

# Cottingham Times

and District

Issue 151 - June 2014

## STEPHEN RICHARDSON

### PLUMBING, HEATING & GAS SERVICES

Approved Worcester-Bosch Installer

All Worcester-Bosch Boilers installed, come with a 5-year  
Parts and Labour Warranty - Get Peace of Mind until 2019

Some boilers with a 8-year Parts & Labour Warranty  
available until the end of December 2014

Oil Boilers Installed, Serviced and Repaired

Natural Gas, LPG and Oil-Fired Heating Engineers

Call for your FREE, No Obligation Quotation Today

**Tel: 01482 876145 - Mobile 07779 887769**

33 St. Margarets Avenue, Cottingham, East Yorkshire HU16 5NQ





Magnolia  
House

## Luxurious care home for you or your loved one...



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

*Residential Care • Nursing Care  
Dementia Care  
Respite Care • Day Care*

With a genuine 'home from home' atmosphere, relaxing environment, tasty, nutritious food and beautifully landscaped, extensive gardens Magnolia House values the importance of elderly care whilst offering a whole new lifestyle with unrivalled services. Our dedicated activities co-ordinator organises a variety of leisure pursuits, therapies, entertainments and outings to stimulate, inform and brighten the day for everyone. A recent, resident led, £300,000 refurbishment has given the award winning 93 bedroom home a top-to-toe makeover including stylish new decor throughout, exquisite lighting and flooring and elegant, en-suite 'wet rooms' for every room.

You may be caring for someone and simply need a break, or you may be struggling to take of yourself - whatever your needs our specialist, dedicated and caring team can help!



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

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

**T: 01482 845038 • [www.parklanehealthcare.co.uk](http://www.parklanehealthcare.co.uk)**

*Park Lane*  
HEALTHCARE

## THE COTTINGHAM TIMES

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

Editor: Keith Teale

Published Monthly by: The Cottingham Times

### Enquiries: Advertising

Tel: 01482 840035 - Fax: 01482 840035

### Editorial and Contributions

Tel: 01482 840035 - Fax: 01482 840035

Accounts: Tel: 01482 840035 - Fax: 01482 840035

Website: [www.cottinghamtimes.co.uk](http://www.cottinghamtimes.co.uk)

E-mail: [media@cottinghamtimes.co.uk](mailto:media@cottinghamtimes.co.uk)

*Cottingham Times is a totally independent publication.*

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

### Disclaimer

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

### Notice to Advertisers

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

10,000 Copies Printed Monthly

### Looking for Window Blinds?

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



Conservatory Specialists

**5YR Guarantee**  
ON ALL PRODUCTS

**UKBlindsdirect**  
[www.ukblindsdirect.com](http://www.ukblindsdirect.com)  
[info@ukblindsdirecthull.co.uk](mailto:info@ukblindsdirecthull.co.uk)

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

**Bridget FREER** 07541 009321  
[bridget@bridgetfreer.co.uk](mailto:bridget@bridgetfreer.co.uk)



clinical hypnotherapist

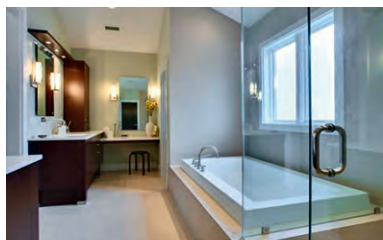
**Lose weight** with a  
**Virtual Gastric Band**

**Smoking: Stress: Phobias**

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

# D. WILLIAMS

(Established over 29 years)



## Plumbing and Heating (Cottingham)

**Plumbing - Heating -  
Bathrooms - Tiling**

## Full Bathroom Installations

• Tiling • Electrics • Building Alterations • Joinery

## Central Heating

• Full Systems • Boiler Changes



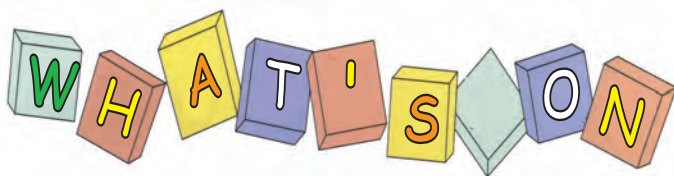
## Plumbing and Gas

• All Plumbing Work • Gas Cookers  
• Gas Fires • Servicing to all Gas Appliances

**Tel 882552 Mobile 07721 366343**

*Support the advertisers who appear within the Cottingham Times*

[www.cottinghamtimes.co.uk](http://www.cottinghamtimes.co.uk) - June 3



## In Cottingham and District

### St. Mary's Church, Cottingham

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

### AgeUK East Riding

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

### Cottingham Bridge Club

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

Front cover: Fields of Oil Seed Rape, Eppleworth Road.  
Photo by: John Dewing.

### Cottingham Rangers AFC

Are one of the biggest football clubs in the area. We have a mini-soccer academy for 4-8 year olds and run teams for under 8's through to mens, as well as girls teams and now have an Ability Counts Section. Founded in 1972 the club offers sporting opportunities for the local community. Contact Jon Constable, Club Secretary, telephone 01482 840377, or visit our website [www.cottinghamrangers.co.uk](http://www.cottinghamrangers.co.uk).

### Zion United Reformed Church, Hallgate

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

### Play Badminton

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

### Scottish Country Dancing Club

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

### Fitmums & Friends Run, Walk

The club meets at the Blue Kangaroo, Finkle Street, Cottingham on Monday's 9.45 am (term time only) and at Cottingham Sports Centre KGV Pavilion, Wednesdays 7.00 pm; Fridays 6.15 pm. Suitable for men & women of all abilities. [www.fitmums.org.uk](http://www.fitmums.org.uk)

# STEPHEN RICHARDSON



## PLUMBING, HEATING AND GAS SERVICES

*Time-Served Plumber :: Ex-British Gas Technical Engineer*  
**Natural Gas, LPG and Oil-Fired Heating Engineers**



218388

- Gas Central Heating
- Boiler Replacements
- Gas Servicing
- Solar Water Heating
- Breakdowns, Repairs
- Bathroom Suites
- Systems Powerflushed
- Systems Upgraded
- Oil Boilers Installed, Serviced & Repaired



**Beat Rising Gas Prices  
Have a New  
Condenser Boiler  
Fitted NOW**



218388



*All Plumbing Work Undertaken*

**Tel: 01482 876145**  
**Mobile: 07779 887769**

**33 St. Margarets Avenue, Cottingham, East Yorkshire HU16 5NQ**



### Cottingham Bridge Club

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

### The Alzheimers Society

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

### Cottingham Cricket Club

The club provides cricketing activities and games for boys and girls from the age of 7. In 2014 we will be running four Saturday sides, a Midweek evening league team, an U18 side on Sundays and teams at U9, 11, 13, 15 and 17 and all Girl teams at U11 and 13. All new players are welcome. Training starts in January with Indoor Nets at Thomas Ferens Academy for all age groups and Seniors on a Tuesday evening 6 till 8pm and at Cottingham High School on Saturday mornings. For more information please contact Rob Rhodes on 842215.

### 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 Methodist Church Hall

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

### Humber Raiders Basketball Club

Training sessions are held every Wednesday evening between 7.00 pm and 9.00 pm and on a Saturday afternoon between 1.00 pm and 3.00 pm. If you would like to join us for a free starter sessions we would be pleased to hear from you on [recruitment@humberraiders.co.uk](mailto:recruitment@humberraiders.co.uk) or 07789 986323.

### The Cottingham Whist Club

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

### The Green Ginger Garland Dancers

Lady folk dancers established over 30 years ago. Thursday practices in the hall behind the Zion Church, Hallgate, Cottingham, between 8.00 pm to 10.00 pm. Every Thursday apart from August. For further information contact: [www.greengingergarland.com](http://www.greengingergarland.com) or team leader Jenny Pittock on 01482 657778.

### Hull Alpha Probus Club

The Hull Alpha Probus Club will be meeting at The Back Room, Hallgate, Cottingham on the following dates:-

5th June - Coffee Morning

19th June - Lunch

Lunches are from 12.00 p.m. onwards and are followed by a talk from a guest speaker. Coffee mornings are from 10.15 a.m. onwards. If you are retired, live in and around Cottingham and would like to meet new friends, please contact the Club Chairman on 01964 624238 for more information.

*Continued on page six*

*Support the advertisers who appear within the Cottingham Times*

Four Generations giving 100 years Family Service

Herbert 1893-1962 Eardley 1908-1986 Geoffrey 1939 David 1964

Funerals respectfully conducted :: Personal Attention  
Limousines :: Home & Abroad :: Private Rest Rooms Available

## H. KEMP & SON LTD

Funeral Directors

(Established 1893)

259-261 HALLGATE, COTTINGHAM

YORKS HU16 4BG

Telephone (01482) 844695



♦ Golden Charter Pre-Paid  
Funeral Plans Available ♦



## PAINTER & DECORATOR

### 25 YEARS EXPERIENCE

### QUALITY WORK

TEL: 01482 876743 (COTTINGHAM)

## DAISY DECOR

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

Get the

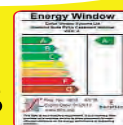
## Wow Factor

with  
**COLFAX**  
WINDOWS

upto

# 55% OFF

## WINDOWS AND DOORS



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

**Buy  
NOW  
Pay  
Later**



# 45% OFF

## CONSERVATORIES AND ROOFLINE

# 0% INTEREST FREE CREDIT

For a no obligation free quotation

Call **01482 879077**

or visit us online

## [www.colfax.co.uk](http://www.colfax.co.uk)

and click "online quote"



Leads Road, Hull HU7 0DE

Find us on Follow us on

**COLFAX** Window Systems  
Over 28 years of excellence  
WINDOWS • DOORS • CONSERVATORIES

[www.cottinghamtimes.co.uk](http://www.cottinghamtimes.co.uk) - June 5

# Andy Wilson

**Joiners & Wood Turners**  
National Avenue, Hull

**FREEPHONE 0800 956 7419**

**MOBILE 07930 565457**



**Traditional or Contemporary Bannisters**  
**Glass Panels • Pine • Hemlock • Ash • Oak**

**Squeaky Staircase?**

**Treads and Risers Replaced, Kites Rebuilt**

**All Staircase Repairs**

*Jane*  
**Brooks**  
**LAW**

**HERE TO HELP YOU WITH:-**

- CONVEYANCING • WILLS • ESTATE ADMINISTRATION
- LASTING POWERS OF ATTORNEY • CARE FEE
- PLANNING • COMMERCIAL PROPERTY • TENANCY
- AGREEMENTS • EMPLOYMENT CONTRACTS
- BUSINESS SALES & PURCHASES • LEASES
- DEBT COLLECTION

**Cottingham**

2/4 George Street,  
Cottingham, HU16 5QU

Tel: 01482 848101

**Hedon**

13 St. Augustine's Gate,  
Hedon, HU12 8EU

Tel: 01482 893366

*Your Local, Friendly Solicitors*

**www.janebrookslaw.co.uk**

Both offices are accessible to wheelchair users

## Hull and District Cat Protection League

Saturday 7th June - Cat Homing Show. From 11.30 am to 1.30 pm in the Darby and Joan Hall, Finkle Street. Lots of cats looking for permanent homes. Stalls will include cakes and preserves, gifts, cat accessories, Tombola and Bric-a-Brac. Refreshments will also be available. For adoption please call 01482 790284.

## British Sugarcraft Guild

Saturday 7th June - AGM followed by something different "Fascinators with Fresh Flowers" by Lesley Dalton. Meetings held at the Cottingham Parks Golf and Country Club, Woodhill Way, Cottingham. Meetings 2.00 to 4.00 pm.

## Friends of KGV Playing Fields

Saturday 7th June - Showcase of Healthy Living, 10.00 am to 2.00 pm. with something for all the family to enjoy.

## Cottingham Catholic Women's League

Monday 9th June, Edwina Parker - Life of a Magistrate, in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7.30 pm.

## Cottingham Women's Institute

Tuesday 10th June - Ann Masson - All about Lavender. Competition: Garden Bloom, at 10.00 am in the Methodist Church Hall, Hallgate, Cottingham.

## Cottingham Methodist Photography Group

We meet in Cottingham Methodist Church Hall

Tuesday 10th June at 6.30 pm Outside visit (7.30 pm if wet)

Tuesday 24th June at 6.30 pm Outside visit (7.30 pm if wet)

Got a digital camera for Christmas and want to know more??

Why not pay us a visit and join a friendly group. Members are always happy to offer help, advice and support to new members. New members welcome. Contact for further details - John Tel No: 842169 or [john@jcmhome.karoo.co.uk](mailto:john@jcmhome.karoo.co.uk)

## Cottingham Ladies Circle

Wednesday 11th June - Mr. M. Jessop "Clouds" - Recognising Different Clouds and understanding what they tell us about the weather, in the small hall at the Darby & Joan Hall, Finkle Street, at 7.30 pm.

## Cottingham Green Women's Institute Evenings

Thursday 12th June - Anna Longthorpe - Anna's Happy Trotters. Competition: Pretty Pig, in The Darby & Joan Small Hall, Finkle Street, at 7.30 pm.

## U3A

Thursday 12th June - Marilyn Walker - Growing up in the Fifties, at 2.00 pm in the hall at the Darby and Joan Hall, Finkle Street.

## St. Mary's Mother's Union

Thursday 12th June - 90th Anniversary of Inauguration. Please join us at our Celebration Eucharist at 12.00 noon on Thursday 12th June. Address by Mrs. Margaret Sentamu followed by buffet lunch in the Church Hall for members and invited guests.

## Skidby & Little Weighton Methodist Church

Friday 13th June - Soup Lunch. Come and enjoy delicious home made soup and rolls and make a donation for the church. Commences 11-30 am and will take place at Skidby & Little Weighton Methodist Church Main Street, Skidby. Everyone welcome.

*Continued on page 29*

*Support the advertisers who appear within the Cottingham Times*



offer available  
daily till  
11.30am

# BUY ONE TRADITIONAL BREAKFAST GET ONE FREE

**includes Topiary Cumberland sausage, back bacon,  
fried egg and baked beans**



## Beverley Garden Centre

Hull Road, Woodmansey, Beverley,

Tel: 01482 880002 • [www.strikes.co.uk](http://www.strikes.co.uk)

offer available from 27th May to  
29th June 2014, subject to availability

# Cottingham Parish Council



## Annual General Meeting

For your information I give below information on the make-up of the various Committees and Working Groups on the Parish Council and which Councillors represent the Council on other groups. All Councillors are members of the Finance & Asset Management Committee and the Planning Committee.

Chairman:	Cllr Ann Abel
Deputy Chairman:	Cllr Kevin Casson
Allotments Committee:	Cllrs Abel, Casson, Hardwick, Jump and Minors
Cottingham Day Committee:	Cllrs Abel, Harness, Kind and Wright
Neighbourhood Plan Steering Group:	Cllrs Casson, Cooper, Harness, Jump and Knight
Drainage Working Party:	Cllrs Casson, Hardwick, Jump, Knight, Minors and Wright
CCTV Working Group:	Cllrs Abel, Cooper and Wright
Emergency Plan Working Party:	Cllrs Abel, Casson, Cooper, Harness, McLaren, Minors and Wright
Council Against Car Parking Charges Group:	Cllrs Abel, Hardwick, Harness, Jump, Kind, McLaren, Minors and Wright
WWI Project Working Gp:	Cllrs Hardwick, Harness, Kind, Knight and Minors
Cottingham Wild Space Gp:	Cllrs Jump and Wright
KGV Friends Group:	Cllr Cooper
Cottingham KGV Community Trust:	Cllr McLaren
YCCRP:	Cllr Knight
ERNLLCA representatives:	Cllrs Knight and Wright
Haltemprice Flood Action Group:	Cllr Knight
Humber Estuary Management Partnership:	Cllr Jump
Darby & Joan Building Trust:	Cllrs Jump and Minors
Cottingham and District Traders:	Cllr Minors
Cottingham Food Festival:	Cllrs Abel and Wright
Cottingham Farmer's Market Project:	Cllrs Harness and Wright

## Cottingham Day – Saturday July 5<sup>th</sup> 2014

A date for your diary – 5<sup>th</sup> July 2014. Yes, Cottingham Day has come around again. Last year, the event attracted over 15,000 people and we hope to repeat this in 2014.

This year, King Street will be closed from 7am from the traffic lights at the corner of Hallgate to Finkle Street. This will enable Market Green to be slightly less crowded and even more stalls and attractions can be accommodated on King Street. As usual, there will be a variety of acts performing on the stage from 11am onwards (please note that the police will not allow the drinking of alcohol on Market Green, particularly at the tables in front of the stage).

Many of the old favourites return this year – the dog show, the birds of prey, classic cars and motorcycles. For the children, as well as the fairground, the climbing wall and other attractions, we have mini go-karts for the first time.

The local shops, cafes and pubs will be open to welcome visitors and events will be taking place at the Civic Hall, the Darby and Joan Hall and the churches.

Good weather has been ordered so please come along and help make this another memorable day for Cottingham.

8 June - [www.cottinghamtimes.co.uk](http://www.cottinghamtimes.co.uk)

## Changes to bus services from 7am – 7pm on Saturday 5<sup>th</sup> July

### Service 60/60a

Normal route to New Village Road, then continue along Northgate, West End Road, Baynard Avenue, Southwood Road and The Parkway. Return via outward route reversed.

### Service 64

Normal route to Newgate Street, then South Street, Baynard Avenue, West End Road, Epploworth Road and normal route to Castle Hill Hospital. Return via outward route reversed.

### Service 103/105

Normal route to Newgate Street, then South Street, Baynard Avenue and West End Road to The Lawns. Return via outward route reversed.

### Service 115

Normal route to New Village Road, then Northgate, West End Road, Baynard Avenue and normal route to Castle Hill Hospital. Return via outward route reversed.

### Service X80/180

Normal route to Harland Way, then West End Road, Baynard Avenue, Southwood Road, The Parkway, Burton Road and normal route to Hessle. Return via outward route reversed.

### Service 61

Normal route to Priory Road, then Newgate Street, South Street, Baynard Avenue, West End Road and normal route to Beverley. Return via outward route reversed.

### Route 110 (Stagecoach Service)

Normal route to Newgate Street, then South Street and continue on normal route. Return via outward route reversed.

**All bus stops along the line of routes will be in use, even if the bus stop is not on the usual route of a particular service.**

**There will be a temporary taxi rank in the layby outside Herons on King Street.**



## Grant Awarded to Cottingham Cricket Club

A grant of £250 was awarded to Cottingham Cricket Club (photo from left to right Cllr Hardwick, Cllr Knight, Cllr Abel and Mr Rob Rhodes of the Cricket Club) to help towards the purchase of wicket covers to protect the wicket from inclement weather.

*Support the advertisers who appear within the Cottingham Times*





**Carpets and Rugs**

## It's our anniversary year!

We're celebrating 80 years with very special discounts...

Our family firm has been serving customers in this area for a grand total of 80 years and we now have three stores. In each one we're celebrating with a special gift to you – **pay only 80% of the marked price on stock carpets and all beds.** This offer only runs until Tuesday 15th July, so make sure you come and see us soon!



**Wood Floors**



**Vinyls**



**Beds**



**Soft Furnishings & Blinds**

### Pay only 80% of the marked price Discount Voucher

This voucher entitles the bearer to pay 80% of the marked price on stock carpets, remnants and all beds between Monday 16th June and Tuesday 15th July inclusive, while stocks last. Not transferable and not for use in conjunction with any other offer. Only one voucher may be used per purchase.

CT

Bedroom furniture only available at the Beverley store



**Bedroom Furniture**

510 – 520, Hessle Road, **Hull** HU3 5BQ  
Belprin Park, Swinemoor Lane, **Beverley** HU17 0LN  
117, Hallgate, **Cottingham** HU16 4DA  
**Tel: 01482 326590**  
Email: [info@leightonscarpets.co.uk](mailto:info@leightonscarpets.co.uk)  
[www.leightonscarpets.co.uk](http://www.leightonscarpets.co.uk)



**Best prices in town!**

We'll beat any written quotation from any local store for the supply of identical goods.

# Eset Security and a round up of interesting titbits



I was delighted to be amongst those invited to attend the first annual conference hosted by Eset. There was an excellent line-up of independent speakers from the world of online security. This included Graham Cluley who was around when the first-ever virus appeared back in the days of floppy disks. Now he reckons there are 20,000 new threats released every day; so it's never been more important to make sure all your devices are secure! Eset have been around for 22 years and protect over 100 million users worldwide. From personal experience I can honestly say that of all the many hundreds of Eset licences I have sold to customers over the last 6 years (and thank you all for that!), - everyone has always renewed. That has to be a recommendation in itself!

**Special offer this month – buy a new licence for 2 years and get an extra year free!** That's £45 for Anti Virus cover, or go for the Home Security\*\* product that includes a firewall and anti-theft module (a good idea for laptops) for just £60. If you're licence is due for renewal within the month or so, it could better value to purchase a new one, and it's an easy change! \*\*Upgrades are also no problem. Call us today for pricing.



I mentioned last month about the need for security on various types of devices, like tablets and smart phones. Following on from what I heard at the conference I installed Eset security on my Samsung Galaxy tab, and it works fine with no performance issues... This new mobile version is available now from £9.99 for one year.



**Windows 8.1 - are you still trying to get to grips with Microsoft's new creation? Well, fear not, we can customize it for you. Install a start button,**

**changed the screen layout, increase the size and give you some helpful hints and tips of working your way round it.**



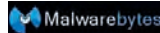
**Great story recently about one of the co-founders of Twitter who says he still wakes at night sometimes worrying about paying the rent on his apartment,** then he remembers he could actually afford to buy the whole block! Twitter floated on the New York Stock Exchange last year for £19bn



**Google maps now include transit info.** To you and I that means public transport routes and timetables. This is quite a massive undertaking and was made possible following an agreement with Traveline who have a massive database of public transport over the whole of the UK.



**Tablet use increases in the over-65 age group.** You can make your own jokes here, but this is a reference a 42% increase in the use of tablet computer and other mobile internet devices!



**Has just launched a new anti-exploit application in beta format.** This means in testing form – more about this once I have tried it out. [www.malwarebytes.org](http://www.malwarebytes.org)



**Wireless passwords. I often get calls from customers asking where they can find their wireless password,** usually because they are trying to get online with a new or different device. The answer is that if you have a router from Karoo (Thomson, Zyxel etc.) there is a sticker on the bottom of the router with the password. If it is one that I installed (TP-Link, Cisco etc.) there should be a document saved on the desktop called 'TP Link modem/router settings', or in your My Documents folder called 'wireless settings'.



**Need a second monitor, or a replacement? Having had an office upgrade I have a few monitors for sale from just £25. Mostly 17" all in working order, but no warranty.**

**In this fast-moving business of technology, I took a moment recently to reflect on how things have changed so swiftly, and we take it all for granted.** I was making a payment through online banking, and it had to send an authorization code by text to my smartphone. As I clicked the mouse, the phone dinged, I used my fingerprint to unlock the phone, picked up the code, typed it into the computer, and bingo the money was transferred to the recipient. I have also signed up to PAYM, pay by mobile, which means you can pay money to anyone you know via their smartphone, as long as they too are signed up to the service. It works extremely well. And as for all those old movies where they used to use a spy camera to photograph documents etc., we can all do that too! My daughter was at the cinema and they wanted proof age, so she just phoned home, asked for a copy of her passport, and within a few minutes, there it was!



**Eset expiring? No problem, we can renew it for you for one, two or even three years; just call for a renewal price. See also our special offer this month shown above.**

**Richard Mills**  
RDM Computers  
Cottingham  
T: 01482 875666

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

**\*All trademarks acknowledged and are for illustration only.**

*Support the advertisers who appear within the Cottingham Times*



**.....Plain English computer support.**  
**Windows 8 made easier!**

**Computer sales, service or repair**

**CALL NOW FOR FREE NO OBLIGATION ADVICE**  
**(01482) 875666**

---

*Here's THE SOLUTION* **Is Your PC Secure? Special offer this month. 3 years for 2!!**

**ESET award winning software**

*Call us for advice or to book an appointment*

---

 **New Laptop, Tablet or Kindle?.....go wireless**

---

**CALL US NOW !**  
**T: (01482) 875666 M: 07850 105424**

---

**rdm computers** **technology simplified**  
Email: [richard@rdmcomputers.co.uk](mailto:richard@rdmcomputers.co.uk)



# **Bonus Electrical Superstore** Spring Offers

**Hotpoint**

1600 Spin 7kg Washing Machine

HE7L692PUK

**£299.99**  
Great Low Price

- Exclusive
- A++AB Rated
- 16 Programmes
- Variable Speed & Temperature
- Time Save Feature
- Dimensions: H85xW59.5xD53.4cm

**Hotpoint**

50cm Twin Cavity Electric Cooker

52TCWS

**£399.99**  
Great Low Price

- Exclusive
- B Rated
- 62 Litres Fan Main Oven
- 4 Zone Ceramic Hob
- Separate Grill
- Dimensions: H90xW50xD60cm
- **Special Purchase**

**Hotpoint**

60cm Double Oven Electric Cooker

62DCWS

**£449.99**  
Great Low Price

- Exclusive
- BB Rated
- 71 Litres Fan Main Oven
- 39 Litres Top Oven
- 4 Ceramic Hobs
- Dimensions: H90xW60xD90cm

**Hotpoint**

Aquarius 7kg Condenser Dryer

CDN7000P

**£229.99**  
Great Low Price

- Exclusive
- C Rated
- High/Low Heat Function
- 160 Minute Timer
- Uni Directional
- Dimensions: H85xW59.5xD58.4

**Hotpoint**

60cm Frost Free Fridge Freezer

FFFL3181P

**£394.99**  
Great Low Price

- Exclusive
- A+ Rated
- Fridge 214 Litres / 7.6 CuFt
- Freezer 88 Litres / 3.1 CuFt
- 3 Safety Glass Shelves, 2 Salad Bins
- Dimensions: H187xW60xD65.5cm
- **£35 Cash Back Via Redemption**

**Hotpoint**

60cm Frost Free Fridge Freezer

FFFL3201P

**£449.99**  
Great Low Price

- Exclusive
- A+ Rated
- Fridge 243 Litres / 7.6 CuFt
- Freezer 88 Litres / 3.1 CuFt
- 4 Safety Glass Shelves, 2 Salad Bins
- Dimensions: H200xW60xD65.5cm

We accept Love to shop vouchers

**Love2shop**  
The high street gift voucher

ON LINE, ON YOUR HIGH STREET...

**EURONICS** 

Grange Park Lane, Willerby, HU10 6EB  
Tel: 01482 659888

**BONUS**  
ELECTRICAL SUPERSTORE

T&C Apply: Sold as an agent for Euronics Limited. Prices correct at time of print. Delivery and installation charges may apply

# EVERFLOW

## Plumbing Services

**GENUINE 24-HOUR CALL OUT**

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

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

CORGI 520101 safe 520101

## ACE OF PAINTS Decorating

### Sue Warren

Experienced, Qualified and Knowledgeable about Decorating and Interior Design

*Friendly, trustworthy, reliable, meticulous, professional and reasonably- priced too!*

Tel/Text: **07943 - 402 371** (Cottingham)  
Email: [aceofpaints1@gmail.com](mailto:aceofpaints1@gmail.com)

Member Of Cottingham Enterprise Guild (Traders)

## HOME & SMALL BUSINESS COMPUTER SERVICES

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

Microsoft CERTIFIED IT Professional

Call Steve Blake on **01482 388010**  
[www.blakeits.com](http://www.blakeits.com)

25 YEARS EXPERIENCE INSURED & CHECKED

*I would love a*

# ROSES

*Kitchen*

Roses of Beverley  
Unit 6 The Courtyard, Tokenspire Business Park  
Beverley. Tel: 01482 869111

## Wordsearch - Ancient Greece

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

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

Find the words in the letters above:

Ampitrite, Aphrodite, Apollo, Ares, Artemis, Athena, Atlas, Boreas, Charites, Clotho, Demeter, Dionysus, Eileithyia, Eirene, Enyo, Epimetheus, Erebus, Eris, Eros, Eunomia, Gaia, Hebe, Helios, Hera, Hermes, Hesperius, Hestia, Hyperion, Hypnos, Iapetus, Lachesis, Leto, Mnemosyne, Moirae, Morpheus, Nemesis, Phoebe, Poseidon, Zeus.

Wordsearch courtesy of [www.puzzlechoice.com](http://www.puzzlechoice.com)

## Sudoku No. 89

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

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

Support the advertisers who appear within the Cottingham Times



# MARIONOWENTRAVEL

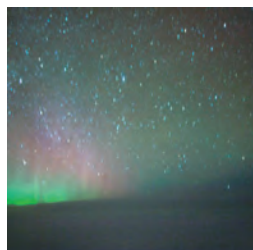
**Local, independent & passionate about travel !**

As I return from Orkney & the Castle of Mey, it is time to write for June. Having enjoyed a very special itinerary of stunning scenery and history if we have the demand we will offer a similar tour again... please register if you are interested.

This month we look forward to our Rhine River Cruise and Eastbourne. Eastbourne is a real gem on the British coastline retaining its old world charm and having a wonderful flat promenade with its stunning Carpet Gardens.

**Cruising to Hull in 2015** - hot off the press we have an exclusive cruise from Liverpool to Hull visiting Orkney and the Norwegian Fjords 8 nights from £999.

A free coach is included to Liverpool, just across the M62 and then you arrive home relaxed only virtually on your front door. Departing on 27th May this is an excellent time to visit Norway. Dramatic scenery Norway is a perfect choice for a relaxing cruise. Savour the exceptional views of stunning scenery surrounding you. This is a cruise to stimulate your imagination and your sense of colour. Sit back and see lots. Ports of call include:- Kirkwall, Alesund, Geiranger, Flam, Gudvangen, & Bergen. Prices also include gratuities. As you read this Lynne & Myself will have returned from the ship, call for full details we look forward to telling you all about your cruise and book your cabin.



**Northern Lights 2015** I would like to highlight two of the many opportunities to search our amazing sky. Just for the night a flight of discovery from Humberside airport on Friday 20th February £199.95. A great option for those short of time or looking for a night out with a difference.

For a longer holiday we have teamed up with Hurtigruten, the Norwegian Coastal Voyage, to offer a 12 day Classic Round Voyage departing from Manchester on 23rd of February. This voyage is sailing from Bergen

to Kirkenes and back on the modern Finnmarken, prices start at just £1549 and travel from your door to the airport is available for just £50 per person. Single cabins from £2098. We have a limited allocation of cabins so don't delay book today!

**Our 5 star Danube cruise via North Sea Ferries** this August we have had a cancellation for an upper deck cabin, these were sold out so there is just the one available please call for more information.

## Thursford Christmas Spectacular 2015

**now on sale.**

**Book your place today, prices per person**

**1 night £159 ~ 21 & 27 November, 1 & 3 December**

**2 nights £239 ~ 18 or 24 November**

**Just 30 seats available on each date....**

**Deposit due to secure your place £30 per person**

The exchange rate for the US dollar is very good at the moment. If you are considering heading over the pond to the Big Apple or any other city, flydrive or an escorted tour your money is going so much further. We can tailor make any itinerary you desire to suit your budget and duration. This also makes American style of cruise ships attractive too!

Whether you are looking to travel solo, as a couple or a family or group look no further, we offer a full range of holidays with all tour operators, to all worldwide destinations including the UK.

We look forward to hearing from you when ever you are ready to make your next travel booking. We will enjoy organising your escape whether you wish to relax or have a wonderful adventure.

*Marion*



## Tour with Marion

**All Continental tours are via North Sea Ferries**

We use lovely hotels - tours offer quality, comfort & value.

All of our guests are special - you will notice the difference

Many tours offer single rooms at a very low supplement.

22 Jun	Eastbourne 6 nights half board, excursions	£ 399
09 Jul	Highgrove & Laskett Gardens 2 days half board	£ 195
11 Jul	Nidd Hall - Strictly weekend with Ola & James	£ 329
16 Jul	Chatsworth House & Gardens	£ 39
21 Jul	Warner's Thoresby Hall 4 night break	£ 366
28 Jul	Warner's Holme Lacy 4 night break	£ 356
04 Aug	Warners Alvaston Hall 4 night break	£ 345
11 Aug	Warner Bodellwyddan Castle 4 night break	£ 317
20 Aug	Scarborough Fair lunch & Tea Dance	£ 39
26 Aug	Danube River Cruise 5 * Mozart 11 nights from includes excursions & wine, beer with meals	£1689
11 Sep	WW1 - 5 nights a special 100 year tour	£ 485
18 Sep	Well Dressing & Chesterfield Flea Market	£ 29
21 Sep	Isle of Wight - 5 nights super quality half board	£ 429
29 Sep	Highgrove & Laskett Gardens 2 days half board	£ 195
07 Oct	Carlisle to Settle - coach & rail day outing	£ 55
08 Oct	Northumbria - Art, History & Gardens 3 days	£ 265
12 Oct	Elaine Paige 50th Anniversary Manch. 2 days	£ 149
20 Oct	Warners Alvaston Hall 4 nights half board	£ 291
27 Oct	Blackpool Tower Ballroom & Lights 3 days	£ 159
17 Nov	Warners Alvaston Hall 4 night Turkey & Tinsel	£ 298
18 Nov	Chatsworth House & Christmas Market	£ 39
26 Nov	Thursford Christmas Spec. 3 days 1 single	£ 259
29 Nov	Edinburgh Christmas Market 3 days B&B	£ 149
10 Dec	Chatsworth House & Farm Shop	£ 39
11 Dec	Cologne, Aachen & Dusseldorf 4 nights	£ 249
18 Dec	3 course lunch & outlet shopping Rotherham	£ 29
16 Jan	Warners Nidd Hall drinks inc. weekend	£ 239
03 Feb	Rhubarb day out with lunch	£ 49
07 Feb	Bruges Weekend / beerfestival 3 nights from	£ 149
25 Apr	Harrogate Spring Flower Show just for the day	£ 39
26 Apr	Keukenhoff Gardens mini cruise 3 days from	£ 129
10 May	Arran & Ayrshire 6 day tour - 5 night half board	£ 525
21 Jun	"Best of Ireland" - our 9 day very special tour	£ 895
22 Jul	Paris & Champagne Hotel Barge all inc. 9 days	£2350
27 Aug	Rhine Marne Canal Hotel Barge all inc. 9 days	£2350

Prices are per person based on 2 sharing unless stated. River cruising & continental tours cabin upgrades available. Please ask for single prices.

All tours are financially protected by our Abta license Y2812



**Don't forget our many other special departures**  
e.g. Vietnam & Cambodia, cruising worldwide  
from your door inc. Regent 7 Seas & Fred Olsen

All prices per person correct at the time of publishing in May 2014 but subject to availability at the time of booking—don't delay, call today.....

**For Further information & to make your booking tel: 01482 212525**

**Or visit in person : 23 Portland Street, HULL**

[www.marionowentravel.com](http://www.marionowentravel.com)

*I would love a*  
**ROSES**  
*Kitchen*

Roses of Beverley  
 Unit 6 The Courtyard, Tokenspire Business Park  
 Beverley. Tel: 01482 869111



- Electrical Installations
- Outdoor Lighting
- Alarm & CCTV Systems
- Testing & Inspection
- Multi-room Audio Systems
- Energy Saving Solutions

**PROFESSIONAL - GENUINE - RELIABLE SERVICE**

Tel. 01482 873992 Mob. 07773978009  
[www.conceptelectricaluk.co.uk](http://www.conceptelectricaluk.co.uk)

Electrical Safety  
 Register

**Mobile Nail Technician**

**Sarah Hannam**  
**07786 078630**

**Full set of Acrylics from £25**

**Summer Special Offer!!**

Manicure & Pedicure for £25.00  
 Normally £30.00 a Saving of £5!!

*Go on Ladies, treat yourself for Summer!*  
*Offer valid throughout June 2014*

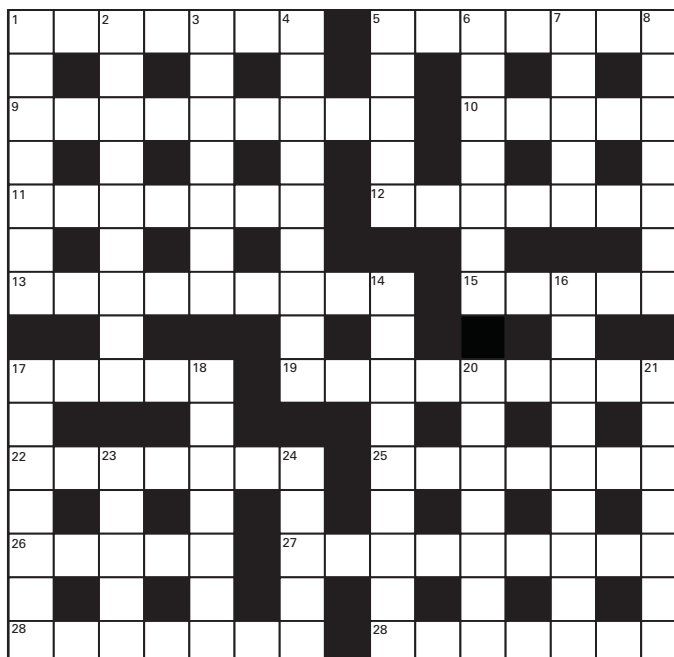
**woksoever**

**Will be closed from Sunday 1st June  
 for refurbishment.**

**Please see our website or FACEBOOK  
 page for up-to-date information as  
 to when we will be re-opening**

**woksoever, 169-171 Hallgate, Cottingham**  
**Tel: 840800 :: [www.woksoever.co.uk](http://www.woksoever.co.uk)**

**Crossword - Solution on page 46**



**Across:**

- Hunting guide (7)
- Jobs (7)
- Rehearsed (9)
- Forest god (5)
- They decide what goes in a magazine (7)
- Teach (7)
- Well-kept (9)
- Speed competitions (5)
- Head of a city (5)
- Nightstick (9)
- Invigorate (7)
- Bringing two people together (7)
- Silk-cotton tree (5)
- Lacking in refinement (9)
- Pushes forcefully (7)
- Braids (7)

**Down:**

- Dinners (7)
- Inaptitude (9)
- Things done (7)
- Without ceasing (9)
- Mooch (5)
- Saviour (7)
- Additional (5)
- Roads (7)
- Things needed to accomplish a task (9)
- Elements (9)
- South African mongoose-like animal (7)
- Rescinds (7)
- Pertaining to the most populous country (7)
- Cancels (7)
- Outcast (5)
- At the ends of fingers (5)

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

*Support the advertisers who appear within the Cottingham Times*





Napoli Corner Set Was £1299.99

Only  
**£899.99**



Luxury Roma Dining Set Was £1699.99

Only  
**£1299.99**

We have an outstanding collection of furniture suitable for indoor and outdoor use, any garden big or small to suit any budget with many new designs arriving early May.



From  
Only  
**£99.99**

Metal Bistro Sets



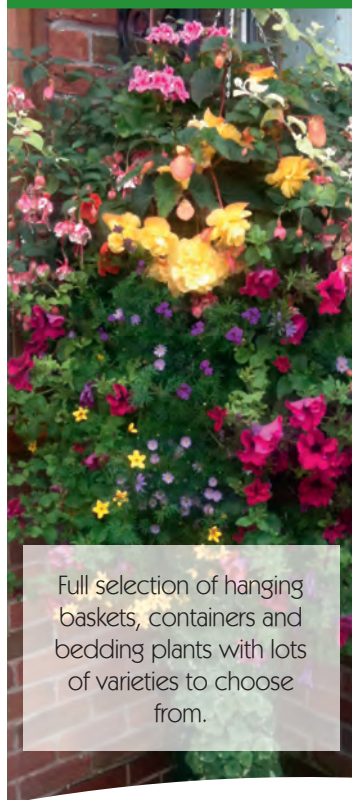
Luxury Sofa Set Was £1399.99

Only  
**£799.99**



Province 8 Piece Set

Only  
**£399.99**



Full selection of hanging baskets, containers and bedding plants with lots of varieties to choose from.



Full selection of Raymond Evison Clematis which flower all summer long Including the brand new Chelsea 2014 varieties.



**COME AND  
MEET POPPY &  
PETUNIA OUR  
BABY MICRO  
PIGS**

## Lucy's Coffee Shop & Ice Cream Parlour

SERVING A FULL SELECTION OF:  
Home Cooked Meals  
Delicious Homemade Cakes  
An Amazing Selection of  
Ice Creams

WE ALSO HAVE A LARGE  
CHILDREN'S PLAY AREA



**SOUTHWOOD**  
**GARDEN CENTRE**

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

**01482 845 825**

[facebook.com/SouthwoodGardenCentreAndCoffeeShop](https://facebook.com/SouthwoodGardenCentreAndCoffeeShop)





# In the Kitchen



## Strawberries

The strawberry is a member of the rose family and is unique in that it is the only fruit with seeds on the outside rather than the inside. They are also a very healthy fruit, being rich in vitamin C and a good source of folic acid as well as being high in fibre.

### Origin and History of Strawberries

Strawberries were cultivated by the Romans as early as 200 BC and in mediaeval times strawberries were regarded as an aphrodisiac and a soup made of strawberries, borage and soured cream was traditionally served to newly-weds at their wedding breakfast.

Native American Indians were already eating strawberries when the Colonists arrived and it is believed that in 1780, the first strawberry hybrid was developed in the USA.

## Strawberry Soufflé

### Ingredients

4 eggs, separated  
75g/3oz Caster Sugar  
20g/3/4oz Gelatine Leaves, soaked  
The Juice of 1/2 a Lemon  
6 tbsp water  
300g/11oz Strawberries, sieved  
150ml/5fl.oz. Double Cream  
Grated Chocolate to decorate  
Whipped Cream to Decorate

### Instructions

1. Encircle 4 dariole moulds or small ramekins with grease-proof or parchment paper, so that the paper overlaps and stands approximately 2 inches above the rim of each mould and fasten with string or sellotape.
2. Place the egg yolks and sugar in a bowl and place over a pan of hot water. Whisk until thick and creamy then remove the bowl from the heat.

3. Place the gelatine, lemon juice and water in a bowl and place over a pan of boiling water. Stir until dissolved then beat it into the egg mixture. Remove from the heat and set aside to cool and slightly set.

4. Meanwhile, in another bowl, whisk the cream to the soft peak stage then fold in the strawberry puree. Pour the gelatine and egg mixture into the strawberry and cream mixture, stirring all the time. Blend well.

5. Whisk the egg whites until stiff. Add a quarter of the egg whites to the strawberry mixture to lighten it, then gently fold the remainder of the egg whites into the strawberry mixture. Pour into the moulds, refrigerate and leave to set overnight.

5. To serve – carefully remove the paper from each mould. Gently press the grated chocolate on the protruding sides of the soufflés and decorate the top of each with piped cream and a whole strawberry.

## Strawberry With Mascarpone

### Ingredients

250g/8oz Fresh Strawberries  
100g/3oz Caster Sugar  
1 tbsp Vanilla Extract  
1tbsp Vodka  
200ml/7fl oz Single Cream  
250g/8oz Mascarpone Cheese

### Instructions

1. Place the strawberries in a mixing bowl, reserving 4 whole ones for garnishing, and crush lightly with a fork.
2. In another bowl mix the caster sugar vanilla, vodka and cream together.
3. Add the mascarpone to the cream mixture and beat until smooth.
4. Spoon a little of the crushed strawberries into the bottom of serving glasses then add a layer of the mascarpone mixture. Repeat the layers finishing with a layer of the cream and garnish with whole or cut strawberries.



*Support the advertisers who appear within the Cottingham Times*





## Hull and Beverley to get new bus to North York Moors

**H**ull-based bus company EYMS has announced the trial of a new bus service to the North York Moors, following appeals from passengers.

The new Moors Explorer will run from Hull, Cottingham and Beverley up to the Moors every Sunday and Bank Holiday all summer.

The Hull-based bus operator had previously run services to the Moors as part of the National Park's 'Moorsbus' network, but the National Park Authority had to withdraw the scheme, including the Hull bus, following funding cuts.

Passengers from East Yorkshire, some of whom had been using the bus for years, were devastated at the loss of their only link to the Moors. After receiving many requests from passengers, EYMS decided to step in to put on their own commercial service to the Moors.

EYMS Commercial Manager Bob Rackley said: "Many Hull and Beverley residents contacted us worrying that following the end of Moorsbus they would no longer be able to get to the North York Moors, so we decided to trial the new Moors Explorer this year. It's a bit of a risk, as the bus has to be well-used every weekend, rain or shine, for it to even break even, but we didn't want to leave people without the chance to visit the Moors."

"The service gives people a chance to visit more locations than ever, including Malton, Pickering, Kirkbymoorside, Hutton Le Hole, Blakey, Castleton and Danby."

Arnold Underwood, an experienced walker and East Yorkshire correspondent for Country Walking magazine, said: "Local walkers are really looking forward to the new service starting, and we already have some ideas for new walks we can do using this bus. Lots of people in this area travel to the countryside by bus, so it's great to have some more locations to visit."

Moors Explorer runs every Sunday and bank holiday from 25 May until 28 September.

More information can be found by picking up a leaflet from Hull Interchange, Beverley Bus Station, or local Tourist Information Centres, visiting the company's website [www.eyms.co.uk](http://www.eyms.co.uk) or ringing BusLine on 01482 59 29 29.

## Tickets in demand for the M.S. flower display

**T**he tickets are in demand for the flower demonstration by Robert (Bob) Forbes of Ripon, North Yorkshire. The show is to be held at the Cottingham Civic Hall at 7.30 p.m. on Friday 20th June.

Tickets cost £7.50 and include refreshments. All proceeds are to support the Hull, Beverley Borough and Holderness Branch of the Multiple Sclerosis Society. Tickets are obtainable by telephoning 01482 842006.

*Support the advertisers who appear within the Cottingham Times*

## FABULOUS WARDROBES



Quality and service doesn't have to cost the earth!

Come in and see for yourself

Opening times Mon-Fri 9am-5pm Sat 9am-1pm

Annie Reed Road, Beverley, HU17 0LF Tel: 01482 860 688



## HANNAM Upholstery Company

1b Main Street, Willerby,  
East Yorkshire HU10 6BP.  
Tel/Fax: (01482) 658787

## Maybe the new sofas you've been looking for are right under your nose

Before buying a new suite or sofa, take a look at what your sitting on. We can totally transform your existing furniture, re-upholster it in the latest modern, or contemporary fabrics. Re-style it or sometimes even re-shape it.

Don't throw away a quality piece of furniture and replace it with rubbish. If you have a quality suite, then it will be worth letting us bring it back to life. A good frame will last for ever. Ring or call in to see what we can do for you. We will give an honest opinion on it if your suite is worth spending money on.



## WE ALSO MAKE NEW SUITES

Sofas and chairs built to your own designs and dimensions in a choice from thousands of fabrics built on solid hardwood frames that carry a ten-year warranty. We also re-cover occasional furniture, such as dining chairs, chaise lounges and sofa beds.

*With 35 years experience, satisfaction is guaranteed.*

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



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

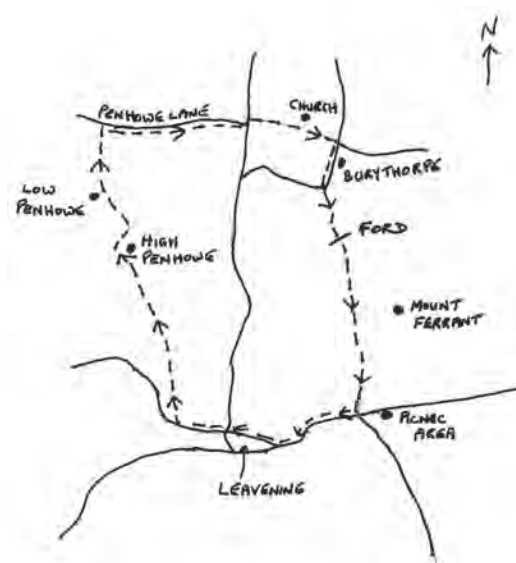
**This month his destination is Leavening**

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

**Map:- EXPLORER 300**

**Start at GR. SE794632 Picnic Site 0.7 miles east of Leavening. Distance 5.0 Miles.**

**L**eave the car park at the picnic site and walk west along the road towards Leavening. Continue through the village passing the Old Post Office and The Jolly Farmers pub on the left. Immediately on leaving the village, locate a way marker on the right and pass through a kissing gate and then walk with



the hedge on the left and a wooden fence on the right passing a horse paddock. Pass through a further two kissing gates and eventually arrive at a wooded area. Keep walking in the same direction keeping the main wood to the right.

On approaching High Penhowe Farm, cross a stile to the left of the main gate and turn left keeping the buildings on the right. After a short distance bear slightly left and traverse a short incline into a field and turn right. Follow the path as it turns right keeping the main farm to the right then turn left and walk with the hedge on the right.

Follow this path as it bends round eventually pass through a hedge and a kissing gate, cross a short paddock and pass through another kissing gate to cross another short paddock, then cross a stile and emerge on the access road to Low Penhowe Farm.

Walking away from the farm, eventually meet the junction with Penhowe Lane and turn right. Continue along this road to the next junction and then turn left. After about twenty metres turn right and follow the path as it climbs and heads towards the prominent Burythorpe Church. Pass the church on the left and continue to emerge on the church access road and follow this into the village.

At the road junction, turn right and walk through the village passing the Inn on the right. When the road swings hard right, bear left and follow the narrow road which shortly becomes a farm track eventually crossing a ford and when the track forks, take the right hand fork and pass through a metal gate with the hill "Mount Ferrant" on the left. Continue through more dilapidated gates and climb following a badly rutted farm track. Eventually pass through a metal gate to emerge on the Leavening road, turn left back to the Picnic area.





# WALT DISNEY WORLD® RESORT **FREE Disney Dining** Orlando 2015 On Sale Now

Saving over **£2000** Per Family of 4

## BOOKING AT ANDREW EARLE'S

- ABTA & ATOL Protection
- Local & Independent
- Cheaper than Virgin
- Disney Specialist planning help
- Low deposits
- Tailor Made to suit
- Payment plans
- 24 Hour Emergency Number & Much more

There is so much happening in Florida in 2015. Along with New Theme Park expansions finally being complete for guests to enjoy, there are also some fantastic deals available to us here in the UK.

Free Dining is coming back when staying at selected Disney Resort Hotels, discounted theme park passes, and the NEW interactive Disney Holiday planner 'my Magic +' has launched too which is exclusive to on site Disney Resort Guests only.

Here at Andrew Earle's we have access to the lowest Virgin Atlantic direct flights up until early 2016. So we can guarantee our prices before anyone else.

We can also guarantee to be cheaper if not the same as Virgin Direct, giving you all the benefits of booking locally to get help planning this magical holiday from the day of booking to your return home.



**Book by 10th July 2014 for Free Dining**

**CALL US TODAY.....**

**YOU CAN FIND US AT**

81 Ferensway  
Hull  
East Yorkshire  
HU2 8LD  
Tel: (01482) 581888

Unit 2  
Welton Road  
Brough  
HU15 1AF  
Tel: (01482) 334545



Andrew Earle

**ANDREW EARLES**

**HOLIDAYS**

*Designed Around You*



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





## PooH Sticks

I wonder if this gorgeous heat wave is going to be the start of our summer? Will it last and be like 2013 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 the dog owners, I am sure you are well aware of what troubles the heat can cause to our four legged friends with profuse over heating so what better way to cool off than water. Now I don't mean a Jacuzzi (although at KINGSTON we do have BLUE WATERS our Hydrotherapy pool which caters for fun swims as well as doggy physio therapy sessions) but maybe a trip to the coast or local stream may be very enticing to our 'hot dogs'. Most of us will take a ball or something equally enticing that can be thrown at a distance into the water and of course float.



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

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

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

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

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

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

**Bluewaters Hydrotherapy**  
Unit 3 Factory Est, The Boulevard, Hull. HU3 4AY  
Tel: 01482 226944

If not, how many of us pick up a stick to throw? You may be thinking this is not a problem but my daughter, Kath, found out the hard way with her dog, Baxter a cross Belgium Shepherd.

His favourite toy is 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 can get his jaws around will do. Living close to Ferriby Foreshore it is Kath, her partner Matt and their son Noah's ideal walk so of course Baxter is in 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 that morning to see one of the vets at our Park Street surgery.

On examination, Kate Maguire (who was on duty that day) couldn't see anything under the tongue but prescribed a pain killer and advised to return in 5 days or sooner if the lump got worse. It didn't get worse but improved, leaving just a small raised area on the right hand side of Baxters jaw. They left with a course of antibiotics and an appointment for a further 5 days. On their return, Kate could still feel a small area and also a rough patch on the right hand side of the tongue where she thought it could be the entrance to a foreign body. They were advised to keep Baxter on the antibiotics for a further week then stop for a week before a review appointment.

Four weeks after the first time he was seen, Baxter went for his annual booster vaccination and once again Kate noticed the small lump was still present but not giving any pain. He had to come back in other 2 weeks and on doing so it was noticed that the lump had grown. An exploratory operation was booked and on the 4th December where Baxter was admitted to Park Street for the day. During the operation, Kate found a very small piece of stick under the tongue. After the piece was removed and the cavity flushed, 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 was to continue on the antibiotics for a further week but sadly they returned after 3 days when the area swelled up and burst. The following day, Baxter was admitted for a second but much deeper exploratory operation where a further piece of stick, which had obviously moved, was found under his tongue. A swab was also taken and sent to the laboratories to be tested for any further infections.

So our poor gentle giant spent his Christmas looking like a patch work quilt (which I hasten to add, doesn't show at all now and the hair has grown back perfectly). On the 27th December, 2 months after the swelling was first noticed, Baxter got the all clear.

Needless to say, sticks are definitely not encouraged any more but a KONG SAFESTIX is now the temptation. Swimming is an excellent form of exercise for our pets, especially if on a weight loss program or as in Baxter's case, after a hip operation to gain muscle strength ..... AND that's another story!

If you are interested in the SAFESTIX, please pop in to our Cottingham surgery where a range can be seen and our 2 Veterinary nurses, Kayleigh and Gemma will be on hand to give advice.

Have a safe and wonderful summer.

*Support the advertisers who appear within the Cottingham Times*





# Property News from Martin English of Homelink

## Getting Great Tenants - Part 2

### Credit check & reference prospective tenants

It's always worth credit checking a tenant to help make sure they are not hiding any financial problems. It doesn't cost a lot, but it will show if you are potentially about to sign up a tenant with a whole load of debt whose not very good at paying it back! It's important that you satisfy yourself also with this if you are not sure don't be afraid to ask a tenant to see copies of recent bank statements.

Where possible you should take up a reference from a previous Landlord, a few basic questions as to whether they have maintained the property satisfactorily and also whether they have paid rent on time could be invaluable. It is also a good idea to take up employment references and satisfy yourself that a tenant has sufficient income to afford a property and all the associated costs with running a household.

### Cleanliness

This may sound obvious, however if your property is cleaned within an inch of its life and really smells fresh, it is certainly going to appeal to a tenant who likes to keep a clean house, admittedly it is not going to put off a tenant who is not the most domesticated so no guarantees of a clean tenant, however what is done do is give you the best chance of securing a great tenant as a clean tenant is far less likely to rent a property that isn't clean.

### Consider using a letting agent

Think of letting agents as a filter. Just in the same way that up-

market estate agents don't sell cheap property. Equally up market or mid market letting agents will tend to filter out the undesirable tenants. I have never heard of a decent tenant being found through Gumtree yet. I'm sure it's possible, but for most that have tried this, it tends to throw up tenants who want to avoid the whole vetting process. Also a good letting agent usually knows of great tenants that are looking for property in the area and is able to make them their first port of call.

### Don't panic

Many landlords may start panicking when they haven't got a tenant for their property and the focus of quality can be obscured by this, however be warned, by lowering your standards, the effect of letting to a bad tenant can be far worse in the long term and cost far more than that of a property being empty for an extra week or so.

### Fall back

Just because you think that you are a good judge of character, that doesn't mean that you need to take unnecessary risks. If the tenant hasn't got a track record but you think that they seem reasonable, there are some safeguards that you can put in place such as asking for a homeowner guarantor or taking an increased deposit holding.

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

# Homelink

your property partner

## The professional family business, that really cares!

### The Marina £695pcm



#### 2 Bedroom Apartment

- Marina Views
- Modern Fitted Kitchen
- Built-in Appliances
- Two Double Bedrooms
- En-Suite
- Newly Built
- Secure Parking
- Finished

### Beverley £495pcm



#### 2 Bedroom Terrace

- Beverley Location
- 2 Double Bedrooms
- Fitted Kitchen
- Large Living Room
- Modern Shower Room
- Off-Street Parking
- Garden
- Views of Beverley Minster
- Gas Central Heating
- Double Glazing

### Cottingham £495pcm



#### 2 Bedroom Apartment

- Superb Cottingham Location
- 2 Good Sized Bedrooms
- Spacious Living/ Dining Area
- Fully Integrated Kitchen
- En-Suite Master Bedroom
- Private Parking
- Fantastic Transport Links
- GCH & DG

### Cottingham £465pcm



#### 2 Bedroom Apartment

- 2 Bedrooms
- Fitted Kitchen with Appliances
- Ground Floor
- Great Location
- Off-Road Parking
- Bath with Shower
- Gas Central Heating
- Double Glazing

### Cottingham £450pcm



#### 2 Bedroom Apartment

- Excellent Location
- Fitted Kitchen
- Neutral Carpets
- Modern Shower Room
- Recently Re-Decorated
- Double Bedrooms
- Double Glazed
- Parking

### The Marina £425pcm



#### 1 Bedroom Apartment

- First Floor Apartment
- 1 Double Bedroom
- Fitted Wardrobes
- Spacious Living Room
- Fitted Kitchen
- Modern Bathroom
- Off-Road Parking
- Garage
- Gas Central Heating
- Double Glazing

## LETTINGS • MANAGEMENT • LEASEHOLD

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

t 01482 875248 • f 01482 849062 • e [info@home-link.co.uk](mailto:info@home-link.co.uk) • w [www.home-link.co.uk](http://www.home-link.co.uk)



## “The Tooth and Nothing but The Tooth”

by

Chris ‘Dr. Smile Maker’  
Branfield

### Elvis is in the Building



Well, Hull City got to the FA Cup final! WOW! They had a fantastic go at it as well. They did the area proud. The fans were fantastic and a credit to the club. We out sang the Gunners from start to finish (voice not back to normal). A real

shot in the arm for the city, uplifting and positive. Well done lads. A day to remember forever. I went down with my son, Edward and we loved every minute.



### ‘The King’s Crown’ Is Coming To Cottingham

A porcelain crown that was made for Elvis Presley is on tour in the UK. I kid you not! You couldn’t make it up could you?

...AND....wait for it... it’s coming to Castle Park Dental Care on 17<sup>th</sup> June. We are one of only 11 practices that will have the crown. Some of you may remember we had a John Lennon DNA necklace about 18 months ago.

Well the same Canadian Dentist, Michael Zuk, who bought John Lennon’s tooth has bought Elvis’ crown and loaned it out for a UK tour for a good cause.

We are having some fun with it and dressing up, having quizzes and stuff, but there is a more serious side to it.

### A Completely Different 5-A-Day!

We are having the crown at the practice to help raise awareness of mouth cancer. This disease kills 5 people in the UK every day. There are about 6000 new cases every year. It is still on the increase. It has increased almost 50% in the last 10 years. Smoking and alcohol are the main culprits, but poor diet and lack of folic acid is another cause. The new kid on the block is Human papilloma Virus (HPV). They immunise young girls against some types of this virus to prevent cervical cancer. There is a cross over with oral cancer and there are some people wanting to immunise boys as well.

### A Full Check Up

Lloyd’s Chemist in Cottingham are teaming up with us. As well free mouth cancer screens done by us you can also get your blood pressure and blood sugar tested.

During the mouth cancer screen we look at the lining of the mouth with a bright light and magnification as well as using a special instrument, the Velscope, that has a specific wavelength of light to test the fluorescence of the mouth lining as this can highlight suspicious looking lesions and catch cancer early. This can save lives!!! We also have a look for lumps or bumps.

### Ready For A Challenge

Now, I’m not the fittest person on the planet by any stretch but I’ve got the Coast To Coast bike ride in 3 days time, so wish me luck. It’s to raise money for Dental Mavericks. The week after that I’m off to the High Atlas Mountains in Morocco with The Dental Mavericks, teaming up with the Eve Branson Foundation to get young people out of pain where there is little or no dental health provision.

A Big Thank You to Haltemprice Lions in Cottingham. They invited my wife and I to their anniversary dinner. I was so pleased to be presented with a cheque for £300 for the Mavericks after I had given a presentation a few weeks before. It was a lovely evening with some fantastic, friendly and interesting people.

*Chris*

Until next time. Take care, be good and don’t step on my blue suede shoes.

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

**End Dental Suffering**

**Do You Have a Dental Wish List?**

If you suffer from ill fitting dentures, want a fixed alternative for missing teeth and would love to eat steak and apples with confidence we have the answer to transform your life by changing the way you feel and eat forever, improving your confidence and general wellbeing. Dental implants could be the solution!

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

Call now for a free initial consultation minimum value £63

**Fantastic Results—Over the Moon!**

The results were brilliant and overwhelming and I can now smile happily. The Castle Park Team are lovely and friendly and I would recommend them to anyone. *S. Tennyson, Hull*

**I will never be afraid of the dentist again!**

What a difference my treatment has made to my life. I can now eat, chew and do all the things I had difficulty with. Many, many thanks to Chris and his team. *E. Day, Beverley*

**Our patients say it best ..... at [www.castleparkdental.co.uk](http://www.castleparkdental.co.uk)**

**WHY WAIT?** CALL US NOW ON 01482 772550 *Change Your Life!*

**Treat Yourself to the Castle Park Experience!**

The Home of Life Changing, Pain-Free Dentistry  
**Castle Park Dental Care**  
 28 Castle Road, Cottingham HU16 5NA  
[www.castleparkdental.co.uk](http://www.castleparkdental.co.uk) email: [castleparkdental@aol.com](mailto:castleparkdental@aol.com)

*Chris*  
 Chris “Dr Smilemaker” Branfield  
 “You have our personal promise of quality care and attention at all times”





## Gardener's Question Time hosted by Radio Humberside's Doug Stewart at The Duke of Cumberland, Cottingham on Friday 27th June

**A** Gardener's Question Time will be hosted by Radio Humberside's Doug Stewart, M Hort, B Phil, FI Hort, at the Duke of Cumberland, Cottingham on Friday 27th June.

Following on from Doug Stewart's successful presentation, for us, in September last year, Seafarers UK (East Yorkshire Committee) have persuaded Doug to return, yet again, to give us one of his new presentations "Gardening on the edge - Coastal Gardens and Gardening..."

Please arrive at 7.15 pm for a 7.30 pm start.

Tickets available from Russ Garbutt, 37 Mill Rise, Swanland, HU14 3PN. Tel: 632216, email: [russ@mill37.karoo.co.uk](mailto:russ@mill37.karoo.co.uk)

## St. Michael's Church, Skidby - Open Gardens Day

**S**aturday 28th June - 12.00 noon to 5.00 pm. Entry £3.50 per adult; £6.00 per couple; £10.00 per family. Homemade refreshments available in the Village Hall, opposite the Church, where there will also be a secondhand book stall.

Cakes and produce will be for sale on the Green next to St. Michael's Church. Organ playing by Lewis from 2.00 pm to 3.00 pm inside church, where there will be floral displays. Children's Challenge A garden gnome will be hidden in one of the gardens and there will be prizes for any child who spots him.

## Have you tried the Hedon Insurance Experience? We just love to save you £££s

Pop in or call Paul or Amy now on 707 800 (option2)

Home Buildings Insurance  
Home Contents Insurance  
Motor Insurance  
Taxi Insurance  
Travel Insurance  
Business Insurance  
Pre-paid Funeral Plans



Independent Financial  
Adviser now available  
(by appointment)  
at this office  
to discuss your pension,  
life assurance and  
investment needs

*'Quite simply,  
the best  
insurance broker  
I've ever used'*

Mrs B, Cottingham

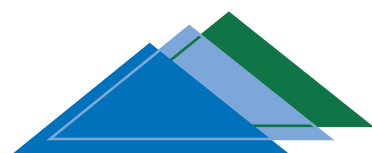
Keep in touch with us at  
[www.hedoninsurance.co.uk](http://www.hedoninsurance.co.uk)  
Follow us on facebook & Twitter

*'We're online with  
most insurers -  
so you don't have to be'*

local offices ☒  
friendly people ☒  
great prices ☒  
face to face service ☒



Hedon Insurance is authorised  
and regulated by the Financial Conduct  
Authority



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

**24 HOUR CALL OUT**

Fast, Friendly Service

**Premier Roofing Ltd.**

Domestic & Commercial • Felt Roofing • Fibre Glass

• Fascias • Soffits • Rainwater Systems • Tiling • Cladding

**TELEPHONE: 01482 571870/07813 118129**







We have opened a new retail premises in the Centre of the village on King Street.

With months of planning and pulling it all together plus finding the right size premises and location it has been turned around from a thought to reality very quickly. A long established trading family in the village dating back to early 1961 with the first business venture as a small Garden Centre and Florists on New Village Road. Famous for the quality of its products plus a family friendly service other businesses were soon added to company. Which included such areas as landscaping, importing and other retail outlets around Hull.

*3 generations later our principles are still very much the same.*

David & his son Edward have united in business to deliver a whole new shopping experience within Cottingham thriving village Centre. Trading from 2 floors of what used to be the old Halifax Building Society. It is already proving to be a very successful venture with old and new customers visiting the shop. The premises have undergone a total revamp. A key factor to this shop not only being its size but the ample parking facilities only a few yards away.

We specialise across a wide range of products from homewares, gifts, collectibles, candles, clocks, wall art, furniture & seasonal products to name a few! Working some of the leading brand names in the UK & from abroad we aim to be at leading edge of the market place always being innovative and bringing new products to the market place. Top names like Yankee Candle, Amelia Glass, H&H, Hesta, & Disney. Having years of experience finding new and developing products in the UK & abroad David will also bringing new items to the market place which have not been seen before, especially from the developing markets and "Fair Trade Organisations".

Certain areas of the shop will change in appearance every 12 weeks to meet the season's demands and styles. We will run themes for each season with bright and new ideas. Always looking to inspire that little extra piece that will look great in your home or garden. Not forgetting that special gift for somebody in your thoughts.



We are soon to launch our online sales website with select shop products and other items too big to display on the premises. Large items will be delivered directly to your home from our supplier helping to speed up delivery and keep handling costs down thereby saving our customers money. We can even arrange for your purchases to be sent anywhere in the world direct from the shop. What a great way to get a present to somebody safely and fast. This will also be backed up with our unique store themed gift-wrapping service in our branded paper. For those not sure on what to buy we also offer a range of gift vouchers to meet your pockets demands.

Our new Facebook & Twitter pages will have up to date offers and information. There will be feeds to other local companies and charities we support.

Our loyalty scheme will be up and running soon so you can earn points as you spend. Plus add in special offers only available to members and open nights exclusive to you. Members will get chance to see new themed areas first hand with additional offers on select ranges.

As part of the development plans we will also be trading at many of the major shows around the county. Look out for the "Kemps Cottingham" marque.

**Come in for a look and very warm welcome.**

*Thank you*



WWW.KEMPS.CO.UK

GIFTS

CLOCKS

SEASONAL

PUT THE  
COLOUR BACK  
IN YOUR HOME.

COLLECTABLES

WALL ART  
& PAINTINGS

GARDEN WARE

CANDLE  
CORNER

FURNITURE

BE MORE KEMPS.

YANKEE  
CANDLE


Disney


H&H

OUR ARTISTS' MUM

BRITTO  
POPPLUSH

enesco

 @KempsCottingham

 [www.facebook.com/KempsCottingham](http://www.facebook.com/KempsCottingham)



June is a great time to be out in the garden. Many plants are in full bloom at this time of year and the weather (should be) warm and sunny. Keep watering your garden to avoid your plants from wilting. A great way of recycling water and saving money is by using a water butt system that will collect rainwater from summer showers. It's only £54.99 for a 250 litre water butt at the Coletta & Tyson Garden Centre and will save you money on your water bill over the hot summer months.

The mild winter has done wonders for crops this year with strawberries benefiting the most. They have thrived over the last few months and with the sun quickly ripening them it's a great time to have grown your own. It's not too late to benefit from this crop. You can buy 3 strawberry plants and a Westland Growbag for just £3.49. This offer includes many other vegetable plants that will still be able to grow throughout June.



During the month of June roses begin to open up in fantastic blooms lighting up the garden. It's no wonder we chose them to be our Plant of the Month at the Coletta & Tyson Garden Centre.

Roses are one of the countries favourite plants and can be a great benefit to any garden whether the rose is a fragrant variety, climber or miniature. Roses come in a rainbow of colours and double blooms meaning they'd suit many gardens with a colour scheme. Some say they are moderately difficult to tend but with our tips on growing

and caring for roses it can be an easy and rewarding part of gardening.

At the Coletta & Tyson Garden Centre we have a large selection of roses to suit, with assorted roses from £4.99 and David Austin speciality roses starting from £14.99.

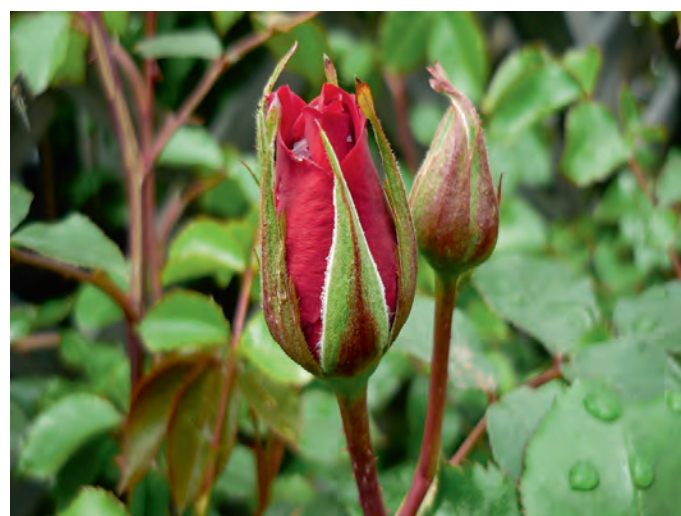
### Planting New Roses

For first time rose growers you can chose to grow your rose in a container or plant it straight into the ground. If you chose to plant your rose in a container the plant will benefit from well draining compost and rose fertilisers through out the year.

When planting your rose you will need to prepare the soil. The best way to do this is by adding farmyard manure like horse or chicken manure.

Dig a hole roughly twice the size of the roots and the depth of a spade's blade to allow room for the rose. Add a general fertiliser to the hole to help the roots establish and grow further once planted. To aid the rose over the summer and to avoid drought in summer gently tease out the roots so they can grow out once planted.

Place the rose in the hole and fill with compost making sure that the compost covers the roots completely to avoid future dieback. Water thoroughly.



### 10 Jobs for this month

1. Keep weeds at bay by hoeing your borders and beddings regularly.
2. Maintain the lawn by mowing it once a week.
3. Plant summer bedding.
4. Shade your greenhouse to prevent it getting too hot over the summer.
5. Be careful not to waste water over the dry months. Conserve water by investing in a water butt or using bath and kitchen water that isn't too dirty.
6. Harvest early potatoes, radishes and salad leaves like lettuce.
7. Once the sun has ripened them, strawberries should be perfect for harvesting.
8. Remove rose flowers as they fade to encourage new flowers.
9. Plants like tomatoes, courgettes and celery can be planted outdoors.
10. Tie stems of tall growing plants to supports.



### Aftercare

Over the next two summers you will need to keep the new rose well watered to keep the roots healthy especially over dry spells. Your rose will also benefit from an extra feeding with a general rose fertiliser every spring followed by mulching with bark chips or well rotted manure. Be careful to leave a space around the stem of the rose when you are mulching.

### Pruning

It is a good idea to prune back your rose in the first winter after planting, and then in late winter to early spring thereafter. With all roses you will need to remove dead, damaged and weak growths. Pruning then depends on the variety in your garden.

Climbing or rambling roses need to be pruned back to around 30-40 cm away from the base.

Large flowered varieties are best pruned back to 10-15cm away from the base of the plant.

For cluster flowered varieties prune back long stems to about 15cm away from the base.

Avoid pruning the remaining long stems on shrub roses.



### Plant of the Month: Roses

The rose is our plant of the month. They are grown for their spectacular and iconic flowers. They are favourite around the world and often used as a token for love. Roses also make excellent gifts for special occasions with variety names like 'Ruby Wedding' and 'Special Anniversary'.

"All the roses will grow well in this area as we have water retentive soil," says John Meikle, the Coletta & Tyson horticultural manager. "If you dig in organic manure and plant the rose with bone meal and rose tree and shrub planting compost, keep well watered and spray regularly for pest and diseases your roses should do very well."

Roses like to be positioned in full sun where they are not competing for root space larger shrubs and trees. Keep them well watered but avoid drenching the leaves to avoid burning in the summer. If they are allowed to dry out the rose becomes more susceptible to disease and pests.

Feed your roses regularly in the growing season from spring to summer with organic fertilisers to help flower production.

If you are still unsure it is always best to ask. The Plant staff at Coletta & Tyson Garden Centre have many years of growing experience combined and are happy to help and give advice.

*Support the advertisers who appear within the Cottingham Times*

## WILLERBY FENCING

Proprietor: Mike Featherstone

**We undertake all fencing jobs - At Competitive Prices**

**Decking Installation and Repairs**

**Ask for a Quotation**

**Tel: 01482 651962**

[www.spinney10.karoo.net](http://www.spinney10.karoo.net)



## Cottingham Open Gardens

**22nd June 2014**

In aid of Dove House Hospice

Anyone interested in taking part in this event and opening their garden to the public in June 2014 please contact Jim on 01482 875129



## NEWSTAR SECTIONAL BUILDINGS

Est. Over 40 years

**OPEN 7 DAYS A WEEK**

**Open Sundays**

**11.00 am - 3.00 pm**

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



**Discounts on selected ranges**

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

**TEL: 01482 444256**

[sales@newstarbuildings.karoo.co.uk](mailto:sales@newstarbuildings.karoo.co.uk)

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

**kitchensolutions**  
Replacement kitchen door and worktop specialists

- Over 50 door styles and colours
- Made to measure, Any size doors,
- Worktops, Sinks & Taps, Appliances
- Tiling, Plumbing, Electrical work
- All work guaranteed

**Transform your kitchen at affordable prices**

**Free, no obligation Quote call today 01482 841551**



**SARAH BRETT**  
M.CH.S. Bsc.Pod.Med

**The Chiropodist Limited**

- Purpose-Built Clinic
- Over 22 Years Experience
- For all your footcare needs
- Health Scheme Approved

*For a Professional and Friendly Service ring*

**Tel: 01482 848044**

25 Cedar Avenue, Off South Street, Cottingham HU16 4AL





**SENSA** Special Educational Needs Support And Advice Consultancy

Specialist TUITION for:  
**DYSLEXIA CONCENTRATION SKILLS**  
**ADHD DYSPRAXIA**

Call us NOW to arrange an initial meeting to discuss your child's needs . . . . .  
**FREE OF CHARGE**

**TEL: 01482 475181**



**Cottingham Day 5th July**

By the time you have walked around for a while, your feet will be aching, so why not have a gentle foot massage -

*I will be on the Market Green on the day*

**£5.00 for a 15 Minute foot massage**

**Carole Headley, The Healing Hut**  
**221 Hallgate, Cottingham. Tel. 842078**

## Your Stars for June 2014

By Kay Gower

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

Towards the end of the month you will attain clarity of vision that will enable you to make a wise decision. You have what it takes and it's time to show what you're made of.

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

You are not the type to accept defeat or rejection, Taurus. This is the beginning of summer, and life gives us all an endless supply of new beginnings.

### Gemini (May 22-June 21)

The beginning of the month finds you changing your social circle for a new one. June is a good time to establish some new alliances. Communications this month will play a major theme.

### Cancer (June 22-July 22)

Issues that may not have been resolved in the past creep back to haunt you.

Try to avoid succumbing to intense mood swings especially around the 12th to 17th.

### Leo (July 23-Aug 22)

Your health is likely to get a boost this month, you may be enthusiastic about a new diet or exercise plan which will be of long term benefit.

### Virgo (Aug 22 – Sept. 23)

Optimism returns mid month, ideas will be revitalised and inspired. Your astrological outlook for the next couple of weeks is positive.

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

For too long now something in your life has been stale and static. Accept new opportunities this month to turn a few things upside down.

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

Stress is now considered to be a naturally occurring part of life. This month sees you coping so gracefully with everything that has been thrown your way that you make it all seem rather minor – and so it is.

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

The full moon in your own sign on the 13th brings revelations and understanding. Listening to your soul, your inner wisdom and your intuition, you will discover new uses for old memories.

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

Opportunities are not to be waited for!

Move forward this month; use the current planetary climate to turn your life around by reaching out to someone new, or taking on a new challenge.

### Aquarius (Jan. 21.- Feb. 19)

This month emotions are tempered with logic, and enthusiasm is tempered with practicality.

What you do under the influence of the new moon on the 27th will depend on what you need at this point in your life.

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

You can command the weather all you want, but it's still going to do its own thing. Your best bet this month is to be prepared for any scenario coming down the pipe, and then remember to keep a flexible attitude.



Continued from page six

### Beverley Film Society

13 June 2014 – The Sapphires (2012)

Cert PG Biography/Comedy/Drama (Australia). Director: Wayne Blair.

In 1968 four young, talented Australian Aboriginal sisters learn about love, friendship and war when their all-girl group, The Sapphires, entertain the US troops in Vietnam after being discovered by a kind-hearted talent scout with very little rhythm. Based on a true story, this is a triumphant celebration of youthful emotion, family and music. All films start at 7.30pm on the 2nd FRIDAY of the month, (except October). Screenings are in the Masonic Hall, Trinity Lane, Beverley

### Hull Savoyards

Friday 13th June - Present "The Mikado" at The Civic Hall, Cottingham at 7.30 pm. Tickets are £8.50 adults; £8.00 concessions; Family ticket £24.00 (which includes up to three children). Tickets available at the door or contact 876918.

### East Yorkshire Embroidery Society

Saturday 14th June - Two of our members will be speaking: Jackie Ward Lomax on her journey through Crafts and Brenda Stapleton on Antique Needlework and Collectibles. There will be a show and tell of members work. - 2.15 pm in the Darby & Joan Hall. Members £1.50; Visitors £2.50. Includes tea/coffee and biscuits.

### Hull Bach Choir

Saturday 14th June - Present Haydn's "Te Deum in C Major", and Haydn's "Creation Mass", in the Banqueting Hall, The Guildhall, Hull at 7.30 pm. Tickets at the door or reserved by phoning 654567. Adults £13.00; Accompanied school children £1.00; Students £5.00; Registered unemployed £5.00.

### North Ferriby Gardening Club

Monday 16th June - Louise Pepper talking on "Life and Times of an International Florist", 7.30 pm in the North Ferriby Village Hall.

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

Tuesday 17th June - Stitch and Chat. Meetings are held at the Endsleigh College Centre, Beverley Road, Hull. Meeting start at 7.15 pm on Tuesday evenings. New members and visitors are always welcome. Free Parking. Further details from Brenda Tennyson on 01482 708525.

### Cottingham Evening Townswomen's Guild

Wednesday 18th June - Nuns - Who becomes a Nun, and Why?, Jane McKeown, at 7.30 pm in the Darby & Joan, Finkle Street.

### Hull and East Riding Glaucoma Group

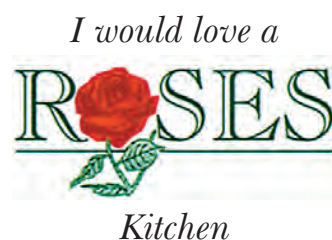
Wednesday 18th June - Guest speaker: Mr. Burnett, Hull and East Yorks Eye Hospital Glaucoma Consultant, 2.00 pm and 3.00 pm at HERIB on Beverley Road, Hull.

### Diabetes UK

Thursday 19th June - Donna Welch (Specialist Podiatrist HRH). Meetings held in the Boardroom, Castle Hill Hospital, Entrance 1B, Cottingham. 7.30 pm - 9.00 pm. (Free Parking). All Diabetics, carers, family and friends are welcome to attend. Please phone 01430 422064 for further information.

Continued on page 32

Support the advertisers who appear within the Cottingham Times



Roses of Beverley  
Unit 6 The Courtyard, Tokenspire Business Park  
Beverley. Tel: 01482 869111

## Holiday Accommodation



### Country Cottage Holidays

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

For brochure please ring  
Telephone: 01969 667654  
[www.countrycottageholidays.co.uk](http://www.countrycottageholidays.co.uk)



### Holiday Home in Tenerife!!!!

Beautiful 3 bedroom house in Costa Adeje Mare Verde, Tenerife  
On a peaceful and attractive complex, the house is only a  
five minute walk from the superb Fanabe Beach.  
A great choice for that family holiday! From £300 per week  
Visit [www.tenerifecostaadeje.co.uk](http://www.tenerifecostaadeje.co.uk) or tel. 658787  
for more information and photographs.

### Sudoku Answer from page 12

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

[www.cottinghamtimes.co.uk](http://www.cottinghamtimes.co.uk) - June 29



**Here is the latest article from Chris Moore who will be reporting monthly with news and tips from the world of fishing**

**H**ello and welcome fellow anglers to this month's fishing news. What about this weather lovely then? Sunny at last, bearing in mind that I am writing this on the 21st May and god it is hot. Let us all hope for a cracking summer eh? Hopefully by the time you read this article all the fish have spawned and become extra hungry once again.

Have you all dug out your heavy top kits and margin poles? Plus, if you are a rod and reel person I suggest you change your spools to your heavier ones, as we all know the larger fish fight a lot harder now the water temperature has risen.

Another good tip for you; carry extra bait because if you are having what we call a red letter day and you are going through loads of feed the last thing you want is to have to go home because you have ran out. A tip that I am always giving as some of you know, is to feed little and often. The only difference now is for you to put a fair bit of feed in all at once to start your swim off and then constantly top it up. If you find that your bites are slowing up a bit, then this is the time to feed quite heavy and then rest the swim for ten minutes or so. Also don't forget to take an assortment of hookers as you never know on the day what the fish may prefer to feed on. And you know it is not just the difference between corn and pellet etc., it can also be colour i.e.; today the fish might feed very well on yellow baits but tomorrow if you have not got

red baits you might struggle. Now here is something I see very regular whilst on the bank, and I am not saying you will not catch, but when you fish the margins, which produce better fish, I often see people going over their bait to early. It is better to allow feeding fish to gain confidence and you do this by not disturbing them. Don't worry about them coming back once they have had something to eat, as it is a fish's nature for them to move in and out of a feeding area all day. Some people think that a fish stays still until all the bait is gone, but this is not true and extensive under water footage has proved this time and time again. Try my theory and you might catch more fish.

Now a slight change of topic, here is a fishery that we all know and love, it is WILLOTOFT well Pauline has now finally retired from this venue and sold the land etc. The new owners are Andy and Linda Winfield, and they are really nice people. Because of their name you can guess what they have named the fishery? That's right it is now called WINFIELDS Fishery. You will be pleased to know that all the pegs have been replaced and the fishery is now looking great once again. Andy has some great ideas for the near future as well. I personally think this fishery is going to go from strength to strength. There are two lakes here and they are both heavily stocked with Carp going to 23 lbs, good Roach, Bream and Chub. Club matches are constantly won with well over a hundred pounds. Talking of matches here are some new rules:

- Corn has a two tin limit plus no cat meat.
- No braid.
- Maximum hook size 8 and must be barbless.
- Surface baits may be used on the hook but not loose fed.

There is also a fifty pound net limit. Do not worry if you are having a great day and need an extra net Andy and Linda have plenty spare for you to use. Keep nets are allowed in matches only and must be spread out to dry at least thirty minutes before the match starts. (Personally, I think this is an excellent idea guys, as I have said before, all aquatic life dies when your nets are bone dry. This stops the spread of disease.)

Finally take all of your litter home.

Day tickets here are £6 with a £4 pound addition for a second rod. For juniors it is only £4. Please use the envelopes and the honesty box where the notice board is. Plus watch this space as a new café and facilities are coming soon. Give it a go and have a great day catching monsters.

This venue is located between Home upon Spalding Moore and Howden. Winfield Lakes, Spaldington, DN14 147NP, [www.winfieldlakes.co.uk](http://www.winfieldlakes.co.uk) or call 01757288609.

In store we have some great offers on 18 different types of feed pellets, 11 different types of ground bait, two types of floaters, 3 different size of expanders,

All for just £2 each or 3 for just £5. Mix and match any of the above.

*From me Chris and the Catchmoore crew we wish you all "tight lines" till next time.*

# CATCHMOORE FISHING TACKLE

Everything for your fishing needs

259 Greenwood Avenue  
Hull HU6 9QA  
Tel: 01482 803260



## Hallgate Primary School seeks a community governor

Hallgate Primary School, Cottingham requires a community governor to serve on the governing body of the school. A community governor is defined as someone who lives or works in the community served by the school or are committed to the good governance and success of the school even though they do not work or live close to it. Community governors must be able to commit to a minimum of one full governing body meeting per term (i.e. three per year) and be available for a small number of sub-committee meetings during the year; meetings usually commence at either 6.30pm or 7.00pm at the school. If you are interested in joining the governing body to help drive the school forward, alongside the staff team, over the coming years, or wish for further information please contact Dr Jon Harvey at [j.p.harvey@hull.ac.uk](mailto:j.p.harvey@hull.ac.uk)

## Bellway Homes thank residents of Cottingham

On Thursday 15th May Bellway Homes held a well attended public exhibition at the Darby & Joan Hall. 137 local people came to view the plans and discuss the proposals with the development team.

People who were not able to attend the exhibition but wish to view the proposals can visit the project website ([www.twinacre-cottingham.co.uk](http://www.twinacre-cottingham.co.uk)) and comment on the scheme online.

The comments facility closed on the 22nd May. All thoughts and suggestions received as part of this consultation will be carefully considered before a planning application is prepared and submitted to East Riding of Yorkshire Council this summer.



*Celebrating our  
fifth year in Cottingham  
and saying a big "Thank You"  
to you our customers*

Lunchtime and  
Evening Menus Available  
Specials Board Changing Daily  
Good value for money at all times  
**See you all on Cottingham Day  
Saturday 5th July**

**For Reservations (01482) 848419**  
Unit 5, Kings Parade, King Street, Cottingham

## Graham Porter - Caring Dentistry

Mr Graham Porter BDS is pleased to announce that his dental practice at 8/9 Castle Green will re-open on Monday March 31st. He will be joined by Mr Stuart Graham BDS, MMedSci formerly of Hallgate and Northgate, Cottingham. Together they share over fifty years of caring for Cottingham.

Please call in or phone Sue on: **01482 841146** for details on registration, appointments or transferring from your current practice. You can choose to pay per visit or opt for the security of our monthly payment plan. Special rates for children.



**Graham Porter**  
BDS

**Caring Family Dentistry**



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

**Routine and Complex Dentistry**

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

**t. 01482 841146**



### **New Cafe/Bar to open at the former Purple Cow in June**

Quality food will be served throughout the day with an excellent selection of wines and beers

**Look out for banners at the cafe for the date of the Grand Opening**  
We look forward to seeing you

## **The Sandringham Group**

### **by Boston Designs**

Available in a wide range of Soft Cover Chenille Fabrics

	Was	NOW
3 Seater Sofa	£1195	£695
2 Seater Sofa	£1045	£595
Chair	£745	£435



Plus a large selection of Suites, Sofas, Chairs on show in our showroom - All at Discount Prices!!

Plus Free Delivery in East Yorkshire

**Baileys**

**SOFAS & CHAIRS**

CORNER OF LAIRGATE/LANDRESS LANE  
TEL: BEVERLEY 01482 886444

Open

Monday to Saturday 9.30-5.00pm

# **N.O.C.**

**PROPERTY SERVICES LTD**  
**ROOFING**  
**SPECIALISTS**



**Special  
offers on  
all Roofs**

30 YEARS EXP, CHAS ACCREDITED, FULLY INSURED  
ALL ASPECTS OF ROOFING AND GUTTERING

FOR FREE ESTIMATES AND ADVICE

CALL NICK O'CONNOR ON

**01482 447 357 OR**  
**MOBILE 07947 556 719**

92 HULL ROAD, COTTINGHAM HU16 4PU

### **Multiple Sclerosis Society**

Friday 20th June - The tickets are in demand for the flower demonstration by Robert (Bob) Forbes of Ripon, North Yorkshire. The show is to be held at the Cottingham Civic Hall at 7.30 p.m. on Friday 20th June. Tickets cost £7.50 and include refreshments. All proceeds are to support the Hull, Beverley Borough and Holderness Branch of the Multiple Sclerosis Society. Tickets are obtainable by telephoning 01482 842006.

### **Friends of KGV Playing Fields**

Saturday 21st June - KGV Friends invite you to their first ever 'Party in the Park'. For more information re: times and bands, please go to [www.cottinghamssportscentre.co.uk/whatson](http://www.cottinghamssportscentre.co.uk/whatson).

### **Dove House Hospice**

Sunday 22nd June - Open Gardens - Gardens open throughout Cottingham.

Tuesday 24th June and 1st July - Coffee and Cake in the Cottingham Civic Hall.

Thursday 26th June - Market Stall, on Market Green, Cottingham.

Saturday 28th June - Wellbeing Day, 9.00 am to 4.00 pm, in Cottingham Civic Hall.

### **Cottingham Ladies Circle**

Wednesday 25th June - AGM (with supper), in the small hall at the Darby & Joan Hall, Finkle Street, at 7.30 pm.

### **Friends of Thwaite Gardens**

Wednesday 25th June - Come for a stroll around the gardens on our Open Evening 6.00 pm to 9.00 pm. Entrance £1.00 (children free). Plant stall and a tree walk at 7.00 pm.

### **Cottingham Churches Pupil Worker Trust**

The diary dates for the next few months for our monthly supper quizzes, held at the King Billy Pub Hallgate are as follows:

Wednesday June 25th

Wednesday July 30th.

8pm start, £6 entrance, great food, prize raffle, good company.

Contact: Keith Gibson on 842597 or email: [gibol@supanet.com](mailto:gibol@supanet.com) for additional information.

### **Wednesday Social Club**

Wednesday 25th June - Speaker: Margaret Rant - Microwave Cooking, in the Darby & Joan Hall, at 2.00 pm.

### **Cottingham Methodist Church**

Friday 27th June - Free Film Night, 6.40 pm for 7.00 pm. Popcorn, ice and chocolate for sale.

### **Skidby & Little Weighton Methodist Church**

Friday 27th June - Family Film Time 3-30 pm for 4 o'clock. Admission free, Children should be accompanied by an adult. Snacks and Tuck shop. All welcome.

### **East Riding Flower Club**

Monday 30th June - "Paradise is a Garden", floral demonstration by Tony Brown (National Demonstrator), at 2.00 pm, in the Civic Hall, Cottingham. Admission £8.00 (at the door). Visitors welcome. Enquiries 876279 Judith Robinson.

**The deadline for entries in the July "What's On" section, is the Friday 20th June.**

*Support the advertisers who appear within the Cottingham Times*



## Swanland Open Gardens - Sunday July 6th

**S**unday July 6 Swanland Open Gardens 11am - 5pm, 14 gardens open including 4 new gardens. There will be a floral display in the foyer of St. Barnabas Church. Other activities include plant sales, refreshments, an all day BBQ and a demonstration of Encaustic Art (painting with wax).

Admission £3 for entry to all of the gardens, accompanied children free. Maps on sale by the Village Pond, 31 Mill Road & 4 Easenby Close.

Further information 01482 632282. [www.swanland.info/opengardens-2014](http://www.swanland.info/opengardens-2014).

## Thwaite Street level crossing - closure

**W**e have been advised by the East Riding of Yorkshire Council that the Thwaite Street Level Crossing will be closed between 2300 hours on Saturday 7 June 2014 until 0830 hours on Sunday 8 June 2014 to enable maintenance works to be carried out. The road closure is necessary to enable essential rail track work to be carried out by Network Rail in a manner consistent with ensuring the safety of the public.

The alternative route available for traffic affected by the road closure will be via Thwaite Street, New Village Road, Northgate, West End Road, Baynard Avenue, South Street and Newgate Street.

The road will be open at all times for pedestrians, but will be closed for all vehicles including the emergency services.

Further information can be obtained from Streetscene Services (Highways) on 0845 600 1666. Ref. JS.

## Roger Wadsworth

### JOINERY & BUILDING CONTRACTORS DOMESTIC & COMMERCIAL

- Kitchens Planned, Supplied and Fitted
- Purpose-made Double Glazed Windows in wood and uPVC
- Loft and Garage Conversions, Extensions
- Staircase Refurbishments with Spindle and Glass Panels
- Shop fitting • Bespoke manufacturing
- Hardwood/ laminate floors
- Fire doors and screens
- Property maintenance
- Insurance work specialists
- Office and property refurbishment
- General maintenance
- Building projects
- Domestic property repairs/alterations
- Glass and glazing • Locks and security

**For further information visit our website  
[www.rwadsworthjoinery.co.uk](http://www.rwadsworthjoinery.co.uk) or call**



Call us now on  
**01482 845669**



email:  
[info@rwadsworthjoinery.co.uk](mailto:info@rwadsworthjoinery.co.uk)

## The Dental Studio & Implant Centre

92 Northgate, Cottingham, East Yorkshire HU16 4EH Tel: 01482 875445



### WELCOMING NEW PRIVATE PATIENTS

#### Services include:

- Hygiene Therapy
- Dental Implants to replace teeth
- Tooth Whitening
- Tooth coloured fillings & onlays
- Crowns to restore & protect teeth
- Root canal therapy to save teeth
- Cosmetic dentistry
- Anti Wrinkle and Dermal fillers treatment
- Low cost patient plans
- Family discounts available

**FREE CONSULTATION WHEN MENTIONING THIS ADVERT**



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

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

### Gaining more knowledge

I recently attended a 2 day seminar with Dr Susan Friedman from Utah University USA. She is one of the world's most renowned Animal Behavioural Scientists and was presenting here at our very own Bishop Burton Collage.

Dr. Susan Friedman is a psychology professor at Utah State University who has pioneered the application of Applied Behaviour Analysis (ABA) to captive and companion animals. ABA, with its roots in human learning, offers a scientifically sound teaching technology and ethical standard that can improve the lives of all learners. Students from 22 different countries have participated in Susan's online courses, Living and Learning with Animals for Professionals and Living and Learning with Parrots for Caregivers. She has written chapters on learning and behaviour for three veterinary texts (Behaviour of Exotic Pets, Clinical Avian Medicine, and Manual of Parrot Behaviour), and is a frequent contributor to popular magazines. Her articles appear around the world in eleven languages. Susan has presented seminars for a wide variety of professional organizations around the world such as the Association of Avian Veterinarians, the European Association of Zoos and Aquaria, Moorpark College Exotic Animal Training and Management program, and NASA's Goddard Space Flight Centre. She has been nominated for the Media Award given by the International Association of Behaviour Analysis for her efforts to disseminate to pet owners, veterinarians, animal trainers and zoo-keepers the essential tools they need to empower and enrich the lives of the animals in their care.

### Fantastic Opportunity

It was a fantastic opportunity which literally landed on my lap. The seminar was full to the brim with animal trainers from all over the UK as well as from Europe so I count myself blessed to be only 15 minutes away! The charities were very well represented in the delegates from Hillside Animal Sanctuary, The Dogs Trust (the same people I met at the Twycross Conference last year!) and Redwings from Norfolk. All were lovely, intelligent and passionate people to chat with during the breaks as they are all doing fantastic work for rescued and abused animals from all over the UK.

The whole seminar was based on the ability to identify pure behaviour which can be measured, getting away from labelling animals incorrectly with assumptions and how behaviour is tangible, is a natural phenomenon and very much part of the real world.....leading to being a natural science in its own right.

At the end of the day science based information is our best standard to work from however it is constantly moving on as we learn more. The ability to accept self-correction as trainers is a massive thing. When we realise that something you have always taught has been disproved completely, altered in ways that compromise what you had previously thought was right or true or been improved with more depth then it is up to us to be able to "Stay on our toes" as trainers and teachers and be prepared to move with the proven science of behaviour.

I know that the animal world is still full of mythical fog. Training techniques have stayed in tradition because that is the way it has always been done but ethical training is so to the fore in everything one has to re-evaluate oneself and the choices you make in approaching training. I watched a Gun dog trainer on you tube the other day pick a over motivated Spaniel up by its ears and shake it because it would not stay in "sit, wait".

Using punishment training has been proved to create fear. Is harnessing the brain's fear system the way to train an animal? Will the animal want to repeat a desired behaviour trained by punishment? It will become worse. It will want to escape training. It will learn to avoid the punishment but it will never volunteer great connection and partnership because the animal will become subdued.

### Animal Behaviour

All behaviour has a function to the animal.....you need to ask what is the animal gaining through that particular behaviour. Emotions are behaviours in their own right too. Some behaviour's are really reinforcing in their own right, best example being play (Play System) which is an innate drive and feels good.

All behaviours stem from innate brain function systems like seeking (the Seeking System) and exploration seen in youngsters of any animal including us humans.....which feels good. The Fear System is all about losing life, the fear of dying. It creates flight or freeze. Ever known that one yourself by chance? Feels bad! The Rage System is triggered by force or restriction and produces attack and anger.

Male dominance is indicated here. Feels bad! The Panic System is from social loss, being separated from loved ones. Ever lost your child in a crowd? You panic and the child panics. Causes vocalising....calling out in all species capable of vocalisation. Feels bad! The Care System is maternal care, friendships and social bonding....feels good! The Lust system is being driven to find a mate and can cause very real frustration if not allowed.....feels good or bad depending on the outcome!

We are no different from the animals in our care. We all are ruled by innate brain function and systems which can get all mixed up all at the same time depending on the environment we are in at that particular moment in time..... all fascination stuff and food for thought!

*Support the advertisers who appear within the Cottingham Times*





## What a glorious start to the summer

I'm sitting here in fabulous sunshine on Saturday 17<sup>th</sup> May thinking that my headline seems very appropriate, however it's a further two weeks plus before this article is going to "press" so I'll play safe and add a disclaimer in small print "subject to the fickleness of the British weather"

### News from the Bar

On the 15<sup>th</sup> of May the Half Moon added two extra televisions and transformed itself into a **Sports Bar** during the afternoon for **Hull's FA Cup Final**. With a great family atmosphere I'm informed that everyone had a great time, even though the match just went against us at the end. The televisions have come down now and we're back to our **Village Pub persona**. However, due to many requests the televisions will reappear again for

England's' World Cup matches in **Brazil**.

Saturday June 14<sup>th</sup> England vs Italy KO 11pm serving until 1a.m.

Thursday June 19<sup>th</sup> England vs Uruguay KO 8pm

Tuesday June 24<sup>th</sup> England vs Costa Rica KO 5pm

So come and enjoy the World Cup atmosphere with friends and family at the Half Moon.

### News from the Dining Room

Our Summer Menu is now out with a **range of Salads** and some brand new additions including a fabulous **Charcuterie** and a Lebanese spiced **Lamb Kofta Kebab**, which are both proving very popular, while with the warmer weather our patio area is providing valuable extra table capacity although I would not go as far as claiming **Mediterranean alfresco** conditions yet.

### News in General

Thanks to all our customers, we are looking to recruit in a number of areas in particular full time or part time experienced Bar personnel, so if you, firstly, love serving customers and secondly, know your way around a bar and cellar, then give me a call.

Finally important news from the "limping landlord", my ankle is finally getting a lot better so a huge thanks to everyone for putting up with my occasional grumpiness particularly my great staff who had to suffer me when I wasn't "Front of House" and how Judy has put up with me over the last couple of months I don't know.

*Cheers, Mike*

## Need an Electrician?

# MOOREY ELECTRICAL LTD

### DOMESTIC AND COMMERCIAL ELECTRICAL CONTRACTORS

**Approved/Domestic NICEIC Installer - Part P Registered**  
**All aspects of Electrical Installation and Testing Work Undertaken**  
**Complete Rewiring, Extensions and Alterations**  
**Kitchen and Bathroom upgrades, Minor Works,**  
**Fault Finding, Repairs - Maintenance Work**


**Now Installing The Voltage Optimiser**  
**Reduces energy bills by an average of 12%**  
**Operates on all circuits, 24 hours per day, 7 days a week**  
**Quick, Simple Installation,**  
**Extends the lifetime of electrical equipment**


**For FREE Competitive Quotation, please call**  
**Mob: 07516 140515**  
**Office: 01964 622087**  
**Email: moorey.electrical@btinternet.com**

## Appeal for high notes in local choir

**H**ull Male Voice Choir – which celebrated its Centenary in 2011 – is in urgent need of recruiting more First Tenor voices, says its Assistant Musical Director and Public Relations Officer, Terry Wallis:

Unfortunately, over recent months we have sadly said farewell to some of our long standing choir members and it is of paramount importance that we work at maintaining a strong and vibrant choir for it to survive the challenges that lay ahead of us, especially mindful that Hull Male Voice Choir is the last male voice choir still remaining in Hull after several other similar choirs have failed.

Over recent years, the Choir has always enjoyed a membership of some 50 voices and whilst during the Centenary period numbers were boosted above this level, disappointingly they have now fallen back to a level that begins to give some cause for concern, particularly since of course not only is it essential to maintain numbers, but there must be an equal balance of voices across all our four parts - and First Tenors are in short supply at present!

Accordingly, we are urgently seeking to recruit especially more First Tenors to maintain this balance, although of course persons who sing Second Tenor, Baritone or Bass will be just as welcome to join our Choir which is a member of the National Association of Choirs.

Our members are drawn from a very wide area - I myself travel to weekly rehearsals from North Yorkshire and we also have choristers living as far afield as Withernsea and other parts of East Yorkshire.

Almost without exception, all those men who have come along to experience the joy of singing in a male voice choir comment that they only wish that they had joined such a choir

many years previously, because of the great fellowship and friendship enjoyed and of course of the satisfaction of singing in concerts – after all, singing is good for your health, it gives pleasure to others at the same time whilst often raising much needed funds for national and local charitable organisations!

The Choir rehearses on Wednesday evenings 7.30-9.30pm and anyone interested in obtaining further information about the Hull Male Voice Choir is invited to contact its Secretary, Reuben Hird, on 01482 656869 – potential new choristers will be invited to attend a series of rehearsals without any commitment.

## Barn Dance and hog roast charity event on Saturday 12th July at The Barn, Quarryside Farm, Skidby

**A** Barn Dance and Hog Roast is to take place at The Barn, Quarryside Farm, Main Street, Skidby in aid of three charities on Saturday 12th July.

The event will be a ceilidh followed by a hog roast, and takes place on the Saturday evening during the Scarecrow weekend.

Tickets for the event are £17.50 including food. The dance begins at 7.00 pm with a late finish. It is a licensed event, but no children are allowed.

The money raised will be donated to three charities, Macmillan Cancer Care (50%), Diabetes UK (25%) and Skidby Cricket Club (25%).

Tickets available from Carl Bevan, 56 Main Street, Skidby. [Carl.bevan@uk.tesco.com](mailto:Carl.bevan@uk.tesco.com). Telephone 07977 397710.

### Golden Charter Funeral Plans from **H Kemp & Son Ltd**

Making sure  
everything  
goes to plan



**H Kemp & Son Ltd**  
259 Hallgate, Cottingham,  
East Yorkshire HU16 4BG.

**(01482) 844695**

A funeral plan leaves nothing to chance and provides **peace of mind** for you and those you care about.

We recommend funeral plans from Golden Charter, the UK's largest provider of plans to independent funeral directors like us. With a Golden Charter funeral plan you'll benefit from:

- **Fixing the cost** of our services at today's prices
- **Reassurance** for your family – no uncertainty or difficult decisions
- **Complete flexibility** to choose the funeral you want

Taking out a funeral plan is one of the most **thoughtful decisions** you could make.

**Golden Charter**  
Funeral Plans

The UK's largest independent funeral plan provider  
[www.yourfuneraldirectors.co.uk](http://www.yourfuneraldirectors.co.uk)

GC-LIFT 2222





## Cottingham High School students win Street Dance competition held in Blackpool Tower Ballroom

Two students who live in Cottingham and attend Cottingham High School have won first place at a recent St Dance Competition they entered,

Bridget Allenby and Jazz Guest travelled to Blackpool on 20th April 2014 to take part in the BDO North West Street Dance Championships held at Blackpool Tower Ball Room.

The girls who train at Fierce Street Dance had choreographed their duet together and spent many hours practicing it, at their dance club.

Bridget said "We were so excited when we realised we had won first place. We ran up to get our trophy, it was great"

Bridget and Jazz were also placed first in their quad along with their two friends Mary and Libby.



**Yoga & Hula Hoop Classes in Cottingham**  
*Weekly Yoga sessions available!*  
 4 week beginners Hoop Course for adults starting June 11th £18  
 Children's Hula Hoop classes also available in the summer holidays  
 @ Cottingham Sports Centre



**Massage & Waxing Treatments**  
 Get 25% OFF your first treatment.  
 Gift Vouchers available



**Contact Claire on – 07771873457**  
 Email: [claire@121-coaching.co.uk](mailto:claire@121-coaching.co.uk) :: [www.121-coaching.co.uk](http://www.121-coaching.co.uk)

## High Security, Energy Efficient Double Glazing at Genuine, Sensible Prices

- Local Family Company
- NO Gimmicks
- NO Salesmen
- NO Deposit Required
- All Products Guaranteed Backed Guarantee
- All Styles & Colours

**FREE  
HIGH SECURITY GLASS UPGRADE**  
 On all downstairs windows  
 Ordered by 31/8/2014  
 When you quote this ref. CT14/06



**VISTA FRAMES**  
**T/A COTTINGHAM WINDOWS**

**T: 01482 307307 / 849999**

**www.vista-frames.co.uk E: info@vistaframes.co.uk**

**FACTORY & PRODUCT DISPLAY**  
 Unit 3 Unity House, Rotterdam Road, Sutton Fields, Hull HU7 0XD



**Solidor**



**KÖMMERLING®**

# Moving Abroad?

A monthly column by Nick Russell

Last month I ran through the trials and tribulations you might come across when buying a property over here in Spain. To be honest its not that much different than buying a house in the UK. Just be as careful and sensible as you would be back home and be aware of the subtle differences that a good lawyer should pick up before you part with your money.

Once you are here then you may find other problems to overcome such as if you bring your car over from England. I had checked on the internet and the law at the time was you could keep your UK registered vehicle for 6 months before having to re register in Spain. After 3 months of living here we were stopped by the police and told the law had changed that month and you now had to re register it within 3 months and as it was an 8 seater people carrier it was unlikely we would be able to as it was classed as a "taxi".

Also we had checked up on the criteria for getting our "Residencia" once we lived out here and fulfilled the necessary requirements and had to do it within 6 months. By the time we came to do this the rules had once again changed and even then the Foreigners office were unsure exactly what we needed.

So no matter how much research you do, you still may get tripped up at the final hurdle and when I asked my lawyer how these changes happen so quickly, he just shrugged his shoulders and says that every lawyer gets an file inches thick, every month, from government with changes to the law that they have to implement.

Having said all that, it has still all been worthwhile doing the move. I am not saying there hasn't been times when we have thought is it all worth it but usually by the next day, after a nights sleep, you get up and carry on living the dream, as the Brits say out here. You do miss things in the UK but a lot of the complications come from not understanding the language and therefore not being able to communicate very easily.

So how can I summarise what we would do differently.

1. Try and learn the language before you go but don't forget each region in Spain has its own words and accents, Andalucian is totally different from Catalan or Basque

2. When you look at houses, ask yourself why many Spaniards don't have very big gardens or, in fact, any garden at all. Come the 35 degree plus temperatures and you will know why. I wouldn't have bought a house with over 3 acres of land and garden if I had stopped and thought about it.

3. Spain maybe in the EU but it also has its own rules for both EU residents and non EU residents moving here. Don't assume things like your car registration, insurances and medical cover are the same over here as back home.

4. Make sure you know what you are leaving behind... family, friends, lifestyle and an understanding of the way the UK works.

But the question that started all this was, in hindsight, would we have still done it and the answer is a definite YES.

So what has been happening over the last few weeks. Well we all went down to the local river on April 25th to celebrate San Marcos day. This is the last day of winter/first day of summer and all the families in the village go down to the river to get together, have BBQs, drink and dance to a live band. It's a strange little ritual and each area seems to have it on different days around the end of the month. Once again everybody having a great time and no trouble. Oh, and as it is a public holiday, all the bars, schools and shops in the village are closed!!!!

## Fiesta Month

At the beginning of the month it was another little fiesta in the village, Dia de la Cruz, day of the cross, where bars in the village build and display 6ft high crosses out of various materials such as flowers, paper and our favourite one, cakes and biscuits. This one is eaten at the end of the day, much to the delight of our grandchildren.

The next fiesta starts this Friday in the town of Huertor Tajar, about 5 miles away and lasts for 3 days. Our granddaughter is flamenco dancing with her group on the first night so I am sure we will be going down to watch and have a few drinks.

## Olive Crop

As I mentioned a couple of months ago I was still waiting to hear how much my olive crop was worth. Well after many visits to the olive factory over 5 weeks, I was finally told that they had lost my olive sample at the lab where they test for quality and therefore value. I was told they would sort it out but on my return home I wrote a letter to the manager explaining my unhappiness at the situation. What a surprise that 2 hours after I dropped my letter of complaint off I had a phone call saying they had found my sample and a cheque was waiting for me. Result I thought until I went to pick up my cheque. My crop was 60% bigger than last year but the value per kg had dropped by 40% but my harvest costs had gone up by 30% because of the amount of olives. Needless to say I received less than last year with more costs, but at least I didn't lose money. The reason for the low price was because of the amount of olives around this year but I bet the price of olive oil doesn't drop to compensate. Anyway let's see what happens this year.

## Ready for Guests

By the time you read this our next guests will have been and gone and replaced with more guests so things are starting to get busy. We have spent the last few weeks getting the place all spruced up and painted. The bar area is all open as is the pool although its still too cold for me but is getting warmer so I am sure it will be warm enough for those coming out. If any readers are interested in coming out for a holiday we still have a couple of weeks at the end of June and a couple at the start of August. E-mail [nickruss@hotmail.co.uk](mailto:nickruss@hotmail.co.uk) for details.

*Support the advertisers who appear within the Cottingham Times*



# HALLGATE LANDSCAPES LTD HALLGATE, COTTINGHAM

Also visit our Show Centre - Rear of 146 Hallgate (Alterframe), Cottingham

## BLOCK PAVING SPECIALISTS

# DRIVES PATIOS PATHS

*Aggregates Supplied:-*  
**SAND,  
SAND & GRAVEL  
TYPE 1 STONE  
CRUSHED BRICK  
TOP SOIL**

**Walls Built, Turfing, Trees Felled/Pruned  
Demolition Work, Fencing Erected, Concrete Bases  
Drives Gravelled, Planting Trees and Shrubs**

*Established 1985*

**Tree Logs**

**£3.50**

**per bag  
Minimum  
Delivery  
10 Bags**



**Tree Logs**

**£3.50**

**per bag  
Minimum  
Delivery  
10 Bags**

**ALL WORK FULLY GUARANTEED**

**FREE  
QUOTES**

**Contact Brian -  
T: 01482 846069/M: 07885 242773  
COTTINGHAM**

**COAL  
FOR SALE  
£7.00  
PER BAG**

**google.hallgatelandscapes**

(Formerly BJD Landscapes)



## Free Legal Advice Clinics

Following the success of our Wills Clinics, held monthly at Civic Hall, Cottingham, our Family Law Specialists will now be available to offer legal advice on Family issues.

When you are thinking of separating from your partner, or your relationship has already broken down, it can be an extremely difficult and painful time in your life. You will no doubt have concerns about what to do next and where to turn. There may well be issues relating to your children or finances to address. You may also be worried about how to resolve matters and how much it will cost to do so.

**Options™** is a new scheme which has been launched by our nationally regarded family law team, where we offer a free half hour discussion with one of our lawyers, all of whom have many years' experience of working with couples and families in this highly sensitive area of law.

During your discussion, we will talk through the options available for resolving your particular issue. These might include discussions with your former partner through negotiation involving one of our lawyers, through mediation, collaborative law or perhaps the court process.

We can help you decide which route is best for you and your particular circumstances and then guide you through that process to ensure re-assurance for you, and a settled future, as swiftly as possible.

Contact Jayne Lowde on 01482 325242 now to book your **FREE Options™** appointment at our Cottingham Legal Clinic.

**Andrew Jackson**  
Solicitors

Do you need advice on

**Wills?** Family Issues?

Powers of Attorney? Probate?

We are holding **Legal Clinics** at  
**Cottingham Civic Hall** from 12 noon - 5pm on;

Wednesday 18 June 2014

Wednesday 23 July 2014

Wednesday 20 August 2014

Wednesday 24 September 2014

Also at **Beverley Memorial Hall**  
from 10am - 1pm on;

Thursday 26 June 2014

**FREE INITIAL CONSULTATION**

For further details or to book an appointment,  
please contact Jayne Lowde or Jo Pearman on

**01482 325242**

Marina Court Castle Street Hull HU1 1TJ

Andrew Jackson Solicitors are authorised & regulated by the Solicitors Regulation Authority: Ref 51781

## Cottingham Open Gardens event, Sunday 22nd June, in gardens throughout the village, from 10.00 am to 4.00 pm

The Cottingham Open Gardens event blossoms once again on Sunday 22nd June in gardens throughout the village.

Leaflets will be available in dispensers on the counters of about 20 outlets throughout Cottingham. These will hold A6 flyers giving all the addresses of the gardens taking part in the Open Gardens event, and on the back will be information on the various activities and things happening at the gardens.

People will be able to pick up a leaflet at these outlets which will then show them their nearest garden where they can buy an entry ticket which will give them access to all the Open Gardens.

A massive raffle will be taking place at No 15 Windsor Close, Cottingham with the major prize being donated by P&O of a North Sea Ferries crossing for two with coach travel included to either Bruges Rotterdam or Amsterdam. Admission to all gardens is £3.00 for adults.

## Council confirms September date for Boundary Referendum - Press Conference

East Riding of Yorkshire Council has confirmed that electors will vote on two separate questions in a postal referendum in September.

Hull City Council resolved on 20 March 2014 to establish a Commission of Inquiry to review what it sees as its restrictive administrative boundaries to determine their extent and potential solutions, including boundary extension.

East Riding of Yorkshire Council debated the issue at its full meeting on 2 April 2014 and resolved, unanimously, to strongly resist any attempts by the city council to expand its administrative boundaries into the East Riding and to hold a referendum in some areas of the East Riding, which may be potentially affected by any such review.

Ballot papers will be sent out to eligible electors in the parishes of Anlaby with Anlaby Common, Bilton, Cottingham, Elloughton-cum-Brough, Hedon, Hessle, Kirk Ella, North Ferriby, Preston, Welton, Willerby and Swanland on 8 September to be returnable by 26 September. The count will take place on 29 September with the result to be announced shortly after.

As well as setting the time frame for the referendum, the council has agreed the format of the two separate questions that will be asked, though exact wording is still to be confirmed.

The first question is whether or not voters want to remain in the East Riding or be included in an expansion of the city of Hull.

The second question is whether or not voters support a relaxation of the council's present approach of maintaining open green space between the built up area of the city of Hull and surrounding town and villages, which contribute to the unique character of such areas, and allow new development to occur.

Any expansion of the city council's boundaries into the East Riding could only take place following an order by the Secretary of State based on a recommendation from the Local Government Boundary Commission for England.

The Commission would consult local people and organisations to get their views before making any recommendations.

More details about the referendum will be announced in the autumn edition of Your East Riding, which will be distributed in the first week of September, and nearer the time on the council's website at [www.eastriding.gov.uk](http://www.eastriding.gov.uk) and also via the media.

*Support the advertisers who appear within the Cottingham Times*



## Sign up for swimming lessons at Haltemprice Leisure Centre

Residents who wish to book swimming lessons in the new pool under construction at Haltemprice Leisure Centre can now book into classes starting in September 2014.

Work on the redevelopment at Haltemprice Leisure Centre is progressing well, with the swimming pool due to open in July for the school summer holidays. As part of the redevelopment, a movable floor is being installed in the deep end of the main pool, meaning the centre can set the depth of the pool, allowing for the use of two shallow ends. This will increase the number of swimming lessons the instructors can teach at any one time.

In addition, during the summer holidays, there will be a range of four- and five-day crash course swimming lessons or one-to-one lessons for parents who feel their child would benefit from personal tuition. In one-to-one lessons, instructors are able to concentrate on the needs of the child, which can help some progress through the grades quicker than in group lessons.

Councillor Richard Burton, portfolio holder for civic well-being and culture, commented: "I am delighted that work on this exciting redevelopment is progressing well, and that we are now able to take bookings for classes later in the year, which will benefit from state of the art technology being installed at the Centre. This is another great example of the investment we have been able to make in leisure facilities across the East Riding, and I hope that as many people as possible will benefit from this superb new facility."

To book a place or for more information telephone Haltemprice Leisure Centre on (01482) 652525 and press option 2.

## Haltemprice Lions help good causes

The Haltemprice Lions are reaching the end of their 'fiscal' year and at their 40th Anniversary Dinner held in early May, the members were able to help more local good causes.

The dinner, held at the Mercure Grange Park Hotel, was a reason to donate cheques of £1000.00 each to the Castle Hill Hospital Daisy Appeal and the Overseas Plastic Surgery Appeal (OPSA). OPSA is an organisation of Hull based Plastic Surgeons, Nurses and Operating Department Practitioners who travel to Pakistan and India at regular intervals – and in their own time - to help underprivileged children and young adults with cleft lips, hand deformities or burn scars.

The Haltemprice Lions' members also donated £300.00 to local Cottingham dentist Chris Branfield in support of his worthy charity, Dental Mavericks.

It has proved to be another successful year for Haltemprice Lions whose area covers Cottingham, Willerby, Swanland, Anlaby and all the villages west to North and South Cave, if we can help, please contact us. We also have a thriving charity shop in Hessle selling donations of clothing, bric a brac and light furniture.

Our next event is a Charity Golf Match with attractive prizes, to be held at Burstwick Golf Course, on Friday, 20th June; to enter a team or further enquiries contact John Dickens, Tel 01964 623 281 email: [jdickins@jdickins.karoo.co.uk](mailto:jdickins@jdickins.karoo.co.uk).



Photo shows Haltemprice Lions President, Fred Cawood presenting cheques to Chris Branfield, 'Maverick Dentists', Dr. Nick Hart, OPSA, Prof. Nick Stafford, 'Daisy Appeal'.

# Our Instant Access Accounts

**Triple Access Saver**

3 withdrawals per year

**1.4%**



**RSPCA Saver**

4 withdrawals per year

**1.35%**

**Instant ISA**

Unlimited withdrawals

**1.25%**

Available at your local YBS Agency  
195 Chanterlands Avenue, Hull  
01482 440191  
[www.ybs.co.uk](http://www.ybs.co.uk)

Yorkshire Building Society is a member of the Building Societies Association and is authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority. Yorkshire Building Society is entered in the Financial Services Register and its registration number is 106085. Head office: Yorkshire House, Yorkshire Drive, Bradford BD5 8LJ.

**Yorkshire**  
BUILDING SOCIETY



## England captain goes back to his roots

Having Captained England under 19s to a 3rd place world cup finish; the former Hallgate and Cottingham High School pupil Will Rhodes returned to the roots of his cricketing, career helping out at a junior cricket session. Cottingham CC have held Saturday morning training for the last 12 years; originally held at Cottingham pavilion where Will began to hone his cricketing skills, the club now do the sessions at CHS.

Will played all his junior cricket at Cottingham CC and started his senior career at the club before moving to Fenner and then Stamford Bridge. It was during these early years at Cottingham that the potential of the left handed all-rounder attracted the attention of the Yorkshire schools coaches. Will scored his maiden century for Cottingham aged just 11 and along with Brother Dom showed real early potential and natural talent. Having represented Yorkshire schools at all age groups and the North of England at U15s, selection to an England training camp and tour of South Africa followed.

Having made the move to Stamford Will was also selected for the Yorkshire Academy and following a successful season his position in the county set up was confirmed. Last year Will made his Yorkshire second team Debut and later went on to captain the side, scoring a century against Leicestershire. Further success followed and the talent originally crafted at Cottingham shone through culminating in Will making his Yorkshire first team debut at Colwyn bay in the YB40 game against Glamorgan.

His England career gained a new lease of life when Will was selected for a triangular tournament with Pakistan and Bangladesh, a very successful tournament followed with a 100 on debut and Will finished as one of the leading run scores and wicket takers for England. A tournament held just before Christmas against Pakistan and the host UAE proved to be a further success for the young Rhodes. Wickets and runs again followed and consistency with both bat and ball saw Will appointed as England U19 captain for the world cup.

Despite a hectic preseason including a tour to Sri Lanka with Yorkshire, Will still found time to return to his 'home club'; helping at clubs annual NatWest cricket force day and lending a hand at the Saturday morning training followed by a Q&A with the children and parents.

Will is now well into training with Yorkshire and is looking forward to the season and hoping to break into the ranks of the country championship team.

## Cottingham Singers need new members

We are a mixed four part choir which sing a variety of choral music. We are looking for altos, tenors and basses.

We meet every Wednesday at Bricknell Avenue Methodist Church. If you're interested in joining, please contact Kate on 07903378909.

If you would like us to perform at an event, call Janet on 01482 442894.

Forthcoming events:- Wednesday 16th July, 7.30pm - our summer concert at Bricknell Methodist Church.

# Cottingham Memorial Club - Open Day Classic Motorcycle Display

## COTTINGHAM DAY - SATURDAY 5TH JULY 2014

(Featuring machines from the last 100 years plus many Harley Davidsons)

**ON THE CAR PARK AT  
ELM TREE HOUSE  
(THE MEMORIAL CLUB)**

**Finkle Street, Cottingham. From 12 noon to 4.00pm.**

As part of the Cottingham Day Celebrations the Club invites you to enjoy its facilities.

The house is a Grade II listed building with bar and dining lounge and snooker rooms.

We have a full calendar of social events, including quizzes, artist evenings and serve excellent lunchtime and early evening menus. The Club is open seven days a week from late morning until evening closing time for members and guests from 18 years of age.

For membership contact, Trevor Holborn on 01482 842415 or via email

[contact@cottinghammemorialclub.co.uk](mailto:contact@cottinghammemorialclub.co.uk)

For more information why not visit our website at:

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





# HALLGATE LANDSCAPE CENTRE

**Visit us via our main entrance within the Co-op Car Park  
at the Side of Pasco's, just off King Street, Cottingham**

***For all your landscaping requirements***



***Superb Selection of Summer  
Bedding Plants, Hanging Baskets,  
Vegetable Plants and  
Compost now available***

***Varied selection of Natural wood  
benches from £65***



***ALL LANDSCAPING WORK UNDERTAKEN***

***Tel. 01482 846069 or  
Mobile 07817 214792***



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

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

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

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

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

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

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

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

## Problems and Diseases commonly treated by TCM

### Dermatological:

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



### Muscular, Neurological, Skeletal and Vascular:

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

### Internal:

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

### Men's Problems:

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

### Women's Problems:

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

### Ears, Eyes, Nose and Throat:

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

### Cancer and Tumour:

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

### Addictions:

Tobacco, Drugs, Alcohol, Reduce Weight etc.

### Mental and Emotional:

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

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

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



**HERBGARDEN**  
CHINESE MEDICAL CENTRE

*Acupuncture and  
Chinese Herbal Remedies*

**Free Consultation**

**15% OFF**

**First Treatment**

**New Clients Only**

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

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

**28 BUTCHER ROW  
BEVERLEY HU17 0AB**

**TELEPHONE 01482 888152**



## First World War exhibition open at historic Skidby mill

Entitled "While they're gone – East Riding Countryside in the Great War", an exhibition by the Volunteer team at Skidby Windmill opened on Tuesday, 29th April. This exhibition is part of Joining up the Humber, a programme supported by a £1 million grant from Arts Council England.

The initiative runs until 2015, and will support commemorations of the centenary of the First World War in the Humber region. The money will be used to improve galleries and facilities across the museums managed by East Riding of Yorkshire Council, Hull City Council and North Lincolnshire Council in preparation for exhibitions in 2014 and beyond.

The Skidby display runs until Tuesday, 30 September and looks at the effects of the war on farming and the local economy, as well as exploring the stories of local men who served.

The Mill is open daily 10am to 5pm (last admission 4.15pm). Modest admission charges apply.

For more information call the Mill reception on (01482) 848405.

## Young Photographer competition for Cottingham Day

A Young Photographers competition is being held for young people aged 6 to 18 years age, with an exhibition of photos in the Cottingham Methodist Church, Hallgate, on Cottingham Day 5th July.

The competition is entitled "Life in Cottingham" and is open to young people aged 6 to 18 years of age, who are at school in Cottingham or who are resident in the HU16 postcode area.

The competition is in three age groups: Group A (6 to 10 years); Group B (11 to 14 years); and Group C (15 to 18 years).

The closing date for the competition is 10.00 am, Saturday 28th June. For rules and regulations, see separate entry form. These are available from local schools or youth organisations or The Photo Shop, King Street, Cottingham.

For further information contact John Moverley on 07940 30922 or email [photo@cottingham-methodist-org.uk](mailto:photo@cottingham-methodist-org.uk). The competition is sponsored by The Photo Shop, King Street. The exhibition is free and will be held in the Methodist Church Hall, on Cottingham Day 5th July, between 10.00 am and 4.00 pm.

## SENSATIONS

**Nails :: Beauty :: Chiropody**

*A warm, friendly relaxing atmosphere awaits you*

*Chiropody service available by HPC Registered*

*Chiropodist/podiatrist*

*Senior Discounts and flexible appointments available*

**181 HALLGATE, COTTINGHAM**

**Tel: 849068**

*Support the advertisers who appear within the Cottingham Times*

**EVERY THURSDAY**



## Cottingham Market

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

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

**THE GREEN, COTTINGHAM**

## The Inglemire

**Newly Refurbished  
Function Room and  
Beer Garden now available**

**for Birthdays, Weddings,  
Funeral Wakes  
and for all other occasions**

**Snooker/Pool and  
Darts Teams Wanted  
Non-Members Welcome -  
Live Sports**

**Tel: Dale 07960 167535  
or Ian 07753 636110**

**589 Inglemire Lane**

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



MyelomaUK  
Celebrating 15 years  
1997-2012

# MYELOMA AWARENESS WEEK

21-28 JUNE







IF YOU HAVE ANY UNWANTED CDs OR DVDs WHICH YOU WOULD LIKE TO DONATE FOR A MYELOMA UK CHARITY STALL, PLEASE CONTACT TONY TORDOFF (01482-858244), WHITE COTTAGE, DUNSWELL (OPP. CHINA RED RESTAURANT)

## WE NEED YOUR HELP



## Slimming WORLD

For Membership details Ring Theresa on 823032

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

**Also at: Sutton Park, Hull**  
Tuesday at 9.45 am

Crossword solution from page 14

1	S	H	I	K	A	R	I			5	C	A	R	E	E	R	S
	U		N		C		N				A		E		X		T
9	P	R	A	C	T	I	C	E	D		10	S	A	T	Y	R	
	P		B		I		E					G		C		R	E
11	E	D	I	T	O	R	S			12	E	D	U	C	A	T	E
	R		L		N		S					E					T
13	S	H	I	P	S	H	A	P	E		15	R	A	C	E	S	
17	M	A	Y	O	R					19	T	R	U	N	C	H	E
	E																
22	E	N	L	I	V	E	N			25	P	A	I	R	I	N	G
	R		E		O												
26	K	A	P	O	K					27	I	N	E	L	E	G	A
	A		E														
28	T	H	R	U	S	T	S			28	T	R	E	S	S	E	S



## Meditation

With the hectic pace and demands of modern life, many people feel stressed and over-worked. It often feels like there is just not enough time in the day to get everything done. Our stress and tiredness make us unhappy, impatient and frustrated. It can even affect our health. We are often so busy we feel there is no time to stop and meditate! But meditation actually gives you more time by making your mind calmer and more focused

There are many different types of meditation and it can be as simple or as complex as you want to make it. Lessons are available in the form of classes, instructor or videos on the internet. Meditation is the goal to focus and eventually quiet your mind. As you progress, you will find that you can meditate anywhere and at any time, accessing an inner calm no matter what's going on around you. But first, you have to learn to tame your mind.

Find or create a quiet, relaxing environment. It's especially important, when you're starting out, to avoid any obstacles to attention. Turn off any TV sets, phone(s) or other noisy appliances. If you play music, make sure it's calm, repetitive and gentle, so as not to break your concentration. Meditating outside can be conducive, as long as you don't sit near a busy roadway or another source of loud noise.

Sit or lie in any position in which you're relaxed, but keep your back straight - but be careful that you're not so relaxed that you fall asleep. In warm weather, consider watching the clouds.

Keep your eyes half-open without focusing on anything. If this is too distracting or difficult, close them or find something steady to focus on.

Breathe deeply and slowly from your abdomen rather than your chest. You should feel your stomach rise and fall while your chest stays

relatively still. This expels the used air and more completely oxygenates your blood, lowering heart rate and blood pressure. This breathing exercise should be done on a regular basis.

Relax every muscle in your body. Don't rush this, as it takes time to fully relax. Do it bit by bit, starting at your toes, and working up to your head, until the tension melts away.

Focus your attention. You may notice that your mind wants to wander, bouncing from thought to thought, making observations about other things. Gently bring your attention back to a single point until it rests there naturally. The goal is to allow the "chattering" in your mind to gradually fade away. Find an "anchor" to settle your mind. Let your attention rest on the flow of your breath. Listen to it, follow it, but make no judgments on it (such as "It sounds a little raspy...maybe I'm getting a cold?").

To overcome verbal chatter, recite a mantra (repetition of a sacred word). A single word like "aum" uttered at a steady rhythm is best. You can recite it verbally or just with the voice in your mind. Beginners may find it easier to count their breaths. Try counting your breath from 1 to 10, then simply start again.

To circumvent images that keep intruding on your thoughts, visualize a place that calms you. It can be real or imaginary. Imagine you are at the top of a staircase leading to a peaceful place. Count your way down the steps until you are peaceful and relaxed.

Silence your mind. Once you've trained your mind to focus on just one thing at a time, the next step is focus on nothing at all. This requires tremendous discipline but is the pinnacle of meditation. After focusing on a single point as described in the previous step, you can either cast it away, or observe it impartially and let it come and then go.

Stay relaxed for about fifteen minutes and then slowly come back, move slowly as you would when waking in the morning. You will feel refreshed and able to get on with your day with less stress.





**A perfect home at the end of a perfect customer journey. That's this Miller difference.**

*the place to be®*

## **Cleminson Halls, Thwaite Street, Cottingham, Hull, HU16 4RE**

Surrounded by mature woodland, this exclusive development is conveniently situated just a short stroll from the centre of Cottingham, within easy access of the M62.

### **If your old house is tying you down . . . choose Home Exchange-**

Whether you're upsizing, downsizing, or just moving on, with our flexible Home Exchange scheme- we'll simply buy your old house, leaving you chain-free to buy one of ours.

### **Introducing The Golding. Prices start from £249,995.**

Impressive 4 bedroom home with garage, featuring a broad lounge with central bay windows and French doors, generous open-plan kitchen/diner, separate study, plus dressing area and built-in wardrobes to top floor master bedroom with en-suite.

### **Introducing The Wharton. Ready to move into for £406,995.**

Stunning 4 bedroom detached family home with double garage, bright French doors to both the open-plan kitchen/breakfast area with utility and the dining room. Double doors lead on through to a generous lounge with feature bay window.

**Visit us Thursday to Sunday, 10.30am to 5.30pm.**



You can count on us for the best service, standards and levels of customer satisfaction.

**We call it the Miller difference.**

**0808 274 0814 | [www.millerhomes.co.uk](http://www.millerhomes.co.uk)**



**millerhomes**

\*Home Exchange is subject to availability, status and eligibility. It does not guarantee a like for like exchange. Your present home must meet certain basic qualifying criteria to be eligible. Price and availability correct at time of print. Photography represents typical Miller Homes' exteriors.





# June Offers



Supadog 15kg  
Beef or Chicken  
Only £12.99



Acers £9.99  
Or Two  
For £17.99



Cake & Tea or  
Coffee for Two  
Only £5.00

Valid from 2pm everyday



New Furniture Range Now Available At Great Prices



Quality, value  
& service for  
over 70 years!

Opening Times Mon-Sun (8.30am-6.00pm)

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



COLETTA & TYSON

NURSERIES AND GARDEN CENTRE

324 Hull Road, Woodmansey  
Beverley, HU17 0RU  
Tel: 01482 865410