor House, please contact our manager Leanne, who would be happy to help:
leanehatch@parklanehealthcare.co.uk



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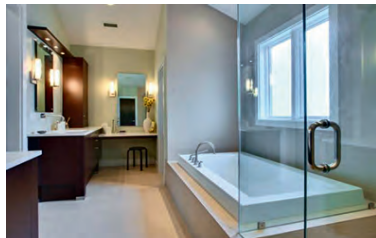
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Fitting a new kitchen or bathroom is often an occasion that gets people thinking about protecting their planned investment from the ravages of hard water; limescale, soap scum, streaks and spotting . . . the list goes on.

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

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

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

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



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

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

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

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



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

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

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

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



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In Cottingham and District

The deadline for entries in the August "What's On" section, is no later than the 18th July 2022.

Darby and Joan Hall, Finkle Street

Sunday 3rd July. Cottingham Day. The hall will be open all day and our regular hirers will be there to talk to you about the clubs and activities that go on in the hall. Come along, meet the hirers and Trustees, see the halls and have a cup of tea or coffee with us. For more information, look on our website.

Yorkshire Countrywoman Association. Skidby Branch.

Thursday 7th July - At Skidby Village Hall 7.30pm. A talk will be given by John Turner. On Fair Trade Teas and Coffees. Everyone welcome. Contact Celia Parnaby on 01482 841370.

Cottingham Catholic Women's League

Monday 11th July - at 7 30pm in the Garden room at Holy Cross RC Church, Carrington Avenue. Annual Review.

Cottingham u3a

Thursday 14th July - at 2 pm in the Darby & Joan Hall. Stephen Wells will give a talk on 'The History of Music Hall', which will be followed by the usual tea/coffee and biscuits. For further information or queries visit www.u3asites.org.uk/cottingham.

Bricknell Avenue Methodist Church

Friday 15th July - Lewis Scott, Organist. Theatre, Show Tunes, Film Genres. Tickets £7.00 in advance including refreshments. Tickets from Church Stewards or Pauline on 01482 849692.

Little Weighton Gardeners' Club

Friday 15th July - 6pm. VISIT Southwood Hall, Burton Rd, Cottingham. Entry £3pp incl tea/biscs. Meet for Car-share V.Hall C/Park. (Ring the secretary if you wish to go along 01482.844461).

The Macular Society Hull support Group

Friday 15th July - at Sight Support Beverley Road Hull. 10.30 am until 12.15 our guest speaker is Nikki Kirk Practise lead manager for the Sensory Team Hull city council. Giving help and advice from the sensory service. This group is for anyone living with central vision loss. For more information contact chairman Bernard Messingham 01482 860381.

North Ferriby Gardening Club

Monday 18th July - 7.30 -9 pm Parish Hall, Church St, North Ferriby, HU14 3DA. 'Growing chrysanthemums and vegetables in a small garden for showing and home use' presented by Keith Abel. Please observe social distancing, face masks are optional. Guests £2.50 Yearly membership £10 Queries? Contact Trevor Barningham 07779 620651.

East Yorkshire Woodturners.

Tuesday 19th July - 7pm, Skidby Village Hall. (Doors open 6,30pm): Woodturning demonstration by Robin Barlow. Visitors are welcome. (No need to book - £3.50 on the door for guests). For more information, Tel: David Taylor: 01482 876702.

Front cover: Wake Avenue, off The Parkway.

Photo: Paul Lakin.

Hull and East Riding New Stitchers

Tuesday 19th July - Stitch and Chat. In the Darby & Joan Hall, Finkle Street, 7.15 pm to 9.15 pm. Meetings are open to visitors. Membership is £15 per year, meetings £2.50 (visitors £3.00) plus refreshments. Further information from Jean Ellis 01482 845415.

The Arts Society, Hull and East Riding

Tuesday 19th July – AGM, followed by the Mary Glen Memorial Lecture given by Annalie Talent: “Dorothy Wordsworth at Dove Cottage”. Starting at 10.30 a.m. Mercure Grange Park Hotel, Willerby. Non-members welcome. Guests £5.00. For further details please contact Membership Secretary, Maureen Jones, tel. 01482 869886.

Hull & East Riding Broderers

Saturday 23rd July - Our meeting/workshop/talk will be held at St Cuthberts Main Church Hall Marlborough Avenue Hull HU5 3JX, 12 noon to 5pm. Please bring a packed lunch. For further information please email herbyembroidery@gmail.com or contact our Secretary Steph Palmer mobile: 07725 320513. Everyone is welcome.

The East Riding Flower Club

Monday 25th July - at the Cottingham Civic Hall with Mark Entwistle who will be giving us a floral demonstration entitled ‘The Secret Life of Colour’. We serve tea and cake before the meeting so please join us for a chat before the demonstration. There will be no meeting in August.’

The Arterian Singers

Do you enjoy singing with a group of people? The Arterian Singers are looking for more voices. We are a mixed choir and sing a variety of music, classical, traditional and songs from the shows. We rehearse at Cottingham Methodist, Hallgate, Cottingham on a Tuesday at 7.30pm. Ring Maureen Holwell 845363 for more information.

Musical Memories

Come and join us to sing favourite songs from the past. Everyone is welcome. If you can play an instrument bring it along (piano available). We meet every 1st and 3rd Thursday of the month, from 13.45pm until 15.15pm in the Methodist Church Hall, Hallgate, Cottingham. We ask for £2 to cover costs of refreshments.

Cottingham & Hull Folk Dance Club

Tuesday 7pm-9-30pm at the Darby and Joan Hall Finkle St., Cottingham. No experience necessary come on your own or bring a friend for light exercise in a friendly environment everyone one welcome. For further information please contact Jan Gray on 01482840637 or Keith Alexander on 01482 509751.

Cottingham Tennis Club (off Hull Road)

A friendly club looking for new members at all levels including absolute beginners. We have excellent facilities including three floodlit, all-weather artificial grass courts. Lots of opportunities for social and competitive tennis and a dedicated coaching team. Contact Matthew Fletcher on 07814 495931 for more information and to arrange to visit the club.

Christ Church Cottingham

Coffee Mornings 9am-1pm Monday to Thursday, full cafe menu and all proceeds for the Ukraine Aid Effort. 31a Endyke Lane HU16 4QD. www.cccottingham.org.uk for more detail.

Christ Church Cottingham Play Cafe

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World's largest festival of British puppet theatre bringing classic fairy tales to wow families and kids

The world's largest showcase of British puppetry in Beverley this July is bringing classic fairy tales to life to wow families and kids in popular venues around the East Yorkshire town.



Anna Ingleby, co-director of the Beverley Puppet Festival, said: "Over two days and three nights the festival is a gathering of all that is great in British puppet theatre and showcases some quite remarkable work right here in the heart of East Yorkshire.

"Giving a new take to classic fairy tales in Oldilocks and the Three Bears, Pinocchio, and Dragon, is both timeless and ageless, while also addressing our shared needs for fun, excitement and enjoyment.

"Having become the main festival in the UK for British puppet theatre there are many free outdoor shows, but also indoor shows that provide unique and magical experiences not always possible outside.

"Oldilocks is a funny and warm-hearted celebration of the classic story starring a naughty old lady...and three bears who love their breakfast; Dragon is an epic tale that blends fantasy, puppetry and digital animation, while Pinocchio is a fast-paced adventure exploring what it means to love."

In all, tickets are now on sale for more than 60 events, along with free outdoor acts, from over 40 companies between Friday, July 15th and Sunday, July 17th.

Oldilocks and the Three Bears by GarlicTheatre is at Toll Gavel Church Hall on Saturday, July 16th, 4.30pm; Pinocchio by Norwich Puppet Theatre Company, is at East Riding Theatre on Sunday, July 17th, 3pm; and Dragon by Life and Limb Puppets at Beverley Masonic Hall, on Sunday, July 17th, is at 10.30am, and 12.30pm. Tickets for each of the three shows are £6 or £5 with concessions.

"This is vitally important part of the festival, which we have grown a lot," added Anna, "and we are passionate about

bringing inspiring puppet theatre to audiences who couldn't otherwise see it."

Tickets and full details of the full programme are on the website www.beverlypuppetfestival.com or via the new Beverley Puppet Festival app. To keep up-to-date on the Beverley Puppet Festival news use the social media feeds:

Facebook: <https://www.facebook.com/BeverlyPuppetFestival>

Instagram: <https://www.instagram.com/beverlypuppetfestival/>

Twitter: <https://twitter.com/Bevpuppetfest?s=20>

You Tube: <https://www.youtube.com/channel/UCy-x91IER0oOdsZkbOulVsQ>

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'DadPad' app launched to support new dads and dads-to-be

A new app has been launched to support new dads and dads-to-be preparing for the arrival of their babies. Humber and North Yorkshire Health and Care Partnership has launched the 'DadPad' app to provide dads with the knowledge and practical skills to give their baby the best start in life, look after themselves and support their partner.

The app is an easy-to-use, freely downloadable resource for new dads and dads-to-be in the Hull, East Riding, North Lincolnshire and North East Lincolnshire areas.

Packed with relevant information, as well as details on local support groups and service providers, it aims to provide new fathers with guidance on how to develop the mindset, confidence and practical skills needed to meet their babies' physical and emotional needs.

The app was developed and piloted by Inspire Cornwall CIC in 2012.

Julian Bose, Director of Inspire Cornwall CIC said: "The DadPad was created because babies don't come with a set of instructions and dads told us that there was important information that they wanted to be given on what to expect and how to care for their baby. We listened to what dads, their partners and health professionals asked for and combined it all in the DadPad.

"With technology playing such a big part in everyone's lives today, developing an app to complement the existing DadPad seemed the obvious next step. This has opened up a world of possibilities in delivering new content and features and, crucially, getting updates and news out to the dads quickly and easily."

DadPad has been specifically written for dads on the topics that dads and health professionals told us that they wanted and needed to know about, with expert input from NHS and public health professionals.

The focus of the app is to engage dads actively and to ensure they are included. It is designed to be used as a quick, on-the-go reference tool so that dads can dip in and out of it as needed and will enable new dads to enjoy their babies and feel more confident about fatherhood.

The app is now available to download from the App Store and Google Play. All dads and dads-to-be within Hull, East Riding, North Lincolnshire and North East Lincolnshire will be able to

access local information and tips via DadPad.

DadPad is also available for those living within North Yorkshire and York. Once the app is downloaded it will ask for your location and direct you to your localised version of DadPad.

To find out more visit the DadPad website.

The Beverley Barge Preservation Society Open Days

The BBPS on Beverley Beck are holding their 2022 season of Open Days on alternate Sundays starting

June 12th where you can go on-board a Humber Barge built in 1949.

Our 2022 Sunday Open Days are 11.00am to 3pm on;

July 10th and 24th; August 7th and 21st;

September 4th, and; September 18th which is our planned opening for the 2022 Heritage Open Days event

As well as the barge 'Syntan' being open which is Beverley's only floating museum, we'll be operating short trips along Beverley Beck in our boat 'Mermaid' (weather permitting).

Continued on page 16



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Cottingham Parish Council



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

Word from the Clerk

I hope you all enjoyed the Jubilee long weekend and, by the time this is published, Cottingham Day. A big thank you to Lisa of the Little Cheese Pantry, all the other Thursday Market traders, and the volunteers at the Civic Hall for putting on an excellent Jubilee Market. It was a rare treat that I got to enjoy one of these events myself and I thoroughly enjoyed it, despite getting sunburn. An additional thank you to all organisations that put on events throughout the weekend.

Though concentrating mainly on Cottingham Day on Sunday 3rd July, the Parish Council helped the Jubilee succeed by providing funding, purchasing the bunting (which will remain in place most of the year) and helping to organise road closures. We will also be placing, permission pending, a special Jubilee Bench next to the Bus Stop on King Street near to the entrance with the primary school.

Whilst the feedback regarding the bench on social media has been overwhelmingly positive, some people have questioned the timing of the placement and the location. Cottingham Parish Council prides itself on good management of the money we receive from Council Taxpayers, and we were able to secure a grant for the purchase of the bench. The downside being we had to wait until the grant was confirmed before ordering. The location was chosen as it's a busy bus stop and busy area with people coming to and from the school and the supermarkets with little in the way of seating. Some have suggested that we could move one of the benches from the Memorial Gardens to this spot and have the Jubilee Bench in there, however, the benches in the Memorial Gardens, other than the VE Day one, are privately owned so this cannot be done.

I am sad to say that I have recently handed in my notice as Clerk to the Parish Council and will be leaving at the end of July. Job details will be on our website if you would like to apply. A big thank you to Cllrs Abel, Green, Kemp, Knight, Medini, and Moore along with my Deputy Clerk, Nicola Pape, for all your support over the years and especially the last twelve months.

Matthew Kay, Clerk to Cottingham Parish Council, clerk@cottinghamcouncil.org

Around Cottingham

We are getting reports that giant hogweed is becoming a problem in Cottingham. If you see any of it, please report it to the Parish Council.

Dog fouling and dogs off lead in Grandad's Park is again on the rise. Please keep dogs on leads in this area and pick up after them. Dog poo bags are available for sale in the Parish Council office.

Despite the unauthorized removal of the perennials in the central feature, the Memorial Gardens are fully planted for summer and looking very nice. Thanks to a kind donation of a water storage system, organised by Rob Nicklas, they should be easier to keep in good condition.

Cottingham Methodist Church Music Festival 2023

Preparations for the Cottingham Methodist Church's 45th Annual Musical Festival are well underway.

Next year's festival is to be held over three weekends which will allow for the addition of some new classes and encourage new people who have not taken part before to join in.

One new class this year is for any two family members to perform together. The committee thought that because of lockdowns maybe some families have been able to spend more time together and playing and singing together that they may not have done if life had been normal.

Fiona Skerrow, Publicity Officer for the festival said; "The 2022 festival was overall a great success and participants of all ages enjoyed performing their pieces to the adjudicators and receiving encouraging comments which can help them to gain confidence and helps them through their music exams."

With over 250 classes there is something for everyone who may play an instrument, the piano or sing. Most of the entries come through a teacher but we want to encourage individuals who may have recently taken on an instrument or singing and would like the opportunity to perform. Anyone can enter; we've had performers as young as 6 and over 96!

Once the class you have entering into finishes you are given your adjudication the winners receive a certificate and in most classes, they receive a trophy which they keep for a year and then it is returned to the Trophy Secretary.

Fiona said "we do have trophies that go missing or that are returned late so we would ask if who has one they won in the past, obviously not this year's winners, and not yet returned it they should get in touch with us.

The Festival organisers are also looking for sponsorship for 2023 to help keep entry fees down and other cost such as printing and heating etc. If anyone would like to sponsor a class, or sponsor the programme we would love to hear from you.

The dates for the Festival next year are 27th/28th January, 3rd/4th February and 24th/25th February 2023

The syllabus and entry form will be available in June 2022 and will be available on line or you can request a hard copy to be sent to you.

You will find these at www.cottingham-methodist.org.uk/musical-festival.

Hull CHA Rambling Club

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

Travel by coach to the starting point. Fare £12.

We pick up at Bilton, Holderness Road, Hull City Centre, Beverley Road, Greenwood Avenue and The Green, Cottingham.

We have two walks planned for July.

10th July 2022 Nettleton (Lincs.) circulars

24th July 2022 Sheriff Hutton to York.

Places must be booked in advance.

For further information and to book a place on the coach please contact Joint Rambles' Secretaries, Sue O'Leary on sue@sueoleary.co.uk or telephone 07767420646 or Pauline Borger on pauline.borger223@btinternet.com or telephone 07929 933323.

Check out our website <http://hull-cha-rambling.wix.com/hull-cha-rambling>. Like us on Facebook: The Hull CHA Rambling Club

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WHY YOU NEED A LASTING POWER OF ATTORNEY

A Lasting Power of Attorney (LPA) is a legal document which lets you appoint one or more people (known as "Attorneys") to help you make decisions on your behalf.

This gives you more control over what happens to you if you have an illness or other long term medical condition which means that you cannot make your own decisions.

Alex Green, Head of Private Client Law at Graham & Rosen Solicitors looks at the benefits of having an LPA and how to make one.

An LPA is a way of legally putting your affairs in order in case you are no longer able to make decisions in the future. There are two types of LPA: **Property & Financial Affairs** and **Health & Welfare**

You can choose to make one type or both.

HOW TO MAKE A LASTING POWER OF ATTORNEY

First you need to decide who your Attorney or Attorneys are going to be. They could be a husband, wife, partner, a relative, a friend or a professional such as a Solicitor. Whoever you choose, you need to be able to trust them to make decisions in your best interests. If you're appointing more than one person as an Attorney, you must decide if they will be making decisions separately or together. You can appoint replacement Attorneys who would replace your original Attorneys if they cannot act in the future.

You need to ask your chosen Attorneys if they would be willing to do the job as they need to sign application forms.

If you are making a Health & Welfare LPA, this will give your Attorney the power

to make decisions about things like your medical care, moving into a care home and life sustaining treatment. This can only be used when you are no longer able to make your own decisions.

A Property and Financial Affairs LPA could be used to manage your bank account or investments, pay bills, collect your pension or sell your home. It could be used as soon as it is registered, if you agree. Alternatively, you can decide that it should only take effect if you lose mental capacity.

Whichever type of LPA you chose, it will only be legally effective when you have registered it with the Office of the Public Guardian. This involves paying a fee and the process takes about 10 weeks.

WHAT'S THE ALTERNATIVE?

If you lose mental capacity and there is no LPA in place, someone such as a relative may have to apply to the Court of Protection to be appointed as your Deputy. This process is expensive and time-consuming. Applications can take 6 months or more to process. Meanwhile your personal and financial affairs would be in limbo.

WHAT SHALL I DO?

Anyone who has property, savings or other assets should consider making and registering an LPA. You will then have peace of mind that your chosen Attorneys will be able to help you when you need it most.

For more information or help making an LPA contact Alex Green at Graham & Rosen.

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Swanland Bowling Club benefit from Commuted Sums

Swanland Bowling Club have completed works to improve the club using £16,303.91 awarded by East Riding of Yorkshire Council as part of Commuted Sums from local housing developments. The club also spent £1,811.55 of their own funds towards the £18,115.56 project. The club were presented with a plaque to commemorate the completion of the works.

The funding has allowed Swanland Bowling Club to refurbish both the ladies' and gentlemen's toilets, and install a supply of hot water to both the kitchen and the toilets. The club also purchased new green maintenance equipment to continue to keep the greens in good order.

The works to the toilets included completely removing the existing interior, supplying and fixing new ceiling and wall coverings, installing new hand wash basins with water heaters underneath, installing new toilets and vinyl floor coverings. The refurbished toilets are now also fitted with new PIR controlled timed LED lighting.

In the kitchen, an Instantaneous water heater was installed under the sink and the existing consumer unit was upgraded.

The green maintenance equipment purchased was: a scarifier, 21" roller drive mover, a cordless brush cutter and hedge trimmer with two batteries and charger, Sorrell roller cassette for Dennis FT510 and a pedestrian aerator.

David Mitchelson, Committee Member at Swanland Bowling Club, said: "The supply of hot water to the kitchen sink and toilets has improved the hygiene when using the facilities. The refurbished ladies' and gents' toilets provide a much healthier environment for members and visitors, and the new green maintenance equipment will ensure that the playing surface will be prepared efficiently and the club will not be subject to high maintenance costs. The timing of the completion of the project could not have been better, as everything was ready for the opening of the green."

Councillor Claire Holmes, portfolio holder for planning, infrastructure and housing, added: "These improvements have made a significant difference at Swanland Bowling Club, and I am delighted that they have been largely brought about through Commuted Sums provided by local housing developments as a condition of their planning approval."

Phoenix Walkers 2022

Phoenix walkers would like to say Hi to all ,and potentially new members.

We walk every two weeks on Sundays from Feb to Dec. With a friendly group of adults on coach from Hull Truck, Greenwood Ave, and Cottingham Green

Our walks for July and August are ,

- July 3rd - Eyam
- July 17th -Grassington
- July 31st -Goathland
- Aug 14th -Scarborough
- Aug 28th- Rosedale Abbey

If you are interested in joining us contact Sid and Sue 01482 701325 Or email, phoenixwalkingclub@outlook.com.

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Cycling event to help Joel make memories with his sons

Cyclists are being invited to take part in a Cyclosportive held in the heart of the Wolds to help a member of staff diagnosed with Motor Neurone Disease

Joel Wainman, who joined Hull University Teaching Hospitals in 1990 and is known throughout Hull Royal Infirmary as a stalwart of the Post Room, was diagnosed with the life-limiting condition earlier this year.

Since the age of 17, Joel had made his name as a top racing cyclist at local, regional and national level and was known to the Strava cycling community as the owner of many of their King of the Mountain segments.

Now, Joel's friends at the trust are inviting our cyclists to take part in the Cyclosportive on August 21 to help fund his care and help him make memories with his two sons Jake, 18, and Isaac, 11.

Steve Guymer, who works in the Therapies Centre at HRI and is a close friend of Joel, said: "I've worked with xxx Cycling Club to arrange the event to do something to help Joel.

"We thought the Cyclosportive was a good way to help raise some money to help pay for his care over the coming months and for him to do activities and make memories with his sons."

Three events will be held on the day - The Big J 150K, which costs £35 to enter; the Big J 100k costing £30 to enter and the Mini J 30K event, costing

£15 to enter.

The longest route takes in the best and hardest climbs in the Yorkshire Wolds including the infamous Hanging Grimston and Acklam which test even the most seasoned cyclist.

The 100K route still takes in some very testing climbs such as Thixendale and Nunburnholme.

The Mini J is for the less experienced cyclist who still wants a challenge on a nice route.

You can enter the event here or email s.guymer@nhs.net if you'd like further information.



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Wordsearch - Alice in Wonderland

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

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

Find the words in the letters above:

Alice, Baby, Bill, Bottle, Caterpillar, Caucus Race, Cheshire Cat, Cook, Croquet, Dinah, Dodo, Dormouse, Drink Me, Duchess, Eaglet, Eat Me, Fan, Fish Footman, Flamingos, Frogfootman, Glass Box, Golden Key, Grin, Gryphon, Guinea Pigs, Hedgehogs, King of Hearts, Knave, Lewis Carroll, Little Door, Lizard, Lory, Mad Hatter, March Hare, Mock Turtle, Mushroom, Pepper, Pig, Pigeon, Pool, Puppy, Queen of Hearts, Rabbit Hole, Small Cake, Tarts, Tea Party, Tears, Thimble, Watch, White Rabbit, Wonderland.

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

Sudoku No. 180

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

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

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MARION OWEN TRAVEL

Japan has opened along with many other places in the past few weeks. I am also pleased to report that we have managed to get everyone away and home smoothly to date. It is nice to see that for vaccinated travellers testing prior to travel is also being relaxed in some countries, cutting down on both the expense and anxiety. The USA is included too making it easier to enjoy a short city break, holiday in Florida, Route 66, a tour of the deep South & more.

We are just concluding our tour of the Shetland Islands, what a wonderful time we have had. We have been blessed as usual with lovely blue skies which has enabled us to enjoy the nature, history and stunning scenery. Our next real adventure is the North of Ireland.

Jersey is a gem in the English Channel. It has sold well for this summer from Humberside but there is still time to get away and we do have special offers at select hotels during this month and August. Call for details River cruising we have a selection of amazing offers e.g

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2023/24 We are able to book many touring holidays and cruises worldwide. Book now & have something nice to look forward to.

As part of our service, when we **book you** on a holiday we will keep you informed of what is required for entry to the countries you are due to visit. We ask everyone to remain patient as the travel industry is being re built. We do monitor the situation on your behalf as our client. Please do not call if you have booked elsewhere as we are busy looking after our own clients 24/7. Final travel documents are not readily available until a week before travel to ensure that these do not have to be reissued to many times due to schedule changes how ever minor.

We book all holidays with all tour operators & cruise lines. Our wealth of first hand knowledge travelling around the world by land, sea & air allows us to make your travel simple & hassle free leaving you to relax and look forward to enjoying your holiday.

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21 Aug	Knowsley Safari Park ~ just for the day	£ 39
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11 Sep	Floriade 5 nights via overnight DFDS Ferry, DBB	£ 789
24 Sep	North of Ireland 8 days - excellent itinerary 8 seats Titanic Museum, Giants Causeway, Mount Stewart (NT), Slieve League cliffs - wild Atlantic way & more	£ 975
21 Nov	Holly & Mistletoe at the 4 star Tynedale hotel in Llandudno 5 days of fun and amazing food DBB+	£ 485
01 Dec	Thursford Christmas Spectacular limited seats	£ 225
03 Dec	Bristol Christmas Market & Mike James Orchestra	£ 325
19 Jan	Boundary Mills for the January Sales bargain shopping	£ 20
22 Jan	Northern Lights—5 days 1 room in the main hotel	£1029
03 Feb	Tribute weekend Abba & Buble 2 nights DBB	£ 299
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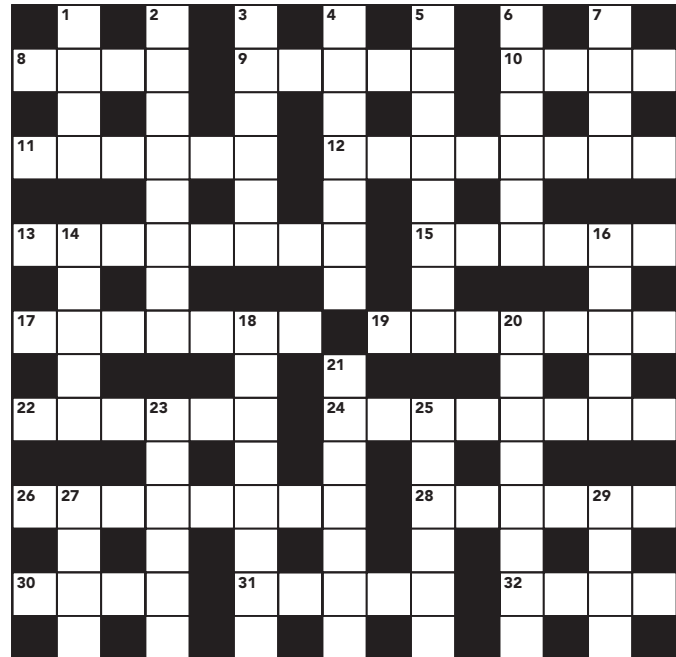
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**Open Cottingham Day
Sunday 3rd July**




14 July - www.cottinghamtimes.co.uk

Crossword - Solution on page 29



Across:

- Stopper (4)
- Raves (5)
- Hebrew month (4)
- Discharged (6)
- Blast offs (8)
- The dinosaur period (8)
- A skillful hunter (6)
- A container for cigarette butts (7)
- Backside (7)
- Stripe (6)
- Physiologically dependent (8)
- Seller (8)
- Works by artisans (6)
- Secure against leakage (4)
- Destitute (5)
- Fifty-three in Roman numerals (4)

Down:

- Margarine (4)
- Aubergine (8)
- Women about to be married (6)
- Impose something unpleasant (7)
- The provision of things (8)
- Body powder (6)
- Short form of Jacob (4)
- Cause to overturn (5)
- Overweight (5)
- Not acidic (8)
- Friendly (8)
- Weds (7)
- Render capable (6)
- A finger or toe (6)
- Visual organs (4)
- Not that (4)

Crossword courtesy of www.crosswordpalace.com
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Continued from page seven

Both entry onto Syntan and the Mermaid trips are free, but donations to the Society are welcome and help in keeping the vessels operational. All of our members are unpaid volunteers who give their time freely and will act as Syntan tour guides and operate the Mermaid. Come and see Beverley from a different perspective!

We are proud to be working with the Beverley Town Council as part of their Strategic Partnership programme over the next 3 years and also with the Hull City Council as part of the 'Hull Maritime Community' project. We have a youtube site (search 'Beverley Barge Preservation Society'), a website (www.syntanbarge.org.uk) and a Facebook Group (search 'Beverley Barges') which you can join and see what day trips we have planned for 2022 on our other barge 'Sun' where you can travel upstream on the River Hull.



Cottingham Darby & Joan Club celebrate the Queen's Platinum Jubilee

The Cottingham Darby & Joan Club celebrated the Platinum Jubilee for our Queen on Friday 27th May with a party.

We were able to get a grant from "Food for Life Get Together" through the Royal Voluntary Service, so the whole day's activities were free.

We had a lovely lunch of Roast Beef and all the trimmings followed by Sherry trifle and finishing with after dinner mints.

One of our volunteers made a cake which was beautifully decorated and was cut by our oldest member, Joan Dearing (pictured below), who was 101 a few days earlier, helped by Jennifer Hodge.

After a free raffle Julian Savory played the music for us all to sing all the patriotic songs and the National Anthem of course. The celebration finished with a slice of cake and tea. Everyone enjoyed the occasion.





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Annual General Meeting
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ON THE GRAPEVINE



WITH ROY WOODCOCK

Wine from “God’s own Country”

I want to follow up last month’s column with a continued focus on English wine and, more particularly, Yorkshire wine.

The end of the month saw English Wine Week and having mentioned the Dove House Wine Dash (which took place on June 12, based on the Little Wold Vineyard at South Cave), I thought I’d take you on something of a wider Yorkshire Wine Trail this month.

Perhaps surprisingly, Yorkshire is a premium wine producing region, with around 16 commercial vineyards producing in excess of 100,000 bottles of wine each year from nine wineries. Even more surprising, viticulture and winemaking has a long and rich history, stretching back to Roman times.

The Cistercian monks at Kirkstall Abbey in Leeds had vineyards, although the exact location is unknown. The Benedictines at St Mary’s Abbey, York, had a well documented vineyard of around 10 acres at Askham Richard on the outskirts of the city and had been making wine successfully up to the sixteenth century.

Our trail, however, visits six Yorkshire locations and starts in Leeds. Established in 1985, Leventhorpe Vineyard re-introduced commercial wine-growing to Yorkshire and the five acre vineyard is situated within the Leeds city boundary.

Its success is due to the excellent site which endows its wines with their unique character. The low altitude, protected south-facing slope with good drainage, warm soils and low rainfall, plus the benefits of a river valley situation, make it a favourable site for wine growing.

All the wines produced at Leventhorpe are made in the vineyard in which they are grown. The purpose built winery enables control of the wine-making process, thus preserving the wines’ unique character and identity.

Leventhorpe produces a range of wines including dry whites, sparkling and a small amount of red. The vineyard is open most days from noon to 3.30pm, but it’s always best to telephone or email before travelling (see factfile).

Moving on we head to Carlton Towers and “The Walled Garden”, the stately home’s very own vineyard, where two cool climate grape varieties; Auxerrois Colmar and Pinot Noir, are grown and blended together to make a sparkling white wine. The tearoom is open 10-4 Friday/Saturday/Sunday, but the vineyard and main house are by appointment only or for pre-booked ticketed events.

Near to York, at Nun Monkton, is Yorkshire Heart, a 14-acre vineyard growing 14 varieties of vines producing top quality grapes to be made into wine in their own winery. Latimer White, Eleanor Red and Sparkling Rose can be bought and tasted here - the “Winehouse” visitor centre has a shop, café and tasting area. Opening hours are 10.30am to 5.30pm Wednesday to Sunday

Yorkshire Heart’s newest development is a collaboration with Hooting Owl Distillery to turn its still white wine into the first Yorkshire Brandy; there’s also a brewery producing excellent quality ales in cask, bag-in-boxes, mini-kegs and bottles.

On the outskirts of Malton, at Westow, is Ryedale Vineyards; planted in 2006 with a second site at Howsham established in 2008. They are currently the most northerly commercial vineyard in Britain.

They produce delicious wines that have won awards annually since the wines were first introduced, including red, white, rosé and sparkling wines plus cider and apple juice. Opening times: 9am until 5pm Tuesday to Saturday.

We head back to East Yorkshire for our final two visits, starting at Laurel Vines, based at Aike, between Beverley and Driffield. This Yorkshire site was identified in 2009, with the first vines planted in 2011.

Laurel Vines are committed to producing quality wines by ensuring control of the main ingredients and products used in the wine making process, where possible everything being sourced locally. The result - wines that are high in quality but with a down to earth feel about them, not fussy but clean and simple but overall, wine that can compete with the best wines in the world - well at least England.

Laurel Vines is family owned and run, with everyone playing a part in the vine growing, picking and the wine production.

A number of regular events are held, including Vineyard Picnics on Thursdays, through July, August and September and two on Saturdays (July 9 and August 13). They include a vineyard tour, sandwiches, crisps and scones and a bottle of their wine (or three local beers).

And we finish, of course, back in South Cave and the Little Wold Vineyard. The south facing, chalk hillside is the perfect terroir for grape growing where they now grow over 8,000 vines of various white and red varieties.

Work began in Spring 2012 and 2,000 vines were initially planted and this was followed by another 1,000 two years later. Little Wold Vineyard planted a further 6,000 vines on a new site in Spring 2018 and added Pheonix to the collection along with some more of their already successful varieties such as Solaris, Chardonnay and Pinot Noir. Again, the vineyard organises a number of events, including tours and picnics, wine and cheese evenings and blind tastings as part of a fish and chip supper.

FACTFILE

- Leventhorpe Vineyard, Newsam Green Road, off Bullerthorpe Lane, Woodlesford, Leeds LS26 8AF: www.leventhorpevineyard.co.uk 0113 2889088
- Carlton Towers Walled Garden, Carlton DN14 9LZ: www.carltontowers.co.uk 01405 861 662
- Yorkshire Heart, Pool Lane, Nun Monkton, York YO26 8EL: www.yorkshireheart.com 01423 330716
- Ryedale Vineyards, Farfield Farm, Westow YO60 7LS: www.ryedalevineyards.co.uk 01653 658 035
- Laurel Vines, Aike YO25 9BG: www.laurel-vines.co.uk 07513 012 708
- Little Wold Vineyard, Market Place Farm, South Cave HU15 2BP: www.littlewoldvineyard.co.uk 01970 976001

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Barley Hill White
Where: Little Wold Vineyard
When: Now
Why: Made with their Seyval Blanc and Phoenix grapes. Medium dry, this is a pleasant, fruity wine (typical of English), herbaceous on the nose with notes of stone fruit and nectarine.

£15.00



Latimer Red Wine
Where: Yorkshire Heart
When: Now
Why: 100 per cent Rondo Grapes give this wine its rich deep red colour and black plum, blackberry and spicy flavours.

£13.75



Rondo Rosé
Where: Laurel Vines
When: Now
Why: A dry English Rose with aromatic notes of cranberry and rose on the nose and a cleanly balanced finish on the palate. Suitable for vegans. Makes a good partner with seafoods, especially smoked fish and sweet dishes.

£11.40



Madeleine Angevine
Where: Leventhorpe Vineyard
When: Now
Why: A light, delicate dry white wine, honeyed with an apricot and peachy nose. Clean, flowery with good fruit and length. Ages well and goes well with poultry, fish and spicy dishes. (particularly at this offer price!)

£10 (minimum order, six bottles, via mail order)



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

www.instinctivehorsetraining.co.uk



Life for horse riders on today's roads. The law has now been changed

There is such a huge misconception among the general public that horses should only be ridden in countryside and on bridlepaths. If only that were true! If only we could! However, the reality is that bridlepaths are in very short supply across the UK and to even get to be able to go off-road, requires horses and riders to share the roads with today's busy traffic in order to reach the nearest bridlepath. There is not one rider anywhere who would choose to ride on a road at all, it is simply that we have no choice.

The instances of RTA's with horses across the UK has quadrupled in recent years. Rider fatalities or with life changing injuries is huge. The numbers of horses killed and maimed is more, they suffer the most as vehicles collide with the animals first. This has become such a vast problem that we FINALLY now have a new law in place requiring road users to pass horses at least two metres away and at a speed no higher than 15 miles an hour - 10 mph is better.

It has always been law that you should drive at an appropriate speed according to the conditions - well approaching horses from both in front and behind is a dangerous condition which needs

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notice, awareness and appropriate speed alteration required - for your sake as well as ours.

If only that were the case. I don't understand why any driver could fail to see the huge risk to themselves when approaching an unpredictable horse? Much of my working life is training horses to become calm and confident with cars, tractors, lorries and buses. Motor bikes really frighten horses due to the volume of noise they produce. Sometimes I am working with horses who have never experienced roads before though, most commonly, I am trying to repair a horse emotionally who has been frightened and who is associatively scared.

It is a huge undertaking considering the vast amount of traffic we now have on our roads and also dealing with drivers who have no conception of either, how vulnerable a horse and rider is, or how vulnerable they are behind that wheel. Everyone is in such a hurry these days. Lack of consideration for other road users, including cyclists, has never been so bad.

Last week I started riding out a baby horse who I have had in for training. We had invested so much time and effort preparing him for the roads over several weeks. This wonderful soul had accepted the Piccadilly Circus of Skidby's Main Street with stoicism and trust in us that we were keeping him safe. He lead out beautifully and long reined out nicely. It was time to ride him out. I was horrified at the stupidity, selfishness and outright dangerous driving of some individuals.

A BMW driver last Sunday afternoon was going 60 in our 30 - when asked with correct arm signals to slow down, he simply tore past us successfully scaring this honest young horse. The next day, an ERYC white bus which collects residents every day in Skidby, squeezed past him so close we could touch the sides - and all because he would not wait for the oncoming traffic to pass first- idiot. Don't you realise that your actions have consequences? If you scare that horse, you damage it emotionally which can then lead to it becoming a danger to other road users!

Every time riders go out on roads, we take our lives in our hands.

All road users have a duty of care to all other road users. PLEASE, PLEASE, PLEASE pass horses slow and wide. **OUR LIVES ARE IN YOUR HANDS AND YOUR ACTIONS DICTATE THE OUTCOMES BOTH GOOD AND BAD. Simply always pass us really slowly and a minimum of two metres away.**



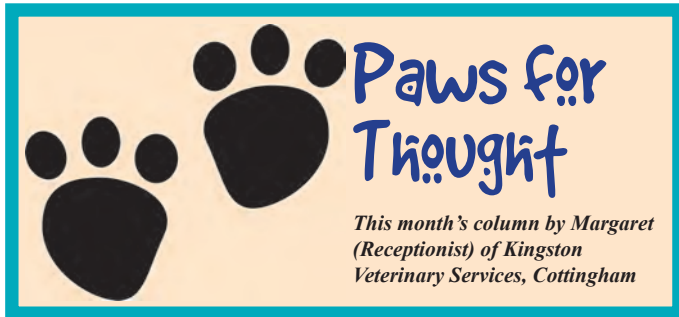
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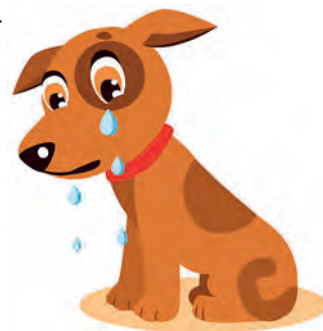
You are not alone

Choosing a pet can be an emotional decision. Pets we had as a child, pets we know through family and friends, or those we see in the media can all influence our decisions.

The UK is a nation of animal lovers, 95% of dog owners, 93% of cat owners and 91% of rabbit owners say that owning their pet makes them happy. Sadly, being loved doesn't always translate to good wellbeing and recent research shows that many pets are not having their five Welfare Needs met (ENVIRONMENT...living in a suitable place, DIET...having the right type and amount of food, BEHAVIOUR ... being allowed to show normal behaviour, COMPANIONSHIP ... living by themselves or with other pets and HEALTH...staying healthy). Understanding their needs before getting a pet is the best start but the report also shows that 21% of current owners had done no research before taking on a pet and over a quarter of owners (26%) were unaware of the Animal Welfare Acts, which outline the five Welfare Needs. For eg:

1.3 millions dogs ..13% are not walked every day, 1.9 million dogs ..19% are left alone for five or more hours every day, 55% of owners rely on past experience to train their dogs with 12% of dogs have had no training at all..67% of cat owners with two or more cats provide only one or no litter trays at all . . 43% of cats live in a multi-cat household which can cause stress.. 25% of rabbits are kept in inadequate housing

condition proving no hay which is their main daily food.49% of rabbits live alone despite needing the companionship of their own kind. I have two rabbits, Waffle and Sabrina, who quite happily live together and also have the full run of the garden. I did not rehome them as a pair but adopted them at different times. .. Waffle came on the scene when Sabrina lost her partner. I would never have dreamed just having one rabbit and believe me, it is hard work pairing but well worth the wait.



FACT...Sadly, did you know that the main reason for euthanasia under the age of three years is due to behavioural problems? I'm afraid that during 2020/2021, mainly due to the pandemic, more and more problems are being seen such as separation anxiety. The most common scenario being, March 2020 when we saw the beginning of lockdown. People were sadly confined within their own four walls unless they were fortunate to not be furloughed. Perfect time to get a puppy, kitten or even a rabbit, home all day, nowhere to go so the little one has all the attention given. What an ideal scenario..... untilthis year. Thankfully lockdown is easing, places to go, people to see, going back to work but hey, what about that little family member who has had all your undivided attention and maybe not only you but also other members of the family? Suddenly, some are plunged into a solitary quite life, day in day out. Now, for the older pets, this will seem idyllic with no hustle and bustle and plenty of time to snooze but for the younger ones, maybe turning one-year-old or slightly older, is very different, who will entertain them? Many responsible owners will stand by their pets and meet it with a challenge but I am afraid there is a minority who feel they have had their fun, had something to play with and now the stress related separation anxiety has raised its ugly head, they cannot be bothered and turn to the devoted rescue centres who are rapidly filling up.

Please be patient with your furry friends, time is the essence and treating this behaviour cannot be rushed. If you are facing a problem of any degree, please believe me you are not alone as I have found out with Tali whilst I was off for only 10 ten days, do not hesitate to call any one of our six surgeries where a Qualified Nurse will be happy to help in either discussion or point you in the right direction. We also have a link on our website, to an excellent video called 'HAPPY HOUNDS FOR LIFE'. This a 15-minute video showing how to settle your new dog and also offers further advice on all aspects of training. We are also not forgetting cat owners, who have come through our doors with their pets showing stressed related symptoms too. As I said, we at KINGSTON are always happy to help and you are not alone.

AND FINALLY...TALI.... What can I say but I am so proud of my girl who is a star in the making after completing another fab session of Man Trailing. We had a gap of about four weeks but she remembered everything much to my surprise. Nose to the ground or up in the air, she never failed to find the 'missing person'. I feel the only thing that let us down as a team was myself. Trying to keep behind her at a rate of knots whilst holding onto a 10-metre lead is quite a challenge. One good thing about it though, I'm sure to lose some weight and get fit.

Until the next time.....



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Cottingham play areas to be given £160,000 improvements

Redevelopment work worth £160,000 is due to begin on two Cottingham play areas.

The play area in Abbots Walk and the KGV site on King George V playing fields, off Park Lane, will be given a major overhaul and be fitted with brand new equipment.

The scheme will begin with a totally redesigned play area at Abbots Walk, with the installation of new equipment aimed at all young ages and abilities.

The two Cottingham sites are part of a £1.1m project to revamp play areas across the East Riding, with the majority of work being carried out at sites in need of redevelopment in Cottingham, Driffield, Beverley, Hessle and Swinefleet, near Goole.

The major investment has come jointly from East Riding of Yorkshire Council and from funds provided by developers, who are required to give money to benefit communities as part of new housing developments they build – which is called commuted sums.

Abbots Walk has been awarded £100,000 - comprising of £60,000 funding from the council and £40,000 from commuted sums.

The KGV play area will receive £60,000 - £30,000 of council funding and £30,000 from commuted sums.

Work was due to start on the Abbots Walk play area on Monday 20 June.

Improvements will involve the installation of new fenced toddler play area with a trim trail, swings, seesaw, dragon rocker and multi-play unit.

Additional play equipment installed will include a Cocowave swing, a tower multi-play unit, a shell swing, a Spica spinner and an inclusive roundabout.

The work is expected to take four weeks to complete. The site will remain open for use.

The work will be carried out by council contractor and play area specialist Kompan.

Work on the KGV play area will begin later this year.

Councillor Chris Matthews, the council's portfolio holder for environment and climate change, said: "These two play areas were chosen to be redeveloped because of their age and the amount of equipment they had.

"Their current play equipment there is outdated and offers very little play value for youngsters. They are in need of a refresh."

An artist's impression of how the newly developed Abbots Walk play area in Cottingham could look.

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“The Tooth and Nothing but The Tooth”

by
Chris ‘ Dr. Smile
Maker’ Branfield

More to it than just snoring . . . Hmm

Hello again. I hope that you are well. Well, some weather at last!! About time eh. As I write it’s a mini heatwave and the aircon on at work.

So, What’s More To It Than Snoring?

A while ago I mentioned about snoring and how we can help with non-invasive measures using lasers and Mandibular Advancement Devices. My colleague, Ilay is an expert in dental lasers and actually taught me via the mastership, diploma course affiliated to the University of Aachen in Germany. Snoring has obvious problems associated with it as it causes a right row and can be anti-social and cause problems with sleeping partners. I have also touched on Obstructive Sleep Apnoea (OSA) when breathing actually stops and then there are great gasps for air. This is really not healthy and can put strain on the heart. In this case a sleep study is needed and possibly CPAP (Continuous



Positive Airway Pressure) at bedtime. However, the compliance with these things is generally poor even though it is the gold standard treatment for OSA. CPAP

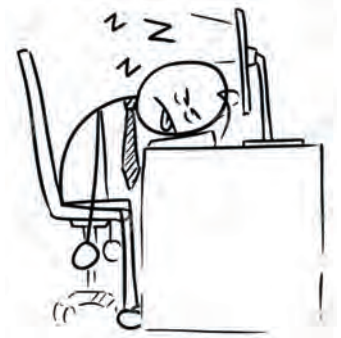
The Less Obvious Stuff

Sleep medicine and airway medicine is the up and coming thing. It was highlighted on the TV just this week about how many more people are experiencing poor sleep and are constantly tired during the day. I was horrified to see that loads of school kids had to have caffeine before school, as they were so tired. Now this is a different thing to do with mobile phones taken to bed and blue light. UARS



There is a condition called Upper Airway Resistance Syndrome. This is when the upper airway collapses causing resistance to airflow. OSA is the extreme, snoring we all know about, but it can be less obvious and affect many of us. Some snorers sleep great. Lucky so and so. This is thought to be because the sensors at the back of the throat have been beaten up that much by vibration that they no longer fire and wake you up with a snore. Now for people that do not snore or only really snore after alcohol these sensors can be stimulated when you get close to a snore and airway is about to collapse and you wake up for no apparent reason.

This is a so-called arousal from sleep. It can interrupt the normal cycle of sleep and disturb hormone balance. This can cause tiredness as well a load of other stuff that will list in a bit. When the airway collapses a bit it can create a negative pressure that can suck up fine droplets of acid from the stomach that can reach the throat and nose and even the sinus. This is different to heartburn or GastroEsophageal Reflux Disease (GERD). It is called Laryngo Pharyngeal Reflux Disease (LPRD) and can lead to symptoms of post-nasal drip, sore throat, cough, and even chronic sinusitis.



This can go hand in hand with a poor night’s sleep. If you are interested a great book is Sleep Interrupted by Steven Y. Park, M.D. (an ENT specialist who came across this paradigm shift in thinking how we treat some common ailments by getting to the cause, i.e. the airway). According to Dr. Park this is a list of some of the ailments/symptoms that UARS can be associated with but limited to: the nasal stuff mentioned above, hoarseness, throat clearing, teeth grinding/clenching and Tempero-Mandibular Dysfunction (TMD), heartburn (GERD), cold hands, postural hypotension (dizzy when stand up quickly), depression and anxiety, migraine headaches, chronic fatigue syndrome, and weight gain (which compounds the situation. He even feels that ADHD (Attention Deficit Hyper-activity Disorder) is associated with UARS. It’s all interesting stuff. Or is it just me?

Until next time. Take care and be good.

Chris



Chris Branfield is Principal Dentist at Castle Park Dental Care, Castle Villa, 28 Castle Road, Cottingham, telephone 01482 772550. He has been in dental practice for 27 years and has a special interest in Life Changing, Pain Free Dentistry with Dental Implants, Teeth Straightening and Cosmetic Dentistry. And, not only that Chris is founder member and trustee of Dental Mavericks charity- ending the daily dental pain of Moroccan kids. For more patient success stories and Chris’ Humanitarian work go here now www.castleparkdental.co.uk.

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Bridlington: the Bridlington Beach 5K and Fun Run

Sunday, 4 September will see a brand-new event in Bridlington – the inaugural Bridlington Beach 5k and Fun Run.

The event will take place entirely on the beach and is restricted to 300 runners. There will be a Fun Run for children and those who do not wish to run the full 5k.

The event is seen as an exciting new addition to the calendar in the resort, and hopes are high that it will become an annual occasion, arranged initially by the Coastal Services team of East Riding of Yorkshire Council, Bridlington Road Runners and the Yorkshire Coast BID.

The event is being held in conjunction with Comic Con being hosted at Bridlington Spa on the same day. For those who fancy doing the 5k or Fun Run dressed as their favourite comic book hero, there will be a prize for the best dressed, to be awarded by the Comic Con judges.

Councillor Mike Medini, portfolio holder for cultural and leisure assets at East Riding of Yorkshire Council, said: “This

new event will be great for Bridlington, and will undoubtedly help the health and wellbeing of the town’s residents. People will be able to take part just for fun, or perhaps to raise money for charity, and we will also be offering prizes for the best fancy dress as well, especially as the event will coincide with Bridlington Comic Con.

“I am sure that this will prove hugely popular and will become an annual event in Bridlington.”

Introductory price to enter the 5K will be £10 and all participants will receive a T shirt and a medal.

Full details are at www.bridlingtonbeach5k.co.uk

Booking for the event is now open.

Follow the progress of the planning of the event on facebook, twitter and Instagram @bridbeach5k

Visiting arrangements extended at HRI and Castle Hill

Patients being cared for in East Yorkshire hospitals are set to benefit from extended visiting arrangements.

The number of visitors a patient can receive and the amount of time they can visit for has been extended across the majority of wards and services at Castle Hill Hospital and Hull Royal Infirmary.

In order to balance the benefits of visiting with any potential risks of infection, visitors will still be required to book in advance to enable nursing staff to safely accommodate increased numbers of people on each ward.

Jo Ledger, Acting Chief Nurse for Hull University Teaching Hospitals NHS Trust says:

Continued on page 25

“CHRISTIANITY, IF FALSE, IS OF NO IMPORTANCE, AND IF TRUE, OF INFINITE IMPORTANCE. THE ONLY THING IT CANNOT BE IS MODERATELY IMPORTANT.”
C.S. LEWIS

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www.cottinghamtimes.co.uk - July 23

Motoring - with Roy Woodcock



It's long been a popular model, but for 2022 Kia has introduced a new and better Sportage SUV. Roy Woodcock reports . . .

Kia's biggest-selling car in the UK, the Sportage, has always ticked a lot of boxes for me. It's a great family car, with loads of cabin and luggage space and that high-up riding position that's so favoured these days, plus it's a great workhorse when you need it to be and, despite its relatively large size, is immensely manoeuvrable in quite tight situations.

The original Sportage was launched in the UK in 1995 and it's very true that for many years the likely choice would be one with a diesel engine. For the all-new fifth generation version, just making its presence felt on UK roads, the pendulum is swinging very much away from the black pump and towards the electric plug.

Yes, there are a couple of diesel options still available in the range (one with mild hybrid technology) but the total choice is now very wide and those looking at some assistance from the national grid can either specify mild or full hybrid as well as, for the first time, a plug-in hybrid version which turns out to be the most powerful model, delivering 261 brake horsepower.

At this stage, there are no plans to offer an all-electric Sportage.

I was able to test drive two of the full hybrid models - one with two-wheel drive, the other a 4x4 - at a recent event for northern motoring writers in North Yorkshire. And both performed spectacularly well over the quite challenging roads we chose - narrow roads with lots of twists and turns and steep climbs to deal with.

The first thing to strike me as we approached our first drive was just how sleek the Sportage now looks, complete with its distinctive new Kia badging, but exuding a muscular stance, too.

The new model is actually longer, wider and fractionally taller than the outgoing Sportage, so there's better head and legroom for passengers as well as more carrying capacity - with all the seats in place you get up to 591 litres of luggage space with a maximum boot area of 1,780 litres when folding the rear seats down.

But it's inside the car where it really scores . . . a high quality, high-tech, driver-centric interior that has been designed for European customers, the first time such a focus has been made in the model's history. The urban SUV's cabin fuses together advanced technology, luxury features, premium materials, and modern style, ensuring occupants remain comfortable, engaged, and connected on every journey.

On entry, drivers are greeted by a bold, integrated curved display featuring twin high-definition 12.3-inch screens, delivering a near-cinematic experience. The digital instrument cluster directly in front of the driver benefits from the latest liquid-crystal display technology for incredibly precise and clear graphics. In the centre is a high-tech touchscreen that caters for all driver and passenger connectivity, functionality, and usability requirements.

The ergonomic centre console is optimally positioned for the driver and front passenger to provide further flexible storage. For

example, by simply pressing a button, the cupholders located in the centre console rotate outwards, and can be pushed back in when not needed, giving occupants a larger, more practical space in which to store items.

The centre console also features the striking shift-by-wire transmission dial. A smartphone charging bay offers high-speed 15W wireless charging - the fastest wireless charger fitted to any new Kia model. Furthermore, the cabin is finished in the highest quality materials, designed to appeal visually and be more sumptuous to touch than in any previous generation.

Prices for the new models range from £26,745 for the grade '2' front wheel drive 1.6 petrol and rise to a hefty £43,795 for the top spec (GT-Liner S) 4WD PHEV plug-in hybrid model. In between these two at GT-Line and Sportage 3 and Sportage 4 but the two extremes will probably qualify for the majority of sales.

The Sportage '2' can be identified by its 17-inch alloy wheels, black side sills and wheel arch mouldings, and silver garnishes for the bumpers, upper front radiator grille, doors, rear skid plate and roof rack. This is contrasted by the body-coloured door mirrors and exterior door handles. The specification also includes automatic headlight control and rain sensing wipers, electrically folding, adjustable and heated door mirrors with LED indicators, LED headlamps and daytime running lights, and a rear high mounted stop light featuring LEDs.

Inside, there's an electronic parking brake, electronic chromic mirror, electric windows all round, steering wheel controls for the audio system, and remote central locking with fold-away key. Sportage '2' models are equipped with black premium cloth seats, a driver's manual seat height adjuster, and leather steering wheel, with a metallic finish to the centre fascia and door garnishes. Android Auto, Apple CarPlay and Bluetooth with music streaming are fitted as standard to all versions of the Sportage. Front and rear parking sensors are bolstered by a reversing camera system that displays on the integrated touchscreen and there's an impressive raft of safety systems.

As you go up the range the "goodies" keep getting better - smart cruise control, heated front and rear outer seats just two of the things I would pick out but what really impressed me were some of the additional safety features on the two top-range specs.

Blind-Spot Collision-Avoidance Assist (BCA), for instance, provides a warning to the driver when operating the indicator, if there is a risk of collision with a rear-side vehicle. After the warning, if the risk of collision increases, BCA actively controls the car to help avoid a collision. BCA is also active in situations such as parallel parking manoeuvres, further helping to avoid collision with rear-side vehicles.

They also feature Kia's Blind-Spot View Monitor (BVM) system, which further enhances safety and driver visibility when changing lanes by displaying a real-time rear-side image of the vehicle in the instrument cluster when the driver indicates.

Finally, for navigating into and out of tight parking spaces, drivers can call upon the Sportage's Remote Smart Parking Assist (RSPA) system to take the hassle out of parking entirely. RSPA is a feature that enables the vehicle to park itself autonomously, whether or not the driver is in the vehicle (from outside the car the manoeuvre is carried out via the key fob).

Using surround view cameras and ultrasonic sensors, the Sportage can be driven forwards or backwards in and out of a parking space of a suitable size, with automatic control of accelerator, brakes and gearshift. The technology comes fitted to hybrid '4' and 'GT-Line S' models.

The Sportage has long been one of the very best medium SUVs. Now, it's just got better.

* More information: www.kia.com

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Continued from page 23

“We know how difficult it can be for people to have a loved one in hospital and either not be able to see them or to have very limited contact with them.

“Having reviewed our visiting policy in the context of the local Covid-19 situation and updated NHS guidance, we feel we can now cautiously extend hospital visiting to allow patients more time with their loved ones.

“Friends and family can provide a lot of support to patients when they’re ill and serve as a real boost to their wellbeing and recovery overall. While we are still mindful of the need to protect patients, staff and visitors from the spread of infection, this certainly feels like a step in the right direction.”

Among the changes taking effect:

- Patients can now receive up to two visitors per day, rather than one
- Patients can receive visitors for up to two hours per day, rather than one, and this can be split into multiple visits
- Visitors can change daily and do not have to be the same two people for the duration of a patient’s stay*
- A broader visiting window running from 11am – 7pm is in place on general wards and 9am to 9pm on antenatal and postnatal wards
- Visitors are welcome to visit during mealtimes to help loved ones with feeding if they wish
- Patients attending outpatient clinics may now be accompanied by one other person
- Patients attending the Emergency Department may also be accompanied by one other person

In light of continued high levels of demand on emergency care, the Trust has maintained its request for just one parent or guardian to accompany their child in Children’s A&E.

Visitors will continue to be required to wear a face covering while inside hospital premises unless clinically exempt, and the requirement for visitors to regularly wash and sanitise their hands during their time in hospital also remains in place.

Full details of the new visiting rules can be found at www.hey.nhs.uk/visiting.



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July is often one of the hottest months of the year and a great time to sit out and enjoy your garden. Keep your plants looking good by regularly dead-heading and you'll enjoy a longer display of blooms. Make sure you keep new plants well watered and hoe off weeds, which thrive in the sunshine. Not only can we enjoy our plants in the Summer we can also relax and unwind in the garden on the warmer evenings with a chimenea, garden furniture or even a few bbqs.



A guide to watering and feeding your garden

If you want a healthy garden with an abundance of flowers, watering and feeding are essential. Without water, plants will simply wilt and die. A complete fertiliser or specific nutrients are essential – particularly for plants growing close together. But when should you water and feed?

During long hot dry spells, plants definitely need water – but make sure this is given at the right time and in the right way. Plants need to be fed during periods of active growth – not when it could encourage new growth later in the season.

How to water

- **Watering cans:** Use one fitted with a fine watering can rose. This leads to less soil disturbance and possible root or plant damage.

- **Sprinklers:** Try not to use them in hot sunny weather as this can cause leaf scorching. More importantly the water applied has more time to be absorbed in the soil when applied in the cool of the evening or in the early morning.

- Trickle or soaking hoses: deliver tiny amounts of water over an extended period of time.

- **Root Watering:** Sink 5–8cm diameter pipes or plastic soft drink bottles with the bottoms cut off in the soil next to trees or shrubs, or in containers. Top these up with water on a regular basis.

Watering Tips

- It's better to soak plants from time to time rather than watering little and often.



- Make sure water gets right down to the roots, by placing the hose or watering can spout at the base of a plant and water gently. If soil is very dry, water twice.

- Do not water plants too forcefully. Never direct a jet of water at the base of a plant as it will wash away the soil, exposing the roots. Make a hollow around the plant base and fill with water.

- Re-use 'grey water' from baths and sinks or recycle rainwater by using a water butt.

New Plants

New plants need a good deal of care and attention to help them adjust to their new surroundings and grow well.

- When planting new plants, prepare the soil to ensure they get enough water and food.

- Dig the soil between 25 and 50cm deep. This will let in air and water to prevent root suffocation.

- Add some water-retaining gel or try some well-rotted manure, garden compost or peat alternative, as these will act as a sponge, retaining water.

Lawn Irrigation

- If grass does not spring back after it has been walked on, water as soon as possible, as long as there isn't a drought!

- If it is very dry, spike your lawn with a fork before watering.

- The quickest way to water your lawn is to use a sprinkler but to ensure you don't over-water in one place, place a jar next to your sprinkler and move it once the jar has 2.5cm of water in it.

10 Jobs for this month

1. Place Conservatory plants outdoors
2. Regularly de-weed your borders and keep on top of weeds
3. Dead head bedding plants and repeat flowering perennials
4. Paint sheds, decking, fencing and furniture while its dry
5. Spray roses with fungicide to ward against black spot and mildew
6. Be water wise, use your water butt and keep on top of watering bedding in particular
7. Feed your lawn, particularly if you didn't do a Spring feed
8. Look out for Scarlet Lily beetles on your Lilies before they ruin them
9. Also keep a look out for other pests as they thrive in warm weather
10. Chop lupins, delphinium and poppies down once they have finished flowering



Caring for Containers

Like new plants, those in pots and hanging baskets need special care as they run out of water more quickly than established border plants – which have bigger root systems and more soil from which they can reach water.

- Add water-retaining granules or gel (right) to compost in pots and place a small pipe or plastic bottle in the compost to help with root watering.

- Aim to keep the compost moist at all times, watering daily in hot weather.

- If the compost looks pale, has shrunk away from side of the pot, or if plants are droopy and wilting, stand the container in a bucket or pan so that it can soak water right up into the compost.

Dealing with drought conditions

Attach a water butt with a tap to your drainpipe to collect rainwater.

- Keep borders well weeded as weeds compete for moisture.

- A 5–7cm protective layer of mulch such as compost, cocoa shells, bark or even gravel spread on the soil between plants reduces evaporation.

- Stop sprinkling lawns in drought – in autumn they will recover!

- Hoe weeds at the roots to save time and avoid disturbing the soil and increasing water loss from the surface.

- Leave grass clippings on the surface of the lawn after mowing to recycle nutrients.

Different Plant foods for different plants:

- **Shrubs & trees** –Bonemeal when planting in autumn/winter; Growmore in spring/summer.

- **Bulbs** – Bonemeal after flowering.

- **Bedding plants** – fortnightly general liquid feed.

- **Container plants** –general liquid feed weekly in spring/summer.

All living things need food and water and plants are no exception. They need a mixture of the following three main types of plant food:

- **Nitrogen** promotes leaf growth.

- **Phosphates** help roots develop.

- **Potash** increases production of flowers and fruits and improves fruit flavour. It also increases winter hardness. They also require trace elements of calcium, boron, iron, magnesium and manganese. By applying a range of garden fertilisers, you can ensure your plants receive sufficient food to perform to their full potential. Some specific plants need tailored cocktails of fertilisers – roses are a good example.

INORGANIC FERTILISERS: Those manufactured from a chemical process or mined. Today these are formulated into compound fertilisers that release a balanced amount of nitrogen, phosphates and potash over a period of time. There are dedicated fertilisers that supply just one of the elements and these can be used to correct any specific deficiency. They are applied as a

dry powder or in granule form in spring, at the manufacturer's recommended rate. Some act quickly, other slow release types release small amounts over a long period. Some are available in both dry and liquid forms – liquids are applied from late spring to early summer.

- **Sulphate of Ammonia** –contains concentrated nitrogen.

- **Sulphate of Potash** –a good source of potassium.

- **Growmore** – a good balanced fertiliser.

- **Sulphate of Iron** – for acid loving plants.

ORGANIC FERTILISERS: Derived from vegetable or animal matter, they are often slow-acting so apply them in good time.

- **Mushroom compost**– contains a range of nutrients.

- **Liquid seaweed extract** – contains nitrogen, potash and phosphate.

- **Bonemeal** – a good source of phosphate.

- **Wood ash** – contains a small amount of potassium.

- **Fish, blood & bone** – a general fertiliser, containing phosphorus, nitrogen and potassium.

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Your Stars for July 2022

By Kay Gower

Aries (Mar. 21- April 20)

Routines go out of the window in July as you choose to make things up as you go along. If compromises need to be made you give the impression of playing ball - but you still manage to get what you want. A great month.

Taurus (Apr. 21- May 21)

Some of you may be in for a gift or even a fresh source of income. Make sure that all opportunities that crop up for you this month are thoroughly investigated before they are turned down.

Gemini (May 22-June 21)

You may feel that you've fallen behind in some regard, but the truth is, there is no "behind" and there is no "in front" either. There's only where you are right now, and that is the place you need to be in July 2022.

Cancer (June 22-July 22)

This should turn out to be the sort of month you'll love. Those you care for the most will be attentive, but not demanding. There will be moments when you can just stand and watch ... but mostly you will be involved and enjoying yourself.

Leo (July 23-Aug 22)

Focus on staying in a light mood and taking things as they come. If you're involved in any property or legal matters relax and know that all will be solved eventually.

Virgo (Aug 22 - Sept. 23)

The energy of the new moon (late July) will focus on partnerships and relationships of all kinds. If there's someone you need to forgive, do it now, especially if the someone in question is yourself.

Libra (Sept. 24 -Oct. 23)

People reveal their true character mainly in their core beliefs which are reflected not in what they say, but in their actions. Watch them.

Scorpio (Oct. 24 - Nov. 22)

July, and you have every reason to be optimistic. You will get some fabulous chances to broaden your horizons over the weeks ahead, opportunities open up for you when you are least expecting them.

Sagittarius (Nov. 23 -Dec. 21)

Mid month brings new employment opportunity, you could also stash away a little extra money. There's an adventure to embark on and the next couple of months take you in a thrilling direction.

Capricorn (Dec 22.- Jan. 20)

This month try to prioritise which doors you want to open and which to keep firmly shut. Stress will come from trying to fit too much into too few hours.

Aquarius (Jan 21 - Feb 19)

Your impulses are likely to involve a plastic card. Perhaps you have needed something for so long that you suddenly don't care whether or not you can afford it. Keep receipts.

Pisces (Feb. 20-Mar. 20)

Your sensitivity and empathy have been badly exploited in the past, but these are still amongst your most precious gifts. Don't be afraid to use them again this month, but do use them with a bit more discernment.

Walk the prehistoric Gypsy Race Trail across the Valley of the Kings in the East Riding with guidance from a new leaflet

A new free leaflet has been produced by the East Riding Museums team to promote the prehistoric Gypsy Race Trail across the East Riding's Valley of the Kings.

The aim is to encourage people to get out and walk the trail to discover the local history and geography of the area.

The Gypsy Race is the most northerly of the chalk streams in the Yorkshire Wolds and is the only water course on the High Wolds. It rises from a spring between Wharram-le-Street and Duggleby and flows to the east down the Great Wold Valley and 21 miles to the sea at Bridlington.

The stream flows underground from West Lutton to

Weaverthorpe and also at Butterwick – it reappears at Burton Fleming all the way to the coast.

The leaflet writer, Janice Smith, curator at Sewerby Hall and Gardens, explains: “The ‘will-o’-the-wisp quality of the stream gives it an air of mystery, and our ancestors in the Neolithic and Bronze Age sought to celebrate it with many monuments close by.

“Residents and visitors can now use the leaflet to follow the trail and chart the course of the Gypsy Race from its source to the sea, and explore our prehistoric monuments at the same time.”

Walkers should begin the trail at Duggleby Howe, and walk through the rolling hills and dry valleys. The route goes through Kirby Grindalythe, West Lutton, Foxholes and Wold Newton, where walkers can see twin barrows known as Butt Hills and Wold Newton Mound, with Willy Howe nearby.

The route then goes south to Rudston, site of the 24 foot high monolith, and then heads for the sea at Bridlington Harbour, via the delights of Danes Dyke.

The leaflet describes 12 features of historic interest along the way, including monuments, barrows, and the remains of a barrow cemetery at Rudston.

Funded by East Riding of Yorkshire Council and Arts Council England, the leaflet is available now at the Welcome Centre at Sewerby Hall and Gardens, and at Bridlington North and Bridlington Central libraries.

Janice Smith added: “I hope that this leaflet will inspire people to get out and enjoy the wonderful Yorkshire Wolds countryside, and learn more about its unique and remarkable history at the same time!”

Crossword solution from page 14

1	O	2	E	3	B	4	I	5	I	6	T	7	J				
8	P	L	U	G	9	R	A	N	T	S	10	A	D	A	R		
	E	G		I		F		S		L		K					
11	P	O	P	E	D	12	L	A	U	N	C	H	E	S			
		L		E		I		A		U							
13	J	U	R	A	S	S	I	C	15	N	I	M	R	O	D		
	P		N					T		C					M		
17	A	S	H	T	R	18	A	Y	19	K	E	I	20	S	T	E	R
	E				L			21	M				O		E		
22	S	T	R	E	A	K	23		24	A	D	D	I	C	T	E	D
			N		A			R		A		I					
26	27	R	E	T	A	I	L	E	R	28	C	R	A	F	T	S	29
		Y		B		I		I		T		B		H			
30	S	E	A	L	31	N	E	E	D	Y	32	L	I	I	I		
	S		E		E		S		L		E		S				

Sudoku Answer from page 12

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

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Free self-paced computer courses in East Riding Libraries or from home using your own device

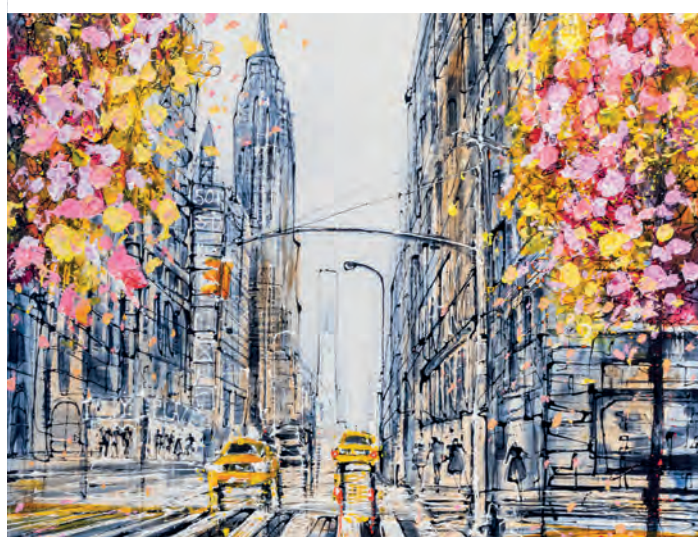
East Riding residents can benefit from free self-paced computer courses using the free public access computers in libraries or by using their own device from home or on the go.

Learn My Way has over 30 free courses that include using a touchscreen, using email, creating spreadsheets, and how to keep personal data safe. Participants can also learn how to become a Digital Champion to inspire people in their community to develop their digital skills.

Gary Smith, Digital Services Officer (Libraries), said: “Self-paced online learning is ideal for people who want to do short bite-size courses to develop their digital skills. You will need to be a library member to use the free public computers and friendly staff will be on hand to help get you started. If you have your own device, you can do the courses from home, on the go, or pop into the library and use our free unlimited WiFi. The Learn My Way platform can be found at: <https://www.learnmyway.com/> and when registering just type in and select your local library as your Centre.”

Councillor Mike Medini, portfolio holder for cultural and leisure assets, said: “Learn My Way is just one of the many things that Libraries and Customer Services do to promote digital skills to our residents. I hope that anybody who chooses to do these short online courses will develop their digital skills, which are such a key part of modern life.”

www.cottinghamtimes.co.uk - July 29



Take a stroll through London, Paris and New York with Nigel Cooke

Intense colours and dramatic textural juxtapositions have established Nigel Cooke as the quintessential artist of the cityscape genre..

Most of Cooke's work is original art with texture, vibrant colours and full of stories.

But, as Artmarket director Robert Power points out, they're extremely affordable originals, with prices starting at the £745 mark.

Born in Mirfield, near Dewsbury, Nigel's talent became evident at an early age – he was just 14 when he sold his first painting. But, as so often happens, the practicalities of life got in the way of artistic ambition,

and after leaving school he joined the Merchant Navy and travelled the world.

"In recent years I've visited many of the cities I'm now known for painting – London, Paris, Amsterdam, New York – to take photographs and work out perspectives," he says. "But I'd travelled pretty widely before that, and that's had a real influence on my current work."

After leaving the Merchant Navy, Nigel at first earned a living using his considerable talent for caricatures – he joined holiday camp kings Butlins as a resident caricaturist in the early 90s and reckons he's created at least 50,000. But a trip to Florida proved life-changing when he came across caricature booths, unknown in this country at the time.

On his return to the UK, he opened caricature concessions on Blackpool's Central Pier and Pleasure Beach, in the Trafford Centre in Manchester and at Alton Towers, tucking well over 10,000 hours of live drawing and painting under his belt.

"I developed a specific style, and then trained up other artists to use it – there might be four artists working away in a single booth at any one time," he explains. "It was big business

"But after 20 years, I was fed up – I really wanted to be a fine artist – so I sold the business. I'd done thousands and thousands of caricatures and got so slick and quick at it that I was also working on character design for a company in Hong Kong that made toys and novelty items.

"But as soon as I started to paint as I wanted, about ten years ago, the paintings started to sell. Now I paint for myself, doing what I want to do – big, beautiful, fine art paintings. These days, Nigel works from his studio in Holmfirth and says: "I can paint anything you like – figurative, marine paintings, landscapes – you name it. But there's such a huge demand for my cityscapes – as soon as I paint them, they sell!"

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