

Cottingham Times

and District

Issue 212 - July 2019



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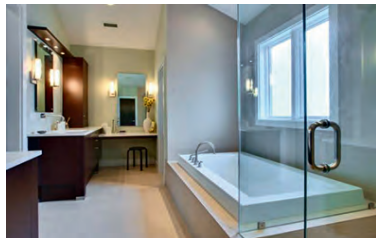
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In Cottingham and District

The deadline for entries in the August 2019 "What's On" section, is no later than the 19th July 2019.

Little Weighton Yorkshire Country Women

Wednesday 3rd July - An evening on the Bowling Green, followed by a Strawberry Tea at 7.30 pm.

The Back Care Group

Wednesday 3rd July - Pétanque Tournament, 114 Coltman Street, Hull, 1.30 for 2.00 pm start. Free Refreshments.

The East Yorkshire Thoroughbred Car Club

Wednesday 3rd July - Are holding further evening HISTORIC & CLASSIC VEHICLE GATHERINGS at Cottingham Parks Golf Club, Woodhill Way, HU16 5SW, at 4.00 pm, managed once again for us by EYTCC member Keith Purkiss. All of these events are open to all Historic & Classic cars over 20 years old.

East Yorkshire Group of the Hardy Plant Society

Thursday 4th July - Alistair Baldwin 'Wynyard Rose Garden'. Plants for sale, at 7.30 pm in Lund Village Hall, Latus Way, Lund YO25 9TF.

Skidby Village Hall

Saturday 6th and Sunday 7th July - Skidby Scarecrows festival, Saturday and Sunday 6 & 7 July 2019 10am to 5pm. Follow the scarecrow map (purchase from village hall) around the village and see the amazing scarecrows. Events on all weekend, brass bands, falcon show, stalls. Refreshments and yummy cakes in the village hall. Fun weekend for all the family. skidbyhallsec@outlook.com; www.skidbyvillagehakk.btck.co.uk.

COTTINGHAM DAY Classic Car Display Hallgate

Cottingham Sunday 7th July 2019. The East Yorkshire Thoroughbred Car Club are managing the Classic Car Display at this 2019 event. Anyone wishing to display a classic car at Cottingham Day can obtain an entry form from Cottingham Parish Council Office. Bill Barratt Secretary, East Yorkshire Thoroughbred Car Club Tel. 07834 877973.

Wild Spaces Group

Sunday 7th July - Mill Beck Wildlife Area, at 10.00 am, allotments car park off Park Lane.

YPI Camera Club

Monday 8th July - Show an AV based on the subject of weather. The club encourages the production & appreciation of audio-visual sequences (AVs). We meet on the second Monday of the month in the Darby & Joan Small Hall, Finkle St at 7.30pm. AV is the presentation of a series of images or video clips with an accompanying soundtrack. AVs are easily produced using software to combine still images, video, text and sound and can be played on any PC, TV, DVD or sent to YouTube. Turn a collection of digital photos into something you will be proud to show. For more details & examples of our work see <http://www.ypicc.uk/index.html>. New members always welcome – just turn up.

**Front cover: View down King Street, Cottingham.
Photo: Paul Lakin.**

Catholic Women's League

Monday 8th July - Annual Review. No Speaker. Meetings held at the Holy Cross Church, Carrington Avenue, in the Garden Room, 7.30 pm.

Cottingham Methodist Church Photography Group

We meet in Cottingham Methodist Church hall

Tuesday 9th July 2019 - 7.30pm

Tuesday 23rd July 2019 - Outside visit - 6.30pm

Interested in photography, you are invited to join our friendly group. New members welcome. All levels. Contact for further details:- John on 842169 or john@jcmhome.karoo.co.uk.

Cottingham Green Women's Institute Evenings

Thursday 11th July - Members' Evening. 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 for retired or semi-retired professional people meets in The Back Room (on Hallgate) on alternate Thursdays. New members welcome. Contact the Secretary on 01482 348270 or 07542 959314.

11th July 12 noon – lunch : Speaker – Amanda Smith – ‘Scam Awareness’

25th July 10am – coffee

The Skidby Branch of the Yorkshire Countrywomen's Association

Thursday 11th July - Edna Kellington, Chairwomen of Yorkshire Country Women's Skidby Branch, welcomes you to come for a Cuppa and Cake on Thursday 11th July at 2.30pm, at her home, 39 Main Street, Skidby. All proceeds are in aid of The Yorkshire Air Ambulance, tickets are £2.50 from Edna, tel 843678. Your support would be appreciated.

U3A

Thursday 11th July - Stephen Wells “The Great Magicians”, at 2.00 pm in the hall at the Darby and Joan Hall, Finkle Street, Cottingham.

EYES (East Yorkshire Embroidery Society)

Saturday 13th July - Jessica Grady “Journey into the Unconventional”, in the Darby and Joan Hall Finkle Street, Cottingham. 2:30 to 4.00 pm. Doors open 2:15. Members £1:50 Visitors £2:50. Tea/Coffee biscuits included.

North Ferriby Gardeners' Club.

Monday 15th July - Garden Visit and Potato Challenge. ‘Weigh-in’. The club meets on the third Monday of each Month (except December and August) at The Parish Hall, Church Road, North Ferriby HU14 3DA commencing at 7.30pm. Annual membership is £10 with guests fees of £2.50 per visit. Tea/coffees are served along with a raffle. For further information please ring Trevor on 633409.

East Yorkshire Woodturners

Tuesday 16th July - Demonstration by Andy Lodge, Registered Professional Turner. Andy demonstrates extensively and has made several DVDs covering all aspects of woodturning techniques, including piercing and pyrography. A welcome return to our Club. Meetings are every third Tuesday each month at Skidby Village Hall at 6.45pm. Visitors are always welcome, whether woodturners, novices, or just interested. (No need to book - £3.50 on the door for guests). For information about the Club, please contact David Taylor, Secretary, 01482 876702, cotters@cotters.karoo.co.uk or visit the Club's website: eastyorkshirewoodturners.org.uk.

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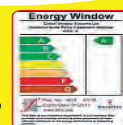
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www.cottinghamtimes.co.uk - July 5

What's On - Continued from page five

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

Tuesday 16th 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 16th July – Nigel Bates: “Tantrums and Tiaras @ Royal Opera House”. 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.

Cottingham Evening Townswomen's Guild

Wednesday 17th July - Eileen Shone, 'A Walk With the Plant Hunters', at 7.30 pm in the Darby & Joan (Small Hall), Finkle Street. New members and visitors are always welcome.

Little Weighton Gardening Club

Friday 19th July - Car Visit - to a beautiful Lincolnshire Garden in Winterton. Tea and Biscuits. Donations to Thwaite Hall Gardens Charity. Book your place now with Pru. Meet rear car park village hall 2.30 pm.

The Hull Macular Society

Friday 19th July - Alison Stannard from Sight Support will be the guest speaker on her role at services manger for the charity. Meeting held at Sight Support Beverley road Hull. 10.30 until 12.15. For more information contact Bernard Messingham 01482 860381.

North Ferriby Gardeners' Club.

Saturday 20th July - Annual Village Show in North Ferriby Village Hall from 2.00 pm. The club meets on the third Monday of each Month (except December and August) at The Parish Hall, Church Road, North Ferriby HU14 3DA commencing at 7.30pm. Annual membership is £10 with guests fees of £2.50 per visit. Tea/coffees are served along with a raffle. For further information please ring Trevor on 633409.

The East Riding Flower Club

Monday 22nd July - “Strawberry Tea” at a member's garden between 2.00 and 4.00 pm. For further information about this and to book your place, please contact Dianne 07769 792277 or Val 01482 655514. The Club usually meets on the fourth Monday of the month at 2pm at Cottingham Civic Hall. We are a friendly club, and welcome new members and visitors to all our meetings.

Wednesday Social Club

Wednesday 24th July - David Leeson 'Latest Holidays', in the small hall at the Darby & Joan Hall, at 2.00 p.m. Guests and New Members Welcome.

Cottingham Methodist Church, Hallgate

Friday 26th July 2019 - Free Film Night - 6.40pm for 7pm. Refreshments on sale.

St Michael's Church, Skidby

Friday 26th July – Coffee Morning, 10.30 am – 12 noon in the church. Come and enjoy coffee and home made cakes in a friendly social environment.



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National Vegetable Society, East Yorkshire District Association.

Monday 29th July - Visit to Leven Allotments. We meet on the last Monday of the month (except December and August) at The Conservative Club, Wylies Road, Beverley, HU17 7AP at 7.30pm. Light refreshments are served and a raffle. Admission is £2 per person. For further information about the club, please use our web site nvseyda.btck.co.uk or ring Trevor on 633409.

Beverley and East Riding Croquet Club

Free Taster Sessions (by appointment) at Rowley Manor, Little Weighton. Come and learn to play. A warm welcome awaits you. No experience necessary, equipment provided. Outdoor season April-September, indoors in winter months. Visit our website www.beverleycroquet.org.uk to make an appointment. Make this the day you try 'the croquet experience'!

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 Cottingham Methodist Church on Hallgate, Cottingham on Tuesday evenings at 7.30pm. We present 3 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. Our 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 Maureen on 01482 845363 or Janet on 01482 849415.

The Beverley Flower Club

Meets on the first Monday of each month, except August and January, when we have a Demonstration of Flower arrangements by an Area or National demonstrator, and twice during the year, usually before Christmas and Easter we have a Workshop when members can try out their own skills. We meet now at Bishop Burton College at 7.30pm and are always pleased to welcome new members. Find us on Facebook or ring 01430 828466 or 01482 865439 for further details.

Eastern Lights WI Choir

Ladies do you love to sing? If you are over 18 we would love you to join us. No audition, no need to read music & you don't even have to be a member of the WI. We meet on the 2nd & 4th Wednesday of the month from 7.15 until 9.15 in Leven recreational hall. Just come along or email easternlightschoir@gmail.com

Hull Folk Dance Club

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

Continued on page eight

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www.cottinghamtimes.co.uk - July 7



Seventh Heaven for Cottingham Food and Drink Festival!

A date for the diary: Cottingham Food and Drink Festival returns to the East Yorkshire location on Sunday 15th September 2019 (10am to 5pm).

Returning for the seventh year running, the event will feature stalls in Market Green, King Street and Hallgate for this one-day foodie extravaganza.

Tasty street food, cookery demonstrations, a children's fun fair and of course scores of food stalls will dot the picturesque village for this special event.

This year's cookery demos will include a delicious assortment of top local chefs, and further details will be announced in the coming weeks.

Andrew Riley of the Market Managers said: "It is a privilege to run such a high profile event for the second time and we hope that it will be even better than last year's hugely successful festival. Over the years it has developed into a top-flight food festival and we will do our best to build on its success.

"The festival attracts many thousands of visitors to Cottingham which is a tremendous boost for the village. We have a fantastic selection of stalls and we can guarantee a great day out for all the family."

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Wolfeaton Park Bowling Club

From early April through to September we are an active bowling club. New members are very welcome, including complete beginners. We have 'roll-up' social/fun bowling sessions: Mon at 6.30-8.30pm and Tues/Fri at 2pm-4pm. Arrive early (15 to 20 mins) so that we can show you around. Come along and see if you like it – your first three sessions are free, we will provide the bowls and bowling shoes for you to use. We also have club competitions and social events (summer and winter) in which all are very welcome to join. Additionally, most days in the Summer, we have: ladies, men and mixed league matches. We bowl at Bramble Close (off Chestnut Avenue), Willerby HU10 6PD. For more information, about membership and other details, call Sue Hall, Club Secretary – 01482 652384 or email: s.hall@doodad.karoo.co.uk.

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 Chris 01482 849124.

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

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

Continued on page 23

PROTECTING YOUR LOVED ONES

Philip Evans, Head of Trusts at Graham & Rosen solicitors,
looks at how Trusts can help people with disabilities.

Many people make Wills to protect their loved ones. While typical Wills make provision for children and grandchildren, particular problems can arise where a disabled relative is involved.

Some people with disabilities will live with their parents in the family home and parents are concerned about what will happen when the homeowner has died. Depending on the degree of disability, some dependants can continue to live successfully and independently in the family home, while others will have to move into alternative, more supported accommodation.

Specialist advice is required in order to negotiate the Trust minefield to ensure that loved ones are taken care of while retaining any entitlement to state benefits or other statutory support.

Graham & Rosen has many years of practical experience in creating and administering trusts for disabled beneficiaries. We know from hands-on experience how to draft trusts to gain maximum client benefit and we can also act as professional trustees if necessary.

If you, or a friend or relative are looking for that peace of mind that only forward planning can provide please contact Graham & Rosen to make an appointment to discuss your own individual requirements.

Appointments are available at Graham & Rosen's offices in Cottingham and Hull and we are also happy to see you at your home if you prefer.

Philip Evans is an Associate Solicitor with 22 years' legal experience. Philip has a degree in Accountancy & Finance, and he studied part-time to qualify as a solicitor in 2007. He is a member of the Society of Trusts and Estates Practitioners and he has contributed articles to several specialist legal publications. Philip is the head of the Trusts Department at Graham & Rosen and he has experience in creating, administering and terminating trusts, as well as advising on tax, investments and welfare benefits.



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Cloud storage, laptops, maps, iTunes and security advice

Rory Cellan-Jones the BBC's excellent technology correspondent recently announced that he had been diagnosed with Parkinson's Disease. He went public with the news after a live TV broadcast resulted in many viewers being concerned with why his hands were shaking. I had the pleasure of meeting Rory at an IT event in Hull some years ago, and a nicer person you could not wish to meet. So I for one will wish Rory all the best, as he says he will 'continue onwards and upwards'.

Cloud storage - is it really a cloud and what storage? The term 'cloud' originated back in the 1960's when diagrams explaining the internet showed it as a cloud linking lots of computers together. But the simplest way to think of this is storing information on 'someone else's computer'. Not just anyone though, the major companies like *Microsoft*, *Google* *Apple* etc all offer a reasonable amount of storage free of charge for you to back up your data. *Microsoft One drive* offers 5 GB of free storage, but that can increase to 1TB with an *Office 365* subscription. *Apple* also offers 5GB free, whereas *Google Drive* offers a generous 15GB of free back up space. All this storage is made available on servers (like giant computers) housed in data centres which can be in secure office buildings or even disused nuclear bunkers!

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Java updates – many people ask what is Java and do I need to update it? The answer is that Java is basically a program or language that makes websites work. Most web browsers can handle all this themselves nowadays, but as an out of date version of Java on your computer can pose a security threat, it is best to update it when prompted, or simply uninstall it.

Toshiba was always one of my favourite makes of Laptop, and for a long time they disappeared off the scene in terms of home laptops. However a new model has now been launched called the *Dynabook*. It is based on the latest *Intel i5 8th generation* processor teamed with 8GB of Ram, and comes with a huge 2 TB drive and a DVDRW. It has an unusual keyboard including shortcut keys to calculator, email, and internet, leaving a smaller

than usual space bar. Worth a look if you are considering a laptop with good performance.

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Google Maps now shows speed cameras and speed limits which I am sure will be appreciated by anyone using *Maps* for satellite navigation. But on that note, make sure you are set up before driving if you are using a **mobile phone** for this purpose, as it is technically illegal for the **driver** to touch the device at all whilst the vehicle engine is running.

iTunes is being retired by Apple after 18 years of service to music users. It is being replaced by the *Apple's* newer *Music* app. *Apple* has also announced the launch of a new *iPod Touch*, which is somewhat surprising given the current range of *IPhones* on the market. And at prices between £199 and £399 that's an expensive way of just listening to your music.

McAfee security products sold by many of the major computer stores, usually come as a card or packet with a link (website address) to download and/or activate the product. However if you have purchased one of these, be very careful typing the link into a web browser, as a colleague recently came across a scam which uses a 'dodgy' search link. In other words, if you don't type in the link **correctly and in full** to go straight to the genuine *McAfee* website as intended, it could result in a search result that looks genuine but in fact offers a telephone number of one of those scam call centres which will be nothing to do with *McAfee*. Be warned! Needless to say, I have always recommended **Eset** security products, but offer this information as a public service for anyone that buys *McAfee* or any other genuine alternative product, as I hate to think of anyone getting scammed after they have spent their hard-earned money!

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I posted this last month to try if you have never used a QR code before, and said to point your phone's camera at this one to go straight to the RDM website. This works fine if you have an *iPhone*, but if you use an *Android* mobile you may need a QR reader app, or you can use *Google Lens*. Try it out!

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Scam telephone calls - I would again like to remind everyone, to **NEVER** let an unknown caller take over your computer remotely, even if they say they are from *Microsoft* or *Windows*. These companies, or any other reputable firm, will **NEVER** make **unsolicited calls to home users**. The other thing to watch out for is that these scammers have started cloning UK numbers, so in other words instead of your telephone caller display showing 'International' or 'out of area', they may now show a London, Leeds or Sheffield number for instance. If you give them access to your computer, they will cause all sorts of mayhem, and then ask for a credit card number, so they can extract your hard-earned cash

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

If your Eset licence is up for renewal, just email or call for the price, and we can sort it out for you.

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

Richard Mills
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Rotary Club of Holderness Craft Fair has tables available in November

Members of the Rotary Club of Holderness are once again planning their annual Charity Craft Fair. This year the event will be held at the Civic Hall in Cottingham on Saturday 9th November.

Are you a crafter who would like to take part? If so, we would love to hear from you. Please call Janice on (01482) 843229 for all the details.

Our Craft Fair is an established event, raising much appreciated funds to help charities supported by our club. There will be a good selection of refreshments available on the day, provided by Inner Wheel members.

Community Link support available in Cottingham

Community Link workers can support you by exploring such areas as, housing, emotional well-being, isolation, relationships and debt, and we work in a way tailored to meet your needs.

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We are in Chestnuts surgery every Friday from 9am to 5pm (as well as GP surgeries all across the East Riding). Self-refer on 0800 917 7752 or book an appointment through Cottingham Hallgate or Chestnuts surgery.

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G T R B K S F H A E K W A E R U L L A D C B
U U K U G O I B A I A D I E Z R O E U I X E
N P C C U M P P P T D C T F A Z T G H O O E
E Y I A M O R P R L T S H E F C Z O H F B B
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Find the words in the letters above:

Balloon, Barbie, Beach Ball, Bop Bag, Cap Gun, Chatty Cathy, Easy Bake Oven, Etch A Sketch, Finger Paint, Flatsy Doll, Frisbee, G.I. Joe, Gumby, Gyroscope, Hot Wheels, Jacks, Kaleidoscope, Kazoo, Ken, Lego, Lite Brite, Little People, Matchbox Car, Meccano, Mr Potato Head, Nerf Ball, Paddle Ball, Play-Doh, Playmobil, Pogo Stick, Pokey, Pop Gun, Radio Flyer, Rubriks Cube, Silly Putty, Sizzlers, Skipping Rope, Slinky, Sock Monkey, Soma Cube, Spirograph, Super Ball, Teddy Bear, Tinkertoy, Tin Soldiers, Tonka Truck, Viewmaster, Water Pistols, Weebles, Wiffle Ball, Wizzer, Yo-Yo.

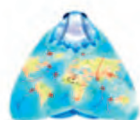
Wordsearch courtesy of <http://www.puzzles.ca/wordsearch.html>

Sudoku No. 149

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

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

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MARION OWEN TRAVEL



Our China group only has 3 places remaining. Don't hesitate to ask for a full itinerary. If this special date or duration is not ideal for your needs we have a wide selection of alternative holidays to China for you to choose from. Why not come along to our Charity China evening at the end of July to find out more?

Saga has launched it's newly built ship with every cabin having it's own balcony and the ship is superbly fitted. On the 2nd, 3rd & 4th July, Emma & I will be out of the office exploring the ship. We will be sailing to Zeebrugge and spending the day in Bruges aboard the new Saga Discovery. We look forward to reporting back to you about the ship. Keep your eyes on our blog or Facebook to find out more and our telephone will still be on for you to make your bookings.

Cruise & Holiday deals are constantly changing each month. If you want to cruise from Hull in 2020 the discounts will be ending shortly. Don't despair if you are happy to depart from other ports as there are still many 2-4-1 bargains. You never have to worry about travel to the port or airport as we are happy to organise transport from your door. Please ask for details when booking.

Silversea are offering a superb selection of luxury all inclusive cruising at a snip of the normal price. As I write we have a 9 night departure to the Caribbean in December from £2599!

Christmas markets, in both the UK and on the continent, have been in high demand in recent weeks. Dordrecht hosts Hollands biggest Christmas Market, featuring live music and a wide range of shopping. A 2 night trip including dinner & breakfast on board North Sea Ferries with a full day at the market is available for £185 pp.

Wanting to get away over the festive period? How about 5 days in the Lake District departing 23 December for £450 pp sharing, single supplement £65. Just one example of the many options available in the UK or abroad.

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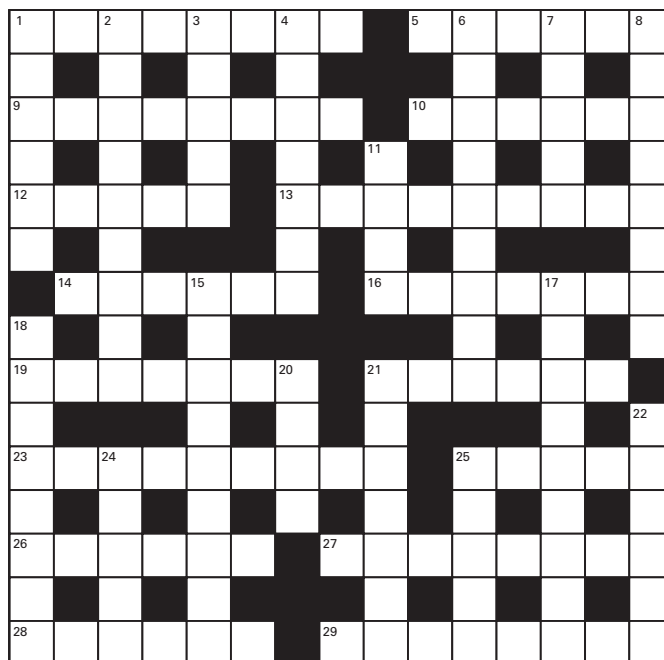
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Crossword - Solution on page 46



Across:

1. Orb-like (8)
5. Concerning this (6)
9. One who completes the task (8)
10. Deprive of food (6)
12. Cleverly (5)
13. Disaffected (9)
14. Child (6)
16. Quip (7)
19. Goes on board (7)
21. Requiring immediate attention (6)
23. Recalls (9)
25. Advanced slowly (5)
26. A Turkish dish made from ground chick-peas (6)
27. Lilac (8)
28. Pleasure from causing pain (6)
29. Marks of omission (of words) (8)

Down:

1. Least dangerous (6)
2. Hexagonal cells (9)
3. Corroded (5)
4. Not accurate (7)
6. Stretching over a distance (9)
7. Type of heron (5)
8. Human rights (8)
11. Donate (4)
15. Concubines (9)
17. Rebels (9)
18. Seeks (8)
20. Stair (4)
21. Untangle (7)
22. Beautifies (6)
24. Played charades (5)
25. A resin used in incense (5)

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

Meet our new team member Chelsea Curtis who is a Trainee Solicitor.

Chelsea deals with anything property related and also works alongside Caroline in our Family Department. Get to know Chelsea better with a quickfire Q&A.

Describe yourself in three words?

Bubbly, passionate and probably dramatic, ha ha!

What do you like most about working in conveyancing?

I enjoy the process of conveyancing and the fact that every day is completely different!
I LOVE my job.

If you were an emoji what would be?

I'd be the sarcastic one, I'm quite dry.

Describe what's different about Caroline Harraway Solicitors?

CHS is different in so many ways, from the small personal friendly firm to the flexibility and fun side. People at CHS don't take themselves too seriously, but also know how important it is to get things done. We're all like minded people and it's all about girl power!

Where was your most favourite holiday destination?

My favourite holiday destination so far has got to be Poland! It has a feel of the olden days with the horse and carts riding along the cobbles.

What's your favourite season?

My favourite season has got to be SUMMER - nothing beats the wind blowing in your hair on a hot summers day!

What do you love most about CHS?

I love the people, everyone is so welcoming. It makes me love my job even more

If you could pick any animal to talk to which would it be?

Oh gosh, I'd want to speak cat so I can speak to my two sphynx's!



Meet, Greet & Eat

FREE legal Advice Clinic with Caroline and team on Saturday 6th July from 10.00 am to 12 noon. Teas, coffees and freshly baked scones provided with our compliments. We are helping to raise money for the RSPCA Hull & East Riding, by taking donations on the day. We look forward to seeing you.



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.

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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.

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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.

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www.cottinghamtimes.co.uk - July 17

ON THE GRAPEVINE

WITH ROY WOODCOCK

I have a confession to make: I love Chardonnay. There, I've said it!

At one time, because the wine was available anywhere and everywhere, the ABC movement (Anything But Chardonnay) was in the ascendancy; a sort of reverse wine snobbery that implied superior knowledge and taste.

Nowadays, I reckon that could be applied to Sauvignon Blanc; seemingly the (by default) wine of choice. Ask for a glass of white wine in a pub or restaurant and it will invariably be there or thereabout at the top of the list, challenged, perhaps, only by Pinot Grigio.

And as good as a Sauvignon can be, particularly from New Zealand, there's some pretty average stuff out there. I know, I've drunk it!

For me, unless an English wine is available, Chardonnay remains my go-to white wine; one that's incredibly versatile and food friendly.

While always a popular grape to grow and wine to produce, Chardonnay experienced a surge of popularity in the 1990s as it became a sophisticated drink among the "Bridget Jones" generation of young, urban women. As such, vineyards experienced a boom in production.

Since then production has levelled off but remains quite global. It's the sixth most grown grape variety in the world, covering close to a half million acres.

Despite its French origins (in Burgundy), Chardonnay grapes are now grown all around the world and, because of that, Chardonnay flavours can be incredibly varied. Wine flavouring takes so many factors into consideration - everything from soil conditions, air temperature, humidity, and seasons come into play.

So when it comes to the flavour of Chardonnay, think of it as a great adventure. In general, you can expect a gamut of flavours from crisp to buttery, but always with strong fruit notes. Expect anything from zesty lemon to fragrant pineapple and everything in between.

In general, expect the wine flavour to be representative to where it was grown. Chardonnays from cooler regions will preserve the acidity in the grape, leading to citrus flavours, something blended with apple and floral essence. The soil in these regions can give the wine a chalky flavour, too. These chardonnays are almost always on the crisp, sharp side.

Conversely, Chardonnays from warmer climates tend to be sweeter and reflect a tropical fruit flavour. Think pineapple, mango, and guava when choosing one of these wines. In general, they're a fuller-bodied Chardonnay with a strong, buttery flavour.

With so many varied flavour varieties out there, how can it be possible to understand how to pair Chardonnay without keeping a pocket-sized guide in your purse? The simple trick is to always pair Chardonnay with seafood.

A richer Chardonnay will work better with a meatier fish, think salmon or lobster, while a crisp Chardonnay works best with flaky fish, shrimp, and scallops. These intricacies are quite minuscule in the grand picture, however. In general, when you think Chardonnay, think seafood.

If you don't care for seafood, Chardonnay also pairs well with roasted or smoked white meats like chicken or turkey. Chardonnay also pairs well with a simple Cheddar cheese, though it also works well with a creamy Brie. For a completed cheese tray, add figs or artichokes to round out the flavour palate.

Typically, any wine that is described as having a buttery flavour is assumed to also have a strong oak essence as well. This is certainly the case for Cabernet Sauvignon, which is desired for its strong oak notes. When it comes to Chardonnay though, oak flavours aren't always a guaranteed thing.

In many cases, Chardonnay will be aged in oak barrels. This will lead to notes of oak in the overall bouquet of the wine. However, other winemakers prefer to age Chardonnay in steel tanks or in concrete. In these cases, the result is a stronger citrus infusion and a crisper flavour.

While neither option is superior to the other, some critics will put great stock in the buttery oak flavours of Chardonnay made in oak barrels. To these discerning consumers, the difference in French and American oak barrels can even represent a significant difference; although I have to say unoaked is my favourite.

There is also much confusion between Chablis and Chardonnay. The foundation for this likely lies in the fact that the Chablis region of France is a large producer of Chardonnay grapes.

As the region has grown in popularity, the "Chablis" label has grown to encompass its own type of wine. The term "Chablis" is now widely used to describe a generic, dry, white wine. However, a Chardonnay from Chablis is something entirely different than a colloquial Chablis wine.

To try and clear up the confusion, the European Union protected the name "Chablis" saying that this title can only be used on Chardonnay wines that are produced in the Chablis region. Today, Chardonnays from this region can be quite expensive and are prized for their pure expression of the varietal character of the grape.

So, there we have it . . . a quick guide to the delights of Chardonnay . . . as easy as ABC!



BEST BUYS

**Yalumba Organic Chardonnay**

Where: Roberts & Speight, Beverley

When: Now, while stocks last

Why: From South Australia, sourced from two certified organic vineyards. Meticulous work in keeping the vineyards ensures the grapes are in perfect condition when they are picked. Together these two family growers have created a wine that showcases the variety with very little winemaking intervention.

£8.99 (was £9.99)

**Chateau Souverain Chardonnay**

Where: Waitrose

When: Now, until July 9th

Why: A really elegant Californian Chardonnay, using the best lots of cool-climate fruit. It's full bodied and forward, packed with mango, pineapple and spiced pear. Complexity comes from part fermentation in oak, followed by lees ageing and stirring the lees back into the wine, giving a creamy texture.

£8.49 (was £10.49)

**Tesco Finest New Zealand Chardonnay**

Where: Tesco

When: Now, until July 8th

Why: From the north island, this is an elegant and complex wine loaded with ripe tropical fruit notes and cashew nut-like nuances, balanced with a lip-smacking lime zest finish.

£8 (was £9)

**Hereford Tempranillo-Malbec**

Where: Co-op

When: Now, until July 16

Why: Looking for a wine with a touch of Spain (Tempranillo is the main grape in Rioja) merged with a bit of meaty Argentine Malbec, then this is the one for you. Richly fruity and spicy red wine.

£5 (was £7)



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Sticks and Stones!

I wonder if this lovely weather is going to continue? Will it last and be like 2018 with long hot balmy days or a case of blink and we miss it. I hope not...there is nothing nicer than getting home after a long day at work to sit in the garden with a cool drink and take in the last rays of the day. OR better still, as Bill one of our lovely clients suggested as a place for me to get inspiration for the next article, is to relax in the Jacuzzi at the local health club, drinking in the lovely scenery of the nearby golf course. Something to look forward to when I retire maybe?

Back to reality and the heat!

For all dog owners, I am sure you are well aware of what troubles the heat may cause our four legged friends with profuse over heating, so what better way to cool off than water. Now I do not mean that wonderful idea of a Jacuzzi but a trip to the coast or local stream maybe enticing to our 'hot' dogs. Most of us will take a ball or as in the case of my late dog Teal, she found it fun chasing down the stream after my grandsons waterproof shoes at Thornton Le Dale one year. If we don't have a ball to hand, how many of us pick up a stick to throw? You maybe thinking this is not a problem but my daughter Kath and partner Matt found out the hard way with their late dog Baxter, a cross Belgium Shepherd.

His favourite toy was the stick. Now, it can be any old stick...a twig perhaps or even the size of a branch that is so big it has to be dragged along. In fact, anything which resembles or tastes of wood which Baxter could have got his jaws around would have done. One of their favourite walks



was Hessele Foreshore where Baxter was in seventh heaven collecting every shape and size of drift wood imaginable. At the time they never thought anything of it ...UNTIL ...one autumn morning they noticed a soft tissue swelling in front of his larynx. Worried by what they saw, they made an appointment at our Park Street surgery that morning.

On examination, Kate Maguire (a clinical director who was on duty that day) could not see anything under the tongue, but prescribed a pain killer advising to return in five days or sooner if the lump got any worse. It didn't get worse but improved, leaving just a small raised area on the right hand side of Baxters jaw. They left happily with a course of antibiotics and an appointment for a further five days. On their return, Kate could still feel a small raised area and also a rough patch, this time on the right of Baxters tongue where she thought it could be the entrance to a foreign body. They were advised to keep Baxter on the antibiotics for another week before a follow up appointment.

Four weeks after the first time Baxter was seen, he went for his annual booster vaccination and once again Kate noticed the lump was still present but not giving any discomfort or pain. He had to return in 2 weeks and on doing so it was noticed the lump had grown. An exploratory operation was booked and on the 4th December when Baxter was admitted to Park Street. During the operation, Kate found a very small piece of stick that had lodged itself under the tongue. The piece was removed, cavity flushed and a small drain was sutured into place (this enables any surplus fluid to escape). It was not a pretty sight and poor Baxter looked like Frankenstein of the canine world.

On the 17th December the drain was removed and he had to continue on the antibiotics for a further week but sadly they returned 3 days later when the area swelled up and burst. The following day, poor Baxter was admitted for a second but more exploratory operation where a further piece of stick, which had obviously migrated, was found under his tongue. A swab was also taken and sent to the laboratories to be tested for any further infection.

So our poor gentle giant spent his Christmas looking like a patch work quilt (which I hasten to add the hair had grown back perfectly). On the 27th December, 2 months after the swelling was first noticed, Baxter got the all clear.

Needless to say, sticks were definitely not encouraged any further but a KONG SAFESTIX was the temptation put in its place. These are sticks made from a durable material which also float on water.

If you are interested in the SAFESTIX, please pop into our COTTINGHAM surgery where a selective range can be seen.

AND FINALLY.... TALI....

The plants have returned to their rightful place. Yes, I know I said I would leave it awhile but the garden was looking so bare and it has paid off. So far a little mouth has not discovered they are back but I think that is more because her taste has changed from greenery to the dreaded gravel! Yes, my delightful Labrador has taken a taste to gravel, pebbles or anything she can grate her teeth on and it is not the best thing she should be doing after seeing pets admitted with 'foreign bodies'. Also throw in the odd stunned bee into the scenario, she is an admittance waiting to happen.

I mentioned last month my dog training classes were starting, well, after four classes I can happily say the 'burning off her energy in another field' routine is not as frequent. I think she just thought it as an extension of a play day so of course she was high as a kite seeing other pups to play with. I am not saying she has stopped but is calmer (in my eyes)....thank goodness!

I also mentioned I was going to a Scent Workshop.....it was amazing. I had been told by the instructor that Tali will be exhausted after the training even though she will not be exercised off lead but more mentally stimulated and boy, was she tired.... sleeping for five hours solid after. I have learnt so much at the workshop, so with my home work from that and also my weekly dog training sessions, I am sure to get there in the end. Until next time.....

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"The Tooth and Nothing but The Tooth"

by
Chris 'Dr. Smile
Maker' Branfield

Brighten up your Summer



Hello again, I hope you are well. Last month I went to Lake Bled in Slovenia. I was at an international medical laser congress there. It was a fantastic learning experience and I came away with few "top tips". What a beautiful place though. It was stunning.

Do You Need Cheering Up? After Last Month's Article On Gums And Brains You Might Do

You're probably thinking, "How the heck can a dentist possibly cheer me up?"

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Well, there are a few ways to simply improve your smile and this can cheer you up no end. Probably the simplest way to perk up your teeth and subsequently your mood and confidence is tooth whitening. It can brighten up your life.



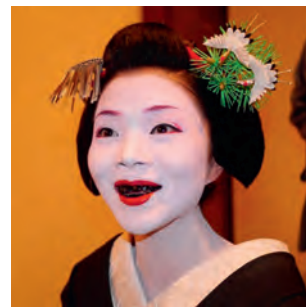
So Will It Work For You?

Tooth whitening works superbly well for so many people and in most situations I see the answer is yes to the above question. It is particularly effective for natural yellowing of teeth and teeth that have darkened through the rigours of daily life including tea and coffee. Whitening will only work on natural tooth and not on crowns, veneers or fillings. It is also very good for mild tetracycline staining (tetracycline is an antibiotic) and mild mottling/staining from fluorosis (excess

fluoride intake during tooth development). Some more intense staining and mottling may not be amenable to straightforward tooth whitening alone. Obviously your teeth need to be in good nick. Trying to do tooth whitening on bad, decayed teeth is a non-starter and may well cause pain and discomfort so is really not a good idea at all. If you have some discoloured fillings and want your natural teeth whiter it might make the filling stand out more. A simple solution is tooth whitening and replacement of the filling or even just to resurface the filling if it is otherwise sound. Simple, yet extremely effective, both visually and in your pocket.

Do You Fancy Some Tooth Blackening?

Has Branfield gone mad? Just keep with me a moment. There is an old



custom in Japan for the blackening of teeth by married women and courtesans as an enhancement of their beauty. The custom, rooted in antiquity, had gradually become proof of the married status of women. Before a new bride entered her husband's home she would visit seven relatives to receive dye and then underwent "the first blackening". The dye was primarily derived from ferric tannate and

was applied by a brush made from a crushed twig. The dye would be reapplied as it wore. It was seen that blackened teeth showed evidence that a wife had sworn eternal fidelity to her spouse. My wife was having nothing of it. Mind you it's not really a good look is it?

Back To The Big Smoke

I'm off to do an intensive 4-day course with The Academy Of Oro-facial Myofunctional Therapy in association with the British Society of Dental Sleep Medicine held at the Royal Society Of Medicine. Four days!!! It's all to with improving airways for snoring and improving problems with facial pain associated with teeth clenching/grinding. Sounds interesting. As an anorak I'm always looking for better!

Until next time. Take care and be good.

Chris

Chris Branfield is Principal Dentist at Castle Park Dental Care, Castle Villa, 28 Castle Road, Cottingham, telephone 01482 772550. He has been in dental practice for 26 years and has a special interest in Life Changing, Pain Free Dentistry with Dental Implants, Teeth Straightening and Cosmetic Dentistry. And, not only that Chris is founder member and trustee of Dental Mavericks charity- ending the daily dental pain of Moroccan kids. For more patient success stories and Chris' Humanitarian work go here now www.castleparkdental.co.uk.

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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.

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.

Butterflies

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

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.

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. Suitable for men & women of all abilities. www.fitmums.org.uk

Continued on page 32

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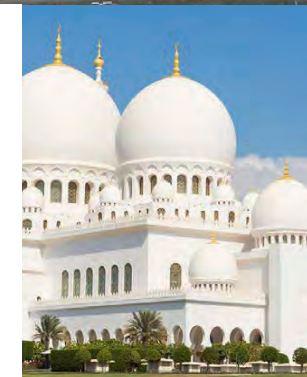
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July is often one of the hottest months of the year and a great time to sit out and enjoy your garden. Keep your plants looking good by regularly dead-heading and you'll enjoy a longer display of blooms. Make sure you keep new plants well watered and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



A guide to watering and feeding your garden

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

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

How to water

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

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

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

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

Watering Tips

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



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

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

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

New Plants

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

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

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

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

Lawn Irrigation

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

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

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

10 Jobs for this month

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



Caring for Containers

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

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

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

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

Dealing with drought conditions

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

- Keep borders well weeded as weeds compete for moisture.

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

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

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

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

Different Plant foods for different plants:

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

- **Bulbs** – Bonemeal after flowering.

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

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

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

- **Nitrogen** promotes leaf growth.

- **Phosphates** help roots develop.

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

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

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

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

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

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

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

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

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

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

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

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

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

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Stage with Live Music Entertainment on the Green

Compere Dave Walkington

10.00	To be confirmed
11.00	Rihanna Rox
11.40	B P M
12.20	Dave
13.00	Rihanna Rox
13.40	Tallulah & Dave
14.20	B P M
15.00	Tallulah
15.40	Dave
16.20	Dr Jive

Programme may be subject to change






Your Stars for July 2019

By Kay Gower

Aries (Mar. 21- April 20)

A new health and fitness routine will work wonders for your energy and confidence. This month the planets help you to see where your efforts in the past have been wasted.

Taurus (Apr. 21- May 21)

There are some things that you absolutely know you have to go ahead and do. There are others that you can't be so sure of. Where there's doubt, respect it.

Gemini (May 22-June 21)

You are poised to make some important changes in all areas of your life. If there is something that you want to achieve then do it this month while the planets are still on your side.

Cancer (June 22-July 22)

When an old idea returns don't rush to turn it down before you inspect it closely. Something (or someone) you once wanted may return in a much brighter and more intriguing form.

Leo (July 23-Aug 22)

Regardless of how a situation looks at the beginning of the month it could look completely different by the end of it. Be careful making hasty decisions, a delay may be a blessing in disguise.

Virgo (Aug 22 – Sept. 23)

The stars speak of powerful and exciting changes, the planets begin to line up and exert their influence. Don't hesitate or change your plans now, your heading in the right direction.

Libra (Sept. 24 -Oct. 23)

Something unusual may be offered to you at the end of July, but will you accept it?

Act quickly.

Your decision could set the tone for the next 7 weeks.

Scorpio (Oct. 24 - Nov. 22)

This is an exciting time and there could be more than one opportunity that you should not let pass you by. Someone who left a while ago could return to your circle.

Sagittarius (Nov. 23 -Dec. 21)

As July unfolds change can sweep into your world and encourage you to make new plans. An old mind pattern may have outgrown its usefulness. Don't allow outworn 'thought habits' hold you back.

Capricorn (Dec 22.- Jan. 20)

Don't take no for an answer, especially from yourself.

You will be as successful as you feel so now is the time to be bold and expect good thing to happen.

Aquarius (Jan 21 - Feb 19)

You have every reason to be optimistic. You will get some fabulous chances to broaden your horizons this month. New opportunities could open up for you when you least expect them.

Pisces (Feb. 20-Mar. 20)

July represents a period when you should be working and looking your best. There are possible gains to be made and this month could be particularly fortunate for new starts generally.

National Highways and Transport survey - a voice for residents

Local people are being asked for their views on East Riding of Yorkshire Council highways and transport services – from the condition of roads and footpaths to the quality of cycling facilities.

Their answers will be compared with the views of other members of the public across England and Scotland, thanks to the National Highways and Transport Public Satisfaction survey.

East Riding of Yorkshire Council is one of 111 local authorities to sign up to a standardised survey that will ask

members of the public exactly the same questions, whether they live in the East Riding of Yorkshire, Barnsley or Worcestershire.

The survey, which is being run for the 12th year is the largest collaboration between local authorities offering the opportunity to compare results, share in best practice and identify further opportunities to work together in the future.

The questionnaire will be sent to a minimum random sample of 5,000 of East Riding residents from 7 June, followed by a reminder, with local and national results to be published in late October 2019. Since the survey is based on a sample, residents that receive a copy are being urged to take part.

Residents who receive the questionnaire can complete the survey online if they prefer, a short URL link will be printed on the front of the questionnaire and they will be required to enter a code before completing the questionnaire.

The results will enable us to find out what people in our area think about these important services.

It is one of several ways that the council assesses how it is performing, and it gives the public an opportunity to say which services they think the council should prioritise, and improve.

Ian Burnett, head of asset strategy at East Riding of Yorkshire Council, said: "There are obvious benefits to conducting a public survey in this way.

"It provides excellent value for money as well as enabling everyone involved to identify areas of best practice and spot national, regional and local trends.

"It aims to capture information and feedback from the public and enable the authority to take measures to respond to the issues raised.

"It also highlights the council's commitment to working together to deliver the most satisfactory, yet efficient, outcomes for local residents."



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Sudoku Answer from page 12

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

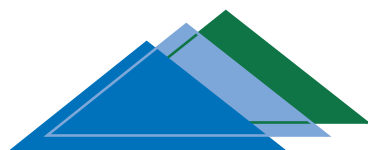
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Wayram To Fridaythorpe Circular

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

Length - 7.5 miles / 12.2 km

Ascent - 800 feet / 242 metres

Grade - easy/mod

Start - OS grid reference SE835568

Lat 54.00049 // Long -0.727635

Postcode YO42 1TA (approx. location only)

A circular walk exploring the Yorkshire Wolds near the village of Fridaythorpe. The route includes a number of the deep grassy dales typical of this area.

This walk explores the Yorkshire Wolds with the deep valleys typical of the area. The walk is described from the car park just off the A166 at grid reference SE835568 about 3 miles west of Fridaythorpe.

With your back to the car park turn left and walk down the road immediately forking right onto a quiet road signed to Huggate. Follow this for rather more than 1½ miles over a crossroad and past a road coming in from the left to the drive for Wold House Farm. Turn left down the drive and follow it to the Georgian(?) farm complex. Here you need to turn left past an impressive array of cart sheds and then right to exit the farmyard and continue down what is now a gravel track. At a hedge the track turns left and quickly right to continue its previous direction. After going over a stile keep to the left to pass across the head of the attractive Holm Dale and join the Wolds Way as it goes straight on via another stile onto an enclosed track into Fridaythorpe.

Cross the A166 and turn right. At the bend in the A166 turn left up the road signed to Thixendale. The church is hidden down a green passage way on the right, and a little later at Church Lane keep left and just before the mill complex owned

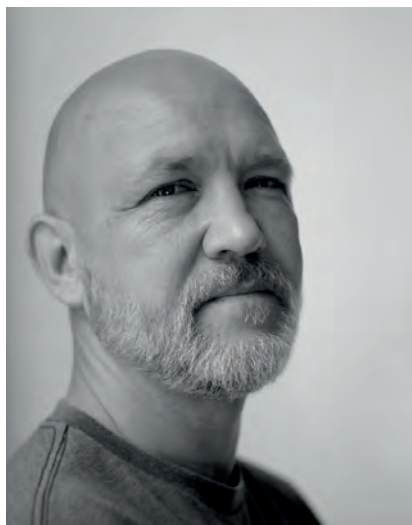


by ABN turn left down the Wolds Way. Follow the Way, which is well signposted, to a metal kissing gate and turn right through it to follow an old cart track down into Brubberdale. At the bottom go diagonally across and then continue on the Wolds Way up a small dale lined on the left with an avenue of trees. (Some have succumbed to age and at the start there is the remains of a bole which provides comfortable seating for at least two, probably four, picnickers.) At the top of the dale pass by Gills Farm on the left to arrive at a road (Grid ref. SE848593) still following the Wolds Way, which has been rerouted at this point.

Cross the road and continue straight on. The track turns left to descend into Grass Dale. At the bottom you leave the Wolds Way, which turns sharply right, and bear left to walk along the valley bottom of Bradeham Dale. (Ignore the bridleway going right.) After passing through a gate ignore the footpath coming in from the left and bear right, soon entering a wooded stretch. When the dale forks, follow the waymark round to the left hand branch. Come out of the woods at a gate and continue straight on up Wayram Dale to arrive at the A166. Cross diagonally right to find a footpath leading down to the car park.



Meet shadow artist Craig Davison at the Artmarket gallery



It's a dream come true for any Star Wars fan – a big thumbs up from the man himself, Mark Hamill, aka Luke Skywalker.

"I LOVE Craig Davison," he said recently on Twitter. "In my 5-year-old mind's eye that dishtowel around my neck made me look exactly like Superman!"

And the star, who at time of writing has over 2.8 million followers on Twitter, added the perceptive hashtag *#TheWonderOfChildhood*.

The man he was admiring, Craig Davison is an artist at his peak, doing what he does best and loves most – portraits of children at play, inspired by his own childhood in Sheffield in the 1960s, a simpler time before video games and social media gained their stranglehold on youth.

His nostalgic paintings, which are hugely popular with collectors, capture the innocence and freedom of that time before the responsibilities of adulthood kick in, portraying children and teenagers paying tribute to their many diverse heroes, whether they be Princess Leia and Luke Skywalker, David Bowie, Doctor Who or Mary Poppins.



“
In my 5-year-old
mind's eye that
dishtowel around my
neck made me look
exactly like Superman.

I love craig!

Mark Hamill

And the Artmarket Gallery is the proud home to not just a wide selection of Craig's prints, but original paintings, the original studies for some of his best-known pictures, and resin sculptures based on his characters.

Craig says: "I would describe the work that I do as lots of influences all mashed together, and one major part of that is nostalgia – I want people to connect emotionally and remember their own childhoods. I like to think my work's got an honesty, there's no pretension to it – it is what it is.

"Art is anything that you can see emotion in. I have to feel an emotional connection to art – that's the key, whether it's a sculpture, an installation, or whatever."

He uses the unusual technique of 'underpainting' with acrylics, then finishing with oils. The acrylics allow him to 'block' the image quickly, but don't give the accuracy of colour he demands: "With acrylics, you can mix the paint and it looks great – and then it dries differently. With oils, you mix it and that's exactly how it's going to stay."

"Children play such a big part in my paintings," he says. "The first one I did was inspired by my own childhood memories of me pretending I was a native American. At primary school, I was convinced I was a Cherokee. Turns out I'm not!

"It's important for us to reconnect to happier times. Adults deal with a lot of stresses, and if they can look at a picture and remember those days when they had few stresses, that's what I want them to be left with."

And he considers himself to be fortunate to be able to make a living from the thing he loves doing the most.

"For me, art is not a case of 'that's how I earn my money': it's what I need to do."

The Artmarket gallery is launching Craig's brand new collecton *Davison Gold* on Saturday 6th July, 6–9pm. Come along and say hello to the man himself. For more information about the event, contact the Artmarket Gallery:

Artmarket

www.artmarket.co.uk

gallery@artmarket.co.uk

01482 876 003

Cottingham Village Trust's first year of running the Civic Hall

On Wednesday July 10th, at 7.30 p.m., Cottingham Village Trust will be holding its first annual general meeting since taking over the running of the Civic Hall. The meeting is open to the general public, though only members of the Trust will be able to vote.

There will be a financial report and the chair, Ian Start, will give the Trustees' report on events, covering the year from 28th February 2018 to 1st March 2019. After the formal part of the meeting, there will be time to talk to the Trustees and give them your ideas about the future of the buildings and what you would like to see happening there.

Another event coming up is Cottingham Day, on Sunday July 7th. The Trust will be taking part by having a stall in the Civic Hall where people can join the Cottingham Village Lottery. The funds raised by the lottery contribute to the development of the building. This year, nearly £6000 has been raised. Half has been given as prizes and half has been used to provide much needed additional chairs and tables. There will also be craft stalls and refreshments in the Civic Hall. In the older part of the building, the former Council Offices, the Cottingham Local History Society will have its heritage room open for the public and there will be an exhibition.

Katrin McClure

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What's On - Continued from page 23

Cottingham Bridge Club

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

The Alzheimers Society

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

Thursday Fun

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

Cottingham Cricket Club

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

The Orchard Stroke Group

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

Calligraphy, Quilling and Folk Art classes

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

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!

Continued on page 36

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What is Pension Credit? Everything You Need to Know

by Nick Robinson of Yorkshire Accountancy

The Pension Credit is an income related benefit offered by the government during retirement. Like other benefits, you have to meet a criteria to receive it.

It's estimated that 40% of pensioners who are eligible for Pension Credit don't claim it. This means that up to 1.3 million people could be missing out.

Let's take a look at what you need to do.

What is Pension Credit?

The Pension Credit is an income-related benefit offered in two parts:

- Guaranteed Credit
- Savings Credit

Guaranteed credit is received constantly depending on your circumstances.

Savings credit is an extra credit if you've saved up for your retirement. The amount you get depends on your situation.

If you're eligible for the Pension Credit, you might be also qualify for able several other benefits too.

What is the Eligibility Criteria?

To be eligible for the Pension Credit:

- You have to be a citizen of England, Wales, or Northern Ireland
- You and your partner must have reached the age to qualify for state pension

pension

- You or your partner must have reached the age for state pension and are currently claiming the housing benefit.

If you are eligible, you're in line to receive the following benefits:

- For an individual, the guaranteed credit amounts up to £167.25 per week
- For a couple, the guaranteed credit amounts up to £255.25 per week
- The savings credit for an individual is £13.73 per week
- For a couple, the saving credit is £15.35 per week

How to Apply

If you are eligible for the Pension Credit, you will need to fill out a form and add in your details in order to get the benefits. It is my belief that the reason so many people do not claim the credit is due to the complex application process. The form alone is more than 20 pages long.

If you feel like you need help then we can help with this application process. Please call my office on 01482 845750.

TV Licence Developments

You will have seen in the media recently that the BBC is withdrawing its free TV licence to those over 75. The BBC has said that they will write to everyone that this will effect giving them plenty of notice before 31 May 2020.

The BBC has confirmed that anyone receiving the pension credit will still get their free TV licence. So it is even more important to ensure that you claim the benefit that you are entitled to.

Charity Age UK warned that the extra bill could trigger "great worry and distress" to thousands of vulnerable pensioners.

Key dates – July 2019

- 1 July – Due date for payment of Corporation Tax for period ended 30 September 2018
- 5 July – Deadline for PAYE Settlement Agreement (PSA)
- 6 July – 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)
- 7 July – Deadline for VAT returns and payments of Accounting Quarter period ending 31 May 2019
- 14 July – Income tax due date for CT61 period to 30 June 2019
- 19 July – Monthly deadline for postal payments of CIS, NICs and PAYE to HMRC
- 22 July – Monthly deadline for electronic remittance of CIS, NICs and PAYE to HMRC
- 31 July – Second Payment on Account (POA) for Income Tax for 2018-19

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

Telephone – 01482 845750

Email – nick@yorkshireaccountancy.co.uk

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

www.instinctivehorsetraining.co.uk

The evolutionary journey which makes up the modern-day horse- Part 2

Where you end up living on this diverse planet will absolutely dictate what you wear and what is available within the environment to eat. If you lived in Antarctica, you would unlikely wander around in a bikini and would not find fresh fruit growing on trees!

Nature is a marvellous thing: each place on earth needs adaptation to survive. The native species of horse have adapted to the very many environments in has become successful in across the world and vary hugely thus. These differences come in the form of varying sizes and statures, coat colours and hair thickness, length of leg, length of neck and size of head right through to hoof conformation (shape and size) What remains concurrent throughout all horses is the basic skull shape, placement setting of ears and eyes and the layout of its teeth within the jaw.

Domestication by mankind has been the biggest influence in their physical development (some 4000 BC). Since we started to use horses for our own benefit and influence their breeding, we have altered every aspect of how they look. Early humans started by hunting horses for meat. Evidence dating back to ancient cave paintings in Lascaux, France are from the Upper Palaeolithic period suggest a food source and not domesticated.

Tarpan is the last known truly wild horse which became extinct in the 19th century. Studies have shown that they are closely followed by the Przewalski horse which has slightly different DNA but keeps true to some of the Turpan's distinctive features.



Studies have proved that all modern-day horses come from one DNA source originating in the western regions of the Eurasia steppe, some 14,000 to 43,000 years ago. Humans had started to use them for working purposes as well as meat.

Humans migrated around the landmasses and their horses went with them. The earth changed, land masses moved and populations of humans and horses became separated by seas. Thus, the roots for the massive variances we see today started. The western hemisphere wild horses died out at the end of the last glacial period alongside Mammoth and various other prehistoric species however the Eastern Eurasian horses survived. Scientists have speculated and surmised that this is as a direct result of domestication.

Humans selectively bred for placid and trainable temperaments, for body stature in strength and meat, for speed and endurance – all dependent on the environment they lived in and the desired use. Evidence for the first ridden horse came from the Botai culture in northern Kazakhstan some 3500 BC. Around the same time-ish! (4500 – 3300 BC) someone in Mesopotamia invented the potter's wheel. Ancient, solid piece wheel barrows have been found dating back 3300 BC. However, it apparently took until 2200- 1500 BC for the spoked wheel used for chariots to become that all defining moment in history.

Later archaeological sites in the same area and bordering into Russia, found evidence of the first use of chariots. Over the next 1000 years, chariots were found in China, Greece, Egypt and Mesopotamia.



The meat horses and the chariot horses had been bred to be totally different in stature. Warriors became mounted armies and started to use them in battles for land - and so history is written! Humans developed and spread and became successful directly because of the horse. Without the ability to move freely and with speed, the world would now be a very different place.

One amazing fact about the horse is this- no-matter -what the breeds we have today. No matter the use nor the training. No matter the money spent nor the care of engineered breed lines, all horses still hold the ability to return to a feral state. They can all run wild where the strongest will survive. They don't need us in the way that we humans need them.

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Property News from Martin English of Homelink

The Ban on Tenant Fees

After nearly three years in the making on the 1st of June 2019 the Tenant Fees Act came into force from which all new and renewed tenancies will come under scope of the ban and from 1st June 2020 all existing tenancies will be brought under the new rules.

Essentially the Tenant Fee Ban is as the name would suggest, a ban on agents and landlords charging any fee to a tenant unless it is specifically permitted under the act. Landlords will be pleased to hear that charging rent is still permitted.

The Key Measures of the Act include:

- Tenancy Deposits must not exceed the equivalent of five weeks' rent (unless the annual rent exceeds £50,000 in which case deposits are capped at six weeks' rent).
- Holding Deposits will be capped at no more than one week's rent.
- The amount that can be charged for a change to a tenancy will be capped at £50 unless the landlord demonstrates that greater costs were incurred.
- Alongside rent and deposits, agents and landlords will only be permitted to charge tenants fees associated with:
 - A change or early termination of a tenancy when requested by the tenant.
 - Utilities, communication services and Council Tax.
 - Payments arising from a default by the tenant, where they have had to replace keys or a respective security device, or a charge for late rent payment (not exceeding 3% above the bank of England base rate).

A breach of the fees ban will be a civil offence with a financial penalty of up to £5,000.

In practice these measures bring about a significant change for Landlords. Where a Landlord previously may have charged an increased deposit of say two months in consideration of taking a pet in their property, this will now no longer be permissible and may deter landlords from accepting pets, making it even harder than it was for tenants with pets to secure a property.

Where agents and landlords have previously taken fees for the application process and setting up tenancy paperwork, preparing inventories, carrying out move ins, all of these activities cannot be charged for and in practice the cost of this is likely to be passed back to the tenants in the form of increasing rents, which we have seen slowly increasing over the last couple of years anyway and will likely continue to do so as agents pass costs to landlords and landlords to tenants.

It appears that the unintended consequences of the fee ban, could outweigh the savings intended and prove to be an ill thought-out piece of legislation. This was always likely to happen and it does seem, what the government have helped tenants to save on one hand, has been taken in the other and it will be interesting to see over the next year or two whether the intended benefits that the government had for this Fee Ban are realised.

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.

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Free compost giveaways - one of the best and busiest years yet

East Riding of Yorkshire Council's annual compost giveaways enjoyed one of their busiest and best years yet – with 5,000 bags given away free to residents.

Nine giveaway events were held across the East Riding during May in Driffield, Beverley, Preston, Goole, Pocklington, Carnaby, Withernsea, Hornsea and Elloughton.

There was a large turn-out at each site with residents queuing up in their cars to collect two free 15kg bags of compost.

It proved so popular that every spare bag of compost at each location was handed out.

All the compost given away at the events was recycled from the garden and food waste East Riding residents put into their brown bins.

All the waste placed in brown bins – including grass cuttings, hedge trimmings, small branches, leaves, flowers and weeds, all cooked and uncooked food, peelings, plate scrapings, bones, meat and egg shells – gets collected and sent for recycling into quality compost for the garden.

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.

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/

Card making classes at Cottingham Methodist Church Hall

Every Monday (except Bank Holidays) - 1.30pm to 3.30pm. New members welcome. All levels. Contact Ann on 07932 833578.

This September is the Festival of Learning – Try it, Love it, Learn it!

This September sees the nationwide Festival of Learning 'Have A Go' month returning to East Riding Adult Learning Centres. The month aims to promote the great range of adult learning courses on offer and encourage adults to try something new and keep learning. From counselling and mindfulness to photography and a wide range of arts, crafts and creative subjects there is plenty on offer in the area.

Sara Arnold, Employment Education and Skills Group Manager, said: "You can learn a lot in two hours which is why Have A Go Month is a great way to introduce new subjects and interests. There's no pressure to commit to anything, but you might just find something that you really enjoy and want to continue learning."

Find out more and book at www.eastriding.gov.uk/learn.

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'Green' grants available for community groups in the East Riding

Community groups across the East Riding are being invited to apply for grants to go towards projects that make their environment a better place to be.

The grants are being made available by East Riding of Yorkshire Council as part of the Government's Year of Green Action (YoGA) which was launched earlier this year to raise awareness of, and participation in, action that is beneficial to the environment.

The Year of Green Action is part of the Government's 25-year environment plan which aims to "be the first generation to leave the environment in a better state than when we found it".

From Wednesday, 12 June, not-for-profit organisations, volunteers and community groups, town and parish councils, schools and other public bodies are being invited to apply for grants of up to £1,000 to be used towards green and environmentally-friendly projects.

These can include organising and taking part in litter picks in towns, villages, or along the East Riding's beaches, creating a nature area to attract wildlife such as frogs, newts and dragonflies, planting trees and pollinator-friendly flowers to supporting green infrastructure by installing green walls and roofs on buildings.

Businesses can also apply but must make it clear in their application how the project will provide benefits for nature and people in their area.

Councillor Mike Stathers, portfolio holder for enhancing communities at East Riding of Yorkshire Council, said: "This

is a great opportunity for people and businesses across the East Riding to get involved in this national campaign, Year of Green Action.

"Through this fund, the council can promote the campaign at the same time as helping create residents benefits for their local community and for the environment."

Anyone who interested in applying for a grant needs to register at www.eastridingofyorkshirecouncil.flexigrant.com and then select the Year of Green Action from the menu.

The closing date for applications is 5pm on Sunday, 7 July and all projects that receive funding must be completed by 31 December, 2019.

For more information about the Year of Green Action www.yearofgreenaction.org and for more information on the Government's 25 year environment plan go to www.gov.uk/government/publications/25-year-environment-plan.

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Centenary Celebrations for the Cottingham Bowling Club

This very proud man is Jeff Lewis, who was elected as President in the Centenary Year of the Village Bowling Club. The Club has more than 120 members and has two well-kept Greens, which between them have 11 playing rinks. Social Bowling plays a big part in the Club's activities. Members also play in five different Leagues for Ladies and Gentlemen, which results in 12 different Leagues Matches each week.

The Ladies also enjoy playing in three Different Leagues, and Cup Matches. The Club also boasts of our friendly Matches which are always a favourite with



our newer Members who wish to participate in friendly competition.

The Centenary Celebration season, 2019, started with a well-supported President's Reception which was held on Sunday, 13th January and this was followed by a fantastic Coffee Morning on the 13th April. This event signified the opening of the greens for the outdoor season.

The highlight of the day was welcoming a special guest, the Chairman of the Parish Council, Mrs Ann Abel. The Parish Council very generously provided a grant to purchase a new Centenary Bowling Club Flag and Flagpole. Together with the unfurling of the Flag, we also unveiled a new Centenary Club welcome sign, kindly donated by Mr. Allan Woodson.



From left to right: Mr. Chris Carey (Club Captain), Mrs. Ann Abel (Parish Council), Mr. Jeff Lewis (President), Mrs. Sue Woodeson (Ladies President).

Future Centenary activities planned for the year include a Club Dinner which will also be held when the Guest Speaker will be Mr. Simon Clark, Presenter on the BBC Look North Programme.

Pictured below the new Flagpole, Flag, and welcome sign.



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The Reading Agency and Libraries Present



Summer Reading Challenge 2019

Space Chase, Summer Reading Challenge 2019, is set for take-off in East Riding Libraries

There will be a chance to join East Riding Libraries and Customer Services on Planet Library this summer for an out-of-this-world adventure!

The Summer Reading Challenge, produced by the Reading Agency, returns to East Riding Libraries with the theme of 'Space Chase' inspired by the 50th anniversary of the first moon landing in 1969.

Aimed at primary school children, the challenge to read six books over the summer holidays encourages reading for pleasure whilst ensuring reading ability is maintained during the long break from school.

By reading throughout the holidays and attending sessions at local libraries, participants can collect special stickers and other rewards along the way, all for free!

Councillor Shaun Horton, portfolio holder for tourism, leisure and culture, said: "Join us and our super space family, the Rockets, for an exciting mission to track down books stolen by sneaky aliens!"

"This fun and educational Challenge is open to all reading abilities and encourages a love of reading amongst all who take part.

"I am sure that the Summer Reading Challenge will be a huge success once again in the East Riding."

Lauren Child, Waterstones children's laureate, added: "The Summer Reading Challenge is about reading for the pleasure of reading. Stories are important because they nourish us and broaden our thinking"

Alongside The Challenge this year, there will also be an opportunity to take part in 'Space Craft' sessions for just £1 per child per session, or £5 for six weeks

Places are limited, so booking is recommended online at: www.eastridinglibraries.co.uk/summerreadingchallenge or pop into your local library or mobile. Space Craft can be booked and paid for at your first Summer Reading Challenge session at your local East Riding Library.

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Cave Castle Hotel in 2019

July: **Wedding Open Day** – Sun 14th

Oct: **Psychic Interference - Murder Mystery** – Fri 11th
Dirty Grease Tribute Event – Fri 18th

Sept: **Without a Clue - Murder Mystery** – Fri 13th
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Neil Diamond Tribute Event – Sun 27th

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Glittering ceremony to honour hospital staff at Hull's Hilton

A man who has dedicated more than half a century to transforming hospital services for women and children, people with cancer and those with heart problems has been honoured for his service to the NHS.

David Haire joined the NHS in 1967 and, as Director of Operations, drove the creation of Hull Women and Children's Hospital and the Queen's Centre for Oncology and Haematology.

His work with the Daisy Appeal also led to the opening of the Daisy Building for the care and treatment of people with cancer, heart disease and dementia.

Mr Haire's dedication was recognised by Hull University Teaching Hospitals NHS Trust at its annual Golden Hearts awards ceremony in Hull on Friday.

The glittering ceremony at DoubleTree by Hilton was held to thank staff looking after the health of more than 600,000 people in Hull and the East Riding.

Fifteen awards, including a Lifetime Achievement Award to Mr Haire, were presented to individuals and teams working at Hull Royal Infirmary and Castle Hill Hospital during the ceremony, hosted by former Chief Nurse Mike Wright.

Chief executive Chris Long said: "We can only achieve the high standard of care we offer patients because of the dedication and hard work of our staff."

"It is right we take the time to thank the people who spend their lives helping others and to celebrate their achievements."

"I would like to congratulate our very worthy winners and thank them for their hard work and devotion which ensures the NHS remains the envy of other countries around the world."

The winners were:

Making It Better award: **HEY Baby Team**

Great Leader: **Lindsey Harding**

Team Spirit: **Renal Dietetic Team**

Lessons Learned: **Karen Harrison, Tissue Viability**

Apprentice of the Year: **Andrew Eagle**

University Partnership Working: **Academic Respiratory Team and Wolfson Palliative Care Research Centre**

Moments of Magic: **Jenny Wilson**

Health Group Trophy: **Clinical Support Health Group**

Outstanding Individual of the Year (Scientific, Technical and Therapeutic): **Julie Randall**

Outstanding Individuals of the Year (Non-clinical): **Stuart Cutts and Tania Hicks**

Outstanding Individual of the Year (Clinical): **Dr Kamrudeen Mohammed**

Outstanding Individual of the Year (Nursing and Midwifery): **Chloe Tennyson**

Outstanding Team of the Year (Non-Clinical): **Radiotherapy Physics**

Outstanding Team of the Year (Clinical): **Kidney Transplant Team**

Lifetime Achievement: **David Haire**

The Golden Hearts celebration was funded by the trust's own staff lottery and through the generous sponsorship of Minstergate/Beerhouse, Go MAD, T2, KCOM, Savilles, Managers in Partnership, HYA Training, Simply Health, OCS, DoubleTree by Hilton Hotel, Interact, Cambio and the University of Hull.

Pictured: David Haire receives his Lifetime Achievement award.

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Swanland Village Hall - Dates for your diary

Flossie Malavialle, the French folk singer with the Geordie accent, returns for a tenth visit to Swanland Village Hall on Saturday 23rd November to help raise funds for the cholesterol charity HEART UK.

Swanland Village Association has booked the theatre company, Townsend Productions for a third time with their production of The Ragged Trousered Philanthropist on Saturday 30th November.

Watch out in this magazine for further details nearer the time.

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East Riding health walk scheme see volunteers graduate as walk leaders

The next group of volunteers for East Riding of Yorkshire Council's Walking for Health scheme have successfully completed their walk leaders training, held at East Riding Leisure Withernsea.

The course, provided by East Riding of Yorkshire Council's sport, play and arts service, offered the group the information and skills required to become a walk leader on the popular health walk scheme helping thousands of people across the country lead a more active lifestyle.

The group walks – which in the East Riding operate in 20 different locations, with 21 weekly walks offering

30 minute walks ranging up to two hours – are led by friendly, specially-trained volunteers and take place over easy terrain.

Laura Hutchinson, healthy lifestyles development officer at East Riding of Yorkshire Council, said: "Without the dedication of volunteers giving up their time to lead the walks, we would not be able to offer the number of walks that we do."

"They are the backbone of East Riding's Walking for Health scheme and the volunteers ensure everyone is safe and enjoying themselves on the walks."

Councillor Shaun Horton, portfolio holder for tourism, culture and leisure, said: "Volunteering training such as this offers vital help to people in need, worthwhile causes and the community."

"The Walking for Health scheme can help reduce stress, combat depression, keep people mentally stimulated and provide a sense of purpose."

"The more people who volunteer for this scheme as walk leaders, the more benefits they will experience, but it doesn't have to involve a long-term commitment or take a huge amount of time out of their busy day."

The council is looking out for new volunteers to lead existing walks, and if people would like to organise a walk in their local East Riding town or village, please contact Laura Hutchinson by email at laura.hutchinson@eastriding.gov.uk or call (01482) 392527.

Alternatively, a programme of walks can be downloaded from www.walkingforhealth.org.uk.

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The Multi-Story Orchestra return to Beverley this summer

Returning to Flemingate Car Park on Sunday, 7 July, 2019 at 4pm, The Multi-Story Orchestra are bringing one of the most famous pieces of 1960s music - Terry Riley's *In C* - to Beverley for an unmissable performance for all the family, joined by East Riding Youth Orchestra.

The MSO started in 2011, presenting extraordinary performances in unexpected settings. From car parks to schools and festivals, they create amazing live classical music experiences performed by incredible musicians. Winners of a 2016 Royal Philharmonic Society Award, the Orchestra has been celebrated as one of the most exciting ensembles to emerge in recent years.

Spread across the car park for the first part of the evening with the audience free to explore and get involved, before gathering together to hear the piece in full, this is a unique chance to experience the pulsing minimalism of *In C* in one of The Multi-

Story Orchestra's amazing performances: "forget fusty concert halls, the future of music is emerging in a municipal car park" (*The Times*).

Suitable for ages 8+

Tickets cost: Adults £6, Children £5 and are available from Beverley Library or call 01262 678258 or visit bridspa.com.

BorrowBox - the new eBook service for East Riding Libraries - has landed!

East Riding Libraries and Customer Services have launched their new and improved eBook service.

Available now, customers can find a larger choice of titles and a more intuitive and user friendly App. The only thing that hasn't changed is that the service is still FREE.

Councillor Shaun Horton, portfolio holder for tourism, culture and leisure, said: "With nearly 4,000 titles, there really is something for everyone, and the collection will continue to grow. I am delighted that we have been able to expand and improve this hugely popular service."

The BorrowBox app can be downloaded free. Customers will just need a library card number and pin to start borrowing (for those who are not members, it's free and easy to join - pop in to any library, or visit www.eastridinglibraries.co.uk)

For further information, please visit www.eastridinglibraries.co.uk and click on 'Libraries online' for full details of all of the free eResources available with your library card.

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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 £12.

We pick up at Bilton and on Holderness Road, then Hull City Centre, Beverley Road and Beverley.

Pick up in the City Centre is 8.30am during the Spring and Summer months.

All walks are with leaders.

The 'A' walk - a fast paced 10 to 12.5 miles

The 'B' walk - 7-9 miles

And usually a 'C' walk - around 5 miles and a gentler pace.

Sunday 7th July

Is a walk around Knaresborough.

Sunday 21st July

Ganton / Staxton to Filey.

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.

Phoenix Walkers

If you like walking in the countryside/a social day out.

Then why not 'Put your boots on' and join Phoenix Walkers.

We are a very friendly walking group with walks on alternate Sundays in picturesque areas of Yorkshire, Lincolnshire and Derbyshire.

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

Two levels of Walks

A Group 8-10 miles

B Group 5-7 miles

Shorter walks, a stroll of about 3 miles or so may also be available depending on the location please enquire.

Sunday 14 July Saltaire West Yorkshire

Sunday 28 July Elsecar South Yorkshire

For further information and pick up times please ring Sid&Sue 01482 701325. email phoenixwalkingclub@outlook.com

Wykehykers Walking Club – New Members Welcome

Our 44th season is underway with planned fortnightly Sunday trips to picturesque locations across Yorkshire, Derbyshire and Lincolnshire. Choice of guided walks of around 4 and 8 miles often with further option to simply enjoy a day at leisure at our planned destination.

We start at Ferensway and pick up along Beverley and Hull Roads into Beverley when Northbound and start from Beverley High Road into Ferensway and along Anlaby and Boothferry Roads when Westbound starting at 8.30am and usually home around 6pm. Coach fare is £10. Annual membership £10.

Interested? You are very welcome to come with us for a walk or two before deciding whether to join. Contact Alan on (01482) 850997 or Keith on (01482) 782917 for further details including walks list.

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“Taking the soft option

Quite often the questions we get asked from customers are not about if they should have a Water Softener, they often have already been convinced they should have one by friends or relatives; but practical ones such as; “we would love to have a softener, but they are great big ugly things that have to go in a utility room aren't they?” or “aren't they very complicated and fiddly to use?” or “don't you have to lift huge bags of salt?”.

We take great delight in explaining to customers that whatever pre conceptions they may have had about Water Softeners of old, that modern, efficient, compact and well designed Water Softeners are now available that can often fit conveniently in any kitchen, they can be fitted, neat and tidy, in a few hours by our skilled fitters with no fuss. Approximately the size of a computer tower unit the softeners are stylishly designed to fit in in the minimum possible space and on our free no obligation site survey we will discuss the various options and possibilities depending on the specific plumbing and kitchen layout in the customer's home.

Are they complicated to use? Well, they used to be, with dials and meters and plugs and sockets and programmes to input, but, although this type of softener is still available, worry not! there are modern, simple, eco friendly units that are kinetically powered by the water, these units are pre-programmed and the only attention they need is topping up with salt every now and then.

Softeners of old tended to be of the type that required to be filled from large 25 kilo bags of Salt Tablets or Granules and this could be difficult for some customers, I am pleased to say that whilst as stated above this type of softener is still available, modern compact Water Softeners take compact blocks that are easily stored and convenient to use.

The comfort benefits of soft water for bath washing, and soft, fluffy laundry are well known by owners and it is often this as much as the cost of appliances and pipe work and even the ease they enthuse about to family and friends.

Water softeners work 24 hours a day to protect from limescale and provide beautifully soft water as well as saving you money, with more efficient and longer lasting appliances, and make the chore of cleaning the shower screen a breeze!

Please give me a call if you have any questions; we offer a free no obligation site survey- testing water hardness, customer requirements and checking the plumbing to recommend the best solution.



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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 4,000 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 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

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Internal:-

High Blood Pressure, Palpitation, Obesity, Ashma, Brochitis,



Headache, Dizziness, Migraine, Nausea, Vomiting, Gastritis, Colitis, Indigestion, Peptic Ulcers, IBS, Diarrhoea, Edema, Diabetes, Constipation, Haemorrhoids, Colds, Flu, etc.

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Women's Problems:-

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Haltemprice Lions step into their New Year

Haltemprice Lions recently held their Annual Dinner when they were able to make a substantial donation to the M.I.N.D. charity. The members are now planning for events for what is their new year which starts in July.

The President, John Hall, has requested our major fund raising events will continue the support of young persons in the area who suffer from the effects of mental disorders. To that end a major fund raising dinner has been organised for Thursday, 31st October, at the Mercure Grange Park Hotel, when the guest speaker and entertainment will be provided by the former heavyweight international boxer, Frank Bruno. That in itself will be a top attraction, further details will be released nearer the time.

Other events will be organised but a date has been confirmed for the Christmas Band Concert as Thursday, 19th December, when once again the Hull & East Yorkshire Brass Band will play at the Cottingham Methodist Church. The Haltemprice Lions are always pleased to support any good cause be it local, national or international and have recently supported the Kirkella Scouts with their summer camp. If you think they can help you or your organisation, or if you are interested in membership of the Lions organization please contact David Whincup on email: dwhincup@dwhincup.karoo.co.uk.

Photograph shows – John Hall, President of Haltemprice Lions with his wife Andrea and Rebecca Parker and Christopher of the M.I.N.D. charity.

Is this the best 5K in the world?

Race through award-winning vineyard includes four wine stations

A charity race will include drinks stations with a difference to raise money for a hospice this summer. Runners tackling the 5K challenge will be able to taste four different wines along the route, which runs through an award-winning vineyard.

There will also be nibbles served on the way and a glass of something special for participants as they cross the finish line. The Wine Dash is organised by Dove House Hospice and takes place at Little Wold Vineyard in South

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Cave, East Yorkshire.

Anita Brien, Events Coordinator for Dove House Hospice, said: “This is a truly unique event in a beautiful location.

“The vineyard is at the top of a hill on the popular Wolds Way and enjoys stunning views across the River Humber. What better way to spend a summer’s day than enjoying some fresh air and a few glasses of wine, whilst raising money for a fantastic cause at the same time?”

Tickets for the Wine Dash are just £30, which includes four glasses of wine with nibbles, and another glass to celebrate on the finish line. Non-drinkers are also welcome and can take part for a reduced fee of £15. Designated drivers are free and there will be a selection of non-alcoholic drinks at each station along the route.

“We welcome everyone who wants to take part in the Wine Dash in whatever way suits them,” said Anita.

“Whether you are a runner who enjoys tackling different races or a team of mates who would like to meander around having a good catch-up, we look forward to meeting you. Because this is such an unusual event we’re expecting people from far and wide, so we would encourage people to register early to make sure they don’t miss out on a brilliant day out at this hidden gem.”

Little Wold Vineyard has been producing great English wines in the East Yorkshire countryside for the past few years. Based on a family farm, it has more than 8,000 vines of five different white grape varieties and three red. It’s first crop was harvested in 2016 and two of its sparkling

Continued on page 46

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SWANLAND ARTIST

**ART
EXHIBITION**

A show of her paintings illustrating her versatility with subject and media

SWANLAND VILLAGE HALL
Saturday 17th & Sunday 18th August
From 10.00am - 4.00pm

MACMILLAN
CANCER SUPPORT
261017

FREE ADMISSION • REFRESHMENTS AVAILABLE

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wines, Henry's Harvest and Heather's Sparkle, both won bronze awards at the Wines of Great Britain Awards.

There are staggered start times for the 5K Wine Dash through the vineyard at 11am, 12pm and 1pm. And for those looking to complete a longer distance can join a 15 mile walk which starts at 9am, taking in the wine in the last 5K of the route.

The event is aimed at adults but families are welcome to join in at 1pm. There will also be delicious local food available at the finish.

Dove House Hospice provides specialist care for people living with a terminal illness in Hull and East Yorkshire. Every step – and sip – taken by participants on the Wine Dash will help the hospice, which relies on fundraising to stay open, to continue to add life to days when days can't be added to life.

The Wine Dash is supported by Little Wold Vineyard, which is providing the finish line wine, and House of Townend, which is providing the wine for the four wine stations.

To take part in the Wine Dash, register online here. Entry fees apply but participants are not required to get sponsorship, although they are welcome to if they wish to raise more money.

In addition to support from Little Wold Vineyard and House of Townend, the hospice is seeking help to provide the nibbles for participants. This could either be via a donation or a catering business such as a street food stall or local restaurant which is willing to take part on the day. If you have a company which can help, please contact Dove House Hospice on fundraising@dovehouse.org.uk.



Summertime Survival Tips For Your Health

Ah, summertime! This carefree time of year is not always so carefree if you forgot the most basic survival tips that can keep you healthy and feeling good.

Here we look at some hydration hints for your health and the health of your whole family!

You have left home for a day at the beach, a picnic with friends or a long awaited hike into the woods. Or perhaps you plan to visit the local wildlife park or amusement park with the kids. As you head out on your adventure you realise that you have packed all of the essentials such as hats, sun block, healthy snacks, sunglasses, the first aid kit and a change of clothes but you have forgotten one important thing- your water bottle. Uh oh! Should you:

A. Not worry about it and just get on with your plans?

B. Turn the car around and go back to get it?

If you answered B then you would be doing the right thing for your health and well-being. While it may seem inconvenient and may slow you down being without water is not very smart. This is especially the case during the warmer months and when you are doing physical activity of any kind. Plus you want to teach your children to be smart about their health.

Consuming enough fluids is important when the sun is beating down on you and when you are exerting yourself. Water is the number one beverage for your health. It keeps you hydrated and provides your body with what it needs to work its best. Drink in the range of six to eight glasses of water daily. When the weather is hot you need to increase your water intake. The same can be said when you exercise, or when you encounter low humidity or high altitude.

If you decide to go for a long walk or hike without a full water bottle accompanying you then you have a greater potential of getting headaches, becoming overly tired and exhausted and feeling cranky. This is not the way to enjoy the summertime!

Drink even when you do not feel thirsty. Thirst is a sign that you have become dehydrated. If your urine is dark yellow then you are not drinking enough water. If it is only slightly yellow or almost clear then that is a good indication that your fluid consumption is where it should be.

Juices and sports drinks can help you to get the water content you need but are not the best choice if you are watching your weight. Some of these drinks are high in calories and contain too much sugar.

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Weekly Classes held at:
Darby & Joan Hall, Finkle Street,
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Monday 5.30 pm and 7.30 pm
and all Bank Holidays

For Membership details Ring Theresa on 823032

Crossword solution from page 14

1	S	P	H	E	R	O	I	D	5	H	E	R	E	O	F
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