

Cottingham Times

and District

Issue 200 - July 2018



STEPHEN RICHARDSON PLUMBING, HEATING & GAS SERVICES LTD

We cater to all domestic and business client's central heating systems, gas services and plumbing requirements.

- Gas/Oil Boiler installations
- Gas/Oil Boiler replacements
- Gas/Oil Boiler servicing & repairs
- Central heating installations
- All general plumbing & bathrooms
- Landlord safety certificates
- Gas safety inspections
- Underfloor heating



01482 840877
07779 887769

www.srichardsonplumbing.co.uk
srichardsonplumbers@gmail.com



Unit 2D Station Road, Cottingham, HU16 4LL

Home...

it's where the heart is.

Magnolia
House



From the moment you first walk through the door, you'll know you've found the right care home for you or your loved one! Magnolia House, in the leafy suburb of Cottingham, is a wonderful, five star residential home for the elderly.

Residential Care ~ Dementia Care
Respite Care ~ Day Care

With a genuine 'home from home' atmosphere, relaxing environment, tasty, nutritious food and beautifully landscaped, extensive gardens Magnolia House values the importance of elderly care whilst offering a whole new lifestyle with unrivalled services. Our dedicated activities co-ordinator organises a variety of leisure pursuits, therapies, entertainments and outings to stimulate, inform and brighten the day for everyone.

Call us or drop in for a chat over a cup of tea!



NEW! Lovely, beautifully appointed double rooms now available for those couples wishing to remain together for a break, respite or permanent care.

Stylish décor • Elegant rooms with en suite

- Bespoke and individual care plans
- 24 hour care and support

Magnolia House • 42 Hull Road, Cottingham,
East Riding of Yorkshire, HU16 4PX

T: 01482 845038

www.parklanehealthcare.co.uk

Park Lane
HEALTHCARE

making new memories

THE COTTINGHAM TIMES

1 Forge Place, South Rise, Skidby, Cottingham HU16 5UL
Telephone: 01482 840035 :: Mobile 07563 885388

Editor: Keith Teale

Published Monthly by: The Cottingham Times

Enquiries: Advertising

Tel: 01482 840035 :: Mobile 07563 885388

Editorial and Contributions

Tel: 01482 840035

Accounts: Tel: 01482 840035

Website: www.cottinghamtimes.co.uk

E-mail: media@cottinghamtimes.co.uk

Cottingham Times is a totally independent publication.

The views expressed in the Cottingham Times are not necessarily those of the editor. Copyright of the entire magazine contents is strictly reserved on behalf of the Cottingham Times and the authors. No part of this magazine may be reproduced in any form without prior written consent of the Cottingham Times.

Disclaimer

Whilst every effort is made to ensure the accuracy of the dates, event information and advertisements, events may be cancelled or event dates may be subject to alteration and the Cottingham Times can accept no responsibility for the accuracy of any information or claims made by advertisers included within this publication.

Notice to Advertisers

Trades Descriptions Act 1968. It is a criminal offence for anyone in the course of a trade or business to falsely describe goods they are offering.



**EAST RIDING
ELECTRICAL**
Domestic, Commercial and
Industrial Electrical Contractors



- Full/part re-wires
- Fuse boards replaced
- Extra sockets & lights
- Security alarms
- Smoke detectors
- Electric heating
- Electric heating
- Electric showers
- Immersion heaters
- Fault finding & repairs
- Safety checks



Contact Us:
Tel: **Anlaby 01482 571222**
Email: info@eastridingelectrical.co.uk
Web: www.eastridingelectrical.co.uk



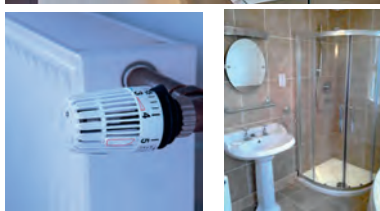
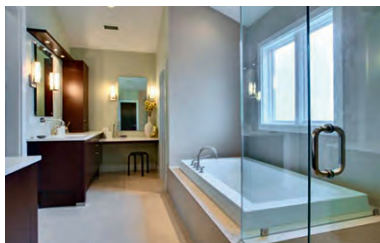


**Bridget
FREER**

clinical hypnotherapist
Lose weight with a
Virtual Gastric Band
Smoking :: Stress :: Phobias
07541 009321
bridget@bridgetfreer.co.uk
www.bridgetfreer.co.uk

Williams Plumbing & Heating

(Established over 33 years)



**Plumbing - Heating -
Bathrooms - Tiling**

Full Bathroom Installations

• Tiling • Electrics • Building Alterations • Joinery

Central Heating

• Full Systems • Boiler Changes

Plumbing and Gas

• Gas Fires • Servicing to all Gas Appliances



**Accredited Worcester
Bosch Installer**

Tel 882552 Mobile 07721 366343

Support the advertisers who appear within the Cottingham Times

www.cottinghamtimes.co.uk - July 3

PAINTER & DECORATOR

25 YEARS EXPERIENCE

QUALITY WORK

TEL: 01482 876743 (COTTINGHAM)

**DAISY
DECOR** 

ALL WORK CONSIDERED - NO JOB TOO SMALL
ALTERNATIVE TEL NUMBER: 07929 216172

Looking for Window Blinds?

All Types of Blinds Supplied - Vertical / Roller / Venetian / Roman



Conservatory
Specialists

**5YR
Guarantee**
ON ALL
PRODUCTS

UKBlindsdirect
www.ukblindsdirect.com
info@ukblindsdirecthull.co.uk

ALL blinds Measured & Fitted **FREE**
Call us for a no obligation quotation
01482 840238

THE BEAUTY CLINIC

EST 1995

Beauty & Skincare Specialists

01482 875329

www.beautycliniccotttingham.co.uk

104A KING STREET, COTTINGHAM

ENVIRON. DECLÉOR PARIS CACI

THE BATHROOM SANCTUARY

CONTACT

TEL: 01482 247321

26 KING STREET,
COTTINGHAM HU16 5QE

www.thebathroomsanctuary.co.uk



In Cottingham and District

Cottingham Methodist Church Photography Group

We meet in Cottingham Methodist Church hall

Tuesday 3rd July 2018 - Programme Planning - 7.30pm

Tuesday 17th July 2018 - 6.30pm start

Tuesday 31st July 2018 - 6.30pm start

Interested in photography, why not join our friendly group. New members welcome. All levels. Contact for further details: John on 842169 or john@jcmhome.karoo.co.uk.

The Back Care Group

Tuesday 3rd July - 1.00 pm to 3.00 pm doors Boules/Petanque Competition. Trophy for the winner. Tea and Coffee provided, bring your own picnic if you wish. Tel. 01482 353547. At 114 Coltman Street, Hull. Membership is £5 per annum or £7.50p for a couple. **NOTE VENUE!**

East Yorkshire Group of the Hardy Plant Society

Thursday 5th July - at 7.30 pm in Lund Village Hall, Latus Way, Lund YO25 9TF, Matthew Biggs "The Wonder of Plants". Tickets. Further information from Lois Scott 01482 494276.

The Skidby branch of the Yorkshire Countrywomen's Association

Thursday 5th July - at 7-30pm. Kate Willoughby will talk about Helicopter Search & Rescue. New members and visitors always welcome.

British Sugarcraft Guild

Saturday 7th July - Demonstration on Tulle Work will be given by Leslie Dalton, at 2.00 pm. £5.00 for visitors, all welcome. At Cottingham Parks Golf and Leisure Club, Woodhall Way.

SKIDBY VILLAGE 8th Scarecrow Festival

Saturday 7th and Sunday 8th July - Skidby Village will be holding its 8th Scarecrow Festival on the weekend of 7th & 8th July. Open 10am-5pm both days with programmes available on the day throughout the Village. The most popular scarecrow in the festival will be chosen by public vote. Various entertainments and displays will take place and refreshments will be available at the village hall.

YPI Camera Club

Monday 9th July - (Chairman Colin Hill). Bring an AV lasting no more than 60 seconds or a time lapse AV. We meet on the second Monday of the month in the Darby & Joan Small Hall, Finkle St at 7:30pm. For more details & examples of our work see <http://www.ypicc.uk/index.html>. Each meeting will normally consist of viewing and critiquing any set subject or open subject AVs that members might bring. Work in progress or unfinished AVs that have hit a problem are always welcome too. This will normally be followed by a question and answer technical session. New members always welcome – just turn up.

**Front cover: West Green.
Photo: Paul Lakin.**

Cottingham Catholic Women's League

Monday 9th July - Phil Walker - You Couldn't Make It Up - anecdotes of 30 years of teaching in East Hull, in the Garden Room, Holy Cross Church, Carrington Avenue, Cottingham at 7.30 pm.

Cottingham Women's Institute

Tuesday 10th July - My Life working in the West End and TV, Catherine Terry. Competition: Theatre Programme, at 10.00 a.m. to 12 noon, in the Methodist Church Hall, Hallgate, Cottingham.

Cottingham Green Women's Institute Evenings

Thursday 12th July - Sue Woodcock - From Copper to Shepherd. Competition: A Bookmark, held in the Darby and Joan Small Hall, Finkle Street, Cottingham, at 7.30 p.m., second Thursday of each month.

Hull Alpha Probus Club

Thursday 12th July - Two course lunch (£12.00), at 12.15 pm for 12.30 pm., followed by a guest speaker.

Thursday 26th July - Coffee and Biscuits at 10.15 am, followed by a general discussion. Contact The Secretary, Mrs. L. Fearnhead tel. 01482 843282, or Treasurer, Mrs. J. Bartram, tel. 01482 844125. We are a small social club for Retired Professional and Business Persons, who meet in Cottingham every two weeks, at the Back Room, 173 Hallgate.

U3A

Thursday 12th July - Sheila Dixon - Marion Gamble - Yorkshire Air Ambulance, at 2.00 pm in the hall at the Darby and Joan Hall, Finkle Street, Cottingham.

East Yorkshire Embroidery Society

Saturday 14th July - Jenny O'Leary, Batik - tissue, bleach and ink - my Inspiration. In the Darby & Joan Hall, Finkle Street at 2.30 pm to 4.00 pm (doors open 2.15 pm). £1.50 members; visitors £2.50. Tea/Coffee and biscuits included.

East Yorkshire Woodturners.

Tuesday 17th July: Margaret Garrard - Registered Professional Turner. Margaret resides in Swaledale in the Yorkshire Dales. She is an experienced demonstrator, especially noted for her complex pierced and decorated designs. She won a first prize at the International woodturning exhibition at the NEC, which took her to la Moulin in France for tuition. In 2007 The Worshipful Company of Turners awarded a bursary to Margaret to enable her to visit internationally known turner Alain Mailland in France to increase her technical ability. She makes a welcome return to our club. <http://margaretgarrard.co.uk/index.html>. Meetings are every third Tuesday each month at Skidby Village Hall. Visitors are always welcome, whether woodturners, novices, or just interested. (No need to book - £3.50 on the door for guests). For further information please contact David Taylor, Secretary, 01482 876702, cotters@cotters.karoo.co.uk or visit the website: eastyorkshirewoodturners.org.uk.

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

Tuesday 17th 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.

The Arts Society: Hull and East Riding

Tuesday 17th July - Mr. J. Russell "A Life in Pictures - Eric Ravilious". At 10.45 a.m. Willerby Manor Hotel (Pavilion Suite). Non-members welcome. Guest tickets £5.00. For further details please contact Membership Secretary, Margaret Ashley, tel. 01482 657574.

Continued on page six

Support the advertisers who appear within the Cottingham Times

Four Generations, giving 100 Years of Family Service

Herbert	Eardley	Geoffrey	David
1870-1962	1908-1986	1939-2015	1964



Golden Charter
Funeral Plans



- Funerals Respectfully Conducted
- 24 Hour Out of Hours Service
- Free Advice and Support
- Private Restrooms
- Pre-Paid Funeral Plans Available
- Finance Options Available



Tel: 01482 844695

www.hkempandsonltd.com

259 Hallgate, Cottingham, East Yorkshire, HU16 4BG

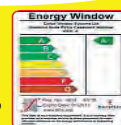
Fax: 01482 433898

Email: hkempandsonltd@gmail.com

Get the

Wow Factor with
COLFAX
WINDOWS

upto
55% OFF **WINDOWS AND DOORS**



- Extensive Range of Composite Doors
- Large Indoor Showroom
- Large Outdoor Showground
- Planitherm Energy Saving Glass
- Open 7 Days a week

**Buy Now
Pay Later**



45% OFF
CONSERVATORIES AND ROOFLINE

0% INTEREST FREE CREDIT

For a no obligation free quotation

Call **01482 879077**

or visit us online

www.colfax.co.uk

and click "online quote"

Leads Road, Hull HU7 0DE

Find us on Follow us on

COLFAX Windows Systems
Over 28 years of excellence
WINDOWS ■ DOORS ■ CONSERVATORIES

www.cottinghamtimes.co.uk - July 5

Cottingham Evening Townswomen's Guild

Wednesday 18th July - Brenda Stapleton - My Travels in Quilting, at 7.30 pm in the Darby & Joan (Small Hall), Finkle Street. New members and visitors are always welcome.

Hull Macular Society

Friday 20th July - at Sight Support (formerly) HERIB Beverley Road Hull. A presentation by an Optometrist from Hull and East Yorkshire Eye Hospital find out what an eye test is all about. Members old and new very welcome. Meeting starts 10.30 am until 12.15 pm lunch available For more Information contact Bernard Messingham 01482 860381.

Wednesday Social Club

Wednesday 25th July - David Leeson - His Latest Visit, in the

small hall at the Darby & Joan Hall, at 2.00 p.m. Guests and New Members Welcome.

Cottingham Methodist Church, Hallgate

Friday 27th July 2018 - Free Film Night - 6.40 for 7pm. Refreshments including ices on sale.

Hull Folk Dance Club

Tuesdays 7:30 to 9:30pm. Darby & Joan Hall, Finkle St., Cottingham. Come on your own or bring a friend for light exercise in a friendly environment. No experience is necessary and everyone is welcome. All dances are walked through before being set to music. Enjoy free tea/coffee and biscuits and get to know the members. Your first visit is free. Beginners tuition is also offered. We do not meet during August. More information from Keith Alexander on 01482 509751; Jan Gray on 01482 840637 and www.folkdance.me.

St Mary's Church Cottingham - "Storytime in the Space"

Bible Stories with a twist, every Tuesday in term time straight after school. Aimed at primary school children of all faiths or none. Parents and carers you are invited to bring your children along and join in the fun. Refreshments provided. Younger siblings welcome.

Cottingham Tennis Club (off Hull Road)

Are you interested in getting fit and making new friends? We are a friendly club looking for new members at all levels of playing ability including absolute beginners. We have excellent facilities including three floodlit, all-weather artificial grass courts. We have lots of opportunities for both social and competitive tennis and we have a dedicated coaching team. Please contact Matthew Fletcher on 07814 495931 for more information and to arrange to visit the club.

Do you wish you could swim?

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



Andy Wilson
Joiners & Wood Turners
Est. 1991

Traditional or Contemporary Bannisters
Glass Panels - Pine Hemlock - Ash - Oak

Squeaky Staircase?
Treads & Risers Replaced
Kites Rebuilt
All staircase repairs

Tel 01482 420269
Mobile 07930 565457
National Avenue, Hull



For when it's time to make plans, we can help with...

- Conveyancing • Family Trusts
- Estate Planning • Wills
- Lasting Powers of Attorney
- Commercial Property

Jane Brooks LAW

Hedon 01482 893366 13 St. Augustine's Gate, Hedon, HU12 8EU
Cottingham 01482 848101 112 King Street, Cottingham HU16 5QE www.janebrookslaw.co.uk

Music Time - Pre-school Music Group

Come & join our fun music group for children aged 0-4 years. Cottingham Civic Hall, Monday 9.30 am & 10.30 am sessions during term time. First session FREE, £3.75 thereafter, paid per term. For more information call Dean on 07947 817556 or go to www.music-time.org.

The Cottingham Bowling Club

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

Kirk Ella & Willerby Short Mat Bowls Club

St. Andrew's Memorial Hall, Beverley Road, Kirk Ella, HU10 7QA, (opposite the Police Station). Sessions on Mondays & Thursdays 2.00 pm - 4.00 pm. NEW MEMBERS VERY WELCOME! Fun, social short mat bowls club with a tea and biscuit break! £3 per session, FREE first session. Club woods available to use, just bring clean flat-soled footwear. Come along to any future session and give it a try! (aim to arrive around 1.45 pm so we can source bowls for you) For more information contact Ian/Brenda on 01482 650157 or email bgih@hotmail.co.uk.

Alcoholics Anonymous Meeting

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

ALANON Meetings

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

Alternative Aquatics

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

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.

Continued on page eight

Support the advertisers who appear within the Cottingham Times

QUALITY KITCHEN FACELIFTS

From a simple door swap to a full replacement kitchen



Est. 1999

Summer Sizzler
Ask for details in-store
Terms and Conditions apply

DREAM DOORS®
NEW LIFE FOR OLD KITCHENS

Proud members of
Checkatrade.com
Where reputation matters

Call Andy For a Free Estimate:
01482 861 653
hu@dreamdoors.co.uk
www.dreamdoors.co.uk
Dream Doors Beverley, 4a
Belprin Park, Swinemoor Lane,
Beverley, HU17 0LN

why replace when you can reface?

- 50% deposit, balance on completion
- Made to measure custom-built doors and units
- Huge choice of doors, worktops, appliances, sinks and taps

HULL CARPETS & FLOORING
BY CHRIS LEE
hullcarpetsandflooring.com

A Local Family Business with over 33 years experience



- ✓ Friendly Service
- ✓ Expert Fitting
- ✓ Furniture Moved
- ✓ Uplift & Disposal

- ✓ All Brands Supplied
- ✓ Competitive Prices
- 😊 50 Shades of Grey
- ✓ No Obligation Quotes

Free Fitting on Selected Ranges!

Home Pattern Service
Choose your new flooring in the comfort of your own home

Call Chris on: 01482 842265 or 07860 123 015
Unit 12, Station Yard, Cottingham



Students from Cottingham High School crowned winners for Yorkshire & Humberside in National School Science Competition

Team win £1,500 for their school and VIP trip to Make the Future Live in London.

An all-girl team of two Year 7 students from Cottingham High School in Hull have fought off tough competition from hundreds of schools across the UK to become winners for Yorkshire & Humberside in Shell's annual national schools' science competition, The Bright Ideas Challenge.

By 2050, with around 9 billion people on the planet it is predicted that demand for energy will double creating a need to produce more and cleaner energy. These complex global challenges will demand the skills of more scientists and engineers than ever, yet the UK currently has an annual shortfall of 59,000 engineering graduates.

The Bright Ideas Challenge seeks to inspire young people about the role they can play in shaping a brighter future. It asks young people aged 11-14 to address the complex energy challenges of the future and imagine innovative solutions for making our future cities clean, efficient, vibrant places to live, work and play. In their entries students are asked to demonstrate their understanding and application of STEM (Science, Technology, Engineering and Maths) and ability to combine this with creative problem solving and team work.

Team 'Unhinged' from Cottingham High School came up with the ingenious idea of harnessing the energy created from the constant movement of door hinges in high traffic buildings in future cities.

A tiny generator would be integrated into door hinges so that every time the door was opened or closed the hinge would not only expand and contract but also spin a generator. Over the course of a day this generator would produce enough energy to power a single light bulb helping create a self-sufficient source of lighting for busy future city buildings such as offices, schools and universities.

The winning team's bright idea won them £1,500 to boost the STEM learning experience at their school, plus a VIP trip to Make the Future Live, Shell's four day festival of innovation in London, taking place at the iconic Queen Elizabeth Olympic Park in London from 5-8 July.

8 July - www.cottinghamtimes.co.uk

12 other winning ideas from different regions across Great Britain included everything from tanks that would convert food and grass waste into fuel to power domestic cookers to power generating shoes that would convert the kinetic energy created by hundreds of steps a day into electrical energy to power personal devices.

Speaking about the team's winning idea, Marcus-Alexander Neil, Shell UK Education Manager, commented: *"It is a real privilege to see the passion and ingenuity this generation brings to the competition. The team from Cottingham High School really impressed the judging panel with their fresh thinking. By looking at things from a different perspective they have come up with a creative idea that is also backed up by solid STEM thinking."*

"Our hope is that participating in The Bright Ideas Challenge will encourage many of our talented winners to put those skills to good use as the much needed scientists and engineers of tomorrow."

Yekaterina Rybchenko and Ellie Northey from the winning team commented: *"Imagining the kinds of challenges that will be faced by the cities we will live in when we're adults has really helped bring our science lessons to life. It's made us think about taking science further and using those skills to help create innovative solutions that will make life easier and better for everyone in the future."*

"We're really excited to have won such a great prize for our school and are looking forward to seeing lots more interesting new energy ideas at Make the Future Live in London."

Iain Baker, STEM Co-ordinator and Head of Technology said: *"Competitions like The Bright Ideas Challenge really help take the students' enthusiasm for what they're learning to a new level. For some it's been a real light bulb moment – the moment they make the connection between the skills they're learning in the classroom and their application in the wider world."*

"The whole school is really proud of the team's achievement and we are having a school vote to decide what to spend the prize money on."

The national champion of The Bright Ideas Challenge will be announced at Make the Future Live on Friday July 6, 2018, winning a total of £5,000.

As VIP guests at Make the Future Live, Yekaterina and Ellie will enjoy hands-on science shows, buzzing panel debates and the latest VR (virtual reality) and AR (augmented reality) experiences alongside live music and street food.

They will also experience Shell's world famous Ecomarathon where university student teams from around the world compete to be champions of fuel efficiency in prototype vehicles they have designed and built. Each team is given a single litre of fuel and set the challenge of driving as far as they can, with the current record standing at 3,771km/l!

Pictured: (left to right) Yekaterina Rybchenko and Ellie Northey.

Support the advertisers who appear within the Cottingham Times

NOT MARRIED... DON'T ASSUME THE LAW RECOGNISES "COMMON LAW MARRIAGE"

Increasingly we are seeing more and more couples to discuss their Wills and Lasting Powers of Attorney who have been cohabiting with one another for many years and have made a decision not to get married.

It is a commonly held misconception that the law recognises a couple who live together as being in a 'common law marriage'. In fact, the law does not recognise this concept and offers very little provision for couples who choose to cohabit. The effects of this are often felt when the relationship ends through either separation or the death of one of the partners.

If you were to die without making a valid Will, you are said to have died intestate. This means that the law states who would inherit your assets and who is entitled to deal with the administration of your estate.

Whilst it is always advisable to prepare a Will to ensure that your wishes are carried out on

your death, it is imperative that cohabiting couples make a valid Will to ensure that your assets pass to the surviving partner.

As the law does not recognise 'common law marriage', the rules of intestacy would automatically apply if you do not have a Will. This would mean that your assets would pass to other members of your family and not to your partner. The only way to ensure that the intestacy rules do not apply is to make a valid Will expressing your wishes.

Sometimes couples are concerned about leaving all of their assets to their partner and instead would prefer to leave their assets directly to their children, often from a previous

relationship. It is possible to structure your Will so that your partner can carry on living in your share of a house or receive income from your investments during their lifetime but after their death, the capital assets, such as your house, would pass to another beneficiary.

If your partner dies without having made a valid Will, you may be able to make a claim in Court for reasonable provision for your maintenance although, as with many Court applications, this would be a long and costly exercise and the outcome would be uncertain.

**Samantha Peel, Solicitor,
Private Client Department**

**GRAHAM
& ROSEN**
S O L I C I T O R S

01482 840201

www.graham-rosen.co.uk

Cottingham: 2-4 George Street, HU16 5QU

Offices also at: 8 Parliament Street, Hull, HU1 2BB Telephone: 01482 323123

Updates, cleaning and holiday apps

Windows 10 Update – I mentioned this last month, but this big (April) update was delayed and has been rolling out to computers all over the world ever since. As usual with these big releases, like the Creators Update a while ago, it has not been without a few glitches, so watch out for this one. Not that you can do a lot about it as the update process is now fully automated and cannot be turned off! Also, after this update you will be presented with some screens relating to data privacy such as using voice and diagnostic data, to which you have to agree or disagree. To see if you have this update already, on your keyboard hold down the Windows key and hit the letter R, which will bring up a Run command. Type this in the box: `winner` and click OK. This will show you version 1803 (or later) if you have it. If it shows an earlier version number around 1700 it hasn't got to your computer yet, so just hang on.

Cleaner is the world's most popular computer clean-up program, claiming 2 billion downloads! The Professional version is available for £14.95, but they also offer a free version, which to be honest for is fine for home users. One thing to watch out for when you install this program, is that there is often a small tick box offering to install an additional program such as Google Chrome. This isn't a problem, but I have noticed recently they have started offering Avast (or Avira) anti-virus which would potentially conflict with any other security software (like Eset, McAfee, Norton etc) you may already have installed. So just watch out for that and untick the box before installing Ccleaner. When you have it installed look through the check boxes it shows and **untick any you don't want to clear out**. I always untick cookies, history, saved form info & passwords, etc but you decide. Also look on the second tab called *Applications* as your particular web browser might be listed there.

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

Underwater computing! Microsoft is putting a data centre at the bottom of the North Sea to determine whether it can save energy on cooling! Data centres, which are basically a collection of high-powered computers (known as servers), typically generate a huge amount of heat. Microsoft has been experimenting with subsea data

centres for around five years, and previously sunk a data centre off the Californian coast back in 2015. This latest underwater data centre will be deployed for five years, and will have enough storage for the equivalent of around 5 million movies, and is as powerful as thousands of PCs. Power will come via an undersea cable and renewable energy from the Orkney Islands, which will also connect back to the internet.

To hear about why we need all this data storage, listen to an interesting broadcast from Radio 4 here: <https://www.bbc.co.uk/programmes/b03kqfzx>

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

Holiday time is here again, so here are a few useful apps. For weather I always like the BBC weather app in which you can save up to ten favourite destinations including local weather. Exploring destinations and directions, personally I like the Google maps app or Earth. For approximate currency calculations there is a website called xe.com – but to get accurate holiday exchange rates I always use the Thomas Cook 'what's the rate' app. This one gives you all latest rates, and you can do click & collect at your local store, like Beverley or Hull. If you fancy brushing up your language skills, a really good app I have been using is called Duolingo which offers daily short lessons. For a bit of plane-spotting, you can't beat FlightRadar 24 which shows live flight information on virtually every aircraft worldwide. You can track a flight from take-off to landing in real-time. The really impressive feature is pointing your smartphone camera at the sky and seeing the info on any flight that happens to be passing at the time! All these apps are free to install and use.

Online banking - I'm often asked if this is safe to do. The answer is yes as long as you have **adequate up to date security** on your computer. Those of you using *Eset Internet or Smart Security* will know that it includes a secure banking & payment module, for which there should be an icon on your desktop. If you can't see it, click on Start and go through your Apps menu to the Eset folder and you will find a link to it there. You have to be using Chrome or Firefox or Internet Explorer as your preferred web browser for this to work. Microsoft Edge is not supported. If you use a different security provider, then see if they support online banking, or as an **additional measure** you can use Rapport (also known as IBM Trusteer) which is offered free by many banks. **Do not install** this if you are using the above-mentioned versions of *Eset* as it will conflict. If you use an iPad or iPhone, the good news is that you don't require extra security to use your bank's online app.

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

Security Central:

If you haven't already upgraded to ESET Internet Security, now is the time to do it. And for anyone who hasn't tried ESET yet, don't just take my word what an excellent product it is, go to the website <https://www.eset.com/uk/home/free-trial/> and download a **free one-month** trial! Just make sure you uninstall any existing anti virus you may have, even if it has expired. For prices, upgrades and licences – just give us a call.

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

Remember to look on my website for copies of the current and two previous articles where they can be read, downloaded or printed. And if you are considering investing a new computer you will also find on there my popular article on 'things to consider when buying a new computer.'

Richard Mills

RDM Computers

Cottingham

01482 875666 or 07850 105424

Web: www.rdmcomputers.co.uk

Email: richard@rdmcomputers.co.uk

All branding & trademarks acknowledged

Stress free Computing



Your local specialist!

Supporting local customers since 2002



- New PC sales
- Home visits
- Computer set-up service
- Computer security and virus removal
- Broadband/wireless and email set up
- Data transfer

T. (01482) 875666 M. 07850 105424
sales@rdmcomputers.co.uk www.rdmcomputers.co.uk

ADVERTISEMENT FEATURE

Prepare and protect your car with a triple-stage Summer Waxing from JJ's Smart Repairs

Here at JJ's Smart Repairs, not only do we make scuffs and scrapes disappear, we can also help protect your car against the summer weather.

Our triple stage summer wax process guards your cars paintwork from damage on untreated roads, seals in little chips to prevent rust from getting a hold, and makes it far easier to clean the grime, tar spots and dead flies off. Plus, if you have a problem with bird mess, which can be very acidic, it prevents it from leaving a stain which over time can be impossible to clean off.

Stage 1 - Clean and sterilise the paint work to remove any debris stuck on such as tar or dead flies.

Stage 2 - Solid wax application. Unlike creams often used by others, this gives a good old-fashioned, long-lasting result.

Stage 3 - resin cream to seal in the wax to prolong the benefits for up to six months.

Also we . . . How do your headlights look??

For only £40 we can polish your headlights back to brand new. Not only can a dim beam fail your MOT, it makes driving a hazard.

JJ's Specialise in Bumper Scuffs, Smart Alloy Wheel Repairs, Power Polish, Headlight Polishing and Summer and Winter Waxings.





SMART REPAIRS

**Bumper Scuffs :: Smart Alloy
Wheel Repairs :: Power Polish
Summer Waxings :: Headlight Polishing**



**Protect
your car with
our Summer
Waxing!
£80**

Pictured below is an example of a Smart Repair
"You would never have known it had happened!"




Unit 11 Station Road, Cottingham HU16 4LL

Telephone 01482 840465

email: john.allen@jjsmartrepair.karoo.co.uk

Find us on



Follow thomsonlocal on:



Like us on
Facebook

Support the advertisers who appear within the Cottingham Times

www.cottinghamtimes.co.uk - July 11

**HOME & SMALL BUSINESS
COMPUTER SERVICES**

PC/LAPTOP SALES | REPAIRS & INSTALLATION
WIRELESS NETWORKS | STRUCTURED CABLING
DATA RECOVERY | VIRUS REMOVAL
INTERNET | EMAIL SETUP
HOME & OFFICE SUPPORT

**Call Steve Blake on
847711 & 571100
www.blakeits.com**

INSURED
CAR CHECKED
Microsoft
CERTIFIED
IT Professional

EXPERIENCE
25
YEARS
Microsoft
CERTIFIED

EVERFLOW
Plumbing Services

GENUINE 24-HOUR CALL OUT

- Boiler Replacements • Gas Servicing
- Breakdown and Repairs • Full Bathroom Installations
- Gas Central Heating • Systems Powerflushed
- General Plumbing Repairs • Landlord's Certificates
- No Job Too Small • All Areas Covered
- FREE No Obligation Quotations

Call Phil **01482 841304**
Mobile: **07970 359706** Cottingham

CORGI
520101
safe
520101

Finkles Boutique
Cotta Court, Cottingham
Fashion at affordable prices
*New Stock now
arriving
We also stock
a good
selection of
Italian Wear*

"Forget the Town, Come on Down to Finkles"

KING STREET
HALLGATE
FINKLES
COTTA COURT
WE ARE
HERE
FINKLE
STREET



Wordsearch - Flowers

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

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

Find the words in the letters above:

Alstroemeria, Amaryllis, Anthurium, Aster, Baby's Breath, Bell Flower, Bird of Paradise, Bouvardia, Calla, Carnation, Chrysanthemum, Clematis, Cornflower, Daffodil, Daisy, Delphinium, Forget-Me-Not, Foxglove, Freesia, Fuchsia, Geranium, Gerbera, Ginger, Gladiolus, Golden Rod, Heather, Hollyhocks, Hyacinth, Hydrangea, Iris, Lavender, Lilac, Lily, Lisianthus, Marigold, Orchid, Pansy, Peony, Petunia, Rose, Snapdragon, Statice, Stock, Sunflower, Tulip, Violet, Yarrow.

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

Sudoku No. 137

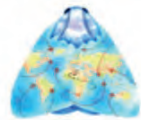
This is an easy challenge this month - Answer on page 29

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

Support the advertisers who appear within the Cottingham Times



MARION OWEN TRAVEL



July... June disappeared quickly it will soon be winter again! So have you had your well deserved break? If not it is time to grab a late booking for this year or an early booking for 2019 or even 2020. We have lots of options worldwide that we can offer you. Below is a smattering of news hot off the press...

Regent Seven Sea's offer wonderful all inclusive luxury 6 star cruising. I absolutely love this cruise line. Top quality, yet offering a relaxed atmosphere on board smaller ships. The latest wonderful offer includes travelling on the Venice Simplon Orient Express and a night at the super Danielli hotel in Venice before embarking on an amazing 10 night cruise to Rome. This holiday departs 28 April 2019, prices are from just £6329. Call for bookings & more details.

Do you enjoy Jazz? How about Jools Holland? Well he has just teamed up with SAGA on Spirit of Discovery to perform live on board this new all balcony ship. Why not join the Channel Island Hop next July? You have the opportunity to enjoy a private Jazz event in a stunning setting with champagne and canapes. Prices for this 4 night cruise start at £941 including travel from your door within 250 miles and more. Call for further details and bookings.



Antarctica, I had a wonderful experience some years ago. Icebergs like blocks of flats, penguins happy to see human visitors. It is truly unforgettable wilderness. If this area is on your bucket list we have an offer with free flights. There are

various departures available from October to December 2019. A 13 night experience is from £4948 whilst a 17 night extravaganza starts at £5567 this is per person based on 2 sharing. Call for bookings & further details.

Looking for fun in the sun whether a family, couple or travelling with friends we have great savings including £60 extra discount Jet2 Holidays, ask for full terms & conditions.

October half term, give the kids a break with 2 nights aboard North Sea Ferries from Hull to Rotterdam with a full fun packed day in Europe's 3rd largest Theme Park Efteling.

Keep an eye on our facebook page for daily holiday ideas and cracking good deals.

Do remember we are a full travel agency, we book financially protected holidays and you never have to worry about the security of your money. Why book direct with an operator when it costs no more to book with us. You have our help in the event of unforeseen circumstances both before or when you are travelling with our 24 hour service

We have a wealth of first hand knowledge travelling around the world by land, sea & air. We have the answers to make your travel simple & hassle free, leaving you to enjoy your holiday. All you need to do is pick up the telephone or visit our office in person. It is always good to talk we look forward to creating your special memories when we book your next holiday in the UK, Europe or Worldwide. **Marion**

Our very own exclusive holidays by coach, experience the difference

18 Jul	Cambridge & SAGA cruise ship 2 days DBB + lunch	£ 130
20 Jul	Bastion in the Air day outing including lunch	£ 40
22 Jul	Tatton Park Flower Show & Renishaw Hall 1 night DBB	£ 179
06 Aug	Warner's Littlecote & Highclere Castle 5 days half board adults only at this historic hotel, excursions included	£ 485
05 Sep	Musical, An officer & a Gentleman, Bradford Matinee	£ 59
06 Sep	Isles of Scilly - this 8 day holiday is 6 night HB & 1 night B&B	£1125
14 Sep	Star break Alexander Armstrong at Thoresby Hall 3 nts	£ 449
03 Oct	"Miss Saigon" Matinee at Bradfords Alhambra Theatre	£ 78
30 Oct	Efteling Theme Park - 2 night s NSF 1 day park family of 4 Europe's 3rd largest theme park. Family of 3 from £390	£ 465
08 Nov	Matthew Bourne's Swan Lake at Bradford's Alhambra	£ 59
17 Nov	Chatsworth House - House, Garden & Christmas Market	£ 50
15 Dec	Dordrecht Christmas Market Dash a superb break from	£ 99
18 Dec	Boundary Mills & Lunch just for a day	£ 40
2019	Tours are gradually being added & selling out! Don't delay	
16 Jan	Boundary Mills January Sales - Just for the day	£ 20
17 Feb	Manchester & Liverpool Music Tour - 1 night Dinner B&B	£ 149
27 Feb	Matilda the Musical matinee at Bradfords Alhambra	£ 80
05 Apr	Llandudno Welsh Weekend & Portmeirion 3 nights HB	£ 329
04 Sep	Isle of Man - a fascinating 7 day island tour half board	£ 695

Thursford Christmas Spectacular 2019 now on sale

call for full details or view all tours at:- www.marionowentravel.com

Why not join one of our Escorted tours by AIR?



CHINA 21st October 2019

18 day tour from your door £3490

A fully inclusive tour enjoying all the well known major sights plus a selection of lesser known gems.



JERSEY special departures From your door.

The island offers fabulous beaches, great walking opportunities, duty free shopping & is steeped in history.

7 nights half board

4 August 18 (battle of flowers) £799. 22 September 18 £699*

04 May 19 £699 (singles £875) includes Liberation Day

13 July 19 £785 (singles £999), 14 September 19 £735 singles £875

NEW 3 night weekend breaks half board

* the first 2 departures will be escorted by Marion

*04 May 19 £485 (singles £560), *13 July 19 £495 (singles £599)

05 October 19 £455 (singles £515) during "Tennerfest Food Festival"

Deposit to confirm your place £150 per person



To make your bookings Tel: 01482 212525 www.marionowentravel.com

or call in person to 23 Portland Street, HULL, HU2 8JX (we have our own car park)

Prices shown subject to availability at the time of booking. Based on 2 sharing unless otherwise stated. Single travellers welcome please ask.

Office hours: Monday to Friday 9.30am - 5pm : Saturdays by appointment only

June 18*

TIME FOR YOU
DOMESTIC CLEANING

Would you like an **Honest, Reliable and Affordable** police-checked* cleaner to clean your home?

- Service tailored to your needs
- Same cleaner each visit
- Typical hourly rate £12.50 (weekly cleaning)

Call Jan TODAY: 01482 977737
Mobile: 07930 241 087
hull@timeforyou.co.uk www.timeforyou.cleaning/hull
*police checked cleaner on request

kitchensolutions
Door and Worktop Replacement Specialists

- Over 80 door styles and colours
- Made to measure, Any size doors,
- Worktops, Sinks & Taps, Appliances
- Tiling, Plumbing, Electrical work
- All work guaranteed

Transform your kitchen at affordable prices
Free no obligation quote call 01482 841551
www.kitchensolutions-hull.com

*Is your computer slow, freezing or full of viruses and spyware?
For all your computer needs Visit our store at:*

Advancetec Computer Ltd
212 Newland Avenue, Hull, HU5 2 ND
Tel 01482 44 56 44

We have been established since 1996 and have thousands of loyal customers who appreciate our excellent customer service and technical skills.

*PC & Laptops repair and upgrades, Virus removal and Internet security,
Data Recovery Computer parts and accessories.*

University graduate personnel with relevant computer degree.
Excellent quality work guaranteed every time.
You are welcome to visit us, or ring us for free technical advice.

Most labour charges only £35.00
Open 9:00 AM to 5:30 PM Monday to Saturday
Closed on Sundays

SHED STUFF

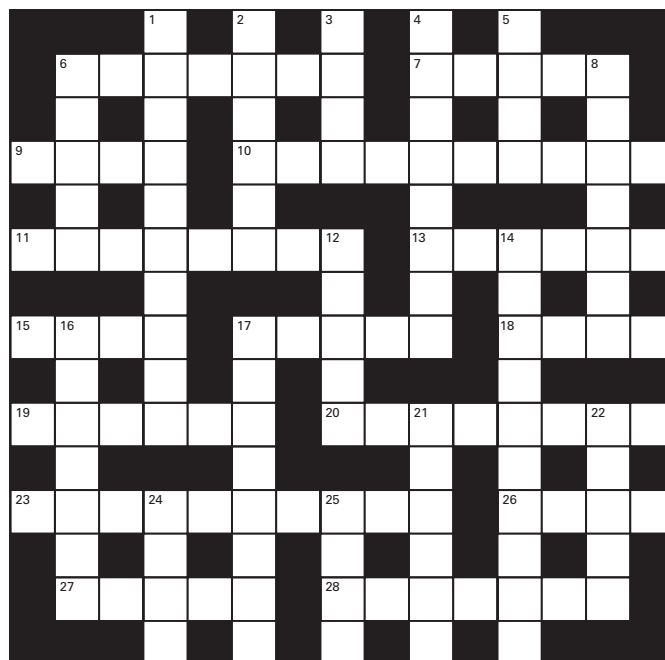
WANTED
Old/Classic Motorcycles
Unfinished Projects
Part Projects • Old Engines
Spare Parts • Old Oil Cans
Old Signs • Old Tools
Petrol Pumps

Anything Old Considered!

Cash Paid! Complete Discretion

Telephone 01482 845179
Mobile: 07977 766005
Email: steve@shedstuff.co.uk

Crossword – Solution on page 46



Across:

6. Trouble (7)
7. Woodwind instruments (5)
9. Hairdo (4)
10. In an insane manner (10)
11. Warriors (8)
13. Fable (6)
15. Academic head (4)
17. Gather (5)
18. HIV (4)
19. Requiring immediate attention (6)
20. Disagreed (8)
23. School principal (10)
26. Tree sloth (4)
27. Not here (5)
28. Pamphlet (7)

Down:

1. Freedom from doubt (10)
2. Relating to the Alps (6)
3. A river between China and Russia (4)
4. Enemies (8)
5. Not stereo (4)
6. Picture (5)
8. Glanced at (7)
12. Burn with a liquid (5)
14. With gratitude (10)
16. Sincere (7)
17. Aardvark (8)
21. Elegant (6)
22. Decree (5)
24. A song for 2 (4)
25. Speak (4)

*Crossword courtesy of www.crosswordpalace.com
Support the advertisers who appear within the Cottingham Times*

ch CAROLINE HARRAWAY

SOLICITORS

A: 14-16 George Street, Cottingham, HU16 5PQ T: 01482 875000 E: info@harrawaysolicitors.co.uk W: www.harrawaysolicitors.co.uk



Caroline Harraway, MD and Solicitor at Caroline Harraway Solicitors

A Quickfire Round of Questions with Caroline Harraway Solicitor's New Practice Manager, Sarah Woodcock (pictured below).

1. If you could be any animal what would you be and why?

A rabbit!! One cause I love salad & two after watching the Peter Rabbit movie with my niece and nephew.

2. What is the strangest thing you've ever eaten? - Bird salad while travelling in Hanoi

3. Describe yourself in three words... - Friendly, approachable and stubborn

4. Describe your job at Caroline Harraway Solicitors

As the practice manager I'm there to keep everything running smoothly, keep everyone in check and crack the whip when I need to!

5. What would you say to anyone thinking about using a solicitor who may have some reservations? - Don't be worried, solicitors are there to help!

6. Describe what's different about CHS?

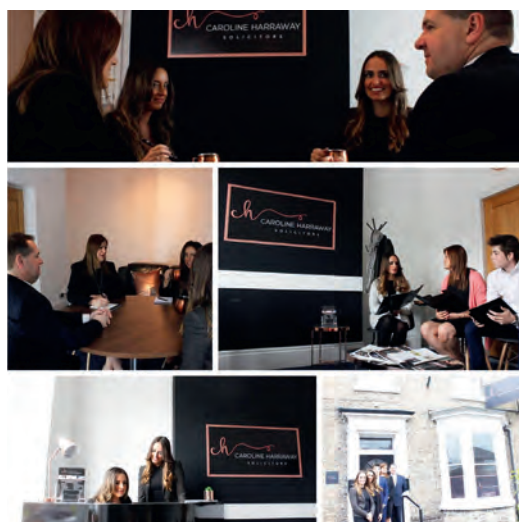
We have fixed fee costing so nothing is hidden and no surprise big bills coming through. And with our free initial consultation you can ask the question and receive advice without a fee. With that and being a very personable firm makes us stand out from the rest.

7. Tell us what you love about CHS...

I love that every day is different, and always busy. Meeting the clients and the level of service we offer."



"Our firm has been busy expanding and we are pleased to announce we have two brand new in house Trainee Legal Executives, Luke Hewitt and Alexandra Burden. We wish them all the best for their exciting futures! We would also like to thank the talented candidates who have gone to the time and trouble of sending us their CVs and covering letters. We promise to reply to everyone and appreciate the effort that has gone in. We are determined to create the most efficient, like minded team of knowledgeable legal specialists we can!"



ch CAROLINE HARRAWAY SOLICITORS

LEGAL EXPERTISE WITH YOU IN MIND

FIXED FEE, FLEXIBILITY, FREE INITIAL CONSULTATION

Our Legal Services Include:

Personal Law: <ul style="list-style-type: none"> • Family Law • Personal Injury • Industrial Disease • Wills & Probate • Contractual Arrangements • Litigation • Residential Conveyancing 	Business Law: <ul style="list-style-type: none"> • Commercial Litigation • Dispute Resolution • Debt Recovery • Construction • Professional Negligence • Shareholder Disputes • Defamation
---	--

• No hidden charges
• Flexible appointments including evenings & weekends

CALL OR EMAIL US TODAY FOR A FREE CONSULTATION

WWW.HARRAWAYSOLICITORS.CO.UK

14-16 GEORGE STREET, COTTINGHAM, HU16 5PQ
TEL: 01482 875000 E: info@harrawaysolicitors.co.uk

In the Kitchen



Pork, chicken & apricot pie

By Martha Collison

- Preparation time: 30 minutes + overnight chilling
- Cooking time: 1 hour 30 minutes
- Total time: 2 hours + overnight chilling. Serves: 10

Ingredients

454g pack essential Waitrose British Pork Sausage meat
 6 rashers back bacon, chopped
 1 tsp ground mace
 100g lard
 10g salt
 250g strong plain flour
 200g plain flour
 350g pack essential Waitrose British Chicken Mini Breast Fillets
 200g ready-to-eat dried apricots
 1 medium Waitrose British Blacktail Free Range Egg, beaten
 3 leaves gelatine
 1 chicken stock cube

Method

1. Preheat the oven to 180°C, gas mark 4 and line a 900g loaf tin with a long strip of baking parchment so the pie is easier to remove later.
2. In a large bowl, combine the sausage meat, bacon and ground mace, then season well with salt and pepper.
3. Place the lard and salt into a small pan with 250ml

water and heat on medium until the water is boiling and the fat has melted. Meanwhile, weigh the flours into a large bowl. Pour the boiling mixture into the flour and stir until a dough comes together. Turn out onto a floured surface and knead for a few minutes until the dough is smooth. You will need to move quickly here, because as the dough cools it becomes more difficult to work with.

4. Take two-thirds of the dough and roll it out on a floured surface to a large rectangle. If you place the tin in the centre, there should be enough pastry to come all the way up the tin's sides. Use your fingers to mould the pastry into the tin, pressing it right into the corners. If any gaps form, or the pastry looks too thin, take a small ball of excess dough to patch it up. Allow the pastry at the top to overhang at this point.

5. Press half of the sausage meat mixture into the bottom of the pastry case. Arrange the mini chicken fillets in an even layer over the top, pressing them down firmly to make sure there are no air gaps. Top with the dried apricots in an even layer, followed by the remaining sausage meat mixture. The loaf tin should be filled to the top.

6. Roll out the remaining pastry into a rectangle roughly the same size as the tin, and lay it on the top. Use your fingers to crimp the lid onto the pie, making sure you get a really good seal. Use a sharp knife to trim any excess pastry from the edges and use the handle of a wooden spoon to make a hole right in the middle of the lid to allow steam to escape.

7. Brush the top of the pie with beaten egg and bake in the centre of the oven for 1½ hours, or until the pie is golden brown and crisp. If the pastry starts to colour too much, cover it with tin foil and continue to bake so the inside is properly cooked.

8. Allow the pie to cool in the tin for around 10 minutes, then carefully lift it out using the strip of baking parchment to help. Move the pie onto a wire rack to cool completely.

9. To make the jelly, soak the gelatine leaves in cold water for 5 minutes. Dissolve the stock cube in 200ml boiling water in a small jug, and then stir in the softened gelatine leaves. When they have fully dissolved, slowly and carefully pour the jelly into the hole in the top of the pie. When it is full to the top, refrigerate the pie for a couple of hours (preferably overnight) until completely chilled and set.

Support the advertisers who appear within the Cottingham Times



Pork loin with apple, sage & pine nut stuffing

- Preparation time: 20 minutes
- Cooking time: 1 hour 45 minutes
- Total time: 2 hours 5 minutes. Serves: 4 with leftovers

Ingredients

FOR THE PORK

1.5kg pork loin joint

FOR THE STUFFING

2 free range pork sausages

70g breadcrumbs

1 large dessert apple, unpeeled, coarsely grated

6 sage leaves, finely chopped plus extra for the roasting tin

25g pine nuts, toasted and roughly chopped

4 onions, sliced into thick rounds

500ml dry cider

2 tbsp plain flour

400ml chicken stock

Method

1. Preheat the oven to 180°C, gas mark 4. Untie the pork and lay it upside down on a board. Using a sharp knife cut down the length of the meat to open it to create a fairly flat surface.

2. To make the stuffing, remove the skin from the sausages and place the meat in a bowl and add the breadcrumbs, grated apple, sage, pine nuts and season. Mix together and then shape to fit down the centre of the opened-up pork loin. Fold the meat and skin back over the stuffing and press together to resemble the original shape. Lay seam side down and tie with string at intervals to hold it together.

3. Arrange the rounds of onion in the bottom of a roasting tin. Scatter over the remaining sage leaves and sit the pork loin on top, seam side down.

4. Rub the joint all over with salt and pepper and pour about 300ml of the cider into the bottom of the tin. Place in the oven and roast for 20 minutes per 450g plus an extra 20 minutes, about 1½ hours in all. Make sure the liquid in the bottom of the tin doesn't dry out – top up with more cider and water when needed.

5. When cooked through with no pink meat, remove the pork from the roasting tin and transfer to a carving board. Cover with foil and leave to rest while you prepare the gravy.

Support the advertisers who appear within the Cottingham Times



6. Place the roasting tin (including the onions) on the hob and bring to a simmer. Sprinkle over the plain flour and beat in with a wooden spoon then gradually pour in the stock and any remaining cider and simmer until you have a thickened gravy. Strain through a sieve into a jug making sure you press through all the juices from the onions. Serve with the slices of pork and stuffing and a Swiss chard gratin.

Crunchy almond & raspberry cake with dark chocolate

- Vegetarian
- Preparation time: 10 minutes
- Cooking time: 60-65 minutes
- Total time: 70-75 minutes. Serves: 8

Ingredients

175g butter, at room temperature

175g golden caster sugar

3 medium Waitrose British Blacktail Free Range Eggs

150g self-raising flour

75g ground almonds

150g Doria Amaretti Biscuits, crumbled

50g dark chocolate, roughly chopped

200g raspberries

Mascarpone or cream, to serve

Method

1. Grease and base line a 20cm, loose-bottomed cake tin. Preheat the oven to 160°C, gas mark 3.

2. Using electric beaters, whisk together the butter, sugar, eggs, flour and almonds until smooth and creamy. Carefully fold in two-thirds each of the biscuits, chocolate and raspberries, and spoon into the prepared tin. Scatter the remaining biscuits, raspberries and chocolate on top.

3. Bake for 60-65 minutes or until risen, golden brown and set. Leave to sit in the tin for 5 minutes then lift out and leave to cool completely. Slice and serve with a spoonful of mascarpone or cream.

Cook's tip - Any leftovers should be kept in the fridge for up to two days and are delicious served chilled.

Reproduced by kind permission of Waitrose.co.uk

www.cottinghamtimes.co.uk - July 17

ON THE GRAPEVINE

WITH ROY WOODCOCK

Little Wold Vineyard

Following on from my column last month about Laurel Vines vineyard at Aike, between Beverley and Driffield, another East Yorkshire winery has been making the news.

Little Wold Vineyard, launched in 2012 as part of a diversification scheme on the Wilson family farm in South Cave, was the venue for a novel "wine dash" late last month, which raised money for Dove House Hospice in Hull.

Sponsored by House of Townend, the unique 5K dash through the vineyard was the first event of its kind in Yorkshire, with those taking part able to enjoy views of the rolling hills and countryside, only interrupted by four wine "stations", enabling them to sample wines from around the world, plus a few nibbles for added sustenance.

Dove House fundraising co-ordinator, Anita Brien, said: "We were really excited to organise what was at brand new event on our calendar and to be working with the Little Wold Vineyard and House of Townend. Without events like this, supported by our local community, we wouldn't be able to continue adding life to days when days can no longer be added to life for people living with life limiting illnesses in Hull and East Yorkshire."

Hopefully, more will follow, but there are less energetic ways to enjoy the Little Wold experience. Regular tours (there are two on July 22, at either 2pm or 4pm) give visitors an insight into the farm's history, why the family decided to plant vines and find out what grape varieties are grown. Plus a chance to taste them, of course!

Tours last between one-and-a-half hours and two hours and cost £10 per person, to include wine and nibbles.

Four wines are currently produced: Barley Hill White, named after the crop that was once grown on the hillside where the vineyard now sits. Described as the dry end of medium dry, Barley Hill is a blend of three grape varieties - Seyval Blanc, Phoenix and Madaline Angevine. It's a fruity wine with a lasting aftertaste of apple and plum.

Poppy Hill Rose is made from Rondo grapes and is described as medium dry, smooth and quite full flavoured.

Henry's Harvest is a dry sparkling white wine, made by the traditional double fermentation method using the same blend of grapes as used in the Barley Hill. "We felt it was only right to name our first sparkling wine after the pioneer behind the farm's success and the vineyard's existence," says the Little Wold website. "Henry is the second generation of Wilsons to run the farm and it was his idea, and retirement project, to plant 2,000 vines by hand in 2012."

Finally, Heather's Sparkle is a rose fizz that exhibits strawberry aromas while on the palate the wine is fresh and crisp. "In the beginning of his retirement venture, Henry made his wife Heather a promise that he would produce her a bottle or two of her favourite tippie for her 65th birthday and sure enough he kept his word," the website explains.

Wines can be bought on vineyard tours or via their website (www.littlewoldvineyard.co.uk); unfortunately the Barley Hill White and Poppy Hill Rose, which retail at £14, are currently sold out. Henry's Harvest and Heather's Sparkle are currently advertised at £25 a bottle.

The vineyard also created two special limited edition sparkling wines this year in association with Tour de Yorkshire, called Reet Brut White and Reet Brut Rose. The £30 a bottle price includes a £10 donation to the Yorkshire Air Ambulance.

* The Co-op is celebrating after receiving 42 medals for its wines and fizz at this year's Decanter World Wine Awards. Judges at the prestigious wine competition awarded the convenience retailer with 14 silver and 28 bronze.

Amongst the winners, 16 own-label wines were chosen to receive a medal including Co-op's fruity and aromatic Irresistible Prosecco (£7.99) and its ethically-sourced Irresistible Fairtrade Malbec (£7.49).

The result marks a successful start to the year for the retailer's wine range after receiving 23 gongs at International Wine Challenge and "Launch of the Year" for its member-selected Pioneer Pinot Grigio.

* Cornwall's Camel Valley has become the first UK winery to be issued with a Royal Warrant, joining the ranks of several famous brands whose bottles bear the Royal coat of arms such as Martini Vermouth, Champagne Bollinger, Pol Roger, Pimm's and Hine Cognac.

Talking of royalty, and more than two months after Prince Harry and Meghan Markle tied the knot, details about the big day are still trickling down — including, it seems, information about the wine that was served at the Royal Wedding.

According to various reports, the white wine was allegedly the 2016 vintage of Olivier Leflaive's Les Setilles Bourgogne Blanc, a white Burgundy made of 100 percent Chardonnay grapes; meanwhile, the red is said to have been the 2014 vintage of the Domaine Eden Pinot Noir from Mount Eden Vineyards. Sales of both have recently shot through the roof.



BEST BUYS

**Palliser Estate Sauvignon Blanc**

Where: Roberts & Speight, Beverley

When: Now, while stocks last

Why: A classic from New Zealand that probably won't be seen at this price again. Richly concentrated with mouthwatering textures and acidity.

£10.99 (was £12.99)

**Co-op Irresistible Gavi**

Where: Co-op

When: Now

Why: FWinner of the International Wine Challenge's prestigious title of Great Value Wine award, this classic and crisp Gavi has almonds on the nose with fresh citrus on the palate. A delicious summer wine that makes a perfect pairing to fresh fish.

£8.99

**Canaletto Pinot Grigio**

Where: Waitrose

When: From July 11 to August 7

Why: A deliciously refreshing white from the north-east of Italy with a lovely floral aroma. Masses of fresh fruit flavours and a rush of citrus acidity make this wine perfectly balanced and totally refreshing. Ideal on its own or with creamy pasta sauces, fish dishes or white meats.

£6.49 (was £8.79)

**Canaletto Montepulciano D'Abruzzo**

Where: Waitrose

When: From July 11 to August 7

Why: From the Abruzzo region in central Italy, known for the production of rich, robust reds made from the local Montepulciano grape. This bold wine pairs perfectly with a variety of meaty pasta sauces or grilled red meats.

£6.49 (was £8.79)



Property News from Martin English of Homelink

New gas safety regulations have been passed, as well as making homes safer for tenants, improvements in safety measures reduce the risk to landlords too which has got to be good news all round.

Gas Safety

The 6 April 2018 saw the implementation of the Gas Safety (Installation and Use) Regulations 2018, providing landlords with more flexibility around the renewal of gas safety records. The changes were introduced following a consultation carried out by the Health and Safety Executive (HSE) between November 2016 and January 2017.

Prior to the amendment, The Regulations required landlords letting properties with a gas supply to do the following:

- Provide a gas safety record to tenants prior to the commencement of the first tenancy;
- When a tenant is already living in a property, to ensure gas safety checks are undertaken every 12 months and copies of gas safety records are provided to the tenant within 28 days of this new check.

It is important to highlight that the new regulations do not substantially reduce a landlord's legal obligation but gives greater flexibility without reducing safety standards. In order to ensure compliance, it is common for landlords and agents to begin this gas safety renewal process early in order to avoid possible issues in gaining access to a property. This results in gas safety checks being carried out prior to the deadline date, therefore reducing the term of the previous record. This over compliance was potentially placing an unnecessary and unintentional financial burden on landlords.

The Regulations offer the landlord an option to renew the gas safety record up to two months prior to the deadline date, i.e. during months 11 and 12 of the current gas safety record, without losing any of the validity period. Following completion of the check, the new record will be treated as if it has been carried out on the last day of the previous 12 month period of validity.

It is important to note that the 'MOT style' of renewal is only available to a landlord if he can prove that the two previous checks were carried out on time. In addition to this change, where an appliance is replaced or added to a property, the gas safety check for the said appliance can be carried out up to 14 months after the installation. However, this may only be permitted once in relation to each new appliance and only if this aligns the safety check with the existing deadline date for the other appliances or flues in the same property.

The final amendment to be aware of is that as a minimum requirement, the last two records must always be retained by the landlord. Although the previous regulations required a record to be kept for at least two years, it is recommended to keep them for much longer — advice that remains under the new rules. The new flexibility will aid in reducing the issue of 'over complying' and, it also enables maintenance planning which, is likely to be of benefit to the tenant as well as the landlord.

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

Homelink

your property partner

The professional family business, that really cares!

Skidby

£1200pcm

**4 Bedroom
Detached House**



- Unfurnished
- Conservatory extension
- En suite facilities
- Open views to rear
- MUST BE VIEWED

Hull

£650pcm

**3 Bedroom
Town House**



- Accommodation to 3 floors
- UPVC double glazing
- L Shaped Kitchen
- Garden and Garage
- BOOK TO VIEW SOON

Hull Marina

£595pcm

**2 Bedroom
Detached House**



- Unfurnished
- Open Plan living
- Neutral decoration
- Gardens
- VIEW SOON

Hessle

£425pcm

**2 Bedroom
Apartment**



- Recently refurbished
- Second floor apartment
- Central Hessle
- One bedroom plus box room
- Gas central heating
- VIEWING IS ESSENTIAL

Hull

£395pcm

**2 Bedroom
House**



- Unfurnished 2 bed house
- Gas central heating
- Double Glazing
- Refurbished
- Neutral decoration
- BOOK TO VIEW SOON

Cottingham

£110pw

**Room in
Houseshare**



- En suite double room
- Within House share
- All bills included
- WiFi
- Communal kitchen and lounge
- MUST BE VIEWED

LETTINGS • MANAGEMENT • LEASEHOLD

Homelink • 14 King Street, Cottingham, East Yorkshire, HU16 5QE

t 01482 875248 • f 01482 849062 • e info@home-link.co.uk • w www.home-link.co.uk



Watch Out . . . The Critters are about!!

It is that time of year again when all the little 'darlings' who have been hibernating away inside over the winter period, emerge ready for their summer holiday of sun, food and more food. Now you may rightly be thinking of your lovely children or grandchildren but I hasten to add it's nothing as delightful. The 'little critters' I am referring to are, SLUGS, SNAILS, FLEAS AND THE BLOOD SUCKING TICK!!!

As most gardeners are aware, the slug and the snail are very harmful to plants but how many pet owners know they can be just as potent to our pets. The warmer but wetter weather is perfect for them in which they can harbour the parasite LUNG WORM. Lets start with the SNAIL, a very tempting 'snack' to many a puppy and also the inquisitive older dog. I know my dog late dog Teal, when she was a puppy, brought many a snail into the house after she dug up half my garden at the time. Needless to say most of the plants and shrubs also ended up on my lounge carpet. What more fun can there be to a 6 month old Labrador, than to dig, explore and then proceed to eat their findings? What harm can it do? You may be surprised. The snail can be infected by a type of worm called LUNG WORM which is associated with foxes and when digested by our canine friend, travels along major blood vessels supplying the lungs, where it can cause a whole host of problems. Left untreated it will have major consequences. The SLUG doesn't get off lightly too as this also carries the deadly worm. So if your pet shows signs such as coughing, tiring easily, nose bleeds, vomiting/diarrhoea or any other change in behaviour, please contact your vet immediately.



Every pet owner knows about FLEAS and what a nuisance they cause but you may also be surprised of the health risk they can carry? These tiny external parasites live off the blood of mammals and their bites can lead to major health issues. The flea is a tiny wingless insect with a hard flat body designed to easily navigate through pet hair, legs designed for jumping great distances and mouth parts designed to suck blood. An adult female flea can lay on the host, up to 40 eggs a day which will then dry and fall off into the environment such as carpets, curtains and furnishings. A fully developed flea, which may live up to 4 - 6 weeks, will begin to lay eggs within 24 hours of her first blood meal. She defecates blood from her host that will fall off along with the eggs, re starting the life cycle all over again. The health risk? Flea allergic dermatitis is an allergic reaction to flea bites which can cause severe itching and major skin infections. Also, Tapeworm (there goes the WORM again, raising its ugly head) which can be contracted by animals or humans after accidentally ingesting an infected flea. Another one is anaemia which can prove fatal if the host animal has enough flea infestation to lose a lot of blood. You maybe surprised to learn that three out of the four stages of the flea cycle are spent in the carpets, curtains and furnishings, jump onto the host for a feed then jump off again. This explains the odd occasion when we get a new client pop into the surgery, who has moved house and has no pets, to buy a household product to treat a flea infestation left by the previous occupiers. The fleas had found another meal source other than a furry friend.

TICKS! Wonderful little things that are attracted to warmth and motion. It climbs onto its host (mainly around ears and inside of the legs) and attach its mouth into the skin beginning the blood meal. Once the tick is locked on, it will not detach until the meal is complete which can take a few days. The appearance of a tick is like a small cream lump (often mistaken for something more medical) which gradually grows and changes colour with the amount of blood it intakes. As for diseases? Most ticks do not even carry them, however the threat of disease is always present so must be taken seriously. Signs include lethargy, fever, weakness and joint swelling which may take days or weeks to appear so the early removal of a tick is crucial but to be removed under medical care.

Let us not forget our furry friends in hutches....the rabbit. They also need preventative care, not only for diseases for which vaccinations are given but also a horrible condition called Fly Strike. Now I must warn you and apologise if you are eating whilst reading this article but I will be talking about the dreaded maggot! Fly Strike usually happens when the rabbit is unable to clean itself around their rear, either through a dental problem, old age OR there could be an open sore. The blue bottle finds these areas, lay their eggs which hatch out... and yes...the maggots start eating away. It is a horrible condition that may be prevented by checking your rabbit daily and giving the treatment as stated below.

Now how do we prevent or remove these little critters? As in every case, prevention is always better than cure so we shall start with worming. This comes in various forms, granules or tablet and also in the case of cats who hate digesting anything other than food, (as mine have often proved after chasing them around the room causing havoc) drops on the back of the neck are available. We recommend these are administered every 3 months.

For fleas, once again it is simple by popping a vial of liquid flea treatment on the back of your pets neck once a month. Here at KINGSTON we stock a flea product that is also a tick preventative so you don't even have to apply it on your pet twice.

As for rabbits, the treatment to prevent Fly Strike is a product that is applied to your rabbits rear to deter any lurking blue bottles!

All these products are only available through veterinary practices. Please also do not forget to treat your house and surroundings.

You may buy any of the products I have spoken about from any of our KINGSTON surgeries but because they are prescription only then all we ask is for you to make an appointment with one of our many qualified nurses, so that she can weigh your pet and prescribe you the most effective method for your them. All these appointments are FREE OF CHARGE.

So why hesitate...please give us call you have nothing to lose....only a LITTLE CRITTER.



Kingston
VETERINARY GROUP

Your local veterinary practice but so much more
Caring for your pet

Park Street - Clinic & Animal Hospital
1-2 Park Street Anlaby Road, Hull. HU3 2JF
Tel: 01482 223688

Cottingham Surgery
14-18 New Village Road, Cottingham. HU16 4LT
Tel: 01482 843210

Beverley Road Surgery
642 Beverley Road, Hull. HU6 7JH
Tel: 01482 854422

Anlaby Surgery
31a Hull Road, Anlaby, Hull. HU10 6SP
Tel: 01482 655333

Holderness Road Surgery
1199 Holderness Road, Hull. HU8 9EA
Tel: 01482 797007

Thorngumbald Surgery
Main Road, Thorngumbald. HU12 9LY
Tel: 01964 601607

www.kingstonvets.com



The search is on to find the best young chef in Hull and East Yorkshire

Organised by the Hull and East Riding Hospitality Association and now in its twelfth year, the Copper Saucepan competition seeks to discover the Apprentice Chef of the Year and culminates with a live cook-off as part of the Beverley Food Festival in October.

The winner will receive £350 and a trophy. The runner-up receives £150 and both finalists will also get the chance to spend a day in the kitchens of the acclaimed Winterringham Fields restaurant alongside celebrity chef Colin McGurran, twice a winner on the Great British Menu television series.

There is no upper age limit for participants - the competition is open to anyone currently working in the catering industry with four years or less experience. An entry form is available on the HEYHA website (www.heyha.co.uk). Deadline for entries is August 5.

With their entry forms chefs will be asked to devise a three-

course menu which reflects their flair, skill and the best of local East Yorkshire food, with either the starter or the main course featuring fish, seafood or local pork.

Those selected will then go forward to a cook-off hosted by East Riding College in Beverley on Monday, August 20, at which two finalists will be chosen. The two finalists will then be invited to prepare a main course featuring fish or seafood and a dessert in 40 minutes on the main stage at Beverley Food Festival at 1:30pm on Sunday October 7.

Launching this year's competition, Paul Vinsen, chairman of the hospitality association (HEYHA), said: "This competition is designed to encourage and showcase the up-and-coming young talents of the industry. Catering has become a popular career choice, thanks to the power of television and the celebrities it creates, and now more than ever we are seeing some real talent coming through at a young age."

Past winners of the Copper Saucepan trophy have gone on to further their careers, working in some of the region's finest restaurants. "With the competition going from strength to strength, we're really hoping for a bumper entry," said Mr Vinsen.

Previous winners have been: 2007 Danny Holt (Lazaat Restaurant and Bar), 2008 Kevin Riding (Beverley Tickton Grange), 2009 Shane Tate (Lairgate Hotel), 2010 Jamie Park (The Pipe and Glass Inn), 2011 Alex James (Mill House Restaurant Skidby), 2012 Michael Flower (Hallmark Hotel, Hull), 2013 Matthew Lee (The Pipe and Glass Inn), 2014 Michael Moughton (The Star @ Sancton), 2015 James Workman (The Light Dragoon at Etton), 2016 Connor Berney (Ashbourne Hotel) and 2017 Ellie Tuttle (Cerrutis Restaurant).

For more information visit www.heyha.co.uk.

Pictured: 2017 winner Ellie Tuttle and runner-up Reece Brady Temple.

Relax...In Style...!



FURNITURE DESIGNERS & MAKERS

Visit our showroom

Annie Reed Road, Beverley, HU17 0LF

open Monday to Friday 9am-5pm Saturdays-Please telephone

Call us for a free home consultation - 01482 860688

or email, info@dreamerdesign.co.uk



"The Tooth and Nothing but The Tooth"

by
Chris 'Dr. Smile
Maker' Branfield

Knitting with purpose

Hello again. I hope that you are well. Oh, what a month. My first time giving a speech at an International Medical Laser Congress. Really exciting, if a bit daunting. It was OK once I got going with some great feedback, which was nice. My colleague and gum expert here at the practice, Ilay, was keynote speaker and started the dental part of congress. Everybody seemed to know Ilay as he had trained many of them all over the world. (Above: Ilay in action).

There were other parallel sessions going on for other specialities including dermatology, gynaecology, aesthetics and male genito-urinary medicine. Some of the topics shown the timetable on the big screen in reception for some of these subjects made me wince. I made new, interesting friends from all over the world. I was sat next to Johnny Wong from Hong Kong. What a nice guy. In fact everybody I met was,



really positive and enthusiastic. I made friends with people from India, Australia, Romania, Canada, USA, Israel, Slovenia, Italy, Hong Kong, England and Singapore. Mostly dental but also with other specialities. I spoke on the Saturday morning and there was a party the night before so there were less people than the day before. I was sensible and got a relatively early night! (Below left first column: Yours truly)

Knitting?...Purpose?

Here we go, Branfield off on one again. Just stick with me this is really good. I have mentioned before that two lovely patients knit some fantastic clothes for the children that we take to Morocco and send to Syrian refugees in camps and orphanages in Lebanon and Greece. Well, a Knit And Natter group in the area got inspired by this and they have been really prolific in knitting clothes and blankets for these needy people. I think that this is so great, people getting inspired to get involved doing good for people they don't know who have nothing for nothing. That is what our Dental Mavericks Charity is all about.



Having A Catch Up Over Tea And Cake

So, we finally met one sunny evening just recently as I wanted to say a personal thank you and show them what Dental Mavericks was about with pictures and tell the story of how it happened and illustrate with a few case study stories. My colleague made the cakes that went down a storm (thanks Gail for all your hard work and organising). So, once again, a MASSIVE



THANK YOU to the Knit And Natter group for your support and our anonymous patients for all that you do. I'll be off to Morocco in October for a big project in the Rif Mountains.

Becoming A Bigger Player

In the Lebanon Dental Mavericks have now a reputation for being very much people and caring based and making things as fun as possible in such awful circumstances. Now working with other NGO's and even involved with research with King's College, London and Harvard University, Boston, USA. Well done Cally Gedge for driving this and your energy and love. Well proud!

Until next time. Take care and be good.

Here's to a good night sleep

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

Support the advertisers who appear within the Cottingham Times

Treat Yourself To The Castle Park Experience

Chris Branfield & His Superb Team Give A Personal Promise Of Quality Care And Attention And A Warm Welcome!

"Life Changing, Pain Free Dentistry"

Says Elizabeth

"Not Been For 36 Years Until Now"

It had been a total of 36 years since my last visit to a dentist and I viewed the thought of it with fear. I cannot praise the practice enough for the kind and gentle treatment I have received and help in overcoming my fear. They are a very professional team and I shall recommend them to everyone.

Carol Hookem, E. Yorks.

"Low-Anxiety, Pain-Free Dentistry"

****Dental Implants *Rapid Teeth Straightening *Cosmetic Dentistry *Gentle Dentistry *Laser Dentistry *General Care & Wellbeing**

Limited Free Initial Consultations Available Usually Worth £98

Call Us Now : 01482 772306

E: talk2us@castleparkdental.co.uk

If you suffer from ill-fitting dentures, want a fixed alternative for missing teeth and would love to eat steak and apples with confidence - Dental Implants could be the solution.

Are you frustrated with crooked teeth and long for a confident smile? We have different rapid teeth straightening systems that work a treat!

*** CALL US NOW TO BOOK YOUR COMPLIMENTARY VISIT : 01482 772306**

Our Patients Say It Best At:

www.castleparkdental.co.uk

Castle Villa, 28 Castle Road, Cottingham, East Yorkshire. HU16 5NA

Principal Dentist: Christopher Edward Branfield GDC reg no. 68346. Castle Park Dental Care is a Private Independent Practice and is the trading name of Castle Park Ltd. Registered in England. Company no. 06703803.

What's On - Contined from page seven

Cottingham Rangers AFC

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

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!** £2.50 Adults; Students £1.00 per evening. For more information telephone Telephone Fiona/Steve on 01482 870906.

Fitmums & Friends Run, Walk

The club meets at the Blue Kangaroo, Finkle Street, Cottingham on Monday's 9.30 am (term time only) and at Cottingham Sports Centre KGV Pavilion, Wednesdays 7.00 pm; Fridays 6.15 pm. Suitable for men & women of all abilities. www.fitmums.org.uk

Cottingham Bridge Club

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

The Alzheimers Society

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

Cottingham Cricket Club

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

Calligraphy, Quilling and Folk Art classes

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

Hull and East Yorkshire Happiness Group

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

Continued on page 32

HELPING YOU EVERY STEP OF THE WAY

Your Local Funeral Professionals



- Local experts creating Traditional, Colourful and Natural funerals to meet all personal requirements
- Available 24 hours a day providing the highest levels of service with compassion and respect
- 98.8% of families said we met or exceeded their expectations*

A SHEPHERD & SONS 62-64 Beck Bank, Cottingham HU16 4LH Tel: 01482 947357

*Based on a 50% response rate to Dignity Funerals Ltd client survey.

For further information please visit:

www.dignityfunerals.co.uk/local



Part of Dignity plc. A British company

Dignity
WITH DISTINCTION

Support the advertisers who appear within the Cottingham Times

www.cottinghamtimes.co.uk - July 23

AUSTRALIA & NEW ZEALAND

BE INSPIRED BY WILDLIFE, CITIES & IDYLIC BEACHES



GOLD COAST



AYERS ROCK



SYDNEY



AUCKLAND



LAKE PUKAKI

Let Andrew Earles Holidays take you across the world to Australia and New Zealand for an unforgettable experience.

Australia is a truly amazing country and offers the opportunity for a vast range of holiday options from escorted touring to motorhomes, self-drives to wildlife viewing, snorkelling and diving on some of the best coral reefs in the world including the Great Barrier Reef. Take time out on the divine beaches of Bondi and Manly, or explore the outback and go back to nature on Philip Island where you will see the smallest penguins in the world. Explore the Blue Mountains and take a trip to Ayers Rock. For those city goers visit the iconic Opera House in Sydney and Sydney Harbour Bridge or choose one of the many other fantastic cities in Australia.

Another popular destination is New Zealand; many people choose to visit friends and family in this wonderful country. There are so many places to explore. You choose how you want to experience this, whether this be an escorted tour, self drive or cruising in a motorhome. Then decide whether you want to visit the North or South Island, or both! From wildlife viewing, lodges in the countryside, city breaks, rail journeys to cruises - in fact, you name it and you can probably do it in New Zealand. Whether you're looking for a pre-packaged holiday or one tailored to your specific itinerary, one of our specialists in store are ready to help plan your journey - Andrew Earles Holidays for your Down Under trip.

MAKE AN APPOINTMENT WITH ONE OF OUR AUSTRALIAN AND NEW ZEALAND SPECIALISTS TO DISCUSS YOUR NEXT ADVENTURE

Terms & Conditions apply to our featured offers. Prices based on 2 people sharing unless otherwise stated. All offers are subject to availability and prices are correct at time of going to press. Supplements may apply for other dates.

titan



THE BEST OF NEW ZEALAND

This comprehensive tour is the perfect way to experience all that is New Zealand.

WHAT'S INCLUDED:

Accommodation for 17 nights in hotels and 3 in flight (details available) * 18 excursions included and visits * International and internal flights from London via Los Angeles (supplements may apply from other airports) * airport taxes, duties and surcharges * best available coaches with experienced drivers and the services of a Titan Tour manager * portage

Departing 9 October 2019
Other dates available

21 DAYS FROM
£4799pp



ROUNTRIP SYDNEY CRUISE

Step on board Sun Princess - this truly lights up the seas, serving up tantalizing cuisine, dazzling live entertainment and new experiences with the Discovery at SEA programs. Relax in The Sanctuary, a tranquil haven reserved for adults, or put your feet up at Movies Under the Stars®; whatever you decide to do, your time on board will be unforgettable.

WHAT'S INCLUDED:

Accommodation in an inside cabin* based on 2 people • Full board • Depart Sydney and visit Brisbane, Airlie Beach, Cairns, Port Douglas, Willis Island returning to Sydney

*Flights are not included Other cabin types available - supplements will apply

Departing 23 February 2019
Other dates available

10 DAYS FROM
£949pp



TROPICAL NORTH QUEENSLAND

This is a deal not to be missed! 2 week stay in Port Douglas in Queensland with the freedom to visit some of the famous landmarks including Great Barrier Reef cruise, Daintree Rainforest Tour, Mossman Gorge and Kuranda.

WHAT'S INCLUDED:

13 nights room only at The Regal in Port Douglas • Return economy flights London to Cairns with Singapore Airlines Return transfers between Cairns airport and hotel • Your hotel, The Regal, is well-located on Macrossan Street in the very heart of Port Douglas' restaurants and shops, and half way between Four Mile Beach and the Marina. The Regal offers a large salt-water swimming pool for relaxing days and a range of studios and apartments, making it an ideal property for couples or families.

departing November 2018
(this offer must be booked by 15 August 2018)

14 DAYS FROM
£1499pp



HULL:

81 Ferensway,
Hull, HU2 8LD
01482 581 888
hull@andrewearles.co.uk

BROUGH:

Unit 2 Welton Road,
Brough, HU15 1AF
01482 334 545
brough@andrewearles.co.uk

ANLABY COMMON:

274 Hull Road,
Anlaby Common, HU4 7RR
01482 581 777
anlaby@andrewearles.co.uk



WWW.ANDREWEARLES.CO.UK





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



A guide to watering and feeding your garden

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

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

How to water

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

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

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

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

Watering Tips

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



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

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

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

New Plants

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

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

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

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

Lawn Irrigation

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

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

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

10 Jobs for this month

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



Caring for Containers

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

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

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

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

Dealing with drought conditions

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

- Keep borders well weeded as weeds compete for moisture.

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

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

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

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

Different Plant foods for different plants:

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

- **Bulbs** – Bonemeal after flowering.

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

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

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

- **Nitrogen** promotes leaf growth.

- **Phosphates** help roots develop.

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

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

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

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

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

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

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

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

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

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

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

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

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

WILLERBY FENCING

Proprietor: Mike Featherstone

We undertake all fencing jobs - At Competitive Prices
Decking Installation and Repairs
Ask for a Quotation

Tel: 01482 353080

www.willerbyfencing.co.uk

NEWSTAR

SECTIONAL BUILDINGS

Est. Over 40 years
OPEN 7 DAYS A WEEK
 Open Sundays
 11.00 am - 3.00 pm

- Concrete Garages and Sheds
- Greenhouses, Summerhouses, Cabins
- Playhouses, Dog Kennels, Garden Structures, Log Stores
- Base Laying & Removal of old Garages & Sheds
- Full Delivery and Erection Services
- Refelting of Existing Sheds

Corner of Ash Grove & Beverley Road, Hull HU5 1LT
 (Opposite Blind Institute)

**FREE
LOCAL SITE
SURVEYS**

TEL: 01482 444256

sales@newstarbuildings.karoo.co.uk

www.newstargardenbuildings.co.uk

A Bespoke Sofa or Suite designed by you, built by us

For 35 years we have been turning people's furniture dreams, into reality! A unique piece of furniture that fits your home perfectly.



Hannam Upholstery Company

Hand-built furniture that carries a 10 year frame guarantee

1b Main Street, Willerby, East Yorkshire HU10 6BP.

Tel/Fax: (01482) 658787

Find us on Facebook and Twitter

Your Stars for July 2018

By Kay Gower

Aries (Mar. 21- April 20)

Love is in the air and it may catch you by surprise. If you are not already coupled up and looking for love, someone very special is on the way.

Taurus (Apr. 21- May 21)

A few quick and bright decisions bring you sweet rewards and much faster than you had hoped. New connections you make this month contribute to your success for the next 6 months.

Gemini (May 22-June 21)

There have been times in the past when a constant stream of low-grade stress and anxiety was practically a lifestyle. Your ability this month to shrug it all off and lighten up has been hard-earned, so enjoy it!

Cancer (June 22-July 22)

The next four weeks show you developing new tastes and letting go of the past, guilt free. Solid relationships are growing, but it takes time. You sparkle throughout July.

Leo (July 23-Aug 22)

If people won't listen to you, listen to them. They'll (accidentally) tell you where their weaknesses are and what they're missing. You'll then learn all you need to know to make your next move.

Virgo (Aug 22 – Sept. 23)

July will almost sizzle with excitement. It starts with a brilliant idea based mostly on your gut instincts which are particularly keen especially early on in the month.

Libra (Sept. 24 -Oct. 23)

When you know you're going to be involved with something for a long, long time, make sure its comfortable. This applies to homes, clothes/shoes and relationships. Time will turn the slightest little rub into torture.

Scorpio (Oct. 24 - Nov. 22)

Family matters tie up happily in July freeing you to tackle personal plans. Exciting momentum builds through the summer months. Success comes from acting on good information especially around the 17th.

Sagittarius (Nov. 23 -Dec. 21)

Though you're a capable person, you're no stranger to feelings of being overwhelmed. Remove yourself from the offending environment this month and the feelings lift!

Capricorn (Dec 22.- Jan. 20)

You don't even realise how well you're doing you're so hard on yourself! Ease up. If you drive yourself too hard, you'll burn out and lose interest in doing what it takes to make further improvements.

Aquarius (Jan 21 - Feb 19)

High standards will keep you on the up and up, but they can also lead to boredom and burnout. Moderation in all things, especially moderation this month.

Pisces (Feb. 20-Mar. 20)

What does your intuition tell you? Be honest, you know what's going on. You're a wise soul with an endless depth of knowledge, this month is the time to go within and reflect on your inner wisdom.

**We believe that most
insurances are too complex
to buy online. Do you agree?**

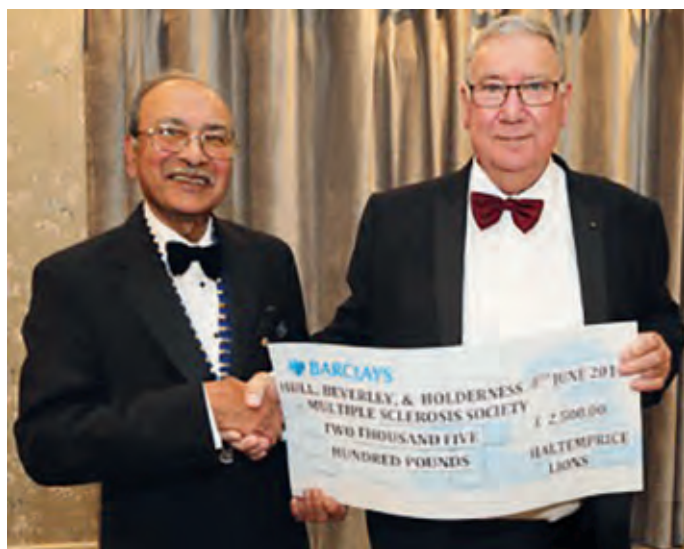


**Come and see how good it feels
when you're talking with us!**



**Pop in at 97 King Street, Cottingham
or call Chloe, Sarah or Linsey on 707800**

Hedon Insurance is Authorised & Regulated by the
Financial Conduct Authority.



Haltemprice Lions Support Multiple Sclerosis Society

The members of the Haltemprice Lions held their annual dinner in June at the Lazaat Restaurant, Cottingham. Following their fundraising dinner held in April when the guest speakers were Sir Ian Botham and Geoff Miller (both former England Test cricketers) it was announced that the amount raised from that event was £5000.00. This was split between support for the Hull, Beverley and Holderness Branch of the Multiple Sclerosis Society and the Lions' own local charities. On the evening of the Annual Dinner, Mr. Godfrey Burley, Treasurer of the Multiple Sclerosis branch attended to

receive a cheque for £2,500.00, the major part of which will be used for research into the horrible disease.

The Lions' were pleased with the success of the fundraising dinner and look to their future events to be as successful. A "Murder Mystery" night has been arranged, to be held at Walkington Village Hall on Saturday, 7th July, when the Cottingham Little Theatre players will act out the incident and the audience will – hopefully – identify the murderer. A different and unusual evening entertainment, which, with a pie and pea supper, costs £10.00 each. Tickets are available from the below email contact. Or telephone Andrea Tel. 07852783946.

Advance notice – A Table Top sale will be held on the morning of Saturday, 15th September, at the Bricknell Avenue Methodist Church, Hull, with tables at £7.00 each. Booking for tables is now open – please contact David Whincup, Tel. 01482 847367 email: dwhincup@dwhincup.karoo.co.uk to reserve your table.

Pictured: Mr. Godfrey Burley, Treasurer of the local Multiple Sclerosis Branch accepts a cheque for £2,500.00 from the President of Haltemprice Lions, Pradeep Ghosh.

New developments at the Cottingham Civic Hall

Cottingham Village Trust is setting up a Cottingham Village Lottery with the plan that half the funds raised will contribute to developing the Civic Hall and Council Offices and half to be prize money. During July it will be announced when the Lottery will be launched and how to take part. Also, on Monday July 23rd at 7.30 p.m., the Trust will be holding its first annual general meeting at the Civic Hall. Details of this will be publicised shortly.

Cottingham Village Trust has now been running the Civic Hall four months. We hope you are enjoying the increased number of events and concerts there. There are posters on the Civic Hall windows telling you about future events.

The Trust has now let a room in the former Council Offices to the Cottingham Local History Society to enable the Society to set up a Heritage Research Room. Once it is established, this will enable wider use of their archives and their extensive photograph collection of Cottingham.

Katrin McClure, Cottingham Village Trust



Country Cottage Holidays

Cottages in the beautiful
Countryside of the Yorkshire Dales
Wensleydale and Swaledale
Pets Welcome

For brochure please ring
Telephone: 01969 667654
www.countrycottageholidays.co.uk

Sudoku Answer from page 12

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

Support the advertisers who appear within the Cottingham Times

SENSATIONS

Nails :: Chiropody :: Beauty

**Full Body
Fake Bake
and Gel Polish
only £35**



181 HALLGATE, COTTINGHAM
Tel. 849068

www.cottinghamtimes.co.uk - July 29



A Taste of the Last of the Summer Wine

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

Follow in the footsteps of the immortal Compo, Foggy and Clegg on their South Pennine adventures.

Distance 4.5 miles (7.2km)

Minimum time 3hrs

Ascent/gradient 558ft (170m)

Level of difficulty Medium

Paths Good paths and tracks, 8 stiles

Landscape Upland pasture

Suggested map Aqua3 OS Explorer 288 Bradford & Huddersfield
Start/finish SE 143084

Dog friendliness Can be off lead except in central Holmfirth

Parking Centre of Holmfirth gets very crowded, so park in Crown Bottom car park (pay-and-display) on Huddersfield Road

Public toilets Holmfirth

From Crown Bottom car park, walk to the right along Huddersfield Road for just 100yds (91m) before bearing left opposite the fire station, up Wood Lane. The road soon narrows to a steep track. Keep left of a house and through a gate, to continue on a walled path. At the top of the hill, by a bench, follow the track to the right. Follow this track, soon enclosed, as it wheels left, down into a valley. Soon after you approach woodland, you have a choice of tracks: keep left on the walled path, uphill. Join a more substantial farm track and, 100yds (91m) before the cottage ahead, look for a wall stile on the left. Follow a field path to emerge, between houses, in Upperthong. Turn right into the village, past a pub to a T-junction.

Bear left along the road, which wheels round to the right. Walk downhill, with great views opening up of the Holme Valley. After 150yds (138m) on the road, take a cinder track on the right. Walk down past Newlands Farm to meet a road. Cross over and take the lane ahead, steeply down into a little valley and up the other side. When this minor road forks at the top, go right, uphill. Immediately after the first house, go left, on a sandy track. Follow



this track to Lower Hogley Farm where you keep right, past a knot of houses, to a gate and on to a field path, with a wall to your left. Over a stile, cross the next field, now with the wall to your right. Past the next wall stile, veer half left across the next field (aim for the mast on the horizon). After one more field, descend to a road.

Go right for just 50yds (46m) to bear left around an old schoolhouse on a grassy path. Follow the walled path downhill, through a gate; as the path opens out into a grassy area, bear left on a grassy track down into the valley. Follow a high wall on your right, over a stile, on to an enclosed path. On approaching houses, take a stile and join a metalled track at a fork. Bear right here, then immediately left, on a narrow path between houses. Follow a field path through a gate; pass houses and a mill down to meet the main A6024 road.

Cross the road; by a row of diminutive cottages take Old Road to the left. Keep straight ahead at a junction down Water Street. Beyond a mill, cross the River Holme on a metal footbridge and follow a riverside path. Soon the path veers right through pasture; when the path forks, keep right, uphill, to enter woodland. Continue in the same direction, uphill, emerging from the wood on to a field path. After two stiles join a track by a house. Pass more cottages to meet a road.

Go left, along the road. You should enjoy splendid views down into the Holme Valley, as you make the long descent back to Holmfirth.

While you're there

If you continue to drive through Holmfirth on the A6024, you pass Holmbridge, then Holme, before the Holme Valley comes to a dramatic end, surrounded by a huge sweep of rugged moorland. As you climb steeply to the height of Holme Moss, topped with a TV mast, you enter the Peak National Park.

What to look for

Holmfirth seems to have grown up without much help from town planners. It is an intriguing maze of ginnels, stone steps and small cobbled alleyways, rising up between little gritstone houses. After a few minutes climb you will be rewarded with a splendid view over the roofscape of the town.

Where to eat and drink

With so many visitors, Holmfirth is well supplied with pubs and tea shops. Compo's Café, smack in the centre of town, will already be familiar to fans of Last of the Summer Wine.





Tax refund scams still a problem

by Nick Robinson of Yorkshire Accountancy

Statistics that don't lie. HMRC has published statistics for March 2018 which show that it requested that more than 2,600 phishing websites be removed and that it received over 84,000 reports of suspicious e-mails, phone calls and texts.

Claim your refund! The usual format for phishing e-mails and texts is to suggest that you're entitled to a refund and then ask you to follow a link to claim it. You might also be asked to provide personal details over the phone. HMRC says that it will never contact you in any of these ways to notify you of refunds for 2017/18 or any other tax year.

Tip. HMRC offers the usual advice for suspected scams; never give your personal or financial details and don't click on links included in texts or e-mails. Instead forward e-mails to phishing@hmrc.gsi.gov.uk and texts to 60599, or contact Action Fraud on 0300 123 2040.

Holiday pay calculations - all change?

A recent court case means employers and those operating payrolls may have to rethink holiday pay calculations. What do you need to know?

Background. The case of *L Brazel v Harpur Trust* considered whether it was appropriate to use 12.07% of each hour worked as the basis for calculating holiday pay for zero-hours or casual workers. Employees with no standard working week (no "normal week's pay" says the legislation) are still entitled to 5.6 weeks' paid holiday per year even if they don't work every week of the year. It is administratively burdensome to calculate their holiday pay as the law (s.224 Employment Rights Act 1996) says it must be based over the twelve weeks where there was paid work immediately prior to the holiday. For ease, it has become commonplace for employers to use 12.07%, based on this formula:

$$\begin{aligned} 52 \text{ weeks} - 5.6 \text{ weeks} &= 46.4 \text{ weeks} \\ 5.6/46.4 &= 12.07\% \end{aligned}$$

Example. Mrs Johnson, who earns £7.83 per hour, works 340 hours in the twelve weeks prior to her one-week holiday. $340 \times 12.07\% = 41.04$ hours' holiday entitlement, but not holiday pay. The ruling in this case made clear it must be based on the precise average of pay received in the same twelve-week period. Here's the difference: 340 hours at £7.83 = £2,662.20/12 = £221.85 average pay and 28.33 average hours. So if she takes one week off, that equates to 28.33 hours and she is paid £221.85 but she carries forward 12.71 hours for a future holiday.

Our advice 1. It's tedious but you will need to identify who is affected by this ruling and set up a new payroll and HR process to separate out the calculation pay and leave entitlement.

Our advice 2. It's still a very grey area as to whether it's OK to pay holiday pay each time the employee is paid rather than when they take time off work as long as it is shown separately on the payslip. It's definitely illegal to include an amount in an enhanced hourly rate and say that covers off any holiday pay/leave entitlement too - that's called rolled up holiday pay and has been illegal since 2006.

If you've been using 12.07% of each hour worked as the basis for calculating holiday pay for zero-hours or casual workers, you'll need to review your process going forward.

Key dates – July 2018

5 – Deadline for PAYE Settlement Agreement (PSA)

6 – Submit P11D forms online to HMRC, give employees a copy of the information and inform HMRC the total amount of Class 1A National Insurance owed on form P11D(b)

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

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

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

Telephone – 01482 845750; Email – nick@yorkshireaccountancy.co.uk
Address – County House, Dunswell Road,
Cottingham, East Yorkshire, HU16 4JT

Support the advertisers who appear within the Cottingham Times

STROUDS

of Cottingham

Handbags, Wallets, Purses, Accessories and much more



Gifts to suit all ages & budgets

Find us at: 149 Hallgate, Cottingham, HU16 4BB

Telephone: 01482 845 600

Website: www.stroudsbags.co.uk



Quality Accountancy Services
at Affordable Prices

- ✓ Annual Accounts
- ✓ Tax Returns
- ✓ Bookkeeping
- ✓ Management Accounts
- ✓ VAT Returns
- ✓ Payroll
- ✓ Company Formation
- ✓ Startup Advice

www.yorkshireaccountancy.co.uk
info@yorkshireaccountancy.co.uk

01482 845 750

East Riding Mobility

93 Greenwood Avenue, Hull HU6 9NX Tel: 01482 804089
www.EastRidingMobility.co.uk

Cosyfeet

Approved Stockist of Cosyfeet Products



The Cottingham Whist Club

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

Cottingham Food Bank

The Cottingham Food Bank will be open every Wednesday 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 Dance Club

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

Humberside Steppers Square Dance Club

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

Hull Zingari

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

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 and our meet up site is www.meetup.com/East-Yorkshire-Climbing-Mountaineering-Club/

Cottingham Methodist Church hall, Hallgate

Card making class held every Monday (Except Bank Holidays) 1.30pm - 3.30pm. All levels welcome. Contact for further details - Ann on 07932833578

Continued on page 46

Support the advertisers who appear within the Cottingham Times

Use our free introductory meeting to plot where you want to be when you retire



Planning for Retirement
Investment Management
Life Assurance
Advice on Mortgages & Re-mortgages
Buy to Let loans
Development Finance

icf
FINANCIAL SERVICES

ICF Financial Services Ltd
97 King Street, Cottingham, HU16 5QF
also in Melton, Bridlington & Scarborough
Telephone : (01482) 638 300

www.icf-fs.co.uk

ICF Financial Services Ltd is authorised and regulated by the Financial Conduct Authority



Beverley Puppet Festival 13th, 14th and 15th July

Get set for summer as the award-winning Beverley Puppet Festival returns! With even more to enjoy, the 2018 event will be the most amazing festival yet for families, children and adults alike. Enjoy a weekend of family fun with Saurus, whoppingly big dinosaurs and one of three special acts from the Netherlands, mischievous Moomins, Meadow Sprites, Mermarella, Cardboard Carnival, Cloud Travellers, and family favourite, Little Fawn Caravan. And it's not just for children! Adults are invited to a spooktacular Friday 13th opening with tales of terror from the seaside plus music from Mambo Jambo and shows for adults across the festival weekend.

See newly developed performances and get behind the scenes of the puppet industry at The Moving Parts Scratch Space, featuring exciting new shows, and The Errant Stage,

a solar powered venue, for puppet industry talks, workshops, performances and events including an Equity Puppeteers networking meeting and course information from The Curious School of Puppetry.

Witness the magic of over 30 acts across four ticketed venues including, East Riding Theatre, Toll Gavel Church and Beverley Masonic Hall, PLUS free outdoor performances in central Beverley and Flemingate Centre. Pop along to the Friary Festival Hub for more shows, workshops for adults and children, free interactive shadow theatre, specialist puppet book seller, central box office and a licensed bar and food.

Book tickets and get group discounts: www.beverleypuppetfestival.com; Or T: 01482 391672 or Mobile 07855 328552.

'Shape up for Summer' 2018

East Riding Leisure are running their 'Shape up for Summer' offer in 2018, with three months' premier membership for just £69 (saving £10 a month). The offer is available until 31 July.

Premier membership provides full unlimited access to all ten East Riding Leisure Centres and offers superb facilities like Tone Zone gyms, swimming pools, classes, Sports Hall activities – and more.

Councillor Richard Burton, portfolio holder for leisure, tourism and culture, said: "Shape up for Summer is one of our most popular offers at East Riding Leisure, and this year is no exception.

"It's a great way to get fit and have fun at the same time during summer 2018."

To find out more, visit: www.eastridingleisure.co.uk/promotions/shape-up-for-summer/

BioGraphy™

MODERN KITCHENS



NEW RANGES AVAILABLE NOW



Complete bathroom design in ideal for first apartments and new build homes

SUPPLIERS OF QUALITY BESPOKE KITCHENS, BEDROOMS & BATHROOMS

30-32 Northgate, Cottingham. Telephone 01482 844114
 Fax: 01482 847828 :: www.inputkitchens.com
sales@inputkitchens.co.uk

input
kitchens

of Cottingham








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

www.instinctivehorsetraining.co.uk

Mel's musings!

I have been mulling over the powerful training information and stories/videos of amazing animal training I watch and read about. International Animal trainer Ken Ramirez hit a cord with me when he said - "We are all training our respective animals how to live in our world." How very true and a statement which applies as much to the training of animal behaviours out in the wild as well as all our captive species (Dogs and horses included).

Whether we are training in advance of environmental or veterinary experiences to prepare your horse for when certain situations may happen or whether you are desensitising your horse for procedures which will occur- farrier, vet, needles, clipping, worming and traffic mainly spring to mind.

It is wonderful how you can slowly shape voluntary participation- self worming, non- tying up for clipping, injection training to name but a few. Maybe you are training to minimise or eliminate fear responses from scary stimuli like the bang of agricultural bird scarer or shotguns being fired, fireworks cause fear through their horrendous and unnecessary noises as well as visual flaring and flashing, sensitisation to general noises more so when they cannot see where the noise is originating and all via the use of the science of Animal Behaviour and Learning.

So many of the horses I train have already been poisoned to certain situations or environments. For instance, an example of a poisoned environment may be roads, trailering, travelling or by the appearance of certain stimuli - a vet, farrier, saddle, bridle, rider, tractors etc. Where there has already been a bad connection (memory) made, these will then be predictable in reaction behaviours- fear driven, escape and avoidance behaviours are very likely. All because that bad experience felt very aversive to the horse. This is called classical conditioning.

When you watch videos from zoo's across the world of an 11 tonne Elephant parking itself up to the bars and offering up an ear for a blood draw or a Gorilla coming on call and offering its forearm for an injection, or a Giraffe staying on a hand held target thereby lowering its head down to human height for a blood draw, or a Hippopotamus coming up on call and opening its mouth for dentistry for very long duration- all free to leave at any time but voluntarily staying in a cooperative way and remaining calm throughout the long duration of the process. It seems so crazy to me that the majority of horse owners still feel the need to force their horses to endure stuff against their will and then wonder why they become suspicious, fearful



Monty learning the basics of staying at a target

and uncooperative. Sadly, it is then very predictable that their humans will start to label their horses as stubborn or awkward!

The trouble with using forceful methods to train any species of animal, is that you must always be prepared to get harder and harsher until that animal concedes to the increasing pressure or restraint and caves in - allowing whatever it is to happen. The collateral damage, or fall out from using this methodology, is that our horse's avoidance behaviours will become increased the next time you want to repeat that action. Worming, needles and clipping are great examples.

I love teaching these force-free techniques and showing owners how to start to accomplish amazing things with their horses built on trust, not on coercion, with an ethical process backed up by current science. As that science moves forward so will I.

Come and join me on this ride of enlightenment...it's very reinforcing.



Fearful Buzz pony learning how to halter himself. He is head-shy and impossible to catch out in the field. Very important that he learns to trust me.



Another successful exhibition for the Haltemprice Art Group

We had another very successful exhibition at the Civic Hall, Cottingham, with over 450 visitors in three days. We exhibited 175 framed paintings, with an additional 30 in our "Seasons" feature, which were all painted on 12" X 10" boards in acrylic.

The Exhibition was opened by the Chairman of East Riding of Yorkshire Council, Councillor Caroline Fox, who also presented trophies to winning artists.

Thanks to everyone who took the time to come along and see our work. We had some lovely entries in our visitors comments book. Although most entries were by local people, we had comments from people from Scotland, Carlisle and York who happened to be visiting the area.

Pictured above is the winner of the public's vote for their favourite painting.

The artist is Carol Davidson and the painting is titled "Magnolias", painted in watercolour.

Anyone wishing to inquire about joining our friendly group can contact David Goldsmith on 01482 633397.

Little Weighton Village Hall now open for business

A lot of small blue leaflets are popping up in libraries, shops and noticeboards lately, saying "We are Open", which means that Little Weighton Village Hall is once more open for business. The Hall has been totally refurbished courtesy of the Big Lottery Fund and is now opening its beautiful, new, user-friendly rooms for the benefit of the community as a whole. The full leaflet is available on request and already lined up for the coming months are:-

24 August - Zero to Zero, a Talk at 7pm and Photo Exhibition on a world trip undertaken by well-known local photo-journalist, Andrew Chandler.

15-16 Sept and 22/23 September - Open Studios from the Lt. Weighton Art Group - get a bargain at studio prices - as part of E. Riding Open Studios weekends.

4 October - The 2 Tenors are coming to entertain us.

11 November - Christmas Fayre 2-4pm

16-17-18 Nov - Voices of Weighton Perform their Xmas Showcase.

1 December - An Evening with Bootleg Buddy (Holly) - all his hits and his story.

If you want to hire the hall yourself, for a party, wedding celebration, business meeting, start a club, or buy a ticket for one of the above, please ring Prue on 01482.844461. We look forward to meeting you at the new village hall."



THE HALF MOON INN - SKIDBY

Real Ales, Real Fire and a Real Warm Welcome Awaits You
at The Home of the Original Giant Yorkshire Puddings



Weekly Offers & Events

SCARECROW WEEKEND 7th & 8th JULY
Bouncy Castles, Gladiators, BBQ plus
much more . . . All Welcome, Pet Friendly

Wednesday: Curry Night - 2 for £10

Thursday: Pie Night - 2 for £10

Quiz Night at 9.30pm
Win a gallon of beer & **FREE** to enter

Friday: Grill Night - Steaks from 2 for £20

Saturday: Great Live Music from 9.30pm

Sunday:

Four Succulent **Sunday Roasts** served from 12 to 6pm
booking is advisable

Live Music Every Saturday Night

7th July - Danielle Waters

14th July - Tony King

21st July - Laura McCormick

28th July - Phil May



**ALL FIFA
WORLD CUP MATCHES
SHOWN THROUGHOUT
THE TOURNAMENT**



Fabulous Menu with Food Served 12 -3pm and 5-8pm Wednesday, Thursday, Friday & Saturday
Sunday 12 noon till 6pm

Telephone us on: **01482 843403** or Email us at: halfmoonhu16@gmail.com

Website: www.halfmoonskidby.co.uk

Alishaan

Tandoori & Balti Restaurant
AUTHENTIC INDIAN CUISINE

Takeaway Menu

A Selection of our Superb Takeaway Menu
which is available 7 days a week!

Starters

Lamb/Chicken Tikka	£2.95
Sheek	£2.95
Lamb/Chicken Chat	£2.95
Onion Bhajee	£2.25
King Prawn Puree	£2.25
Special Mixed Platter	£8.95
Morichi Bahar (v)	£2.95
Lamb Chops	£2.95
Garlic Mushrooms (v)	£2.95

Tandoori Specialities

Lamb Chop Peaze	£7.45
Tandoori Fish	£5.95
Tandoori King Prawns	£10.95

Breads

Naan	£1.95
Keema Naan	£2.95
Peshwar Naan	£2.25
Garlic Naan	£2.25
Stuffed Naan	£2.25
Paratha	£2.25
Chapati	.95p

Curries

Lamb or Chicken	£4.50
Prawn	£4.95
King Prawn	£6.95
Lamb/Chicken	£5.95

Kormas

Lamb or Chicken	£4.50
Prawn	£5.50
King Prawn	£7.95

Malayan

Lamb or Chicken	£4.50
Prawn	£5.50

Vindaloo

Lamb or Chicken	£4.50
Prawn	£5.50
King Prawn	£7.95
Lamb/Chicken Tikka	£5.95

Chef's Specials

Chicken or Lamb Amdi	£7.95
Gost Pathwari	£8.95
Chicken Chilli Massala	£7.95
Murgi Badam	£7.95
Chicken/Lamb Tikka Massala	£7.95
Special Sizzler Juliette	£7.95
Jalfrazi	£7.95
Garlic Massala	£7.95

Special Balti Dishes

Gost Ohmuri	£8.95
Balti Fish Curry	£10.95

Vegetarian Dishes

Vegetable Jalfrazi	£4.95
Biryani Veg or Mushroom	£4.95

**Special Four Course Dinner
£11.95 Take-out or Eat-in**

OPEN 7 DAYS A WEEK (Including Bank Holidays)

Sunday - Thursday 5.30 pm - 11.30 pm

Friday & Saturday 5.30 pm - Midnight

205 Hallgate, Cottingham HU16 4BB Telephone 847032

www.alishaan.net



Beverley Market traders present £2,172.81 to hospital appeal

Beverley Market traders have presented a cheque for £2,172.81 to the Daisy Appeal at Castle Hill Hospital.

The money was raised at a charity day organised by the traders and held at Beverley Saturday Market on Saturday 5 May.

There was a children's treasure hunt, cycle challenge, and a grand raffle and tombola with prizes donated by businesses from Beverley and the surrounding area.

The event was supported by East Riding of Yorkshire Council, which runs Beverley's Saturday and Wednesday markets.

Professor Nick Stafford, chair of the Daisy Appeal, said: "The support we have received from the Beverley Market traders has been fantastic.

"Thanks must go to Richard Lascelles and his team at East Riding of Yorkshire Council and a special thank you to stallholder Lisa Gray, from the Little Cheese Pantry, who worked tirelessly collecting raffle and tombola prizes and selling tickets.

"The total amount of £2,172.81 is magnificent and will certainly go towards helping the Daisy Appeal charity to fund a new £7.2million Cyclotron and Radiopharmacy Unit at Castle Hill Hospital in Cottingham, which will be used to help medics in the earlier detection of cancer, heart disease and dementia."

Beverley Market traders present the cheque to the Daisy Appeal. From left, Claire Levy from the Daisy Appeal, market traders Keith Chapman, Lydia Kitching and Lisa Gray, council markets officer Richard Lascelles, Karen Guest of Guest & Philips, one of the local businesses which supported the event, and trader Pearl Dyson.

Hull CHA Rambling Club

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

Sunday rambles are once a fortnight. Travel by coach to the starting point. Fare £10

We pick up on route to the city centre at Bilton and Holderness Road.

Pick up at City Centre is now **0830 am** for the spring and summer months continuing Beverley Road and onto Beverley.

Walks with leaders.

A walk 10 to 12.5 miles.

B walk from 7 to 9 miles

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

Sunday 8th July

Haworth circular Pick starts at Monument Bridge, along Anlaby Road and Boothferry Road.

Support the advertisers who appear within the Cottingham Times

A. Haworth – Lower Laithe Reservoir Bronte Bridge – Top Withens – Pennine Way Haworth

B. Haworth Field – Field Head Farm – Moorside – Westfield Farm – Lower Laithe Reservoir – Buckley – Lunds Foot – Haworth.

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

Sunday 22nd July

Bolton Abbey

A. Bolton Abbey – Valey of Desolation – Simon's Seat – Howgill Bridge – Drebley Steps – Barden Bridge – The Strid – Bolton Abbey

B. Bolton Abbey – Valley of Desolation – Simons Seat – Howgill Bridge – The Strid – Bolton Abbey.

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

For further information and book a place on the coach, please contact Joint Rambles Secretary Sue O'leary on sue@sueoleary.co.uk telephone 07767420646

Pauline Borger on Pauline.borger223@btinternet.com telephone 07929933323

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

Find us on face book. Hull CHA Rambling Club

You will be very welcome.

The coach picks up on Ferensway Hull then through to Cottingham Green coach fare £10.

Three levels of walks,

A Group 8-10 miles

B Group 5-7 miles

C Group 'The Strollers' a very leisurely 3 miles or so.

Sunday 15 July White Edge Frogget Edge Peak District

Sunday 29 July Marsden West Yorkshire Pennines

For further information and pick up times please ring Dulcie Hartley 01482 509000.

Wykehykers Walking Club

Please come along and try a walk or two with this friendliest of long established clubs before deciding whether to take up membership.

We go out every other Sunday and have many more planned trips to picturesque locations across Yorkshire, Derbyshire and Lincolnshire to come this season; full list available upon request. Choice of guided walk each time usually of around 4 or 8 miles and often with further option to simply enjoy a day at leisure at our scheduled destination.

Forthcoming walks:

Rother Valley 24 June, Rosedale 8 July, Yorkshire Sculpture Park 22 July, Lathkilldale 5 August, Osmotherley 19 August.

We pick up from Ferensway to Beverley via Beverley Road when Northbound or from Beverley High Road, Ferensway, Anlaby and Boothferry Roads when Westbound starting at 8.30am and usually home around 6pm. Coach fare is £10.

Go ontake those first few steps! Any queries or further info needed? Just ring Alan on (01482) 850997 or Keith on (01482) 782917.

Phoenix Walkers

If you like walking in the countryside/a social day out then why not join Phoenix Walkers we are a very friendly walking group with walks on Sundays in picturesque areas of Yorkshire, Lincolnshire and Derbyshire.

Graham Porter - Caring Dentistry



Graham Porter

BDS

Caring Family Dentistry

GDC Registration Number: 51131



Stuart Graham

BDS, MMedSci (Dental Implantology)

Caring and Complex Dentistry

GDC Registration Number: 59133



Christos Ziaras

BDS Athens

Caring Family Dentistry

GDC Registration Number: 102236

Cosmetic and Restorative Dentistry • Implants • Tooth Whitening

Affordable Monthly Payment Scheme • Tooth Straightening



SIX MONTH SMILES®

Cosmetic Braces System

Graham Porter Caring Dentistry 8/9 Castle Green Green Lane Cottingham HU16 5JU

t. 01482 841146



Newly-updated cycle maps available for download on smart phones and tablet devices

A series of seven cycle maps, which include 41 rides of varying lengths across the East Riding, are now available to download onto smart phones or other compatible devices.

Designed by the council's transport policy team, the maps can

be found on the authority's website.

The rides can now also be downloaded using simple step-by-step instructions onto Garmin, MemoryMap or SatMap devices. The GPX routes can also be downloaded onto applications for Android or iPhones.

The maps cover the areas of Beverley, Bridlington, Driffield, Goole, North Holderness, Pocklington and South Holderness and include information on the area, facilities for cyclists, such as nearest cycle shops, local tourist attractions to visit and other long distance cycle routes in the area.

The maps have proved very popular with local residents and visitors to the area and have recently been distributed to a range of venues, including caravan sites, B&Bs, cafés, glamping sites, tourist attractions, libraries, tourist information centres and customer service centres.

If you wish to view any of the cycle maps and download the rides, visit www.eastriding.gov.uk/council/plans-and-policies/other-plans-and-policies-information/transport/transport-policy/#walkers-and-cyclists

Paper copies of the maps are also still available by emailing transport.policy@eastriding.gov.uk.

Swanland Festival 2018

Swanland first held a one-off Festival to celebrate the Millennium back in the year 2000. This proved to be so popular that the organizers were persuaded to run them again. Now, every two years, Yvonne Dumsday and Jan Rogerson oversee the occasion.

This year, the tenth Swanland Festival starts on Friday 6th July with a concert by Swanland U3A Choir at St Barnabas Church and will be followed by twenty seven other events, ending with the Green Ginger Garland Dances, dancing by the village pond at 7.30 on Sunday 15th.

In between there will be opportunities to visit an Art Exhibition; see a collection of Nativity Displays from over the ages and around the world; take tea and cakes with the WI; enjoy supper and dancing at a Ceilidh; listen to the Lone Piper by the pond; visit a selection of Open Gardens around the village and have a cream tea at the Bowling Club then home-made cake and drinks at 62 Mill Rise; call in for a Summer Fair at Swanland House; join in a Farm Walk around the boundary of Humberdale Farm; watch The Kingfisher - a comedy in 2 acts; admire the craftwork of Swanland Stitchers; test your knowledge at Questival - a quiz with supper included; listen to the Hull Male Voice Choir; visit Phil White from Radio Humberside presenting a live show from by the pond; spend an evening of music and poetry with local band Strawberry Moon, the folk group Foley's Folly and local poet Catherine Scott; see the Fairtrade products for sale at the sign of the Yellow Banana (in Christ Church); spend an afternoon at the musical event Swan Fest at the Playing Fields; support the SEAT charity at the Hog Roast in the grounds of Nursery House; attend the outdoor Final Service by the pond (or, in Christ Church if wet).

If you need more details there are programmes in various venues or see the details on <http://www.swanlandvillagehall.info/festival.htm>. We look forward to welcoming you.

Community comes together to fill summer holidays

As a councillor, I meet lots of different people and organisations, and an important part of my job is help them by sharing information.

Until recent years, summer holiday activities were mostly delivered by the council, on council premises. With Cottingham's

Support the advertisers who appear within the Cottingham Times

Total Peace of Mind... ...with the Classical Gas Care Plan

For fast boiler repair, whatever the weather, **choose a local company** with real people answering the phone (no call centres!)

Thousands of local households trust us to make sure they have heating and hot water 7 days a week, 365 days a year.

We keep our promise – to attend emergencies within 24 hours whatever the weather.

One low cost monthly payment* gives you:

- Priority call out for emergencies
- Choice of cover – boiler only or full system cover available
- Unlimited call outs – repair of your boiler and central heating system including all parts and labour*
- Includes annual boiler service and safety inspection

*Subject to contract chosen, Terms & Conditions Apply

Call 01482 875897 to learn more

From only £2.08 per week

Classical Gas Ltd
78 New Village Road
Cottingham HU16 4NE
www.classicalgas.co.uk

safe
375

Sports Centre and Civic Hall now run by community trusts, the two charities are co-ordinating their efforts, with the Arts in the village centre and physical activities at the KGV Playing Fields site. Both have received requests and suggestions thanks to market research by the Investors in Pupils team at Bacon Garth Primary.

Cottingham Village Trust have received a grant from the Mark Kirby Charity to build a stock of craft materials and to buy in specialist activities, and regular hall users like the art group have agreed to deliver sessions for children.

Physical activities include the usual sports (football, gymnastics, karate) plus circus skills, soft play, 'street parties' and themed treasure hunts. Special treats include basic first aid with a local Red Cross volunteer, and basic bike skills from locally-based charity R-evolution.

Mark Kirby's 300 year-old legacy has also helped towards the regular week-long holiday club at the Methodist Church.

By the time you read this, detailed timetables should be published on each venue's website, offering something of interest for every child. I'd personally like to thank everyone who gives their time to make this happen.

Cllr Geraldine Mathieson, ERYC Cottingham North Ward.

team at Andrew Earles Holidays. We are all so passionate about travel and we love what we do, we take huge pride in the service that we give to our customers and we think nothing about going that extra mile for them so to win such an accolade is fantastic for us".

"In an industry where our high street competitors continue to consolidate and close stores, we remain fiercely independent allowing us to offer the widest possible choice of holidays and travel arrangements to our customers. By investing in our stores and remaining committed to staff training and product education we have continued to grow and develop each year. In recognition of the fast-changing government legislation designed to provide even greater financial protection to travellers we have embraced new working practises to drive the business forward in a challenging market place" added Earle.

Pictured below: Alan Cross - Jet2 Holidays, Sophie Griffiths (Travel Trade Gazette), Tina Cassidy and Andrew Earle - Andrew Earles Holidays.



Hull Travel Agent flying high

Brough based travel agent Andrew Earles Holidays has been recognised as the Top Travel Retailer in Yorkshire at a glittering industry award ceremony held recently in Birmingham.

"We are all still in shock following this announcement" said Andrew Earle, Managing Director. "Considering there are hundreds of Travel Agents across the county, to be chosen as the best in the industry is a very proud achievement for all the

CAVE CASTLE HOTEL & COUNTRY CLUB *Cave Castle Hotel in 2018*

Recently Engaged? Then don't miss our
Spring Wedding Open Day - Sunday 8th July 12pm-4pm

Aug: **Ladies Day at Beverley Racecourse** – Weds 15th

Sept: **Murder He Wrote** - Murder Mystery – Fri 7th

Oct: **Masked Murder** - Murder Mystery – Fri 5th
Michael Jackson a tribute by Craig Harrison – Fri 12th

Nov: **Halloween Ball** – Dinner Dance – Friday 2nd
Too Much at Stake - Murder Mystery – Fri 9th

www.cavecastlehotel.com

Telephone: 01430 422245 :: Email: info@cavecastlehotel.com

Cave Castle Hotel & Country Club, Church Hill, South Cave HU15 2EU

COTTINGHAM FOLK FESTIVAL

***** AT THE CIVIC HALL *****

Thursday August 23rd - 7pm £32.50
ROLAND GIFT
(FINE YOUNG CANNIBALS)

Friday August 24th - 7pm £35
WILKO JOHNSON + CHANTEL MCGREGOR

Saturday August 25th - 1.30pm £20
LUCY SPRAGGAN + THE DUNWELLS

Saturday August 25th - 7.30pm £32.50
STEVE HARLEY & COCKNEY REBEL

Sunday August 26th - 1.30pm £25
BADLY DRAWN BOY + RODDY WOOMBLE

Sunday August 26th - 7.30pm £32.50
WARD THOMAS + SARAH DARLING

THE CIVIC HALL, MARKET GREEN, COTTINGHAM, EAST YORKSHIRE HU16 5QG. cottinghamfolkfestival.co.uk CottFolkFest.co.uk
TICKET INFO: TICKETS FOR ALL SHOWS AVAILABLE VIA HullBoxOffice.com 01482 221113 See TICKETS

EVERY THURSDAY

**Do All Your Shopping
in Our Friendly Environment**

Fruit & Veg, Fashions, Hot Food Take-Away,
Home Baking, Underwear, Tights, Socks, In-Soles,
Fish, Pet Food, Second-hand Books, Plants,
Flowers, Artisan Bread, Bags, Cosmetics,
Scarves & Hats, Watches, Cheeses and Butter,
Sausages, Health Foods, Jewellery,
Garden Ornaments,
Charity Stall and much more

COTTINGHAM MARKET

THE GREEN, COTTINGHAM



Her Majesty's Lord-Lieutenant Honours Cottingham Volunteer

A hard-working military volunteer from Cottingham has been recognised for her dedication and hard work by Her Majesty's Lord-Lieutenant of the East Riding of Yorkshire, The Hon. Susan Cunliffe-Lister.

Lieutenant Commander (SCC) Jacqui Gorman RNR joined Hull Sea Cadets in 2000 after serving with the Women's Royal Naval Service. After being promoted to Sub Lieutenant in 2005 Jacqui took over as Commanding Officer of the Unit before becoming district staff for the Sea Cadets and supporting units across the region.

Seven nominees attended a ceremony at Hull's Middleton Barracks, hosted by 150 Transport Regiment Royal Logistics Corps and organised by The Reserve Forces' and Cadets' Association (RFCA) for Yorkshire and The Humber, where they were presented with their awards in front of friends, family, senior military personnel and civic dignitaries.

The Lord-Lieutenant's Award is given to reservists and adult volunteers who go above and beyond their remit to provide outstanding service over a period of time. The Award is second only to HM The Queen's Birthday and New Year's Honours.

Commander Charles Bagot-Jewitt Rn Commanding Eastern Area Sea Cadets nominated Lieutenant Commander Gorman for her award.

"Everything that Jacqui does is for the benefit of the cadets and young adults," said Commander Bagot-Jewitt. "She always goes the extra mile to help make a difference.

"She is well respected within the Sea Cadet District and Area organisation and deserves this high honour and recognition for her 17 years continued service in the SCC. Jacqui truly lives the Sea Cadet Corps values - commitment, honesty and integrity, loyalty, respect and self-discipline."

Lieutenant Commander Gorman said: "I am very honoured to receive the award and the last 16 years have flown by. I joined Hull Sea Cadets in July 2000 and spent a very happy 11-and-a-half-years there, finishing my time as Commanding Officer.

"I was promoted to Lieutenant Commander in March 2012 when I took the role of District Officer for North and East Yorkshire."

Colonel Jason Wright, Chief Executive of the RFCA for Yorkshire and The Humber, which runs the Lord-Lieutenant's Awards, added:

"Each year Her Majesty's Lord-Lieutenant presents awards to outstanding individuals who have shown enormous dedication to their respective services and organisations and each year we are humbled by their incredible commitment and ability.

"We are in the privileged position of being able to celebrate the achievements of these people and it's heartening to know they're driving our reserve and cadet forces forward with their

Support the advertisers who appear within the Cottingham Times

expertise and very obvious passion.”

Lieutenant Commander (SCC) Jacqui Gorman RNR is presented with her award by Her Majesty's Lord-Lieutenant of the East Riding of Yorkshire, The Hon. Susan Cunliffe-Lister.

Farewell Concert from the Cottingham Singers

The Cottingham Singers will be performing at their final summer concert ever. This will take place on Wednesday 11th July, at Bricknell Avenue Methodist Church, 7.30pm. Tickets can be bought on the door, £4 adults; £2 children (including refreshments). The programme will feature a variety of music, including a Lion King medley. Further information available from Janet Burton 01482 442894. Please come and support what will, sadly, be the Cottingham Singers farewell concert.

'Murder Mystery' at Walkington on Saturday 7th July

The members of Haltemprice Lions have organised a Murder Mystery evening to take place at Walkington Village Hall at 7.30 p.m. on Saturday, 7th July, 2018. The action will be played out by the Cottingham Little Theatre players and it is then for you, the audience, to investigate and detect the heinous crime of murder!!!

There will be a supper of pie and peas provided within the overall cost of £10.00 per person. Tickets are available from John Hall Tel. 07917887938 or email dwhincup@dwhincup.karoo.co.uk.

The recent Sportsmen's Dinner, at the Mercure hotel, Willerby, organised by the Lions, when the guest speaker was Sir Ian Botham, raised over £5,000.00 - of this total £2,500.00 was donated to the Hull, Beverley & Holderness Branch of the Multiple Sclerosis Society with a request that £2,000.00 was sent to the National organisation for research into the dreadful disease; also the balance (£2,500.00) has been retained by Haltemprice Lions to support local good causes.

Further activities organised include an afternoon tea concert with the Cheshire Lions' Youth Band to be held on Wednesday, 25th July in the gardens of Mill Cottage, Walkington (by kind permission of Nicky and Elizabeth Dunning). A return of "Thursday Night is Music Night" with Sharon Nicholson-Skeggs and her professional artistes to be held at the Hull Guildhall on Thursday 25th October, and on a date and location to be confirmed the East Riding of Yorkshire Brass Band Christmas Concert.

There are other activities but details have not been finalised as

yet, however, the readers of *Cottingham Times* will be the first to know! We are grateful for the support we receive from the local community that is why we are pleased to benefit any local cause together with National and International calls for assistance. For further details of any matter concerning the Haltemprice Lions please contact David Whincup, Tel. No. 01482 847367 or email dwhincup@dwhincup.karoo.co.uk.

Enterprise grant funding available for businesses

Small and medium sized enterprises, based in the Humber region and parts of North Yorkshire, are being invited to apply to East Riding of Yorkshire Council for a limited number of grants.

Through the European Regional Development Fund, the council is able to support eligible businesses looking to invest in growing and developing.

The grant is primarily aimed at engineering, manufacturing, business-to-business services and online businesses. Unfortunately, organisations in the farming, retail or transport sectors or those only serving a local customer base are not eligible.

Businesses must be an SME and have less than 250 employees worldwide, including any connected businesses.

The grant is for £1,000 and, depending where the business is situated, would cover 50% or 60% of the pre-VAT cost of the item.

The grant is available for expenditure which improves how the business does things or improves competitiveness.

Things which can potentially be covered financially are:

- tools and equipment • consultancy support
- website development.

It does not cover any day-to-day expenses within the business such as rent, wages, stock, consumables or anything already bought.

Darren Roberts, enterprise coach at the council, said: "In order to apply for the grant, you will need to complete a simple business plan which tells us about your business and what you need to buy that the grant can help support and how that will make a difference to your business. We will also need three independent quotes for the items you are looking to buy.

"Once we receive the business plan, we will assess your application and if you are successful we will issue you with a grant offer at which time you are free to buy the item(s).

"When you have completed the purchase you can submit a grant claim along with evidence of the purchase and we will reimburse you for the amount of the grant."

For further information about the enterprise grants, visit www.eastriding.gov.uk/business/starting-growing-and-locating-your-business/enterprise-grants/



www.premierroofing.co.uk
24 HOUR CALL OUT
Fast, Friendly Service

Premier Roofing Ltd.
Domestic & Commercial • Felt Roofing • Fibre Glass
• Fascias • Soffits • Rainwater Systems • Tiling • Cladding
TELEPHONE: 01482 571870/07813 118129





University of Hull to sell Thwaite Hall due to changes in students' accommodation preferences

The University of Hull has confirmed plans to sell former hall of residence, Thwaite Hall. The hall, which is over 200 years old, sits on the corner of Thwaite Street and New Village Road in Cottingham and was closed as a hall of residence in August 2017 in response to changes in students' accommodation preferences.

Stephen Dale, Director of Estates at the University of Hull, said: "Accommodation is a deciding factor for many when choosing where to study and the University has experienced a shift

in demand toward high-quality, on-campus accommodation. We have been investing in our accommodation portfolio as part of our on-going commitment to provide an outstanding experience for students, which includes The Courtyard and Westfield Court on our Cottingham Road campus."

The University has appointed commercial estate agents Cushman and Wakefield to handle the sale and is currently working with them to market the property.

Stephen continued: "Although the University no longer has a use for the building, we are keen to see a long term plan for its future be put in place and have been working closely with the local authority planning department to discuss the potential future use of the site."

Oliver Salisbury, Senior Surveyor in Cushman & Wakefield's residential development team, said: "Thwaite Hall presents a rare and exciting opportunity to revitalise a high-profile building within a popular village location. Discussions with the local authority have been positive and indicate that a number of uses are considered appropriate, subject to a high quality design which takes into account the conservation area setting and adjoining Grade II listed botanical gardens. We look forward to engaging with parties and maximising the site's future potential."

The nature and extent of work carried out on the site will be determined by the eventual purchaser and their intended use for the building. Any proposal would be subject to relevant planning processes and legislation.

The parklands and gardens are on the Historic England Register of Historic Parks and Gardens of special historic interest in England.

The University will continue working to ensure the site is secure until a purchaser is found. For more information visit www.thwaitehall.co.uk.



Hull Musical Theatre present "The Likes of Us" at the Civic Hall, Cottingham

The Hull Musical Theatre are the longest running Amateur Theatre Company with in the local area, formally the Hull Amateur Operatic Society. we celebrated our 120 year last year, No mean feat! We are very excited to be performing our production "The Likes of us" at OUR NEW HOME the Cottingham Civic Hall, as its quickly becoming a popular venue with in the local area, Since been taking over by The Cottingham Trust, residents of Cottingham.

On Friday July 6th July 7.30 and Saturday 7th July 2.30pm and 7.30pm at the Cottingham Civic Hall, We are putting on Andrew Lloyd Webbers "The Likes of us" to coincide with Andrew Lloyd Webbers 70th Birthday. The Likes of us was actually the first Musical that Andrew and Tim Rice wrote together, It tells the story of Thomas Barnado who founded Barnados, and has such an Oliver theme to alot of the music, and some beautiful tunes.



Classics in the Park Brings World-Class Performers to Hull

The popular celebration of classical music promises an astounding evening of entertainment.

Taking place on the beautiful grounds of Hymers College in Hull, the highly anticipated Classics in the Park returns on Saturday 7 July 2018.

A vibrant outdoor event that includes performances by the Classics Concert Orchestra, four amazing voices from Opera North, award-winning street food and a spectacular firework finale, it's set to be a fantastic evening for all ages.

Organised and hosted by broadcaster Blair Jacobs, Classics in the Park is specially designed to be a safe, friendly and awe-inspiring celebration. Spreading out across the lush field surrounded by greenery, audience members can choose to take blankets, deckchairs and picnics, or arrange to set up a marquee or gazebo. There's also the option to bring your own food, picnic and wine, or enjoy incredible food from Shoot the Bull, locally roasted coffee from The Blending Room and a range of refreshments at the bar.

Organiser Blair Jacobs says: "This year we have Andrew Penny returning as Musical Director, which guarantees a first-rate concert. Andrew is the longest serving Musical Director of the Hull Philharmonic Orchestra and has been Head of Woodwind at Hymers College since 1977, so audiences are in for a real treat."

Performing on the night are Beth Mackay (Mezzo Soprano), a former pupil of Hymers College; Katie Bird (Soprano), a graduate of the prestigious National Opera Studio; Robert Anthony Gardiner (Tenor), who has toured extensively across the UK; and Matthew Palmer (Baritone), a Concordia Foundation Artist whose career has seen him perform at LSO St. Luke's, the Oxford Lieder Festival and St. Martin-in-the-Fields. This impressive line-up is supported by the Classics Concert Orchestra, comprising fifty professional players from across the local area.

"Classics in the Park also raises money for a very worthy cause," adds Blair. "Guests will enjoy knowing that a percentage of profits goes to Emmaus Hull, which is working toward setting up a purpose-built community building for the city's homeless population."

The event is made possible thanks to generous sponsorship from multiple local organisations: Informed Financial Planning, Hudgell Solicitors, RSM, Neill & Brown, East Riding of Yorkshire Council, Hugh Rice, St Stephen's Shopping Centre, Donaldson Filtration Solutions, and Spark Online Retail Specialists. This support enables Classics in the Park to bring world-class artists to the city, contributing to the legacy of Hull UK City of Culture 2017.

Tickets to Classics in the Park are £19.50 in advance, available at www.classicsinthepark.co.uk or by calling 07534 614247. Alternatively, entry can be purchased on the gate for £25.

Support the advertisers who appear within the Cottingham Times



Shower screen cleaning a problem?

Cleaning the shower screen, in a hard water area like ours in Cottingham, is one of life's more disagreeable chores! When I speak to people about water softeners and how they can help, it is one of the first questions I am asked, typically: "If I have a softener, will it mean that I won't have to scrub away with sprays and squeegees after every shower?" I can answer promptly, that, yes indeed a softener will reduce the shower cleaning routine to a quick rinse! Like wise there will be sparkling taps, limescale free toilets, gleaming unspotted work tops and all with less chemicals and elbow grease!

Laundry will be cleaner and softer with a water softener, and with vastly less detergent necessary and the dish washer can operate without having to add salt, because the water is already soft.

Appliances such as washing machines, being scale free, will operate more efficiently and last longer as well as doing a better job.

It's long been recognised that a home supplied with water from a softener cost less to run, but it's been hard to quantify the exact savings due to the large number of variables. These include the hardness of the mains water in the area, the volume used in the household as well as the layout of the property. The type of boiler and plumbing system are also important factors.

So anything we can say is by definition just an estimated average, but never the less it serves as a useful guide. It's a few years now since estimates emerged of a £1 per day saving in household costs for softened water compared to hard, based on an average size property in an average hard water area (a hardness of around 300ppm has been considered a useful standard for many years). Since then, energy costs have risen dramatically, only reaching a plateau more recently. And in the USA the Battelle Report has been published, concluding that a domestic water softener is one of the best energy saving investments we can make in our home.

The main savings can be summarised in three categories;

Avoiding the costs of plumbing repairs and replacements – things like shower heads, taps, heat exchangers, washing machines, kettles, irons... and the list goes on!

Supermarket shopping bills – it's clear that softened water households use only a fraction of the detergents, soaps and personal care products that are needed in hard water households. Anyone who's showered in a hotel which has a softener and experienced "suds law", the explosion of foam and bubbles from using an excess of shower gel or shampoo will certainly confirm this!

Energy costs – in a softened water household, the absence of limescale on domestic hot water heat exchangers ensures they operate at their original efficiency, keeping fuel charges low.

Water softener owners have direct experience of the saving they make, so are in the best position to confirm the reality of the savings. If you have neighbours or friends with a water softener, why not ask their opinion – most are very happy and some are positively evangelical about the positive advantages of switching to softened water.

For specific information and a free detailed quote and installation plan, ask us to pop in so we can understand more about your requirements. There is no obligation and we can answer any questions or concerns you may have.

Contact David Parry at :



GREENS WATER SYSTEMS

647 Anlaby Road, Hull HU3 6SX

Telephone 01482 351769

Email: d.parry@water-systems.co.uk

or visit www.water-systems.co.uk

For Water Softeners, Softener Salt, Quooker boiling water taps, Water Filter Systems and Cartridges and Fridge filters. (We also deliver all types of salt including block salt, tablet salt and granular for softeners and all other uses.)

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

Traditional 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.

Herbgarden have been situated in Butcher Row, Beverley, for the past seven years and are a very respected medical centre in the area, with many satisfied customers over the years. There are customer recommendations displayed in the windows of the clinic and many more are available to see if you wish.

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



HERBGARDEN
CHINESE MEDICAL CENTRE

*Acupuncture and
Chinese Herbal Remedies*

Free Consultation

15% OFF

First Treatment

New Clients Only

**Bring this Coupon with you
to receive your discount**

Member of ATCM
**Recognised by Most Private
Health Schemes**

**28 BUTCHER ROW
BEVERLEY HU17 0AB**

TELEPHONE 01482 888152



School secures new minibus for students following Sewell on the go support

Pupils at an East Riding secondary school will have more opportunities available to them after a leading forecourt operator donated more than £2,500 to reach their target for a new minibus.

Cottingham High School and Sixth Form College needed to raise £25,500 to cover the cost of the 17 seat vehicle and received donations and support from the local community, including the Parish Council, businesses, parents, students and staff during the 18-month fundraising drive.

But the school fell £2,697.89 short of their target and Sewell on the go, which has a forecourt and convenience store in Cottingham, stepped in to help reach the final amount, as well as donating £600 a year to help towards fuel costs or receive discount on items sold in store.

Scott Ratheram, former Headteacher at the school, led the project, which has 870 pupils aged 11 to 18. New Headteacher Loz Wilson will officially begin his role in September.

Scott said: "We are incredibly grateful. On behalf of the school governors, the Parent/Staff Association (PSA) and students, I would like to thank Patrick and Paul Sewell, and Sewell on the go, for their fantastic support in pledging the final amount required to purchase our school minibus.

"This very generous donation, along with the yearly fuel allowance, means we are now able to offer an even greater number of exciting enrichment opportunities for all our students. This will especially benefit our sports teams and enable us to support smaller team events in the future.

"It will enable us to make a real difference and offer some opportunities which students will remember for a lifetime.

"Cottingham High School looks forward to continuing to work with the Sewell family, who not only have strong connections with the school but have the same vested interest in improving the lives of those living in our local community, particularly the young people who are its future."

Sewell Group Managing Director Paul Sewell and his son, Patrick, Managing Director of Sewell on the go, attended Cottingham High School, as did several Sewell Group staff and their families.

Scott said: "Paul came back to give a very inspiring talk to our students and we were overwhelmed by the offer of support towards our minibus. Meeting the target meant we could kick-start things in the New Year and it created real sense of achievement to get over the line.

"The connection the Sewell family has with Cottingham High School and the community is really fitting.

Support the advertisers who appear within the Cottingham Times

"We used to have to hire a minibus, so this will make a big difference and it will certainly be well used."

Sewell on the go Cottingham is one of 13 Sewell on the go forecourts and convenience stores across Hull and the East Riding and staff will be able to fuel the new minibus at any of these locations.

Businesses including Co-op, Swift Caravans and the James Reckitt charity also donated towards the minibus, as did the Matthew Good Foundation.

Students who are involved in rugby, football, athletics, netball and other sports will be among those who benefit most from the minibus as they travel to interschool competitions and athletics meetings across the region.

Year nine student, Cheryl Ko, said: "The new minibus will be far more efficient - no more waiting for coaches to arrive and we can get to fixtures earlier. This is cheaper and can help save money that could be spent on updating our sports equipment instead."

Year 10 student Nathan Magee, said: "A new minibus is very good for our school because it allows us to be on time everywhere we have an event and lets us have the choice to go places to celebrate our victories."

Patrick said he is delighted the business could give back and make a difference to the students.

He said: "We are incredibly pleased and proud to help the school over the line with their fundraising and reach their target. Our connections to the school and the Cottingham community are long standing and it's wonderful to be able to support the next generation.

"We're looking forward to building on our relationship with the school and looking at other ways we can work together in the future."

Hull's choice for private and NHS dentistry

Established over 40 years ago, 543 Dental Centre is a family-friendly practice and proudly one of the most popular dental surgeries in Hull.

We're currently welcoming new NHS patients. Here are the top 5 reasons you should join us:

- 5. We look after you** – with first-class, individual care, a full range of NHS and private dental and cosmetic services and convenient appointments.
- 4. We love families** – we'll also try to see you all at once, so there's no need to book separate appointments.
- 3. We have great facilities** – we offer state-of-the-art surgeries and equipment, as well as online booking and text and email reminders.
- 2. We're always improving** – we've built up a solid reputation over 40 years and we're still growing and developing to provide the best possible treatment and support.
- 1. We're different, in a good way** – we take a more holistic approach to dentistry, by looking out for your general health, that of your entire family, and indeed community.

Why not come in and see for yourself what we're all about? We look forward to meeting you!

t. 01482 767128
e. info@543dentalcentre.co.uk
w. 543dentalcentre.co.uk
 543-549 Anlaby Road | Hull HU3 6HP

www.cottinghamtimes.co.uk - July 45

Arterian Singers

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

The deadline for entries in the August 2018 "What's On" section, is no later than the 19th July 2018.

Bottom's Vision on tour Thursday 12th to Sunday 21st July

In this unique two-part production, Bottom's Vision, we endeavour to get to the bottom of the bard! In the first half, using the latest in extraordinary talent and with literary sources from around the world, as well as Shakespeare's own sublime sonnets and majestic monologues, we discover, for example, the thrilling truth behind The Macbeth Murder Mystery!

Later, reeling from this revelation and the bar after the interval, we plunge headlong into Bottom's Dream, a special sixty minute adaptation of A Midsummer Night's Dream which received its World Premier in the middle of no-where aboard the Cunard liner Queen Mary 2. Delight at the comic antics of Bottom and his merry band of brothers as they clash, hilariously, with the unseen, unheard power of the Fairy Kingdom.

'Enough! Hold or cut bow-strings!'

The production is suitable for all ages from 8 to 108. Details of all performances may be found at <http://otherlives.org.uk/blog>.



Weekly Classes held at:
Darby & Joan Hall, Finkle Street, Cottingham
Monday 5.30 pm and 7.30 pm and all Bank Holidays
Also at: Sutton Park, Hull
Tuesday at 9.30 am

For Membership details Ring Theresa on 823032

Crossword solution from page 14



Make time for Exercise

Do you think that your life leaves little time for exercise?

Having little time to fit exercise into your schedule cannot be used as an excuse to not keep fit when there are lots creative ways to do so. Here we look at some of the small but significant ways to add more exercise time into your life.

Finding time to exercise can be a challenge when you seem to work all of the time, not just at your job but at home as well! The good thing is that there are lots of ways to include physical activity into your day that do not involve going to the gym. If you think exercise can only take place if you make time for the gym then you need to go back to your fitness basics and relearn a few things!

What to Do:

Take your children for a walk in the park or around the neighbourhood. If you prefer get out the bicycles and go for a bike ride instead (or do both!). If you have young children then take a walk with the buggy. In the winter months when there is snow on the ground a sledge can replace the buggy.

Doing chores around the house will provide you with exercise and will burn calories and help to increase your metabolism. Do your dusting, mopping, sweeping and vacuuming, and do not be afraid to be vigorous about it! If finding the motivation to perform housekeeping duties is not always in you then put on some music to add some enjoyment to the tasks. Before long you may find yourself dancing as you go about your otherwise mundane household chores!

Doing outdoor work can also provide you with the exercise you require. When you garden, mow and rake the lawn, clean out the garage and wash the car you expend energy doing this. For that reason you should roll your sleeves up and keep doing it. Perhaps your garden could use some weeding or your shed needs some cleaning.

Do some stretching exercises or even some light yoga moves when you are cooking supper or talking on the telephone. When you are watching television use the commercial breaks to your advantage. Instead of groaning because you hate commercials do some sit ups, push ups, jumping jacks, abdominal crunches, lunges, leg lifts or jog on the spot. This will really get your blood pumping and you will be fit before you know it!

Now, no more excuses! Get to work... er ... exercise!

Support the advertisers who appear within the Cottingham Times

Telephone: 01482 869111
sales@rosesofbeverley.karoo.co.uk



The Kitchen Factory
The Courtyard, Tokenspire
Business Park Beverley, HU17 0TB



Together we will design a beautiful kitchen
Roses will then project-manage your kitchen installation
from start to completion



Visit **www.roseskitchens.com**

To see our customers kitchens and read what they have to say about us
Telephone 01482 869111 :: www.roseskitchens.com

FURNITURE SALE NOW ON



ALL
Hamptons
HALF PRICE

Hamptons Nest of 3 Tables
was £199.99 now **£99.99**



ALL
Hamptons
HALF PRICE

Hamptons Coffee Table
was £299.99 now **£149.99**



ALL
Hamptons
HALF PRICE

*Chairs sold separately

Hamptons Extending Table
was £449.99 now **£224.99**



Pescara Fire Pit
was £1399.90 now **£999.90**



Ashbourne Rocker Set
was £650 now **£450**



Ashbourne Mini Dining Set
was £1200 now **£960**



Rimini Bistro Set
was £450 now **£350**



Rimini Lounge Set
was £999.90 now **£750**



Amelia Dining Set
was £1500 now **£1100**



Quality, value & service
for over 70 years!

Find us on [facebook](#) Follow us on [twitter](#)

www.colettagardencentre.co.uk

324 Hull Road, Woodmansey
Beverley HU17 0RU
Tel: 01482865410
Opening times:
Mon - Sat : 9am - 6pm
Sun : 10am - 4pm



COLETTA & TYSON
NURSERIES AND GARDEN CENTRE