

# Cottingham Times

and District

Issue 176 - July 2016

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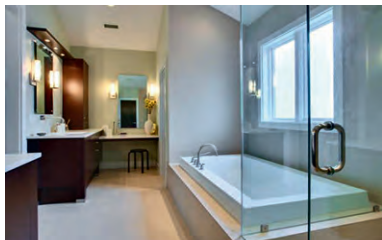
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## In Cottingham and District

### Cottingham Methodist Photography Group

We meet in Cottingham Methodist Church Hall

Tuesday 5th July - 6.30 pm - Outside visit

Interested in photography? Why not give our friendly group a visit? New members welcome. All levels. Contact for further details - John Tel No. 842169 or [john@jcmhome.karoo.co.uk](mailto:john@jcmhome.karoo.co.uk)

### English Country Dancing.

Tuesdays 5th, 12th, & 19th July at Darby & Joan Hall, Finkle St. Cottingham from 8pm till 10pm. Beginners welcome. For further information please ring Fred Smith on 01964 550297.

### East Yorkshire Group of the Hardy Plant Society

Thursday 7th July - at 7.30pm in St Mary's Parish Hall, North Bar Within, Beverley. You are welcome to come and join us to listen to Geoff Hodge's talk: 'A Tapestry of Foliage'. Entry: £4 which includes tea/coffee and biscuits. Further information from Lois Scott 01482 494276.

Front cover: The Memorial Gardens in Hallgate.  
Photo: Paul Lakin.

### Yorkshire Countrywomen's Association (Skidby Branch)

Thursday 7th July - 7.30pm in the Skidby Village Hall, Speaker will be Liz Hallett about the Life as a District Community and Macmillan Nurse. Meetings are held on the first Thursday evening each month. Guests are very welcome.

### Skidby Village Hall - 6th Scarecrow Festival

Saturday 9th and Sunday 10th July - Skidby Village will be holding its 6th Scarecrow Festival on the weekend of 9th and 10th July 2016. Visitors are welcome in the village from 10.00 am to 5.00 pm both days and programmes will be on sale at various locations. The most popular scarecrow in the festival will be chosen by public vote. Various entertainments and displays will take place on the Village Greens, and refreshments will be available at the Village Hall on both days. Further details on: 07814777002.

### East Yorkshire Embroidery Society

Saturday 9th July - Ros Wilson 'The Power of Purple' Ros tells the fascinating history of the power, politics and pigments of the colour purple from the earliest times. Millions of shellfish died to produce this colour. Find out how and why! (Also society AGM). In the Darby & Joan Hall, Finkle Street, at 2.30 pm. Doors open to non-members 2.15. Members £1.50; Visitors £2.50. Includes tea/coffee and biscuits.

### Cottingham Revive Church Expression

Sunday 10th July - Come and join us at 6pm for tea or coffee followed by lively praise and worship with a great band, word and moving of God's Spirit. All are welcome to these monthly events. Meet us at the Darby and Joan Hall, Finkle Street, Cottingham, HU16 4AZ - parking available on site. Any queries to James Seager, Campus Leader, mail: [james.seager3@googlemail.com](mailto:james.seager3@googlemail.com) or tel: 01482 420620.



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### Swanland Open Gardens

Sunday 10th July - 11am - 5pm. Various gardens open throughout the village. £3 per person for entrance to all gardens. Accompanied children free. Tickets/maps on sale by the pond and at 31 Mill Road. Further details contact Mal. 01482 632282.

### Cottingham Catholic Women's League

Monday 11th July - Talk by the British Red Cross showing First Aid basics, in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7.30 p.m.

### Beverley and East Riding Croquet Club

Monday 11th July - Free Taster Session: 6.00 pm -8.00 pm. Book your place via Debbie on 0777 277 8232. Monday afternoons and Wednesdays (by appointment) at Rowley Manor, Little Weighton. Come and learn to play. A warm welcome awaits you. No experience necessary, equipment provided. Outdoor season April-September, indoors in winter months. Visit our website [beverleycroquet.org.uk](http://beverleycroquet.org.uk). Make this the day you try 'the croquet experience'!

### Cottingham Women's Institute

Tuesday 12th July - Fun and Games 'Members' Social'. Competition: An Old Game, at 10.00 a.m. to 12 noon, in the Methodist Church Hall, Hallgate, Cottingham.

### Cottingham Singers

Wednesday 13th July - The Cottingham Singers Summer Concert takes place on Wednesday 13th July at 7.30pm at Bricknell Methodist Church. A mixture of music will be performed including songs from the Musicals, Bohemian Rhapsody and a selection from Disney music.

### Hull Alpha Probus Club

Thursday 14th July - Ladies and Gentlemen meet in the King William IV, Hallgate, Cottingham for a coffee morning at 10.00 am with a short talk by member Mr. P. Walker and for lunch at 12 noon on Thursday 28th July, with a talk by Mr. R. Thomas entitled Decoys of World War II. New members are most welcome. For further information contact John Myers (chairman) on 861102 or Lesley Fearnhead (secretary) on 843282.

### Cottingham Green Women's Institute Evenings

Thursday 14th July - Kathleen Barnett 'Wild Life Preservation'. Competition: Animal Ornament. Meetings held in the Darby and Joan Small Hall, Finkle Street, Cottingham, at 7.30 p.m., second Thursday of each month.

### North Ferriby Flower Club

Thursday 14th July - John Thexton (Cumbria) - "Working with Nature" at 7.30 pm, in the North Ferriby Village Hall. Tickets are £4.00 and can be obtained from Margaret Hobson (Secretary) on 01482 634114, preferably after 4.00 pm.

### U3A

Thursday 14th July - Gwen and Kate Woolley - A Flit Through the 50's, at 2.00 p.m. in the hall at the Darby and Joan Hall, Finkle Street.

### The Macular society.

Friday 15th July - The Hull Macular society support group will be holding there monthly meeting at HERIB on Beverley road on Friday 15th July. This is a group to help people living with central sight loss. They can help with advice and information. This month's speaker is Ann Massam giving a talk about Lavender and it's many uses. The meeting will start at 10 30 am until 12.15 pm refreshments available New member's welcome. For more information contact Clive Skinner on 01482 656714.

*Continued on page six*

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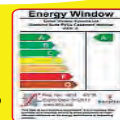
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### East Yorkshire Woodturners.

Tuesday July 19th - at 6.45pm: Demonstration by Paul Jones, professional turner. Meetings are held every third Tuesday each month at Skidby Village Hall. Visitors are welcome, £3.50 on the door. For more information please contact David Taylor, Secretary, 876702. [cotters@cotters.karoo.co.uk](mailto:cotters@cotters.karoo.co.uk).

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

Tuesday 19th July - 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).

### Hull and East Riding Antiques and Fine Arts Society

Tuesday 19th July - Dr. Laura de Beden: "La Mortella - Sir William Lady Walton's Italian Garden Paradise". At 10.45 a.m. Willerby Manor Hotel (Pavilion Suite). Non-members are welcome to come and experience one or two talks as guests (admission £5.00), before deciding whether to join us. Our Society meets on the third Tuesday morning of every month (except August and December) for illustrated talks by experts on a wide range of antiques, design and fine arts topics. For further details please contact Membership Secretary, Margaret Ashley, tel. 01482 57574.

### Cottingham Evening Townswomen's Guild

Wednesday 20th July - John Bailey on The North Yorks Moors Railway, at 7.30 pm in the Darby & Joan Hall, Finkle Street.

### Diabetes UK

Thursday 21st July - Researcher Lisa Baldwin. Meetings held in the Boardroom, Castle Hill Hospital, Entrance 1B, Cottingham. 7.30 pm - 9.00 pm. (Free Parking). All Diabetics, carers, family and friends are welcome to attend. Please phone 01430 422064 for further information.

### North Ferriby Gardeners' Club

Saturday 23rd July - "Saturday Village Show", in the Village Hall, starting at 2.00 pm. Schedules available at the Post Office.

### East Riding Flower Club

Monday 25th July - Judy Watker from Leeds who will be giving a floral demonstration called 'La Dolce Vita', in the Civic Hall, Cottingham. Visitors £5.00 at the door. [www.eyes-embroidery.co.uk](http://www.eyes-embroidery.co.uk).

### Wednesday Social Club

Wednesday 27th July - Being British - Phillip Walker, in the small Darby & Joan Hall, at 2.00 p.m.

### The British Red Cross - Cottingham Group

Sunday 7th August - The British Red Cross, Cottingham group, is holding an Open Garden in Thwaite Hall gardens on Sunday 7th August from 11am to 4pm. As well as the opportunity to wander round the lovely gardens, which cover 31 acres, including a lake, there will be home made refreshments available and stalls, including plants and produce. Entry is via the Botanic Gardens entrance on Thwaite Street. Adults £3, children free.

### Cottingham Tennis Club

French Open, Wimbledon..? Do more than just watch! Visit your own local Tennis Club - entry off Hull Rd. next to Overland Rd., see our website. Special rates for new members. Contact John Stones 847080.



*Jane Brooks*  
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### 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 Zion 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 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)

### 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 Cottingham Methodist Church (side entrance), every Friday night at 8pm. For more information call 01482-830083. Free-Confidential-Advice

### Men in Sheds - Hull

We are a charity organisation and we meet every Tuesday and Thursday at 101 Greenwood Avenue, Hull, between 10.00 am and 4.00 pm. Drop in for a chat over a brew and biscuits. Our friendly shed is a place where like-minded people gather together to socialise, share skills and learn new ones. With a variety of activities on offer, we really like to think there's something for everyone and we're always open to suggestions! Our shed is very much guided by our members and will naturally evolve as it develops. For further information drop in or telephone Baz Wharf on 01482 803940 or 07934 879657 or visit our website [www.meninshedshull.org](http://www.meninshedshull.org).

### 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.

### 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 [revtrev2@revtrev2.karoo.co.uk](mailto:revtrev2@revtrev2.karoo.co.uk)

*Continued on page eight*

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# Charity urgently appeals for volunteers to help 'Drive away Loneliness' among older people in Cottingham

**C**ontact the Elderly, the charity solely dedicated to tackling loneliness and isolation among older people, is urgently appealing for volunteers living in Cottingham to spare just a few hours each month to drive one or two older people to a local tea party - and enjoy a cuppa and a cake themselves!

The charity aims to relieve the acute loneliness of isolated older people, aged 75 and above, who live alone, by organising free monthly Sunday afternoon tea parties for small groups within local communities – providing a regular and vital friendship link every month.

Each older guest is collected from their home by a volunteer driver, and taken to a host's home, where they join a small group for tea, chat and companionship.

Contact the Elderly's Yorkshire Development Officer, Chloe Smee said: "The charity is committed to offering a lifeline of friendship to the oldest and loneliest people. Anyone who can spare a couple of hours one Sunday a month, has a driving licence, a car, and a capacity for drinking tea, is eligible to volunteer! It's not a big commitment, and our volunteers genuinely get as much out of the experience as our older guests, so I'm calling for anyone who is interested in giving something back to their community to please get in touch with me as soon as possible."

**Cottingham residents interested in volunteering for Contact the Elderly as a driver once a month can contact Chloe Smee, Yorkshire Development Officer on 01904 379832 or email [chloe.smee@contact-the-elderly.org.uk](mailto:chloe.smee@contact-the-elderly.org.uk).**

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*Continued from page seven*

## St. Mary's Church, Cottingham

St. Mary's Coffee Shop is open daily Monday to Saturday 10.00 am to 12 noon, in the Mark Kirby Hall (behind the Church) Tea, Coffee and Hot Chocolate all 60p (including biscuits). Please come and help us with our jigsaw puzzle. A warm welcome ensured.

## AgeUK East Riding

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

## Cottingham 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 28 teams (17 Boy's teams at under 8 to under 18 level, 4 Girl's teams at under 10, 12 and 14 level, 2 Men's teams, 2 Veterans teams and 3 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)

## Zion United Reformed Church, Hallgate

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

## Play Badminton

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

## 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; Fridays 6.15 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 memory café for people with dementia and their carers, family and friends at the Holy Cross Church, Carrington Ave in Cottingham. It is held on the second Tuesday of the month at 1.30 pm to 3.00 pm. For any further information please contact The Hull and East Riding Alzheimers Society on Tel 01482 211255.

## 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.

*Continued on page 15*

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## LEGALLY UNITED:

Members of Hull and Cottingham based Solicitors Graham and Rosen proudly represented their firm and country at the recent annual conference of the The European Network of Lawyers (TEN) in Copenhagen



From left to right: Carmen Szabo (Romania), Lisa Nurse (UK), Axel Eskeby (Sweden), Luiza Budusan and Ioana Trana (Romania)

Founded back in 1989, TEN exists to provide support and advice to businesses and people across Europe, from business purchases to holiday accidents. Once a year the whole organisation comes together at a conference to help promote links between members and understanding of each foreign legal system.

Graham and Rosen Solicitors are the UK Member of the European Network where there are currently 14 members across major European Members states. TEN offer legal services to clients of our Members across Europe. Richard Palmer a founding member, Adam Waller and Lisa Nurse from the Hull office attended the meeting in Copenhagen.

Lisa Nurse from Graham and Rosen said:

'We were pleased to attend again this year and further cement our relationships with our TEN European

Colleagues. Between the various European members we offer legal advice and assistance to each other's clients on European matters. It is extremely satisfying to know that we can pass our clients to a European Lawyer that we know personally safe in the knowledge that our colleagues will provide excellent quality advice in English on a specific area of law whether it be a property purchase, a business venture or a Will.

Due to an increasing demand for European wide legal services TEN is actively looking to grow the organisation further and are now seeking members in non-European States.

You can access the TEN website at this address <http://www.ten-law.net>

If you need any legal advice concerning any matters overseas then please contact Lisa Nurse on 01482 314266 or [ljn@graham-rosen.co.uk](mailto:ljn@graham-rosen.co.uk)



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# Microsoft buys LinkedIn and Windows 10 last chance . . . .

**M**icrosoft has agreed to purchase LinkedIn for US\$26.2bn (£18bn). LinkedIn describes itself as 'the world's largest professional network with more than 433 million members in 200 countries' – or alternatively you might say a sort of Facebook for business. Many see it as a website that employers use to recruit staff by looking at prospective candidates' details published on there. However, it has to be said that many users, or potential users have been put off by a constant stream of emails saying that someone wants to 'connect with them'. One smart commentator said that the boss of Microsoft only bought LinkedIn to stop receiving the emails! Whatever view you take, that is a huge amount to spend on what is basically buying a list of email addresses.

**How much is an email address worth?** About \$60 it seems by Microsoft's calculations, although most observers say they have paid way over the odds! Other estimates are a lot more conservative than that, but it just makes you think about every time you fill in a form, or register on a website, or are asked at the till of a store for your email address. Just don't agree to your details being passed on to third parties.

**Windows 10 'nag screen' continues to be the bane of most home users lives.** telling you that you ought to update.

Or worse as a lot of people have found, their computer just gets updated by stealth and suddenly becomes Windows 10. Well this month should see an end to that, as the free upgrade offers expires on July 29<sup>th</sup>. It will be interesting to see if the nag screen just disappears the following day!

**So if you have been putting off the upgrade,** it's now decision time, do you or don't you? Although as mentioned above it has become increasingly difficult to avoid upgrading (or updating as Microsoft now call it). However, Windows 7 support should continue until 2020 and Windows 8 three years later. So if you really want to stay as you are, there is a fix we can install that will stop the upgrade, but otherwise you may as well go with the flow

and have the latest offering. If you want someone to perform the upgrade for you, you know who to call! After the offer finishes it will cost around £100 to buy Windows 10, plus installation.

**Customize Windows 10** - Users of Windows 8 upgrading to 10 will probably be glad to see the return of the start button, and will be more familiar with the tiles now pinned to the right hand side of the start menu. Any of these can be removed by right clicking and choosing unpin from start. You can re-arrange the order by just drag and drop. If you want to add a folder or app, just go to it, right click on it and click pin to start. Strangely there is only a tile for Pictures, so if you want add a shortcut to your Documents folder, go to it using File Explorer (the yellow folder icon on the bottom taskbar) and right click on it and click pin to start. You will find Windows always adds new tiles to the bottom of the list, so you then drag it to the top as required. To find Control Panel and other admin type tasks, right click on the start button and you will see a black and white menu pop up.

**Email in Windows 10.** An important point is that the Windows Live Mail program is still there so if you have always used it to pick up your Karoo email, nothing has changed, it should be on the All Apps list. Don't try and use the blue Mail tile at the top of the start menu, as this is designed for Microsoft mail like Hotmail etc.

**Now here's a round-up of useful apps for your smartphone or tablet.**

**Hive, the British Gas central heating app has been completely revamped.** If you have the app already, you should this new improved version installed if you have all your updates downloaded from the app store.

**If you're off on holiday soon and need to buy some currency,** a very neat app is called 'What's the rate' from Thomas Cook. This gives you all the latest rates, and how they have gone up or down, and lets you place an order for collection at your local TC store.

**Likewise, you'll want to know the weather so get the BBC weather app.** Here you can load up to ten different locations and just scroll through them for a graphical view of the forecast which is always pretty accurate.

**Haystack 'Never be without a business card again'.** This useful app lets you create a digital version of your own card and gives you the ability to scan in anyone else's card and add their details to your own contact list, and of course send them your own. Available for both Android and iPhones.

**Everyone likes a bit of free advice,** so on my website you will find a free guide with some answers to often asked questions like: 'Why does my computer start and then stop at a black screen? Why does my Windows10 start button not work and I can't get emails?' And not least 'Why isn't my internet working?' (download it while you can!)

So just go to [www.rdmcomputers.co.uk/news](http://www.rdmcomputers.co.uk/news) and you will see a link to the this and the previous two articles, plus the free guide.

**Also will be updating the blog on my website** regularly with any news items worthy of mention. And for those on Twitter you can find me @rdmcomputers1

Lastly, you have probably gathered that we take security very seriously, so if need advice on changing or buying anti virus, or if you think you may have been the victim of a scam, just call us for advice.

**Richard Mills**

RDM Computers, Cottingham  
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## Wordsearch - Anyone for Tennis?

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

GMHAXMJLTOMASBERDYCHI  
GVFRTJWSVAWGWMACLASTAJ  
WRYEGA AENBNJGFFIVDEPV  
AZEULYVDEICIANLVWSUY  
QKHRR IYKFSLE RGN OQRQPM  
BPNQRMCFALLEPJMKNLSAV  
ZAQUIUEO IENNDRJV O OJAGR  
WNZRRGF S ASGW HK IJSQGNJ  
RJRMDWSDINFAEQLDRRDOH  
VAEIAIANIMOIEJLKEERSE  
YBVLMLHWA VNLMLJADRATL  
UALOJOSRNIAIOWMVNEHDC  
DLNZJVITSALDVPLOADCEV  
OBSDLNWHVOTLXJENNEIIB  
OZQVCYIESYWSNZHZIFRRG  
XOEICKFRVJYHZJYIVRIFQ  
XRLGOCATMXRGNNHNEEILO  
IIORTOMMYROBREDOCKGYIS  
CCIPNNAJTSNVJSJVMOJWS  
EVHIJMHCEAASGHJHDRROA  
JVCVORTIMIDROGIRGZJJX

Find the words in the letters above:

Andy Murray, David Ferrer, David Goffin, Feliciano Lopez, Gael Monfils, Giles Simon, Grigor Dimitrov, John Isner, Jo-Wilfried Tsonga, Kei Nishikori, Kevin Anderson, Marin Cilic, Milos Raonic, Novak Djokovic, Rafael Nadal, Richard Gasquet, Roger Federer, Stan Wawrinka, Tomas Berdych, Tommy Robredo.

Wordsearch courtesy of www.wordsearch-puzzles.co.uk

## Sudoku No. 114

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

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

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# MARION OWEN TRAVEL



July and the launch of the Amy Johnson Festival, don't miss out on the moth trail in Hull, our Moth can be located around the corner from our office by the Hull Truck Theatre.

I am delighted to report that our team in the office is back to full strength. Beth has now completed her degree and has returned to our office on a full time basis. Plus this last month we have also welcomed Rebecca (Bekki) Revell to our team who has 6 years experience in the travel industry.

**Sailing from Hull** has now finished for 2016 but if you want to get away with ease do remember we offer optional travel from your door to many of the UK ports.

**Newcastle** is not too far away, why not sample our taster in Newcastle on Saturday 23rd of this month. A day outing includes a tour of Fred Olsen's Balmoral and lunch on board. The cost is £50 per person inc. coach travel (if you make a future booking you will get £50 on board credit so it could be FREE). Call to book your seat today.

**Visit our website** or call for our special selection of Fred Olsen cruises departing 2017 with free travel from your door.

**Cruise & Maritime in 2017 are a bargain** 2nd sharing travels for FREE, this offer will run out soon so don't delay. Plus don't miss out on joining me on the Maiden Voyage of Columbus (previously the much loved P&O Arcadia).

**Sail on Regent?** Ask about our offers & promotional day.

**Australia & New Zealand** are hot spots for this winter and flight seats are getting tight for certain dates now.

**We have cracking deals to US cities** many cheaper than staying in similar quality hotels in Europe! Specials are added to our facebook page almost daily: <http://www.facebook.com/pages/Marion-Owen-Travel/>

**Our own Tours:** just launched is our wonderful tour of Scotland's Inner Hebrides next May. We only have 18 seats left. It offers a fabulous itinerary of scenery, wildlife & history.

**"In the Footsteps of Martin Luther"** celebrates his 500th Anniversary of the reformation. A comprehensive tour in this intriguing part of Germany, why not join me on this very special inclusive tour only available in 2017.

**Staying with History our Southern Wales tour** starts with a visit to Roman Caerleon. This tour is full of interesting places including a rare visit to St Donats, the Royal Mint, St Fagans, Botanical Gardens, Brecon Beacons and more.

I have become very much a history buff in recent years and looking forward to our circumnavigation of the Pelponese this November. We visit all of the ancient sights culminating with a transit of the Corinth Canal (it has been on my bucket list for years). Very few ships can squeeze through the canal these days but ours motorsailer will manage with ease. We have places available if you wish to join me.

Do remember when you want to get away we are just a call away, also personal visits to our office are always welcome. We sell all operators and look forward to booking you a great holiday.



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|--|--|-------|
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| 28 Jul   | Ripon & dinner at Millstones - market day in Ripon   | £ 30  |
| 03 Aug   | Lateral Canal all inclusive luxury barge - 8 nts via P&O NSF<br>An amazing experience just 1 cabin available                   | £2150 |
| 15 Aug   | Kettlewell Scarecrows, Day outing  | £ 30  |
| 09 Sep   | Thoresby Hall 3 night Big Band Live Weekend half board   | £ 279 |
| 17 Sep   | Isle of Man superb itinerary see all of the island sights, 5 nights<br>- half board Ramsey Park & entrances to museums         | £ 495 |
| 27 Sep   | Durham & Beamish 2 days 4* half board enjoy a tour of<br>Durham Cathedral and a full day in newly expanded Beamish             | £ 139 |
| 09 Oct   | Luxury in Harrogate, Shopping, sights & afternoon tea. 1<br>night at the 4 star Hotel Majestic with Spa Facilities -half board | £ 99  |
| 21 Oct   | Warner's Alveston Hall - 4 day weekend   | £ 269 |
| 27 Oct   | The Glen Miller Story Bradford Alhambra matinee  | £ 60  |
| 07 Nov   | Warner's Alveston Hall - 5 day Turkey & Tinsel   | £ 289 |
| 16 Nov   | Mary Poppins the Musical Bradford Alhambra matinee   | £ 75  |
| 09 Dec   | Ladies that lunch shopping + 3 course Lunch  | £ 35  |
| 11 Dec   | Edinburgh 3 days B&B inc. Holyrood, the Castle & Britannia   | £ 199 |
| 15 Dec   | Continental Christmas Markets Brussels, Aachen & Bruges  | £ 235 |
| 17 Jan   | Alveston Hall, Rock tributes ELO, Quo & The Eagles   | £ 239 |
| 29 Mar   | English Riviera, Devon & the Cotswolds 4 star Imperial<br>Hotel Torquay:half board. Visiting Gloucester, Exeter & Plymouth     | £ 345 |
| 15 May   | Inner Hebrides : Great itinerary Jacobite, Skye, Mull & Iona   | £ 725 |
| 17 Aug   | Barge Canal Cruise 9 days Bresancon to Dijon   | £2250 |
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| 06 Sep   | In the footsteps of Martin Luther Fully guided. 9 days   | £1239 |
| 24 Sep   | Historic & Scenic Southern Wales 6 days. Half Board  | £ 499 |
| 2017— Just for a day: 09 Feb, World of Rhubarb £49 : 22 Feb, Sister Act £57<br>01 Mar, Sunny Afternoon £57 : 21 Apr, Harrogate Flower Show £45 : 11 May,<br>The Commitments £59 : 08 Jun, Chatsworth Flower Show £49 + please ask. |  |       |

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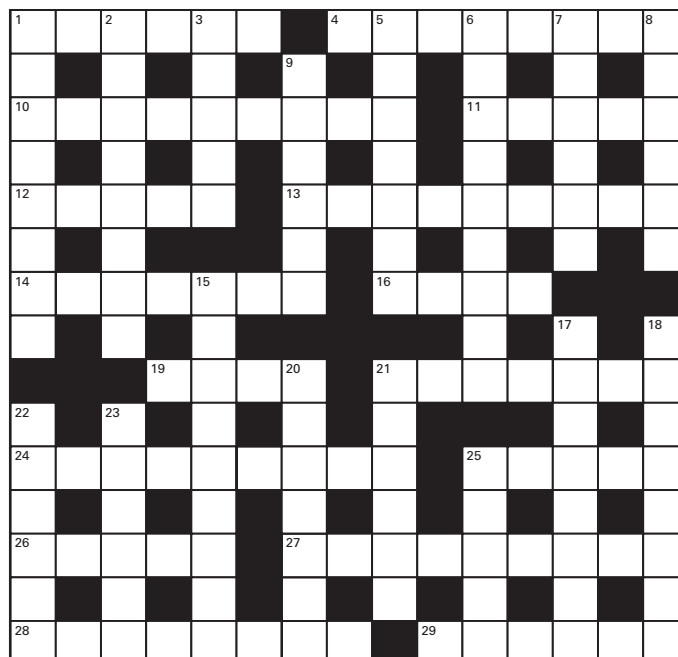
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## Crossword – Solution on page 46



### Across

1. Marmoset (6)
4. Expecting (8)
10. What some people give (9)
11. Plans or schemes (5)
12. Acquires deservedly (5)
13. Preach (9)
14. Disappointment (7)
16. Circuits around a race course (4)
19. Pierce (4)
21. Large rock (7)
24. Reversal (9)
25. Piloted a vehicle (5)
26. Jargon (5)
27. Belittled (9)
28. Protective coverings or structures (8)
29. Principally (6)

### Down

1. Without warning (8)
2. Create (8)
3. Seizure (5)
5. Squanderer (7)
6. Spur-of-the-moment (9)
7. Wry (6)
8. Vapors (6)
9. Decline in condition (6)
15. Not innermost (9)
17. A city in Alberta Canada (8)
18. Affable (8)
20. Blinkers (7)
21. Having two parts (6)
22. Cedes (6)
23. Express (6)
25. Belief (5)

Crossword courtesy of [www.crosswordpalace.com](http://www.crosswordpalace.com)  
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*Continued from page eight*

### **Cottingham Cricket Club**

The club provides cricketing activities and games for boys and girls from the age of 7. In 2016 we will be running four Saturday sides, an U18 side on Sundays, an U19, T20 side and team at U9, 11, 13, 15 and 17 and all Girl teams at U11 and U13 and possibly U15. All new players are welcome. Training starts in January with Indoor Nets at Thomas Ferens Academy for all age groups and Seniors on a Wednesday evening 6.00 pm till 8.00 pm and at Cottingham High School on Saturday from 12 noon to 2.00 pm. Summer training for Juniors is on a Friday evening and Seniors is on a Wednesday. For more information please contact Rob Rhodes on 842215.

### **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 Methodist Church Hall**

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

### **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)

### **Cottingham Food Bank**

The Cottingham Food Bank will be open every Wednesday from 10.30 am to 12.30 pm, and Saturdays from 10.30 am to 12.30 pm, at the Zion and Newland United Reformed Church, Hallgate. Basic foods will be provided for a small donation to people who can demonstrate that they live in the area. Further information can be obtained by telephoning 845920.

### **Scottish Country Dancing Club**

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

### **Loudhailer Acoustic**

All welcome to Loudhailer Acoustic, a friendly welcoming all acoustic open mic night of music and spoken word, with a great attentive audience. Expect a fabulous range of acoustic music, quality song writing and some familiar classics from a host of different performers. The Back Room in Cottingham on the first Thursday of every month. Doors open at 7.00 p.m. music at 7.30 p.m. £2 entry. For more information visit <http://loudhailer.net/loudhailer-acoustic-nights/>

### **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.

*Continued on page 19*

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# In the Kitchen



## Minestrone pasta bake

- Low Fat
- Vegetarian
- Total time: 20 minutes. Serves: 4

### Ingredients

- 100g fusilli pasta
- 200g Love Life Wholemeal Fusilli Pasta
- 1 tbsp oil
- 1 onion, chopped
- 1 clove garlic, chopped
- Pack 6 tomatoes, diced
- 1 courgette, diced
- 400g can cannellini beans, drained and rinsed
- 150ml vegetable stock
- 2 tbsp tomato purée
- 125g pack lighter mozzarella, grated

### Method

1. Cook the pastas in boiling water for 9-11 minutes or until tender, then drain.
2. Heat the oil in a frying pan and fry the onion and garlic for 2-3 minutes, add the tomatoes, courgette, beans, stock and tomato purée and fry for 4-5 minutes. Season and stir in the pasta. Transfer to an ovenproof dish and sprinkle over the cheese. Place under a preheated grill for 2-3 minutes until golden.

## Slow-cooked, soy-glazed short ribs

- Preparation time: 10 Minutes + marinating
- Cooking time: 2 hours 45 minutes
- Total time: 2 hours 55 minutes + marinating. Serves: 4



### Ingredients

- 4cm piece root ginger, peeled and roughly chopped
- 4 cloves garlic
- 4 tbsp hoisin sauce
- 2 tbsp soy sauce
- 1 tbsp clear honey
- 2 tbsp vinegar, such as white wine or cider vinegar
- 4 Waitrose British Beef Short Ribs, about 1.4kg
- 150ml hot water

### Method

1. Place the ginger and garlic in small food processor and whizz to make a paste. Add the hoisin, soy sauce, honey and vinegar, and whizz again until smooth.
2. Spoon the marinade over the ribs, rubbing in until well coated. Leave to marinate in the fridge for 1-2 hours, or more if you are preparing ahead of time.
3. Preheat the oven to 180°C, gas mark 4. Place the ribs snugly in a roasting tin with any excess marinade poured over. Cover tightly with foil and roast for 2½ hours until very tender. Remove the foil, stir the hot water into the pan juices and cook for a further 15 minutes until nicely browned.
4. Transfer the ribs to a serving dish. Strain off any excess oil from the sauce, then pour the sauce over the ribs to serve, with a garnish of sliced chilli and coriander leaves.

## Prawn jambalaya

- Preparation time: 3 minutes
- Cooking time: 27 minutes
- Total time: 30 minutes. Serves: 4

### Ingredients

- 1 tbsp oil
- 1 onion, chopped
- 1 red pepper, diced
- 1 tbsp cajun seasoning
- 150g brown basmati rice

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400g can chopped tomatoes  
600ml Cooks' Ingredients Chicken Stock  
195g can sweetcorn, drained  
100g Love Life Giant Wholewheat Couscous  
200g large cooked, peeled prawns, defrosted if frozen  
½ x 25g pack fresh parsley, chopped

#### Method

1. Heat the oil and fry the onion and pepper for 2-3 minutes. Add the cajun seasoning and rice and cook for 1 minute. Stir in the tomatoes with the stock, cover and simmer gently for 12 minutes.

2. Stir in the sweetcorn and couscous and cook for a further 10-15 minutes until the rice is just tender. Add the prawns and cook for 1-2 minutes to heat through. Season and sprinkle with parsley to serve.

## Layered lemon cake with raspberries and cream

- Vegetarian
- Preparation time: 10 minutes
- Cooking time: 45 minutes
- Total time: 55 minutes. Serves: 10

#### Ingredients

100g unsalted butter, softened, plus extra for greasing  
150g Waitrose Golden Caster Sugar, plus 2 tbsp



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2 large Waitrose British Blacktail Free Range Eggs, lightly beaten  
150g self-raising flour  
3 tbsp whole milk  
Finely grated zest of 2 lemons  
½ x 300ml tub essential Waitrose Whipping Cream  
250g fresh essential Waitrose British Raspberries

#### Method

1. Preheat the oven to 180°C, gas mark 4. Grease and line a 900g loaf tin with baking parchment. In a bowl, use an electric beater to cream together the butter and caster sugar for 3-4 minutes until pale and fluffy. Beat in the eggs, then sift in the flour and mix well to combine. Stir in the milk and lemon zest.

2. Spoon the mixture into the prepared loaf tin and bake for about 45 minutes until a skewer inserted into the centre of the cake comes out clean. Carefully lift out of the tin and leave to cool on a wire rack.

3. When the cake is cooled completely, use a bread knife to cut it horizontally into 3 layers. Whisk together the whipping cream and 1 tbsp sugar.

4. Spread half of the cream between each of the layers and scatter with raspberries. Sprinkle the top of the cake with the remaining 1 tbsp sugar and decorate with raspberries. Carefully slice and serve.

## Choc & banana crunch

- Vegetarian
- Gluten Free
- Total time: 5 minutes. Serves: 2

#### Ingredients

1 ripe banana  
1 Braeburn apple, grated  
150g tub low-fat natural yogurt  
25g pecans, chopped  
40g Waitrose Choco Pops  
Pinch cocoa

#### Method

1. Mash the banana roughly and stir in the grated apple. Spoon half into 2 shallow serving bowls.

2. Mix together the yogurt, pecans and choco pops and spoon half of this into the bowls, repeat the layers, sprinkle over a little cocoa and serve immediately.

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



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



## ON THE GRAPEVINE

## WITH ROY WOODCOCK

## Wine sales in the UK have dipped in the 12 months to end of January

**W**ine sales in the UK took a dip in the 12 months to the end of January this year, but only by one per cent in volume and value, suggesting that the market is stabilising.

Notably, the biggest declines in sales by volume has occurred in the £5-6 price band.

In terms of colour, both red and white wine have experienced a one per cent decrease in volume sales during the course of 2015, while rosé has dropped by seven per cent in both volume and value, probably a sign that consumers are moving away from the blush-style pink wines that dominate this sector.

As for grape varieties, falling sales of Pinot Grigio and Chardonnay account for the overall decline in white wine sales, although Sauvignon Blanc continues to increase in sales, rising by nine per cent in volume and value during 2015, increasing its lead as the UK retail sector's best-selling grape.

Among the red grapes, it's Merlot that leads in sales - it also enjoyed a nine per cent increase in volume and value during the past 12 months. Following this upward trend is second best-selling red variety, Shiraz, while Cabernet Sauvignon, in contrast, has suffered a slight decline.

Meanwhile, Champagne (which is treated as a separate category from "sparkling") is also enjoying growth, with average retail price in the UK currently standing at £26.17.

One supermarket wine enjoying a huge boom in sales is Asda's own-label La Moneda Reserva Malbec 2015 from Chile's Central Valley, now discounted to just £4.37.

It was a high-profile winner in the Decanter World Wine Awards recently, winning a best in show gong and once news began to spread the supermarket's website crashed!

The own label wine stood out amongst international competitors in the Best Red Single-Varietal Under £15 category, scoring 95 points out of 100 points.

Marks & Spencer also won a platinum - best in show for the best white blend under £15 for its Colinas Del Itata Old Vine Field Blend 2014 from Itata Valley in Chile, which retails for £10 - as did Tesco for its Tesco Finest Dessert Semillon for best sweet under £15.

\* Meanwhile, Lidl is set to beef up its range of Proseccos and is extending its own label with a new tier of regional wines.

It is adding a Prosecco Treviso Frizzante to the core range which will hit shelves "imminently", and retail at £4.99, which joins its existing Prosecco DOC Spumante (RRP: £5.29). Later on this year it will also bring in a Prosecco Conegliano Valdobbiadene Superiore D.O.C.G. to give consumers the chance to trade up.

"Prosecco has become a classic and our customers love it," wine category director Anna Krettman said. "We're given consumers the option to buy it at a different price point."

The discounter is also introducing a tier of regional New World wines to its Cimarosa own label brand at a slightly higher price point. There are currently 18 wines in the brand, which was introduced in 2009 and is relaunching in August following a packaging refresh, but it will add "a few" New World wines as a sub-brand to celebrate regional variations over the next 12-18 months.

The discounter is rolling out 23 new Spanish and Portuguese wines from August 4 as part of its latest Wine Cellar promotional range, which will be its largest ever focus on Iberian wines. The wines been selected specifically to offer "refreshing summer drinking", Krettman said, but is supplemented with a selection of new French wines.

"Spanish and Portuguese wines have seen a great uplift in sales and they have done very well with the Cellar range, so we wanted to focus on Iberia as a theme," Krettman said. There was, she noted, a huge response to the Hungarian wines released in March, as well as the Canadian ice-wine released in time for Christmas, which she argued was not something the majority of shoppers would otherwise be able to see or try.



## BEST BUYS

**Robert Oatley Signature Riesling, 2014**

**Where:** Roberts & Speight, Beverley

**When:** Now

**Why:** This wine is made in Great Southern, one of Western Australia's up and coming regions. Its relatively cool climate is ideal for Riesling, producing a softly textured, crisp lemon-lime flavoured refresher. A great match with spicy, oriental dishes, and delicious for a summer picnic.

**£13.20**

**Villa Maria Private Bin Rosé, 2015**

**Where:** Tesco

**When:** Now

**Why:** This New Zealand Rosé has bright floral aromas with flavours of strawberry, red fruits and spice and a delicious smooth finish which will go down perfectly at all summer soirées.

**£10.30**

**Etoile de Mer Luberon Rosé, 2015**

**Where:** Majestic

**When:** Now

**Why:** This fresh, light, aromatic French rosé is sure to be a star of the show if the sun does ever come out. A blend of 60% Syrah and 40% Grenache it's a brilliant aperitif wine, but also delicious with salads, grilled fish and poultry dishes.

**£8.99**

**Foscato Prosecco**

**Where:** Co-op

**When:** Now, until July 12

**Why:** Pop the cork on this delicious medal-winning Prosecco and enjoy soft aromas and flavours of sweet apple. It is fresh, delicate and well balanced and is best served with friends.

**£6.99 (Was £9.35)**

Continued from page 15

### Hull Zingari

Hull Zingari, the city's longest-established cricket club, hold their indoor net practices every Wednesday at Sirius North Academy Sports Hall on Hall Road from 8.00 pm until 9.30 pm each week. The club will field senior sides in the York and District Senior League Premier Division and the Holderness Division Two as well as a Sunday side. Cricketers new to the area or those looking to join a progressive club and play in a higher standard of cricket will be very welcome. More info at [www.hullzingari.play-cricket.com](http://www.hullzingari.play-cricket.com)

### 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/)

The deadline for entries in the August 2016 "What's On" section, is the 18th July.

## Royal British Legion's Willerby, Kirk Ella & Anlaby Branch's 40's night to take place on Saturday 16th July

Following the huge success of last year's VE Day 70 Party, the Willerby, Kirk Ella & Anlaby Branch of The Royal British Legion are once again bringing some 1940's fun to Hessle Town Hall this summer, in aid of the Poppy Appeal.

Acclaimed vintage tribute singer, Cherie Lawrence, will entertain the troops, along with support from MC Chris Holmes and The Hull Saxophone Collective. Guests will also enjoy a pie and pea supper all for just £10! A selection of beers, wine and soft drinks will be available on the night. As well as a raffle, there will also be a prize for the best 1940's style costume, so be sure to dress to impress!

The 40's night will take place at 7.30 pm on Saturday, 16<sup>th</sup> July, with proceeds going to this year's Poppy Appeal. For tickets, please contact Branch Secretary, Liz Spivey via email at [lizspivey58@gmail.com](mailto:lizspivey58@gmail.com) or phone 07792 265600.

For more information on The Royal British Legion - Willerby, Kirk Ella & Anlaby Branch, including the Hessle Sub Branch, follow us on twitter [@trblwillerby](https://twitter.com/trblwillerby) or visit our Facebook page.



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Saturdays: James Wood (pianist/vocals)

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## Baggage

As some of the readers may realise from past articles, my inspirations come at the strangest times. This is no exception.

Today, I have taken my labrador, Teal to our KINGSTON Park Street surgery for an operation on her leg. After X-rays, an MRI scan, numerous medications and excellent care by our orthopaedic vet, plus rest for 6 weeks this was the only outcome. Fortunately and thankfully, I have Pet Insurance which enabled me to go ahead but even so Teal's welfare, like the majority of pet owners, is up most in my thoughts.

Sadly, through no fault of their own many of our four legged friends see themselves in rescue centres through either divorce, loss of jobs, or maybe a new pet on the scene...the list is unfortunately endless. When we visit these wonderful centres and see the marvellous work they are doing, for myself there is always wonder of what that animal may have gone through to be living here. You never truly know how they have been treated and what they have had to do to survive. Like I said, this is not always the case and there are very genuine reasons but on the odd occasion, sadly it is a different story.



Like any separation there is always the stigma called 'baggage'. This comes in many forms but as in the case of these lonely and bewildered pets it is namely behaviour. I could go on and on and get into depth of the whys and wherefores of why they behave differently, but I came across this poem that was in an adoption pack given to one of our clients, and feel it summarises it all.

### The meaning of rescue

Now that I'm home, bathed, settled and fed,  
All nicely tucked up in my warm new bed.  
I'd like to open my baggage lest I forget,  
There is so much to carry - so much to regret.

Hmmm...yes there it is, right on the top,  
Let's unpack Loneliness, Heartache and Loss,  
And there by my leash hides Fear and Shame.  
As I look on these things I tried so hard to leave,  
I still have to unpack my baggage called Pain.

I loved them, the others who left me,  
But I wasn't good enough - for they didn't want me.  
Will you add to my baggage? Will you help me unpack?  
Or will you just look at my things and take me right back?

Do you have the time to help me unpack?  
To put away my baggage, to never repack?  
I pray that you do - I'm so tired you see,  
But I do come with baggage - Will you still want me?

.....*Author Unknown*

If I let my thoughts wander, to sadly a thought of Teal being in a rescue centre, with her medical background (now and ongoing) would she be looked over with having too much baggage?

Please support these charities, they are doing a wonderful job, not only what you see, but behind the scenes. Donations either monetary, blankets, bedding and towels plus food are always gratefully received, but the most precious gift you would be able to give is your time.

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## The Ellie Mai Family Fun Day to be held on Saturday 23rd July at the Duke of Cumberland, Cottingham starting at 1.00 pm

The Ellie Mai Family Fun Day 2016 will be held at the Duke of Cumberland, Cottingham on Saturday 23rd July, starting at 1.00 pm.

Lewis Broughton, an Ellie Mai Fund committee member is the host of this years highly successful event, now coming into its third year.

This day is driven every year by people giving up there time for free to help an amazing charity.

We would love you come and join us for a fun packed day of Live Music, Stalls, Auctions, BBQ, Face Painting, Raffles, and a Disco Dome Bouncy Castle.

The line up for the main stage events is as follows:

- 1.30 - 2.00 pm - David Harold
- 2.30 - 3.00 pm - Kristian Eastwood
- 3.00 - 3.30 pm - Ryan Thornhill-Smith
- 4.00 - 4.30 pm - Deano
- 5.00 - 5.30 pm - Ric Owen
- 5.30 - 6.15 pm - Auction and Raffle
- 6.15 - 6.45 pm - Bobby Diamond
- 7.15 - 7.45 pm - Bud Sugar
- 8.00 - 8.30 pm - The Living Room Lads
- 8.30 - Close - Keith Newby.

So come with all your family and have a wonderful day!

Sports fans who want a break from the action can enjoy the Ashes and the Open on TV in the main bar.

All funds raised from the event, go direct to the Ellie Mai Fund (Registered Charity Number 1163599).

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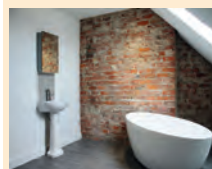
#### Kingswood £465pcm



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## “The Tooth and Nothing but The Tooth” by Chris ‘Dr. Smile Maker’ Branfield

### Now then, that was Emotional!

Hello again, I hope that you are well. Wow, what a life changing few weeks I’ve just had. I’m referring to Hull City getting back into the premier league. Well done lads. I missed the Wembley game but I must say that it was worth it.

#### What Was So Important To Miss The Play Off Final At Wembley

I was in Morocco again with Dental Mavericks. This was my 9<sup>th</sup> trip out there to get kids out of daily dental pain. They are all special trips as they are all rewarding but this one was a bit different, somehow a bit special. It was really moving and emotional.

#### Back To Asni

We went back to Asni for the 3<sup>rd</sup> time to work with Eve Branson Foundation up in the Atlas Mountains. We have built a great relationship with the foundation and the “Teeth For Life Programme” is kicking in



with tooth brushing clubs. We are making small strides in reducing tooth decay but it is still bad. We want to improve the situation and work with local professionals. We will get there and we are making some progress. That’s the key, making progress and not giving up. Failure is only final when you stop trying. Small improvements lead to great things in the long run.



#### Something New And Exciting - Team Talk

We did a brand new project straight after Asni by the coast in Essaouira. This was brought about by the King’s advisor. We arrived at a school there to a very nice reception and welcome. So, we rested up and started early next morning at 7am. We didn’t leave until 8-10pm after working flat out with just a short break for a flying lunch. We saw hundreds of children and took a lot of

teeth out. I was blown away and inspired by a couple of deaf girls. They were so switched on and matter of fact. We didn’t speak a common language but we understood each other. That’s the same for all the children. It’s humanity. It’s amazing.

#### Inspirational Thank You Dinner

We were treated to a thank you dinner. The energy was amazing and everybody realised that we can work together to improve the health of the kids. The Director/ Head Master of the school said how the children’s faces had changed. They could now concentrate on studying as they were out of pain. You look at the world and all the rubbish that goes on and here



we were round a table with people of different language and culture looking at ways to work together. So proud to be part of the group. I was across the table Richard Howarth (fellow trustee) and we looked at each other and welled up. These were fantastic people and I’m looking forward to the future being able to look after the kids better and getting locals involved to sustain an on-going project.

#### Bitter Sweet To Finish

My son, Edward has been accepted to train as a Dental Therapist at



Liverpool University. Edward has been working my place as a dental nurse for a couple of years. It’s a competitive field and I’m proud of him. He’ll be missed around the place. I said it was emotional!

*Edward In Morocco teaching kids to brush*

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

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Chris "Dr Smilemaker" Branfield GDC 68346  
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## More hours of free childcare for working parents in the East Riding

**T**housands of working parents in the East Riding will be entitled to extra hours of free childcare from next year.

The extended free childcare entitlement for working parents of three and four-year olds will provide eligible parents with a total of 30 hours of free childcare per week, over 38 weeks or 1,140 hours across more weeks throughout the year.

The additional 15 hours of free childcare will be rolled out from September 2017 for eligible families. It is in addition to the existing 15 hours of free early education which is available to all three and four year olds..

It will help families to manage the cost of childcare and also support more parents into work.

Eligibility criteria for the additional free childcare include:-

Both parents are working (or sole parent in a lone parent family) and both earn a weekly minimum equivalent to 16 hours at the minimum wage £107 per week (for under 25 year olds) or national living wage (over 25), and less than £100,000 per annum per household.

Both parents are employed but one or both parents is temporarily away from the workplace on parental, maternity, paternity or adoption leave, or statutory sick pay.

One parent is employed and the other parent has substantial caring responsibilities.

One parent is employed and one parent is disabled or incapacitated.

East Riding of Yorkshire Council has been selected by the Department of Education to be an early innovator to support the rollout of the extra free childcare ahead of the launch of the full implementation of the additional entitlement from September 2017.

As an early innovator, the council will be developing and trying out ideas ahead of the rollout, including working with childcare providers and schools to help ensure there are enough childcare places available.

To help plan for this, the council is carrying out surveys with parents, carers, childcare providers and schools to help determine how many childcare places are currently available in the East Riding, and the potential demand for additional hours.

The survey will ask whether families are currently accessing paid-for childcare in addition to the 15 hours early education entitlement, whether they are using informal (unpaid) childcare and whether they plan to use more childcare if they are eligible for the additional free 15 hours from September 2017. All the replies will be kept anonymous and parents and children will not be identified in any reporting of the survey.

Councillor Julie Abraham, the council's portfolio holder for children, young people and education, said: "The entitlement to extra hours of free childcare should make a major difference to thousands of hardworking East Riding families by helping them to manage the cost of childcare and support parents into work, or to work more hours if they wish to do so. The council will also be working with parents, childcare providers and partners to further develop the support available for children attending childcare provision with special educational needs and disabilities, and working in an area with higher unemployment to look at ways of supporting access to childcare to help parents and carers back into work."

For more information about the additional free childcare, please contact the Families Information Service Hub (FISH), by ringing (01482) 396469, email [fish@eastriding.gov.uk](mailto:fish@eastriding.gov.uk) or visit the FISH website at [www.fish.eastriding.gov.uk](http://www.fish.eastriding.gov.uk).

To take part in the parental survey, deadline date 15 July 2016, please visit <https://www.surveymonkey.co.uk/r/M9GP3WH>

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## Water a matter of Taste? . . . .

**A**s well as being long established as suppliers of Water Softeners to Cottingham and surrounding villages we have, for many years, offered advice, servicing and replacement filters for a wide range of Drinking Water Filtration systems.

Why water filters? Well generally it is a matter of taste, literally, sometimes the taste and smell of chlorine, which is added for hygiene reasons to the domestic water supply by the water companies is all too detectable for some people and this along with other undesired tastes is a major reason for people wanting some form of filtration.

Water supplied to consumers in the UK has to meet certain minimum standards of purity and is perfectly drinkable and safe. Some people however are concerned about some of the very low levels of other minerals etc. that may be present and there are filters that are available for almost every requirement from simple active carbon filters the ultra purifying Reverse Osmosis systems.

We have systems from the major manufacturers that remove everything from Bad Taste and Smells to Chlorine, Lead, Limescale, Fluoride, Bacteria, Viruses, Pharmaceuticals, Oestrogen and Pesticides.

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Here is Paul's latest walk in his series of monthly rambles.

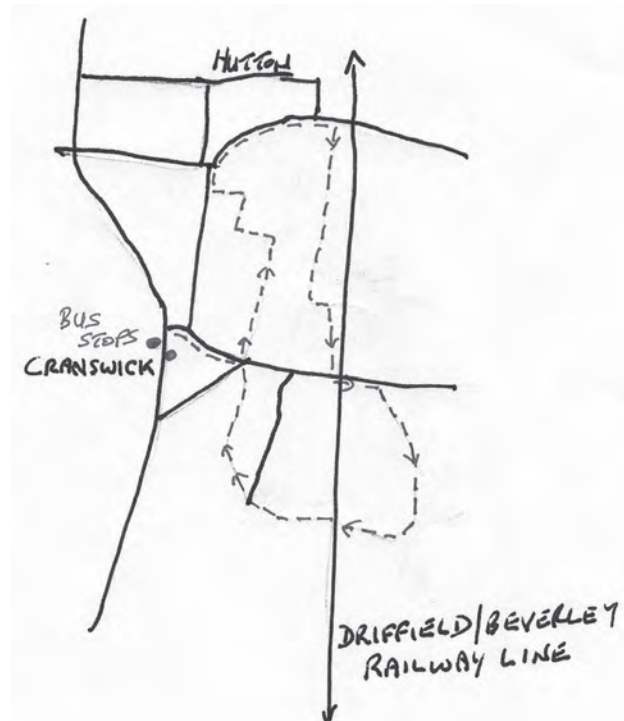
## This month his destination is Hutton Cranswick

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

Maps:- EXPLORER 295

Start at GR.TA 022524 Cranswick Bus Stop.  
Distance 3.8 Miles.

Walk down Cranswick main street and on reaching the White Horse Inn turn left and walk through the car park in a northerly direction and then walk down a



distinct path through shrubs and pass through a metal kissing gate into a field. Pass through a wooden kissing gate and cross the next field with the hedge on the left. Pass through a second wooden kissing gate and cross the next field diagonally aiming for Hutton Church.

At the far corner of the field pass through a kissing gate then follow the distinct path through a small plantation and emerge onto the Cranswick to Hutton road. Turn right and follow the road through Hutton towards Skerne.

About 50 metres before the level crossing, locate and turn right down a way marked path between hedges and then cross a stile into an open field and walk diagonally across this field to the far left corner. Pass through a kissing gate onto an enclosed footpath with the railway line to the left. On reaching the main road turn left. Cross over the level crossing and eventually turn right into Sheepman Lane.

Follow this lane as it becomes a grass track and eventually a grass footpath. After about ½ mile (on Sheepman Lane) locate a path on the right and take this across Priest Ings, cross the Railway line and on approaching a cottage emerge onto the road, turn right and follow this road to the village green. Cross the green diagonally back to the White Horse and then the bus stop on the main A164 road.

### How I did it.

Bus No. 121 departing from Hull Interchange at 10.25am arriving Cranswick at 11.24am.

Completed walk at 1.00pm and boarded Bus No.121 for Hull Interchange at 1.14pm arriving Hull 2.15pm.

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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. Fingers crossed the sun comes out this year. 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 hopefully 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

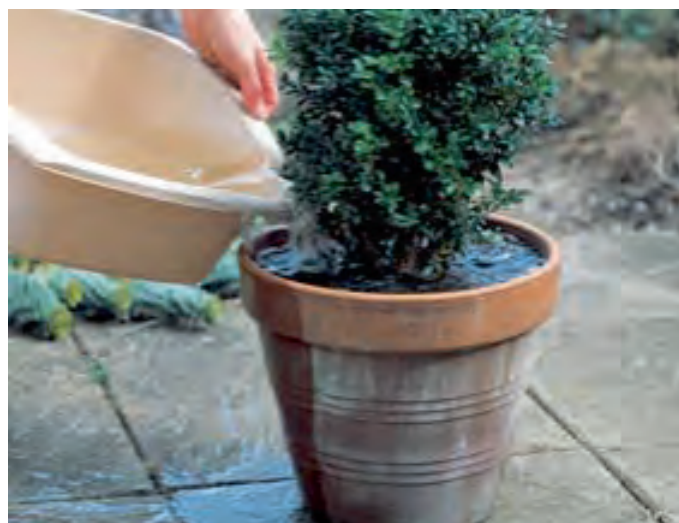
**Watering cans:** Use one fitted with a fine watering can rose. This leads to less soil disturbance and possible root or plant damage.

**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.

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



### 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 away 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!

## 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

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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.



### 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.

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## Your Stars for July 2016

By Kay Gower

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

Money should be coming in; you could find a new job or get a promotion. In your working life you may be quite successful this month and if you do get the offer of a new job things will work out well.

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

Make sure that your money is working as hard for you as you work for it. Finances in general should be doing well – or soon will be. The second week of July and most of August point to a prosperous period for you.

### Gemini (May 22-June 21)

The caring and sensitivity you show to others will win you deep affection. If you are single don't be surprised if love comes knocking at your door.

### Cancer (June 22-July 22)

This month's full moon makes you feel reflective; you will feel happier on your own at times. You wisely trust your intuition to guide you knowing you won't go far wrong.

### Leo (July 23-Aug 22)

A good month to purchase any electrical appliances or something unusual, your thoughts are very much on your home and living conditions and you could be keen to buy something exciting.

### Virgo (Aug 22 – Sept. 23)

You can look forward to a happy reunion with someone you haven't seen in a long time. In general this should be a pleasant month there may be a celebration, a wedding, new baby or other happy occasion.

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

"Life could be a dream sweetheart" sang The Crew Cuts. This month could be a dream for you, too. You are able to express your feelings easily and are in a terrific mood as well! Throw a party, find that song and play it. "Life could be a dream, sh- boom, sh- boom"...

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

July will be a satisfying month because you feel positive about your abilities and you behave in ways which reflect who you really are. If discussing sensitive issues your approach will encourage others to open up and talk about their feelings.

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

There could be a sudden opportunity to change your financial situation. You may also see your life in a new light, so prepare for a change of outlook.

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

The full moon is in your sign on the 19th. It will be important for you to reflect on whatever means most to you in life now. Try not to feel guilty about spending time alone. Introspection will recharge your batteries and that is what you need this month.

### Aquarius (Jan 21 - Feb 19)

You will be full of inspired ideas about ways to improve your income. Over the coming weeks financial wheeling and dealing may take your fancy, and your hunches will be uncanny.

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

The heart speaks a language that at times can be difficult to understand, perhaps there is a fear of moving forward. This is something that you need not fight as really, where else are you going to go? All will be revealed in good time.

## Reminder to submit photographs for the 'Capturing Beverley' competition by Wednesday 27th July

East Riding of Yorkshire Council is reminding local photographers that there are only two months left to submit photographs to the 'Capturing Beverley' photographic competition at the Beverley Guildhall.

Curator Fiona Jenkinson said: "The competition has been running throughout this year, with the aim of finding superb images that capture the essence of Beverley, for an exhibition to go on display in the Guildhall from November.

"It's a great opportunity for anybody who likes taking photographs of this beautiful town to submit them for consideration for what promises to be a wonderful exhibition."

The closing date for submissions is 27 July 2016 - photographs submitted after this date will not be accepted.

More information on the competition, including terms and conditions, guidelines on taking good photographs and how to enter, are available on the Guildhall's website at [www.museums.eastriding.gov.uk/beverley-guildhall/capturing-beverley](http://www.museums.eastriding.gov.uk/beverley-guildhall/capturing-beverley).

Photographs submitted to date can be seen on the East Riding council's flickr web page by going to [www.flickr.com/photos/east-riding](http://www.flickr.com/photos/east-riding) and selecting the 'Capturing Beverley' album.

## Cottingham's Community gets a Lift!

Local charity Beverley Community Lift is on a recruitment drive to encourage more people in Cottingham to use its community transport services.

Manager Jan Stainforth explained more: "Beverley Community Lift is a registered charity which offers a caring and supportive service for people who cannot easily use or access public transport e.g. elderly, disabled or those who are rurally isolated.

"We would like to encourage people who live in and around Cottingham to get on board, use our services, and get out and about."

Jan continued: "Our car and minibus services, which are operated by volunteer drivers, provide a lifeline for better access to healthcare, shopping and other essential activities, and they can also help to reduce social isolation and feelings of loneliness.

"People use our car service to go to the doctors, opticians, dentists or hospital appointments and also for social reasons, perhaps to visit a friend or loved one in a care home.

"We also offer a door-to-door minibus service for trips to local supermarkets and for social outings e.g. trips to the theatre, or to a local garden centre. In addition, local not-for-profit organisations and community groups are able to use our minibus service for their social activities."

The charity is also asking volunteer drivers to come forward to help expand their services. Jan said: "Beverley Community Lift would like to be able to offer more lifts to Cottingham residents and we are looking for new volunteers. We offer a warm welcome and provide full training. Volunteers can give as little or as much time as they like and they will help us to give Cottingham's community a real lift!"

"So if you, or someone you know, would like assistance with transport, or can help us by volunteering, please give us a call."

For more information, or to contact Beverley Community Lift please visit: [www.bclift.org.uk](http://www.bclift.org.uk) email: [info@bclift.org.uk](mailto:info@bclift.org.uk) or tel: 01482 868082.

Please come and see us at the Skidby Scarecrow Festival on Saturday 9<sup>th</sup> and Sunday 10<sup>th</sup> July. We will be opposite the Half Moon Pub.

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### Sudoku Answer from page 12

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|---|---|---|---|---|---|---|---|---|
| 5 | 1 | 4 | 8 | 3 | 9 | 7 | 6 | 2 |
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[www.cottinghamtimes.co.uk](http://www.cottinghamtimes.co.uk) - July 29



## Council to invest in new multi service centre for Cottingham

**E**ast Riding of Yorkshire Council is proposing to spend approximately £420,000 to create a new multi service centre in Cottingham.

The scheme will involve refurbishing, remodelling and extending the existing library building in the village to incorporate the customer service centre and registration services, which are currently located in Cottingham Civic Hall.

The new multi service centre, which forms part of the council's capital investment programme, will enable the council to co-locate the library service, customer service centre and registration service under one roof.

The scheme will allow the council to consolidate and improve a number of local services, and at the same time upgrade the building's quality for customer use. The new centre will enable residents to carry out a wide variety of transactions and have access to self-service facilities and information via public access terminals.

The scheme forms part of the council's wider asset rationalisation programme to deliver an efficient, cost-effective, flexible and well-utilised estate over the long term.

Councillor Symon Fraser, cabinet portfolio holder for asset management, housing and environment, said: "Making these changes is an important operational step as it will assist the council in saving money whilst also supporting the delivery of improved services. Whilst we do this, we will continue to work with the local community to make sure that opportunities to make viable use of the buildings are explored."

A public display of the development proposals will be held at the library in July, allowing residents to view and discuss the proposals with council staff. The council will then seek planning permission for the project.

Subject to planning approval, it is anticipated the scheme will start in autumn 2016 and be complete in spring 2017. During this period, the library will continue to provide a service within the village by operating from temporary accommodation very close to the current location.

Following completion of the project, the council will release its existing premises on Market Green, which will be surplus to the authority's operational requirements. The council will, in due course, be seeking expressions of interest for the sites and are keen to work with the local community, including the parish council, regarding their future use.



## There's never been a better time to sign up to an adult learning course in Cottingham

**E**ast Riding of Yorkshire Council's new adult learning course guides are out now. Aimed at people aged 19 years and over, the course guides have plenty to offer people living in and around Cottingham. Whether you are looking to improve your skills, gain new qualifications, or learn something completely new, there really is something for everyone.

Starting in September we have courses on offer that can help you to improve your IT, English and maths skills as well as our most popular courses including counselling, mindfulness, teaching assistant qualifications and photography. If you fancy learning a brand new hobby or skill we also have a wider range of pottery, art, crafts, creative writing and getting the most out of your tablet courses on offer.

You can pick up a copy of our new course guide at the adult learning centre on Hallgate in Cottingham, or any East Riding library, leisure centre or customer service centre. Alternatively, download a copy online at [www.eastriding.gov.uk/learn](http://www.eastriding.gov.uk/learn).

To book a place on a course you can book online, call (01482) 842329. For details of a centre near to you visit [www.eastriding.gov.uk/learn](http://www.eastriding.gov.uk/learn).

*Picture above: Pottery is a popular course at the Cottingham Adult Learning Centre on Hallgate.*



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## Adult learning Autumn course guides out now

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## Dad's Army official merchandise now on sale at Sewerby Hall and Gardens

To coincide with the release of the DVD and Blu-Ray versions of the new Dad's Army film, in which rooms inside Sewerby Hall and Gardens appear in some scenes, the estate now has a range of official merchandise on sale from the well-loved franchise.

Visitors can purchase the DVD or Blu-Ray version of the new film alongside gifts from the TV series, just in time for Father's Day. Amongst the things on sale in the Welcome Centre and Stables Gift Shop are cups and mugs, drinking glasses, children's toys, chocolate and many more novelty items.

Admission charges to the estate are £6.50 for adults, £4.40 for children and £20 for a family (two adults and two children).

There is no additional charge to attend events and activities unless otherwise stated.

For further information about all events and activities, please call (01262) 673769 or visit [www.sewerbyhall.co.uk](http://www.sewerbyhall.co.uk).



## Closure of Finkle Street Sorting Office -

### so where can I redirect my mail??

Sadly, we have lost a much-loved and well used facility – our sorting office. 'Thank you' to all the staff for providing us with such a good service over so many years.

We've discussed the problem with several traders in the village and currently, Barkers on Hallgate and Castle Park Newsagents have kindly agreed to take delivery of any redirected mail, if residents are out at the first delivery attempt.

As normal the postal staff will leave a red/white card which includes the Royal Mail contact details so either phone the 03456 number or use their web page and select the 'NEIGHBOUR' option.

If you are redirecting to **Barkers**, their post code is **HU16 4BB**, if it's **Castle Park Newsagents** then its **HU16 5JU**. If using the computer generated instructions, you may find you have to enter the post code without a space in the middle.

When collecting your mail please remember, that whoever goes along to collect the mail, they must also take the original red/white card, and then the staff will know they are authorised to collect the item.

Remember you can redirect to anywhere within the HU16 area and it includes 'signed for' as well, but do check when arranging the redirection as some categories of mail will have to be collected from Malmo Road.

If your post code starts with anything other than HU16, say HU6, then you can only redirect within the HU6 area. Hopefully, more shops will enter into the community spirit and provide this service.

We hope that this arrangement will lessen the impact of losing our village sorting office. If you have any problems then feel free to contact either of us, Geraldine (telephone 847276) or Ros (telephone 842272) or you can phone the Royal Mail general enquiry line on 0345 774 0740 or via e.mail [customerservice@your.royalmail.com](mailto:customerservice@your.royalmail.com).

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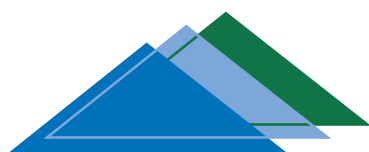
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## The Avenues open gardens event for Dove House on Sunday 3rd, and 10th July from 1pm and 5pm

Every year since 1976, residents of the conservation area known as the Avenues in Hull have opened their gardens to raise money for charity. This year, more than 40 gardens are set to be open to the public showcasing their unique and diverse gardening styles, complemented by beautiful Victorian and Edwardian architecture.

Dove House Hospice has once again been chosen to benefit from the Avenues Open Gardens on Sunday, July 3 and Sunday, July 10 between 1pm and 5pm.

Long-established in the west Hull community, the gardens attract more than 2,000 visitors each year, making it one of the largest open garden events in the country. Last year's event raised a total of £9,500 for Dove House and it is hoped that this year's event continues its great success.

Each garden has something different to offer and with lots of unique features, including bee hives, original stable blocks, an outdoor swimming pond and even a train, there are plenty of treasures to be found. On each afternoon, visitors can sit and enjoy the ambience as they listen to musically talented residents, admire the nature of each garden or simply enjoy the many refreshments, homemade cakes and scones on offer.

Dan Clipson, Fundraising Coordinator at Dove House Hospice, said: "We are incredibly grateful for residents of the Avenues opening their gardens and allowing the rest of Hull to step into a discovery of unique, quirky and distinguishing features which makes the Avenues Open Gardens one of the cities outstanding events of the year".

Admission with a programme costs £4 per adult, which covers both weekends, and accompanied children will not be charged. A free minibus service shall be provided on both weekends which will take in a circular route starting every 30 minutes from the Pearson Park entrance opposite Westbourne Avenue.

Programmes are available from houses displaying a poster for the event on the day, or in advance from Panache, Grain, Hollyhocks, Planet Coffee, Kings Stores or Chanterlands Library in the Avenues area of west Hull and Dove House Hospice shops on Newland Avenue, Chanterlands Avenue, Beverley Road and Prospect Street in the city centre.

## Five Cottingham special olympics swimmers excel in Liverpool

Tim Wong, Seb Cooper, Adam Loubani, Thomas Waterhouse and Owen Garsides - all members of the Special Olympics City of Hull Swimming Group, recently successfully competed in the S.O. North West Regional Swimming Gala in Liverpool.

They were part of an 11-strong team representing S.O. City of Hull and they came home with medals between them.

Tim won Silver & Seb won Bronze in the 25m Freestyle; Adam won Gold in the 50m Breaststroke & 100m Freestyle; Thomas - who was competing in his first Gala "away from home" won Gold in the 50m Freestyle and Owen won Silver medals in the 50m Breaststroke and Freestyle and Gold in the 100m Breaststroke.

Congratulations to these five young men - they did Special Olympics City of Hull very proud!

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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)

### Problem solving a fear in my dog re the use of hydrotherapy

Of topic for horse training but on topic for applying all the same Science of Learning and Behaviour.

My rescue dog Lucy needs Hydrotherapy to improve her problem shoulder and weak haunch muscles...so I book a course of 10 swims under bespoke qualified supervision.

The problem is my dog fears strangers and does not invite the touch of strangers. In order to swim my dog, she has to be handled by the staff and one of them has to be in the pool with her, holding her flotation coat while she swims.

During the initial trial swim session, I could see how very worried Lucy was about the whole scenario and as such made her swim very panicky. It upset me to see her emotions and it upset Lucy who showed all the signs of fear and panic. My plan to swim her for her physical benefit was not worth the price it was creating re her emotional wellbeing.

I don't force horses in training, so I cannot force my dog just because I can.

Home we went and I spent the evening devising a training plan for voluntary participation in hydrotherapy using the swimming pool

Plan in place proved no better for the second session.....it is not the swimming per se, it is the presence of the girls. Despite taking it all very slowly and keeping the whole experience highly rewarded with yummy special food treats and taking out one of the girls.....Lucy swam but it was still so stressful for her because of her capture by the girl in the pool to balance her body during swimming.

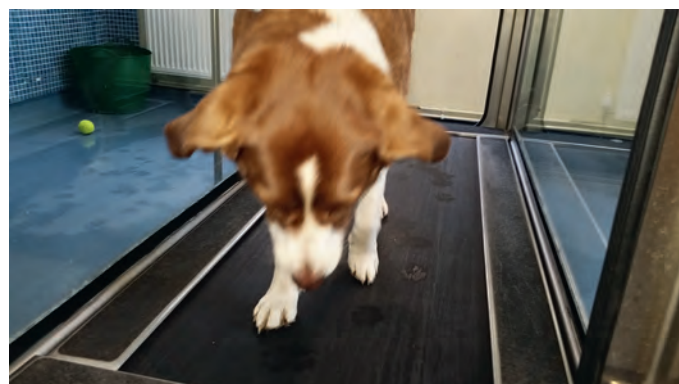
We had a meeting and we all agreed that this was not going to work ...so another change was proposed. Instead of using the pool which Lucy really was not happy about, we would use the water treadmill instead.

The treadmill is designed for resistance work which was not what my dog needed but it was explained to me that the water level could be raised high enough so that her body would be really buoyant and the treadmill speed would be controlled to be really easy for Lucy to just simply move freely. The staff discussed our situation and training plan with a dog behaviourist, who agreed that the extraordinary nature of the fear based problem, deemed such effort absolutely necessary. The emotional wellbeing of Lucy outweighed all else.

I was given access of the facility, when not in use, to train Lucy quietly by myself for voluntary entry and wait duration both through and inside the treadmill.

I took the lead off completely and allowed Lucy both free choice, and all the time she, needed to load herself through the tank. It took 7 sessions for me to pop over at weird times and train...always highly rewarded and using high value treats (strips of cooked liver, cooked sausages, special biscuits etc).

I booked a swim session after Lucy was completely happy self -loading and being able to enter the tank with the far door closing on her and opening with her waiting to leave on cue. Being shut inside without her being relaxed was the last thing I wanted.....Lucy had to voluntarily participate and feel she had both the choice and be able to



leave whenever she felt she needed to.

I then introduced one of the girls who, initially, completely ignored Lucy until the dog relaxed more in her presence. The she started to highly reward Lucy with treats at exactly the time Lucy showed interest. It was lovely to see my dog start to sit and offer a paw! We were finally on the winning side of this whole scenario. We then introduced the water for small approximations in time. Keeping it all highly rewarded and short.

We are now swimming her twice a week with one of the girls inside to keep her straight. Lucy is happily hand feeding from them, enters the tank happily on her own, on a cue I have shaped, and absolutely participating. YEY!!!! (and never on a leash)

I have to massively thank Kimberley and Ruth from Swanbridge Veterinary Hospital for their help, support and patience with both myself, and more importantly, towards my emotionally fragile dog!

We have turned failure and stress into a really positive and successful outcome. Lucy now barks in the car when we turn up and is busting to come out.....

We can now give her body the benefit of the swim sessions, without the Hydro pool but by alternative use of the treadmill instead.

Having the ability to think outside of the box is a massively valuable tool in training any animal. Being prepared to be flexible, patient, laterally thinking, changing the environment to help create success and keeping it all short in duration with very many approximations and always highly rewarded.

Instead of giving up on the idea of hydro for my dog, I am so grateful to have been given the opportunity to train my dog the way I train my horses.





## An apology, a festival and a request

**T**his month has been a month full of complaints!!! Fortunately, only one single complaint, but repeated often!! "Where was your article last month" I'm sorry, I apologise, I'll try not to let it happen again. I never realised this was so well read, I'm flattered, thank you.

As a follow up from my last article, (yes I know, two months ago) I am glad to say that the refurbishment of the "pool room" has been met with much approval. The booth seating has proved very popular, both as a quiet corner to drink or eat, and becoming a favourite with larger family groups, with the adults in one booth and the children in the other, the pool table often in use between courses with some keen parents' v children tournaments ensuing. The booths have also proved ideal for the pre-booked "Raclette Dining" on Friday and Saturday nights which a number of groups have now experienced and I believe thoroughly enjoyed, I'm pleased to say that we are getting repeat bookings, even though they have had to put up with me providing the table service. But above all I am delighted that in the refurbishment of the room we have been able to maintain the character of the Pub.

Weather, shall I mention weather, can anyone predict a good weekend for a barbeque and family fun day with bouncy castles and games etc. Well I'm going to predict that Saturday July 9<sup>th</sup> and Sunday the 10<sup>th</sup> is going to be the sunniest week-end of the summer and as always the Half Moon will be supporting **The Skidby Scarecrow Festival**. A lot of people put huge amounts of effort into organising this annual event, to which all are welcome to enjoy Skidby Village's hospitality, I hope to see you there.

I'm writing this article two days before the referendum vote, I have skilfully avoided joining in many heated debates at the bar, although I definitely do have my own opinion, however it's too late to make any arguments now: it is over. My only wish is that whatever the outcome, whether you feel you have won or lost, that the virulent comments in the press, on television and in public gatherings around the country now stop, and whether we are to become an individual nation or remain part of a larger union of countries we work hard together to make the country a calmer place holding respect for other people's values and beliefs, even though our own may differ.

Cheers Mike

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## Hospital Book Club raises £20,000 for teenagers with cancer

Reception Staff from the Queen's Centre at Castle Hill Hospital are celebrating their success in raising over £20,000 for Teenage Cancer Trust in just 5 years.

The book sale started out in 2011 with a few books for sale for in the Queens Centre for Oncology and Haematology. Within a couple of weeks, demand was growing, and staff were amazed by the community's generosity. In the last three years, since the book sale was brought down to the reception area near the café, it has raised over £15,000 and continues to grow.

Julie Headon, from the Reception team who manages the book sale, said 'It's amazing. Everyone here donates and buys, from staff, to patients, to visitors. None of the items are priced up so people pay what they want to or can afford. With the Teenage and Young Adult Ward here in the centre, people know it's a great cause, so often choose to give generously. Our success with the Book Sale shows the positive impact of the whole centre'.

Heather Bowen, Regional Manager said 'raising over £20,000 in such a short space of time is absolutely fantastic and the money raised will be spent on the Teenage Cancer Trust unit and support services at Castle Hill Hospital. What the book sales also do for us is raise awareness of cancers in this age group. It helps us educate the local community on the signs and symptoms so that we can capture and support every single young person diagnosed with cancer in the East Riding of Yorkshire region.'

Teenage Cancer Trust is the only UK charity dedicated to

improving the quality of life and chances of survival for the seven young people aged between 13 and 24 diagnosed with cancer every day. The charity fund and build specialist units in NHS hospitals and provide dedicated, staff, bringing young people together to be treated by teenage cancer experts in the best place for them. Traditionally treated alongside children or elderly patients at the end of their lives, young people can feel extremely isolated, never meeting another young person with cancer. Being treated alongside others their own age can make a huge difference to their whole experience. Teenage Cancer Trust also educates young people and health professionals about cancer to help improve the speed and quality of diagnosis.

To help transform the lives of young people with cancer visit [www.teenagecancertrust.org](http://www.teenagecancertrust.org).

## Dog owners urged to check boarding facilities's licence and insurance

As the summer holiday season approaches, dog owners are being urged to make sure the day care or boarding facilities they may be using for their pets are fully licensed and insured.

Recently, East Riding of Yorkshire Council's licensing team have seen an increase in the number of adverts for home boarding or day care provision, which may seem an appealing option for dog owners who do not wish to put their pets in a kennel environment.

While the vast majority of businesses that operate within the East Riding are legitimate and have the correct licence and insurance, some may not and licensing officers are telling owners to ask to see documents to make sure their pets are in a safe environment.

Councillor Shaun Horton, portfolio holder for community involvement and local partnerships at East Riding of Yorkshire Council, said: "Our message to dog owners is don't leave your pet anywhere that doesn't hold a licence issued by East Riding of Yorkshire Council.

"Always ask to see the licence or contact the council's licensing team to see if they hold the correct documents.

"There has been an increase in the provision of home and day care boarding facilities for dogs and we know there are a lot of responsible dog boarders in the East Riding operating lawfully and providing a valuable, caring service.

"But we need to address those individuals operating unlawfully, for a profit, with little regard to the safety and welfare of those pets living temporarily in their private homes.

"If you place your pet with a stranger, friend or relative during the day or overnight for payment you need to check whether the home is licensed to provide that service and your pet will be safe.

"If it is not licensed, you could be putting your pet at risk and, should anything go wrong, your pet is unlikely to be covered for insurance purposes."

Anyone who has information relating to any unlicensed activity of dog boarding should contact the licensing team at East Riding of Yorkshire Council by emailing [licensing@eastriding.gov.uk](mailto:licensing@eastriding.gov.uk)

A public register of those premises and individuals licensed to board dogs and cats can be found on the council's website – [www.eastriding.gov.uk](http://www.eastriding.gov.uk)

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## This is your last chance to secure your place on the start line of this years Great North Run!

National Assistance Dog Charity Hearing Dogs for Deaf People is making a final call for people to join their running team for the Great North Run 2016. This is your last chance to take part in the world's biggest half marathon in 2016 while changing the lives of deaf people at the same time.

Hearing Dogs for Deaf People have just a few Gold Bond places still available for the Great North Run on Sunday 11 September 2016 from Newcastle to South Shields but the deadline to sign up is 4 July 2016!

All the charity asks in return for your place is for you to pay a £53 registration fee and for you to raise a minimum of £300 in sponsorship.

With no government funding, Hearing Dogs for Deaf People rely on people like you raising funds on their behalf. Every penny you raise in sponsorship will help them to give deaf people the confidence to leave behind the isolation that deafness can bring.

Hearing Dogs alert deaf people to household sounds that many people take for granted such as the alarm clock, doorbell or telephone as well as danger signals such as the smoke alarm. There are over 950 hearing dogs currently placed with deaf people across the UK bringing independence, confidence and companionship.

Lucy Ward, Community Fundraising Manager for Hearing Dogs says: "We would love to welcome you to the Hearing Dogs Running Team but you must be quick off the mark and secure your place with us before that 4 July deadline!"

Once you have signed up Hearing Dogs for Deaf People will support you every step of the way with fundraising advice and the opportunity to visit their training centres and meet some of their amazing dogs. They also provide a warm welcome once you cross that finish line with much needed refreshments and professional sports massage.

One of last year's runners Tom Hutton said: I was greeted very warmly at the Hearing Dog's tent. The support given was second to none and the sports massage was really great,

Another 2015 runner Kris Black says "I chose to run for Hearing Dogs because it was previously the chosen staff charity for my employer plus due to hearing loss in the family the cause has personal significance for me. The level of support was extremely good, there's little else I could have asked for,"

To secure your place in the Great North Run 2016 please contact Lucy Ward on 01759 322255 or [lucy.ward@hearingdogs.org.uk](mailto:lucy.ward@hearingdogs.org.uk) as soon as possible.

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## New group walk launching in the East Riding

If you are looking for a way to improve your fitness, boost your mental wellbeing, and make new friends then the council's Walking for Health programme may be the answer.

From Tuesday 5 July the council's Sport, Play and Arts Service is launching a new walk starting and finishing at Hessle Community Centre, in Hessle as part of their Walking for Health Programme.

Led by trained volunteer leaders the fun and friendly walk, which will run every other week and lasts 1 hour, is open to everyone but is particularly suited to those who do little or no exercise or are recovering from an illness or injury.

Councillor Richard Harrap, portfolio holder for adult and carer services, said: "Walking for Health is a fantastic way for people to boost their health and wellbeing in a supported and friendly environment.

"The new walk in Hessle is the perfect opportunity to get to know the area while meeting like minded people.

"The programme is just one of many ways in which the council's Sport, Play and Arts Service is working to help East Riding residents, including the over 50s and adults with disabilities, to get out there, meet new people and keep fit."

The walk starts at 10am from Hessle Community Centre, Old School House, The Hourne, Hessle (HU13 9LJ).

There is no need for specialist walking equipment, just a sturdy, comfortable pair of shoes.

The Walking for Health programme is a national scheme, governed by Ramblers and Macmillan Cancer Support, which aims to help people get back on their feet, boost their physical and mental health, or to simply discover the benefits of walking while making new friends.

The programme is running a free one day volunteer walk leaders training course on Wednesday 13 July.

The course is open to anyone who would like to help with an existing walk or to set up a new walk in their local area, offering information about the national walking for health scheme and teaching participants how to plan and lead walks.

For more details about the new walk, the volunteer walk leaders course, or the programme generally contact Laura Hutchinson on (01482) 392527 or email [laura.hutchinson@eastriding.gov.uk](mailto:laura.hutchinson@eastriding.gov.uk).

## Smugglers! coming to Sewerby Hall and Gardens this summer

A new exhibition – Smugglers! – opens for the summer this coming Saturday (25 June) at Sewerby Hall and Gardens.

Telling the story of free trade on the Yorkshire coast in the eighteenth century, the new exhibition will be fun and informative for adults and children alike. It runs until Sunday 4 September.

The exhibition will look at how smugglers illegally traded goods using remote beaches and secluded caves, usually at night, including those at Flamborough, in a trade which reached its peak in the eighteenth century.

Younger visitors will be able to dress up as a smuggler or as a revenue man, and the exhibition will be accompanied by a trail around Sewerby Hall, looking for hidden contraband. There will also be Bella the Boat - a soft play area - and a number of activities for children, including the chance to be photographed as a smuggler.

Adults can learn how the previous owners of Sewerby Hall – the Greame family – were caught up in smuggling themselves. In 1770, John Greame was found guilty of smuggling – his wife

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admitted to being 'a small dealer in the smuggling way' (as were many local people at the time).

Councillor Richard Burton, portfolio holder for civic wellbeing and culture, said: "This will be a fascinating exhibition with a real local angle for people on the East Yorkshire coast. It will be fascinating to revisit an era when tea, for example, attracted a duty of 119%, and as a result, so many local people were directly involved in smuggling, including the then owners of Sewerby Hall!"

"I hope that this new exhibition will prove a real hit with both adults and children alike, and will add an extra dimension to a visit to Sewerby Hall and Gardens this summer."

Admission charges to Sewerby Hall and Gardens are £6.50 for adults, £4.40 for children and £20 for a family (two adults and two children).

For further information about all events and activities, call (01262) 673769 or visit [www.sewerbyhall.co.uk](http://www.sewerbyhall.co.uk).

## Haltemprice Lions' Young Persons' Music Competition

This year's competition will be held on Saturday, 12<sup>th</sup> November, 2016, at the Methodist Church, Hallgate, Cottingham. It is open to young people in Hull and East Yorkshire. The open competition will be held during the morning period and this year, for the first time, a £500.00 bursary will be offered to the winner of the separate afternoon session. For further details and entry form etc. please telephone David Whincup (01482 847367) or email: [dwhincup@dwhincup.karoo.co.uk](mailto:dwhincup@dwhincup.karoo.co.uk)

### Entry Conditions

(to be read in conjunction with the Competition Rules and Regulations).

### Open Competition

- a) Age range 7 – 18 years (as at 1<sup>st</sup> September, 2016.)
- b) Separate group age ranges in each class
- c) Performance timings:
  - 4 minutes maximum for 7 years to 14 years (two groups – 7 to 10 and 11 to 14)
  - 6 minutes maximum for 15 years to 18 years
- d) Instrumental groups
  - 1. Piano
  - 2. Strings (including harps and guitars – dependent on entries)
  - 3. Woodwind
  - 4. Percussion
- e) Groups, ensembles, solo performers – instruments only.
- f) Entries must be submitted on the pre-printed entry form
- g) Cash prizes for the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> placed in each group – subject to the organiser's discretion.

### BURSARY competition

- a) Cash Prize of £500.00 for the winner and £250.00 for the runner up (at the organiser's discretion)
  - b) Age range 14 – 18 years old (as at 1<sup>st</sup> September, 2016)
  - c) Minimum standard required – Grade 7 – entrant(s) must show proof of level attained.
  - d) Groups, ensembles, solo performers – instruments only.
  - e) Entries must be submitted on the pre-printed entry form.
  - f) Performance timing: 15 – 20 minutes maximum.
  - g) Recital of three works showing a contrast of style and technical demands
  - h) Competitors to submit a brief letter with their entry showing how they would spend their winnings.
- The organiser's reserve the right to invite the winner or other entrant (by prior arrangement) to perform at an event of the organiser's choosing.

## Law firm offers Legal Advice Clinics to help people understand Inheritance rules

Leading law firm Andrew Jackson have been providing legal advice clinics for over 10 years and have seen their popularity build as a trusted, valuable forum for anyone wishing to discuss wills, powers of attorney, probate or family matters.

Associate Deborah Gilpin, who specialises in this area of law, explains: "Family arrangements are becoming increasingly complicated, particularly when a person dies without making a will."

People must understand that if they do not make a will, the law decides who will administer their estate and who will inherit. It's a complex picture, with different versions of the rules being applied dependent on a range of factors. There is a lack of awareness of these matters and we want to help.

Legal matters around bereavement can present real challenges for couples and families at an emotional and unsettling time. It's much better to take time to review issues now, when they are much easier to tackle than they could be further down the line. Our friendly, supportive team is keen to guide people through these matters, providing the expertise they need to plan for the future."

Deborah believes that this is a great way for people to take control of their futures and tackle a delicate subject in a supportive environment, "Our clinics are really important as we know how daunting the legal landscape can be. We are very happy to be able to help by discussing their options with them without them worrying about incurring costs."

**For more information about the legal advice clinics or to book an appointment, contact: Jo Pearman in confidence on 01482 325242 or email [legalclinics@andrewjackson.co.uk](mailto:legalclinics@andrewjackson.co.uk).**

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## Local Nature Reserves in the East Riding now even more welcoming

Visitors to seven of the Local Nature Reserves in the East Riding can now benefit from brand new Welcome and Information boards, partly funded by The Forestry Commission, which have been put up at the entrance to each nature reserve.

Each board gives details of the history of the site, how the nature reserve is managed, how best to watch wildlife in the area, details of walks and rambles, and a map of what can be seen.

Councillor Richard Burton, portfolio holder for civic wellbeing and culture, said: "These new boards are a great asset to these fabulous nature reserves, all of which are beautiful and well worth a visit, whether to watch nature at its best, or just for a lovely afternoon stroll."

The Local Nature Reserves which have gained the new signs are at:

Beverley Parks  
South Landing, Flamborough  
Flamborough Outer Headland  
Danes Dyke, near Bridlington  
Millington Wood, near Pocklington  
Humber Bridge Country Park, Hessle Foreshore  
Eastrington Ponds, near Howden.

The nature reserves are all managed by the council's countryside access team, and are for both people and wildlife. They offer special opportunities to study or learn about nature or simply just to enjoy it. Highlights of the nature reserves include the possibility of spotting minke whales off Flamborough Outer Headland, or puffins on the cliffs; the chance to see 22 species of butterfly at Humber Bridge Country Park; or to listen to the 28 species of woodland birds at Millington Wood.

Full details of all the Local Nature Reserves in the East Riding – whether or not managed by the council – can be found at [www.eastriding.gov.uk/countrysideaccess](http://www.eastriding.gov.uk/countrysideaccess).

*Pictured above: Beverley Parks Local Nature Reserve with countryside access officer Bev Hylton.*

## Irresponsible dog owners warned as number of fines increase

Dog wardens across the East Riding have issued more fixed penalty notices to owners who fail to clean up after their pets in the first six months of this year compared to the same period last year.

Between January 2016 and the end of May 2016 dog wardens from East Riding of Yorkshire Council handed out the £75 fixed penalty notices to 11 owners, compared to just eight in the first half of 2015.

Most of the fixed penalty notices have been issued in relation to dog fouling in locations such as Sancton, Rawcliffe, Etton, Beverley, Driffild, Cottingham, Hessle and Laxton but one owner

after taking their dog into an exclusion zone on Bridlington North beach.

Councillor Shaun Horton, portfolio holder for community involvement and local partnerships at East Riding of Yorkshire Council said the increase in the number of fixed penalty notices issued was due to the quality of information provided by the public to the dog warden team.

He said: "The dog wardens rely on quality information from the public in order to find those responsible for not cleaning up after their pets.

"Some of the information we are now getting from the public is very detailed and contains locations, time of day as well as descriptions of both the owner and the dog – this means the wardens can tailor their patrols in order to catch those in the act.

"The fixed penalty notices will be sent out to those offenders through the post and I would ask those people to consider whether they really want other family members knowing they are not a responsible dog owner and taking £75 from the household budget."

Anyone who would like to report an incident of dog fouling should email the council's dog warden team at [dog.warden@eastriding.gov.uk](mailto:dog.warden@eastriding.gov.uk) or telephone (01482) 396301.

## Flustered fairytales, fun and frolics with drama workshops at East Riding libraries

East Riding Libraries are delighted to welcome back She Productions to introduce their brand new production, *The StorytEllas*, through interactive drama workshops.

Written by Jessica Duffield & Annie Kirkman, *The StorytEllas* starts high up on a shelf, where books bursting with fairytales fuse into one scrambled story, bringing three self(ie) obsessed girls together.

They are bewildered with what they find: jumbled stories; happy endings gone wrong; and their own characteristics are truly unrecognizable. Can they find their way home?

Using music, characters and themes from the production, She Productions will focus on developing communication and concentration skills, building confidence and always having heaps of fun! This project has been made possible thanks to funding from the Arts Council England, National Lottery and Recognition Express.

The events are suitable for ages 4+, and early booking is advisable.

Performances will be:

### Saturday 02 July

Cottingham Library – 10am (tel: 01482 392762)

North Bridlington Library – 2pm (tel: 01262 671468)

### Saturday 09 July

Hornsea Library - 10.30am (tel: 01964 532561)

Bridlington Central Library – 2pm (tel: 01262 672917)

### Saturday 16 July

Anlaby Library – 10am (tel: 0845 122 5000)

Willerby Library – 11.15am (tel: 01482 658077)

Beverly Library – 2pm (tel: 01482 392750)

### Saturday 23 July

Hedon Library 10.30am (tel: 01482 897651)

### Friday 29 July

Brough Library – 10am and 11am (tel: 0845 122 5000)

### Saturday 30 July

South Cave Library – 10.30am (tel: 01430 422901)

For further information, please contact Kimberley Harston on 01482 392756 or [Kimberley.harston@eastriding.gov.uk](mailto:Kimberley.harston@eastriding.gov.uk).

## Graham Porter - Caring Dentistry



Graham Porter

BDS

Caring Family Dentistry

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Stuart Graham

BDS, MMedSci (Dental Implantology)

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## **Hull CHA Rambling Club**

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Walks on the North Yorkshire Moors and Wolds. The party  
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A party 12 - 14 miles B party 8 -10 miles

### **Sunday 3 July Lincolnshire**

- A. Market Rasen to Tealby
- B. Tealby circular

### **Sunday 17 July**

- A. Thixendale circular
- B. Thixendale circular

### **Sunday 31 July Calderdale Way**

- A. Ripponden to Little Borough
- B. Sowerby Bridge to Little Borough

For more information ring Jan 07538 951112 or email

[jan\\_c\\_558@outlook.com](mailto:jan_c_558@outlook.com) <http://hullcharambling.wix.com/hull-cha-rambling>

## **Phoenix Walkers**

If you like walking in the countryside/a social day out then  
why not join Phoenix Walkers, a very friendly walking group  
with walks on Sundays. The coach picks up on Ferensway Hull  
then through to Cottingham leaving Cottingham Green(outside  
the shops) at 08-50 am coach fare £10.

Three levels of walks:

- A Group 8-10 miles
- B Group 5-7 miles
- C Group 'The Strollers' Very leisurely 3 miles or so.

Sunday 3 July Sandsend-Staithees

Sunday 17 July Robin Hood's Bay-Whitby

Sunday 31 July Jackson Bridge-Holmfirth

For further information please ring Dulcie Hartley 01482  
509000

## **Wykehykers Walking Club**

We are a friendly long established local group who enjoy  
Sunday outings by coach once a fortnight.

We visit many scenic areas of Yorkshire, Derbyshire and  
Lincolnshire each season, starting at 8.30am and usually home  
around 6pm. Each trip provides optional guided 8/10 mile or  
4/5 mile walks.

### **Forthcoming walks:**

10 July - South Anston, 24 July - Dalby Forest, 7 August -  
North York Moors 14 August - Bakewell.

Coach fare is £10 and we pick up from Ferensway to Beverley  
via Beverley Road when Northbound or Beverley High Road,  
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## THE SOUTH (featuring members of The Beautiful South) are coming to Cottingham Civic Hall on Sunday 17th July!

**A**fter a successful couple of years touring the country and playing Festivals, The South are looking forward to 2016. The combination of Beautiful South hits and album tracks as well as original songs from their debut album,

'Sweet Refrains' has hit a pleasure nerve around the country.

Once in a while a band appears that strikes a chord with many. Their music becomes an integral part of a nation's psyche and the soundtrack to many people's lives. Ingrained in the hearts of many is one such band, the Beautiful South. Over 3 decades this band became a household name, selling over 15 million albums.

On disbanding in 2007, original members Dave Hemingway and Alison Wheeler went on to form The South and with mainstays Damon Butcher and Gaz Birtles (keyboards and brass since the very beginning of The Beautiful South) this talented 9 piece continue to celebrate the music of The Beautiful South and, indeed, The South

Now with one highly acclaimed album 'Sweet Refrains' under their belt, The South are ramping up a gear for what was achieved in 2014/2015. With a marathon 64 gigs in 2014, there's life in the old dogs yet!

Their rich tapestry of music is wooing audiences far and wide, as they continue to receive ovations from all corners of the UK. People keep coming back again and again on the very same tour, so these guys are obviously doing something right!

Want a brilliant night out? Want a moment of euphoria as old memories flood back and new ones are formed?

With both old and new tunes that stand the test of time, experience this amazing live band performing great songs from Sweet Refrains and classics that can never be forgotten: including Perfect 10, A Little Time, Rotterdam, Don't Marry Her, You Keep It All In, to name but a few.

You'll be surprised at how many songs you already know! Isn't it time you headed South?

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- ✓ Walking group and well being course

**To access the service please contact The Survivorship Team, Hull and East Yorkshire Hospitals NHS Trust, The Queens Centre for Oncology and Haematology, Castle Hill Hospital. Telephone 01482 461091. Email: [sarah.guest@hey.nhs.uk](mailto:sarah.guest@hey.nhs.uk) or ask one of the Health Professionals involved in your care.**

**The service offers one-to-one, group, telephone or email support. The service undertakes clinics in a variety of community areas.**



# 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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## Cottingham Primary Schools Rotary Youth Speak Competition Winners

In its fifth year this Public Speaking Competition for Primary School children was held on June 14th at Westfield School. It was organised by the Rotary Club of Holderness, which has several members living in the Cottingham area. There were twelve speakers in all, representing Croxby, Skidby, Bacon Garth, Little Weighton and Westfield Schools, and Dunswell Academy. Each speaker had between 3 and 4 minutes to present the topic of their choice to a large audience of parents, teachers and Rotarians, and the three judges chaired by Rotarian Mary Wallace.

The winner was Ryan Wilson from Bacon Garth who gave an entertaining talk on 'How can we tackle the problem of litter'. The runner-up, Emma Smith, was also from Bacon Garth. She addressed the question 'Should we celebrate St George's Day?'. Abbie Watson from Dunswell was third, with an imaginative talk on 'Growing up'. Vouchers and certificates were presented by Dave Sewell, President of the Rotary Club of Holderness. The winning school also received a trophy and £100.

Peter Bonavia from the Rotary Club praised the courage of all the speakers for standing in front of the large audience of parents, relatives, friends and teachers. He said all the competitors were 'winners' for just taking part, and he hoped that the experience would encourage them to get involved in similar events when they move to Secondary School.

This was one of several events organised locally for young people by Rotary, including Young Writer, Young Artist and Youth Speaks for Secondary Schools in Hull and East Riding. The Rotary Club congratulates all those who took part, and thanks Sam Hickey, Head Teacher at Westfield School for hosting the event.

More information on Rotary, or youth competitions, contact Peter Bonavia on 01482 840191.

## East Riding Museums Service commemorates the Battle of the Somme in Beverley

The exhibition which opened on Saturday, 25 June, at the Treasure House in Beverley, a new exhibition 'Remembering the Somme' looks at one of the most famous and costly battles of the First World War.

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1 July 1916, the opening day of the battle, saw the British Army suffer 57,000 casualties, with 19,000 men killed – the Army's worst ever losses in a single day. The battle lasted until November and resulted in perhaps one million casualties for the British, French and German armies.

Dr. David Marchant, museums registrar with East Riding of Yorkshire Council, said: "The Battle of the Somme is generally remembered as an example of poor British generalship and an appalling loss of life. But is this the whole story? Today, we tend to base our views on television programmes such as 'Blackadder', without necessarily considering all of the facts. This exhibition aims to present a range of views on the battle and lets visitors decide the truth. We've also included stories of local men who fought on the Somme."

The exhibition is accompanied by artefacts from the Museum & Archive Services collections, as well as loans from private collections.

The exhibition lasts until 10 September and will be accompanied by a series of educational/family events – for details, see the website at <http://www.museums.eastriding.gov.uk/www1-commemorations/>

For further information, please contact the Treasure House on 01482 392780

## Free Carbon Trust Business Fund Workshop for SMEs

East Riding of Yorkshire Council and The Carbon Trust will host a free workshop at Brough Business Centre, on Wednesday, 6 July, for small-and-medium-sized-enterprises (SMEs) to provide training on reducing energy bills and how to focus on major areas of energy consumption.

The event, which takes place from 9.30-11.30am, will also provide an introduction to the Carbon Trust's Green Business Fund for SMEs, covering how to gain access to funding and free one-to-one site energy audits.

Councillor Jane Evison, cabinet portfolio holder for economic investment and tourism at East Riding of Yorkshire Council, said: "Working with The Carbon Trust, the council is pleased to be hosting this free workshop for SMEs."

"Providing practical advice and support on the subject of energy is beneficial to both the environment, in terms of reducing carbon emissions, and in ensuring SMEs maximise their business potential by not having to overpay on their energy bills."

To book a place at the event, visit [www.eventbrite.co.uk/e/the-carbon-trust-green-business-fund-workshop-east-riding-of-yorkshire-tickets-24481596113](http://www.eventbrite.co.uk/e/the-carbon-trust-green-business-fund-workshop-east-riding-of-yorkshire-tickets-24481596113)

Spaces are limited, so booking early is advised.

To find out more about the Green Business Fund, visit [www.carbontrust.com/client-services/technology/implementation-and-finance/#greenbusinessfund](http://www.carbontrust.com/client-services/technology/implementation-and-finance/#greenbusinessfund)

[www.cottinghamtimes.co.uk](http://www.cottinghamtimes.co.uk) - July 45



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#### Crossword solution from page 14

|    |   |   |   |   |   |    |   |   |    |   |    |    |    |   |   |   |    |   |    |   |
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## Take good care of your skin by going organic

If you are someone who buys organic food then you are helping yourself and your family to live healthier lives. What you may not know is that organic does not just apply to what you put into your body but also what you put on the outside of it.

Organic skin care is becoming more and more popular and significant all of the time as both customers and manufacturers alike become more conscious and environmentally aware of what ingredients are good and what ingredients are bad for them.

You may have heard of the term “organic skin care” and wonder what it is all about. How is organic skin care equated to natural skin care? The answer is a very simple one. A skin care product that is organic is one where the raw ingredients that make it up such as oils, plant extracts and waxes have not been treated with any type of chemical or pesticide.

This is where organic skin care and organic food are very similar. A series of tests must be conducted to guarantee that a plant is pure. This is necessary for the product to be given organic status from the start of production to the end. The process is rigorous and must meet the high standards that are set for it.

### The Products You Use May be Detrimental to Your Health:

It has been estimated that the average individual (this includes both males and females) uses 20 or more skin care, beauty and personal hygiene products in the course of a day (day after day after day). These include such things as soap, deodorant, shampoo, conditioner, hair gel, hair spray, cleanser, toner, moisturiser, body wash, shave gel (or shaving cream), body lotion, cologne or perfume, cosmetics, nail polish, etc.

The products you apply to your face, body and hair are absorbed into your skin.

Some of the chemicals from these products can build up in the body over time. At present it is not entirely clear at what level these chemicals can become toxic to the body. As well, scientists do not know how the chemicals from skin care products will react with DNA and to what extent they can cause health problems to occur. What we do know is that all of those products when used on a steady basis are doing SOMETHING to the body.

When you stop for a minute to think about all of the products you use every day you may feel overwhelmed by it. What this amounts to is that every individual is absorbing an abundant supply of chemicals on a daily basis. The solution to this is to switch to milder and more natural skin care products that are organic and do not cause damage to the skin or to the human body in general.

### Add Organic Skin Care to Your Shopping List:

If you take the time to look you will discover that many stores are stocking their shelves with healthier non-synthetic and non-chemical products. Always read the ingredients listed on the products very carefully. Look for natural products listed as ingredients on the labels. Steer clear of products that list any type of parabens on the ingredients list, such as propylparaben and methylparaben. In the same way, avoid products that contain petrochemicals, sulphates, propylene glycol and urea (such as imidazolidinyl urea).

Look for products that use natural preservatives instead such as tea tree oil. It is also wise to look for products that contain a combination of essential oils such as lavender, lemon, sandalwood, sage, rose and rosemary. Other natural preservatives to look for include honey and grape seed extract.

While organic skin care products do tend to be a little more expensive than other skin care products they will do your skin and your body good both in the short-term as well as the long-term. Choose organic every time and you will not go wrong!

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| <input checked="" type="checkbox"/> All Roots Removed | <input checked="" type="checkbox"/> Hedges Trimmed             |
| <input checked="" type="checkbox"/> Fully Insured     | <input checked="" type="checkbox"/> Hedges Lowered             |
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