

Cottingham Times

and District

Issue 231 - June 2021



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Magnolia House



A word from our chairman

It's amazing to think we're almost halfway through 2021! Welcome back to the latest bitesize news and views from Magnolia House. After a mild and warm April we are back to the rain in May, but we are not letting that stop us! Everyone at Magnolia House is ready and roaring with community spirit.

This month marks Dementia Action Week, and we have been collaborating within our Cottingham community to raise awareness of the effects of this horrible condition. At Magnolia House we work closely with Dementia Forward, a local charity that aims to 'knit' dementia support, awareness and understanding into the community.

Speaking of community, as we storm ahead with the vaccination programme and having just proceeded to open with stage three of the government's roadmap out of lockdown, our amazing manager Lindsay and all her fabulous team are looking forward to welcoming the Cottingham community back to explore our beautiful blossom-filled gardens, once again. Summer is almost here, and our pop-up ice-cream stand is ready!

To find out more about the fabulous care and facilities at Magnolia House, call home manager Lindsay on 01482 845038, she will be happy to help.

Chris Mitchell,
Chairman
Park Lane Healthcare

News from Magnolia House Care Home

Magnolia House – Bring on spring!

Spring has truly sprung here at Magnolia House. The birds are tweeting and our bunny, Bunty, has been enjoying her hops around our magnificently manicured gardens. The gardens have been so full of life recently, it feels as though Chris Packham should come along with his camera crews to film a new episode of Springwatch!

Over the years, we have extended Magnolia House to ensure that we can offer the very best facilities, making what we believe to be the finest home in Cottingham.

Many residents have stunning views of the wildlife from the comfort of their rooms without having to turn on the TV. The gardens offer lots of adventure, whether



our residents prefer an afternoon stroll through winding paths or feeding the ducks that return to our lake every year.

The effects of going outside and interacting with all the wildlife on our doorstep increases people's self-esteem and sociability, improving the health of those living with dementia.

At Magnolia House, you can be your own Springwatch star, and discover all of the wildlife that our gardens have to offer.

Paper Planes



Jet, jumbo jet, airbus or military? Residents enjoyed an afternoon making and flying their very own paper aeroplanes around the Magnolia House gardens, while thinking of times where they did the very same thing as a child.

Careful folds transform a simple sheet of paper into a gliding masterpiece and an object that simulates memories. When the activity coordinators at Magnolia House suggested a paper plane competition, residents were keen to show off their various designs and to be the best pilot in the home!

Paper planes are a fun and stimulating activity that fosters friendship and helps residents to reminisce on times that they have built their own planes.

Bingo Beats

Colleagues at Magnolia House have been reinventing bingo, creating a classic, musical version that has helped residents to reminisce.

Music plays a significant role in enhancing the quality of life for those living with dementia. Just a few notes laced together has the power to strengthen relationships and helps people to remain connected with their loved ones and carers through shared experiences. Music inspires people to express themselves creatively and allows them to be seen beyond their ailments.

Stimulating minds, motivating communication and connection between people are some of the many benefits linked to music. Memories are often linked to songs, and this can help people to remember their personal identity, their history and life events.

By putting a twist on a classic, carers at Magnolia House are encouraging residents to recall those fond memories and to communicate them with each other, creating the much-loved Magnolia atmosphere.



Residential Care ~ Respite Care ~ Day Care ~ Dementia Care

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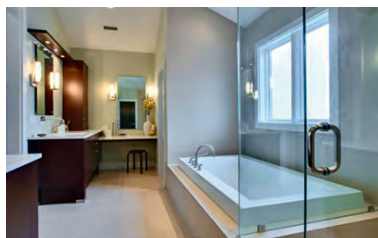
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Gosh, it's nice to be back writing a CLT article for the Cottingham Times again!

First of all, another huge "Thank You" for your kind words of support over the last 18 months. We have really missed rehearsing and performing our shows, and it's lovely to know that you have missed watching them too, and that you want to come and see us as soon as you safely can. Just keep those fingers crossed!

So - having spent the last two articles telling you about all the Centenary productions we had to cancel, I'm delighted that this time I can bring news of our next show!

November 2021 Production: A Christmas Carol

As we've had such a long furlough, we wanted to pick a show with a big cast and with a real festive feel-good factor. So we've chosen "A Christmas Carol" by Charles Dickens, adapted by Neil Duffield which we last performed in 2010. It was a very popular show, completely selling out. It was also the first production Rachel White directed for CLT and we're delighted that she's agreed to direct the show again. Rachel says:

"I think 'A Christmas Carol' is a wonderful choice for this year, when we're all feeling a bit 'Bah! Humbug!' and could do with some cheering up! Most people know and love the story, and Neil Duffield has made a great job of adapting it. I am very excited to be directing it again for CLT and am really looking forward to starting rehearsals in September. Meanwhile I'm annoying my husband and the neighbours by singing Christmas Carols very loudly in June!"

At the moment performances are scheduled for **Thursday 25, Friday 26 & Saturday 27 November**. However, as audience numbers will have to be smaller than usual, and as we know this is going to be a popular show, we plan to add in some extra dates. We'll announce these in the autumn, as well as details of how you can buy tickets, and also details of any extra arrangements we need to make to keep everyone safe.

Our Centenary celebrations were cut off in their prime, so we're determined to make "A Christmas Carol" a cracking start to our next 100 years!

Wanted: Young Actors!

Are you already a young actor? Or is it something you've always wanted to try? "A Christmas Carol" has lots of parts for young actors, both speaking and non-speaking, with ages ranging from 6 through to 20(ish) and everything in between.

Cottingham Little Theatre people are very friendly and we would love you to come and join us. So if you or someone you know likes the idea of being in the show, why not call Rachel (the director) on 01482 841030 for a chat to find out more? She doesn't bite!



In Cottingham and District

The deadline for entries in the July 2021 "What's On" section, is no later than the 19th June 2021.

Hull Alpha Probus

After a long lull due to lockdown, Hull Alpha Probus will be holding coffee morning meetings on 1st, 15th and 29th July 2021. New members are welcome – please contact the Secretary 01482 348270 for details."

Yorkshire Country Women Association Skidby Branch

Would like to correct our previous announcement and confirm that the first meeting in the Skidby Village Hall will be held on Thursday 2nd September at 7:30pm 2021 and NOT the 6th of September as stated in the May edition of the *Cottingham Times*. Apologies for any confusion caused. Hope to see all members there and welcome any newcomers. Please contact Celia Parnaby on 841370.

Cottingham and Hull folk Dance club

The above Club will resume dancing on the 7th of September 2021 in the Darby and Joan Hall Finkle Street Cottingham The evening will start at 7.00 for beginners tuition and practice dances. Dancing will commence from 7.30 to 9.30 All are walked though before put to music you do not need a partner as all dance sets are made up of members present. There will be a short interval for free tea coffee and biscuits, New members are very welcome to this very friendly club come and enjoy gentle exercise to music and get fit again after the long period of lockdown. All requirements for covid protection will be adhered to in accordance to government regulations. For further information please contact Jan Gray on 01482840637 or Keith Alexander on 01482509751

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Photo: Paul Lakin.

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Buggy boot camp comes to Cottingham

Being physically active helps us feel healthier and happier, but finding ways to exercise when you're looking after a little one can be tough (and expensive!) – finding the time, finding childcare, finding the energy! Which explains why 'mother and baby' fitness classes are becoming increasingly popular – they welcome you and your child, allowing you to work out and spend time with your little one. One such activity started up in Cottingham last month – Fitmums & Friends buggy boot camp.

Fitmums & Friends' boot camp is a 60-minute circuit session that uses cardio, toning and resistance work to help you feel fitter and stronger. You work out with your babe or preschooler at your side, so no need to arrange childcare.

Sessions are led by a qualified coach who can adapt the workout to suit all levels of fitness and ability so everyone is welcome – pregnant mums, new mums, dads, grandparents, carers, with one or more preschool-aged children. And people without little ones are very welcome too. Sessions are supportive, friendly and fun.

The boot camp takes place at 09.30am on term-time Wednesdays at Cottingham Sports Centre – sessions are inside or out depending on the weather. Each session costs £1.50 for Fitmums & Friends members or £3.00 for non-members (children are free), and must be booked in advance online. Fitmums & Friends currently has Covid-19 precautions in place to keep everyone as safe as possible.

Fitmums & Friends' boot camp is a great opportunity to be active, make friends and enjoy time with your little one. To book, find out more or ask a question, just get in touch with Fitmums & Friends: search 'Fitmums buggy' on Facebook, or visit the website at <https://fitmums.org.uk/>, or contact Gemma on gemma@fitmums.org.uk or 07805 516836.



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Join East Riding Libraries' friendly Facebook book club!

East Riding Libraries *Face in a Book Club* on Facebook now has over 220 members who have been enjoying the books selected each month by the Libraries team. The club started back in February 2020, just before the first lockdown and has gradually grown since then.

The group initially started with people sharing their thoughts or book recommendations in a typed chat, but has now evolved to virtual meetings on Facebook rooms every six weeks.

Book Clubs have always been very popular at East Riding Libraries. Prior to lockdown, clubs took place at libraries across the area, free to attend, with books free to borrow and the added benefits of encouraging people to read, offering reading recommendations, chatting with like-minded people and reducing social isolation.

The libraries team hope to re-introduce the various social groups in libraries when safe to do so but joining the short, half hour '*Face in a Book Club*' meetings every six weeks are a great way of enjoying the group interaction and sharing your thoughts on reading in a safe way for the time being. If members don't get time to read or listen to the book, it doesn't even matter! They can just come along and find out what others thought and see if they fancy reading it in the future.

Reading is a very calming activity and has a myriad of proven health benefits such as reducing stress and lowering blood pressure. Audiobooks are a great way of enjoying the benefits of reading if you are short on time too and are popularly listened to when walking, decorating, gardening and even doing the housework.

The selected book is Matt Haig's '*The Dead Fathers Club*' and can be downloaded as an eBook or eAudiobook free on the Borrowbox app with your library card, or borrowed as a hard copy – just visit your nearest East Riding Library or mobile to reserve a copy, or visit your online library account (log in at library.eastriding.gov.uk) to reserve online.

'*The Dead Fathers Club*' follows the story of Philip Noble; an eleven-year-old in crisis. His pub landlord father has died in a road accident, and his mother is succumbing to the greasy charms of her dead husband's brother, Uncle Alan. The remaining certainties of Philip's life crumble away when his father's ghost appears in the pub and declares Uncle Alan murdered him. Philip vows to carry out the ghost's relentless demands for revenge. Can the words of a ghost be trusted any more than the lies of the living? Philip makes his decision and when the moment comes to act, he finds himself heading towards disaster.

The next book club meeting will take place on Wednesday, 9 June at 6.15pm on Facebook rooms – everyone is welcome! To join the Facebook group and the discussion, visit the [@ERLibraries](https://www.facebook.com/ERLibraries) Facebook page, click on groups and join our 'Face in a Book Group'

To join the library free or find out more about the huge selection of eBooks, Audiobooks, eMagazines and Newspapers that can all be downloaded free from home with an East Riding Libraries membership, visit <https://www.eastridinglibraries.co.uk>.

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New exhibition at the reopened Skidby Mill

Skidby Mill has re-opened with a new exhibition, celebrating the bicentenary of the building of the mill in 1821, created by the mill's volunteer team. It will look at key events in the mill's history, some of the characters who have lived/ worked there and also national/ international events going on in 1821.

Opening times will be Saturday-Tuesday, 10.00am-5.00pm, closed for lunch 12.30-1.00pm and last admissions at 4.15pm. Closed Wednesday-Friday. Modest admission charges apply.

Visitors can also explore the adjoining Miller's garden and acreage - with play equipment for younger visitors on the acreage and plenty of space to picnic and exercise. Visitors are encouraged to take all their litter away with them or to use the newly provided heritage bins, so that the site can stay

safe and clean.

The nearby Sails Café will be open Wednesday-Sunday 10.00-4.00pm. They can be contacted on 01482 847831.

For further information on Skidby Mill, visit https://www.eastridingmuseums.co.uk/find-a-museum/?entry=skidby_mill, or phone on 01482 848405.



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Cottingham Parish Council



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

• Word from the Clerk

The cautious return to normality continues with Cottingham Parish Council holding its first face to face meeting since March 2020 on the 27th May. Our meetings are still a bit more ad hoc than normal so please visit our recently overhauled website (www.cottinghamparishcouncil.org.uk) for details of our upcoming meetings, which can also be found on the noticeboard near the Cooperative Supermarket.

Our office remains closed to the public. After closing in March 2020 we did reopen in September only to close again in October. Rather than risk opening and closing again we will only reopen when all Covid restrictions are lifted (or shortly afterwards to give staff chance to prepare)

Covid restrictions are currently set to be lifted on the 21st June but this is subject to change.

You can still contact us via email and telephone (01482 847623)

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

Millbeck Ward

Congratulations to Carolyn Cantrell (and commiserations to Billy Bell) for her victory in the recently held Millbeck Ward by-election. The existing Councilors look forward to working with her.

Dog waste and food waste

As mentioned in our article in April, dog fouling remains an issue in the village and this includes waste that is picked up, but with the bags then thrown in bushes or tied to branches. Please dispose of bags in an appropriate way, there are a number of bins throughout the village, and if there isn't one on your route please dispose of them at home.

As the weather improves more people are making use of the Memorial Gardens. We kindly ask that anyone eating please make use of the bins in the gardens to dispose of packaging, or if these are full additional bins are just outside on Hallgate.

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WHY YOU NEED A LASTING POWER OF ATTORNEY

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

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

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

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

You can choose to make one type or both.

HOW TO MAKE A LASTING POWER OF ATTORNEY

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

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

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

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

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

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

WHAT'S THE ALTERNATIVE?

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

WHAT SHALL I DO?

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

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

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

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Explore the Yorkshire Wolds with Dove House's Wine Dash

Hull and East Yorkshire Hospice, Dove House is ecstatic to have the go ahead to ramp up events. Second on the line up is the extremely popular Wine Dash which explores the Yorkshire Wolds with a walk or run through the picturesque Little Wold Vineyard, tasting wines from different regions along the route.

It's a 5k route through the vineyard, up and down part of the Wolds Way countryside with the views only interrupted by the wine stations. At each station participants will visit a different wine region and taste wine from across the world courtesy of House of Townend – it's a great chance to get friends and family together for a walk with a difference.

Set to take place on Sunday 13th June 2021 you can choose to start a start time of either 2pm or 3pm.

Supporter Emma Jessop had this to say: 'My friend and I have supported Dove House for many years. Their events team make this so easy to do as we thoroughly enjoy all the events we attend. In recent years we've attended the Wine Dash, which combines a lovely stroll in the country with kilometre wine breaks! Everyone is so friendly and we have a great afternoon out. At Christmas time we attended the Little Wold Vineyard, online, wine tasting, which gave us a great night in from different houses in these strange times. We can thoroughly recommend all the events we have attended over the years and have already booked for the next wine dash!'

To sign up visit: www.dovehouse.org.uk/winedash Any questions or queries please contact: events@dovehouse.org.uk or call 01482 785795.

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Sewerby Hall and Gardens looking for local stallholders for December event

After the disappointment of having to cancel the event in 2020, the team at Sewerby Hall and Gardens are working on their winter event to be held in the run-up to Christmas. It is hoped that full details will be made available next month.

In the meantime, the event organisers are looking for up to 28



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f g+ t i

stallholders to take part in the event, to offer local crafts and foods to those attending.

Marie Gascoigne, general manager, Sewerby Hall and Gardens, said : "To add an extra dimension to this year's planned event, we are very keen to work with local stallholders to create a special area where people will be able to buy local products.

"We would love any local business who would like to find out more to contact us on sewerby.hall@eastriding.gov.uk and we look forward to a great response!"

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Wordsearch - Fish

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

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

Find the words in the letters above:

Amberjack, Bass, Bluegill, Bonito, Bowfin, Buffalo, Burbot, Carp, Char, Cisco, Cobia, Croaker, Dolphin, Flounder, Goldfish, Grouper, Haddock, Houndfish, Lingcod, Marlin, Perch, Pickerel, Pike, Pollock, Porgy, Pumpkinseed, Rockfish, Sailfish, Shad, Sheefish, Snapper, Sole, Spearfish, Steelhead, Tarpon, Trout, Tunny, Walleye, Weakfish, Whitefish, Yellowtail.

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

Sudoku No. 167

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

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

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MARIONOWENTRAVEL

June wow how great it is to be travelling....

So far we have enjoyed two fabulous successful tours to Scotland & Wales. The one thing everyone has said is, "it is so good to be in the company of other guests". Humans enjoy being sociable and this is something we have greatly missed over the last year.

Our hotels have been spotless & safety procedures at tourist attractions have been handled extremely well with Gardens and Wildlife centres allowing us private entry just for our group even opening especially for us on days they do not normally operate.

I note that we have a lot of clients booking UK holidays to tick off their bucket list. Here are a few examples not shown opposite:-

24 September Chelsea Flower Show & Kew Gardens staying in the centre of London at the newly refurbished Strand Palace. London is great to visit at the moment as it is much quieter without the foreign tourists. £325pp for 3 days B&B with both entries.

10 July London & Hampton Court Flower Show 1 night dinner B&B a bargain at £129 pp

29 August, Bank Holiday - Highclere Castle better known as Downton Abbey 2 nights dinner B&B £225pp It does not look like we will be travelling to far around our globe for the next year. Bookings are strong for Norway the Fred Olsen offer shown is selling fast. Don't forget if you are a regular cruiser with any cruise line you will still get your club benefits e.g Oceans with Fred Olsen when booking with Marion Owen Travel.

As I write we can just squeeze a few extra guests on our unique tall ship sailing. Price from £1749 (1 cabin at this price) all inclusive of meals, drinks (other than premium top shelf brands), gratuities and travel to/from your door.

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25 Jul	Highgrove Gardens with Champagne afternoon tea 2 days or Westonbirt Arboretum plus Kiftsgate	£ 290 £ 215
04 Aug	East Lancs Railway day outing, sumptuous lunch	£ 75
05 Aug	Scotland's Fife & Kynren 4 days super itinerary	£ 499
31 Oct	Isle of Wight, Victorian Christmas. A very special tour of the island house DBB Bourne Hotel, Shanklin	£ 649 6 days
14 Nov	Newcastle - city centre hotel with dinner B&B 2 days	£ 115
18 Nov	Harewood house & Christmas Market	£ 49
26 Nov	Festive weekend with Gin & Wine dinners - 3 days	£ 299
02 Dec	Thursford Christmas Spectacular	£ 225
06 Dec	Harewood House with Afternoon Tea	£ 75
11 Dec	Polar Express premium seats, theatrical experience	£ 85
2022	Tours are growing and on sale...	
14 Jan	Boundary Mills January sales just for the day	£ 20
16 Jan	Northern Lights flying from Humberside 4 nts from	£ 989
27 Jan	Scotland & a Burns celebration - 5 days	£ 369
20 Mar	Ilfracombe, a great itinerary inc. RHS Rosemore 4 Star Carlton Hotel - 6 days dinner B&B	£ 529
17 Apr	Floriade & Keukenhof - 5 nights sailing from Hull	£ 599
02 May	Somerset Explorer—5 days dinner B&B	£ 499
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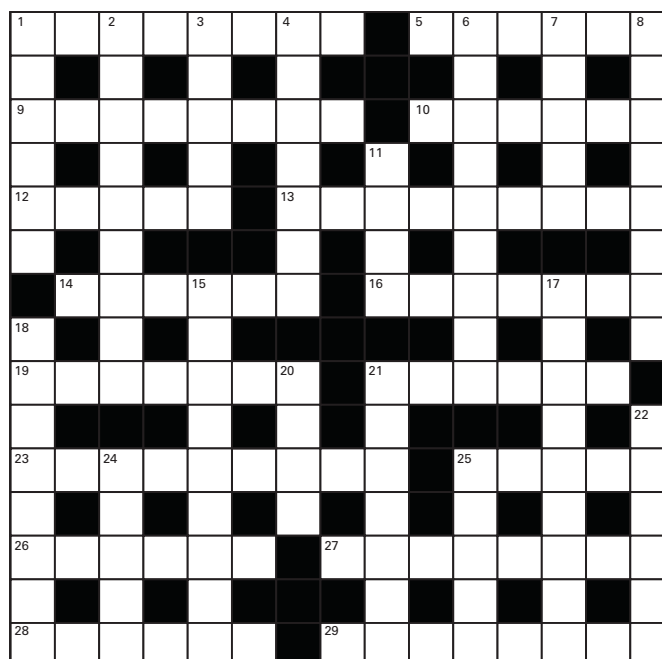


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<https://cottinghammc.wordpress.com/>
<https://www.facebook.com/cottinghammemorialclub/>

Crossword – Solution on page 29



Across:

- Happily (8)
- Pre-built (6)
- Graveyard (8)
- Faery (6)
- Chieftain (5)
- Gave an explanation (9)
- At an opportune time (6)
- A very large pot (7)
- Causes hay fever (7)
- Change (6)
- State of being (9)
- Insect stage (5)
- Inside (6)
- Type of tuna (8)
- Thinly scattered (6)
- Used (8)

Down:

- Raised up to change a tire (6)
- Whining (9)
- Verbalize (5)
- For the most part (7)
- Rescinded (9)
- Pretend (5)
- Mixing (8)
- Heroic (4)
- Sub-atomic particles (9)
- Affiliates (9)
- Blood vessels (8)
- Accomplished (4)
- South African mongoose-like animal (7)
- Refused to comply (6)
- 2nd most populous country (5)
- An extension of a collar (5)

Crossword courtesy of www.crosswordpalace.com
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In April 2021, 3656 magazines were downloaded. The most popular were:

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- BBC Good Food
- Auto Express
- HELLO! Magazine
- New Scientist
- Country Living UK
- Good Housekeeping UK
- BBC History Magazine

Thousands of customers have already registered to use this free service, and have saved hundreds of pounds on popular magazine titles such as Cosmopolitan, House Beautiful, BBC Top Gear, Woman, Bead & Button and National Geographic, to name just a few of the 50+ titles available.

Councillor Mike Medini, portfolio holder for cultural and leisure assets, said: "It's free to join East Riding Libraries, and membership offers numerous benefits. In addition to free magazines, members can enjoy free eBooks, Audiobooks and Newspapers; free access to FindMyPast and Ancestry Library edition; and access to hundreds of thousands of books across the East Riding Library network of 23 branches and three mobile vehicles, which cover over 150 stops!"

To join the library online, visit <https://www.eastridinglibraries.co.uk/memberships/>.

Hull and East Yorkshire Mind join forces with Hull City Ladies to help raise awareness of mental health

Local mental health charity Hull and East Yorkshire Mind has joined forces with Hull City Ladies to raise awareness of mental health.

The partnership, which launched in May 2021 will see Hull City Ladies add Hull and East Yorkshire Mind's logo onto their Girls Elite Academy training wear. Together, both organisations will help to raise awareness through a series of awareness days such as Mental Health Awareness Week, World Suicide Prevention Day as well as World Mental Health Day.

Hull City Ladies will also be hoping to raise much needed funds for Hull and East Yorkshire Mind and have already raised £100 through a charity Grand National sweepstake. All money raised will help Hull and East Yorkshire Mind to support more people across Hull and East Yorkshire with their mental health.

Founded in 1976, Hull and East Yorkshire Mind are a local charity

supporting over 5500 every year with their mental health. Affiliated to the National Mind network, Hull and East Yorkshire Mind has an ambitious vision for the future in which they will not give up until everybody experiencing a mental health problem gets both support and respect.

Dan Warren, Director of Development at Hull and East Yorkshire Mind said:

"We are very excited about the partnership with Hull City Ladies and the ability it will give us to engage with players, coaches and the whole community within the club.

Local partnerships like this really help us to reduce stigma around mental health and well-being and by working together, we can raise vital funds to allow us to deliver more services to local people."

Danny Johnson, Managing Director at Hull City Ladies said:

"I am delighted for the club to be working alongside Hull and East Yorkshire Mind to further promote mental health.

Hull and East Yorkshire Mind are a fantastic charity who are working hard to create more awareness and support for people within Hull and East Yorkshire. We are helping by having Hull and East Yorkshire Mind on our Girls Elite Academy training wear and we will be working in partnership on numerous fundraising and awareness initiatives to further support the charity.

We are motivated to make a positive difference in our region and it is important to link in with local organisations who share similar values to us."

For information or advice, you can also contact Hull and East Yorkshire Mind 24 hours a day on 01482 240133, Freephone 0800 138 0990 or email info@heymind.org.uk. More information is also available at www.heymind.org.uk.

Royal Philharmonic Orchestra returns to Bridlington Spa this summer

The Royal Philharmonic Orchestra presents Circus Circus at Bridlington Spa on Sunday, 11 July at 3pm, with presenter Tim Steiner and conductor Benjamin Pope.

Roll up, roll up and see the amazing Royal Philharmonic Orchestra perform the greatest show at Bridlington Spa!

Back by popular demand, the Orchestra invites you to come and experience all the magic of the circus in this fun-filled matinee concert suitable for all the family. Bite-sized pieces of well-known music introduce you to the orchestra, mixed with fun and games from your ringside seat.

Featuring music from The Greatest Showman, Carmen, Monty Python, Entry of the Gladiators and much more!

The perfect introduction to orchestral music for children aged 5-12 and their families.

Tickets on sale: Adults from £21, Concessions £19.50 and Children £5. Available at Bridlington Spa Box Office, Bridspa.com or 01262 678258.



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Civic Hall improvements after donation from The I AM Fund

Major improvements to the stage in the Cottingham Civic Hall are planned with the help of a significant contribution from local charity The I AM Fund. In recognition, the recently refurbished upstairs hall will be renamed the Audrey Mosey Studio in honour of the long-term Cottingham resident who set up the fund in her will. The I AM Fund provides investment in the performing arts, aiding young people to maximise their potential, enhancing venues, and giving them access to experiences and learning.

The Civic Hall is managed and maintained by The Cottingham Village Trust, with help from a group of dedicated volunteers. Chairman of the Trust, Ian Start, said "The donation goes a long way towards long term plans to re-develop the Civic Hall for the benefit of Cottingham residents. The Trust and the I AM fund share the same aim of improving opportunities for young people in our area."

Since taking over the building from East Riding of Yorkshire Council in 2018, the Civic Hall has become a nationally recognised venue for concerts as well as providing a space for local groups and exercise classes to meet. Regular events as diverse as the Local History Society and Zumba Classes enjoy the halls facilities. If Covid restrictions allow The Cottingham Folk Festival will take place over the August Bank Holiday and concerts by The Christians, Hue & Cry and legendary guitarist Albert Lee are all booked for later in the year.

For full details of classes and events see the website <https://www.cottinghamcivichall.com/>



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ON THE GRAPEVINE

WITH ROY WOODCOCK

Beaujolais

A recent masterclass has shone a light on the overlooked wines of Beaujolais, highlighting the versatility of the Gamay grape in the newly-mapped terroir of the region's lesser known Crus.

The online tasting, which was organised by Inter Beaujolais and Sopexa and hosted by Master of Wine Anne McHale, outlined the developments that have been bubbling under the surface in the region in recent years as well as showcasing a selection of delicious and drinkable premium wines.

Stretching 34 miles, the Beaujolais region is nestled between Burgundy to the North and the Rhône to the South. It comprises 12 appellations, including Beaujolais, Beaujolais-Villages, and ten 10 Crus and its wines now are far removed from the heyday of Beaujolais Nouveau of the 1980s.

Although the region's entry-level wines come primarily from the large fertile soils in the Beaujolais AOC, where the grapes ripen later due to the flatter terrain, it is further up the quality hierarchy where the biggest potential for the region's fortunes can be found.

Beaujolais Village, which comprises 38 municipalities, enjoys good recognition among consumers, who understand it is a tier above the basic appellation, even if they are not sure why. The area has a wide range of soil types, which are less fertile than Beaujolais to the south. This restrains the natural vigour of the Gamay grapes and concentrates the fruit, while the larger amount of granite in the soil results in greater ripeness, structure and concentration in the wines.

However, it is the ten Crus to the north where the finest wines come – Brouilly, Côte de Brouilly, Régnié, Morgon, Chiroubles, Fleurie, Moulin-à-Vent, Chénas, Juliéas and Saint-Amour – and it is here where the biggest potential for the region lies.

Situated to the north among the hilly uplands, the vineyards in the ten Crus are planted up to 400m (420m in the case of Chiroubles, the highest cru), and the mainly South Eastern facing slopes give the wines great brightness. When the micro-orientations of each vineyard is combined with its particular variation in the soil, "you get real potential of diversity of soil which is solely coming from the land, the terroir," McHale pointed out.

"Terroir is not really talked about widely across the world in the context of Beaujolais as much as it has about Burgundy," she noted, "but one of the most exciting developments going on in the region is the mapping out of different soils, of different vineyards and terroirs across the region".

This recent development will allow producers to take ownership of exactly which style they want from each plot of land. "The understanding of the terroir by the winemakers is driving better quality wines," she said.

Winemakers are also working together more and there is a lot of emphasis on sustainability – what the French called agro-ecology – which is linked to respect for the land, and protecting the vineyards for future generations.

And it is the Crus that offer some of the best potential for the region, McHale added, although there is still work to be done to educate consumers about the individual appellations and deal with the "challenging legacy" of Beaujolais Nouveau. However with a younger generation keen to explore lighter red styles, Beaujolais is not tarnished by the reputation of "Bojo Nouveau" which became a victim of its own success leading to poorer quality and significantly declining exports.

"Fleurie has established itself as a recognisable 'brand' but most people who know it and buy it don't know it's from Beaujolais," McHale pointed out, adding that this was true, although to a lesser extent, for Morgon and Moulin-à-Vent.

"The challenge of the lesser known crus face is that they neither have the association (whether good or bad) with the name 'Beaujolais', nor the recognisability of the better known Crus," she points out. "If you can strengthen the link between famous crus like Moulin, Morgon, and Fleurie, which are well known in the UK market and make it clear to consumers that those are Beaujolais, that would help raise us the whole region and the rest of the lesser known Cru."

She continued: "Cru Beaujolais combines lightness of Gamay with the richness of a denser grape variety," adding that the individual appellations did have their own distinct characteristics. Brouilly for example, along with Régnié or Chiroubles are "charming" exuberant wines, "more designed for youthful drinking", while at the opposite end of the scale, Crus such as Juliéas and Moulin-à-Vent, provide more tannic structure and ageability, along with violets, black fruits, liquorice, and spice.

McHale added that some winemakers in these Crus are experimenting with old wood barrels, which increased the body and texture of the wines, which means it can age for several years.

Being the most recently added Cru, Régnié is the least well-known, but its wines are characterised by early ripening grapes, with lots suppleness and fruit, from the granitic soils with alluvial Piedmont deposits. Saint-Amour, which is very well-known in France, and is often drunk on St Valentine's Day, also has potential.

Positive reaction

The reaction to the wines at the tasting was very positive, and McHale noted that she hoped it would rejuvenate people's love for the region.

"We've shown today how high the quality is, and just how much vibrancy and vitality there is in the region with the new generation of winemakers as well," she said. "This is not a region that's prepared to sit with the legacy of the less good wines of the past, it is moving forward and upwards – the value is there but the quality is there too."



BEST BUYS



Katie Jones "L'Histoire" 2019, Fitou

Where: Majestic

When: Now

Why: Katie Jones moved from the UK to live and work in Languedoc many years ago. But it wasn't until 2008 when she took the plunge and bought her first vineyard. Several vintages later, and Domaine Jones is producing exceptional wines. In this one, expect notes of wild berries, rosemary and thyme, and an elegant structure. Partner this characterful red with slow roasted lamb rubbed with rosemary and garlic

£11.99 (£9.99, if bought as part of a mixed six)



Pink As Flamingos Pinot Grigio Rose

Where: Morrisons

When: June 2 - 27

Why: Flaming June? We hope so - in which case it'll be time to break out the rose. This is an easy drinking fresh and dry blush rose, with hints of strawberry. Takwe the bottle and glass outdoors and enjoy!

£6.50 (was £7.50)



Jam Shed Shiraz

Where: Co-op

When: Now, until June 8

Why: Rich and opulent, with sweet red berry flavours and balanced with a subtle hint of vanilla and spice. It's a seriously delicious red wine, jam packed with flavour

£6 (was £7)



Co-op Fairtrade Irresistible Sauvignon Blanca Reserva

Where: Co-op

When: Now, until June 8

Why: Hailing from some of the best vineyards in the Cape. Full of zesty citrus fruit flavours for a refreshing zing.

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

www.instinctivehorsetraining.co.uk

My role as a horse behaviour expert

Many thanks to all of you who advocate and recommend my work. It is really appreciated. As a behaviour specialist, it is always heart-warming to know that so many of you understand the difference between a Behaviour Consultant and an ordinary horse trainer. The methods we use are polar opposite to each other.

The tools and the skillset

Applied behavioural science uses several aspects of analysis. It is based on learning theory and uses systematic desensitisation, counter conditioning, positive reinforcement and force-free protocols as its main tools. **It is always evidence driven.**

Understanding (and not labelling) the observable behaviours, the drives and the triggers. By delving into known history and the past associations we can then appreciate and predict their significance. Only then can we start to change the immediate outcomes for the learning horse (or any animal come to that!).

We need to understand the effect of the immediate environment. A few examples would be what or where the horse is facing. Maybe where it is being asked to approach or leave. What novel stimuli is inside that environment (eg a horse trailer). Which novel stimuli may appear or disappears and leaves. Environmental influence with its predictably conditioned responses is a huge subject in its own right. Gaining as much insight and information as possible means I am then able to manipulate that environment for the benefit of the horse - keeping everything at a very low intensity at first.

Understanding the predictable, observable behaviours is the next criteria. After all there is no behaviour for no reason! When we understand that, that particular environment has an effect on

the horse, I would then choose to systematically change it from its formerly bad associations into new, really good ones. The immediate consequences of this will be to hopefully change the future reactions - from undesired behaviours into desired. From heightened emotions into calm ones.

Understanding observable behaviours themselves. Every behaviour happens in order to gain a desired consequence for the horse. If a behaviour is being repeated then something is absolutely reinforcing it. The horse is constantly trying to gain or keep some measure of control. Perhaps the horse gets to leave or at least distance itself. Perhaps it behaves in a certain way in order to stay where it is therefore not leave an environment where it feels safe. Maybe the horse finds a way of keeping a resource or it fights to not allow a resource to leave or be removed. It protects something - itself or a resource (maybe another bonded horse.)

Understanding the true role of observable behaviour is a key subject for working out what outcome is the reinforcement for the behaviour. The suggestions above are just the tip of the iceberg. Understanding the consequences of the behaviours shows me as the trainer, just how important the desired outcomes are for that particular horse. It is my way into gaining insight into the emotional make up of that individual and I can then base my decisions on a training route accordingly.

Keeping "calm and relaxed" as the key criteria at all times means we base the entire process on the emotional thresholds of the learning horse. Afterall, it is the animal who decides if what we are doing is working! Keeping the horse in a calm place emotionally means that it is then capable of making rational choices. That it is in a stable place inside its head where cognitive processing and problem solving can occur. It keeps the horse in an emotional place where it is capable of controlling innate hard driven impulses and could then make new, positive choices. All of this process changes how the horse really feels- and those feelings are observable in behaviour. 😊

The human element.

The other half of the story is the horse owner. They must be considered, respected, helped and supported at all times during all this process. Knowing that they have me on their shoulder for continued support afterwards for as long as they need me. They have suffered as much trauma as their horse and it can leave them feeling hopeless, guilty, scared, openly criticised by others, deflated and nervous.

Investing massively in the owner is also a key factor for future success. Everything I train into the horse must be completely transferable. The owners are involved throughout the whole training process where they actively participate gaining a solid skillset. My main aim is that the owner will then be in a great place to continue achieving results once they return home or after I leave their property if working with them at home.

I absolutely love what I do and consider myself a very lucky person. I am surrounded by all that I am passionate about. Lovely people, lovely horses, lovely dogs and cats, a lovely outdoor life- I just wish I could control the weather and then all things in my life would be perfect!



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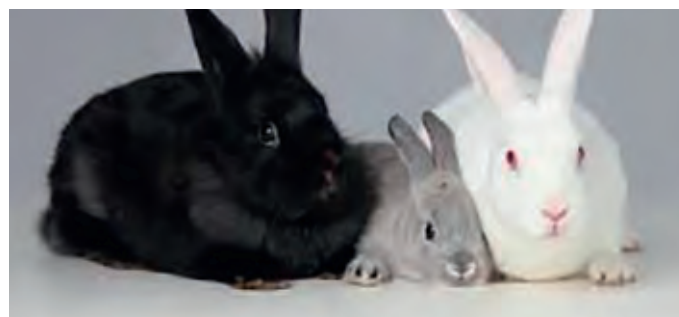


Rabbiting on . . .

Rabbit, rabbit, rabbit. Yes, I am so sorry but we are going to be rabbiting on this month about a pet that we have been seeing more of during lockdown, than any other time...the humble bunny. As you will be aware from previous articles, pairing and homing rabbits has been a big learning curve for me especially after losing 2 of my rabbits this past year. Poor Sabrina has been on her own....but not for long. We have another little friend arriving shortly so the bonding shall start all over again. Hopefully, by the next article I shall have more to tell. Now over to our resident Cottingham vet who I am delighted to say has taken the reins this month.

I'm Barbara Wynn, the vet most often found dealing with the sick and injured pets coming through the doors of the Cottingham branch of Kingston Vets, a post I have very much enjoyed holding for, erm quite a few years now. Let's just say that Mrs Thatcher had only just left office when I started working at, what was at that time, David Terry's main surgery in Park Street, Hull.

So, what am I going to do with my fifteen minutes of fame in the spotlight, I hear you ask? Well, amongst other things, I'm shall be talking about the very important subject of pooh, so if you are planning on reading this over a meal then don't say you haven't been warned in advance. However, I'm hopefully not going to be writing about anything too grim, but rather the marginally more visually pleasing little currants that serve as a reminder that there is a cute and fluffy pet



rabbit living in your house or garden.

Rabbits are a prey animal, and what that means is, they are very good at hiding when they are feeling under the weather. In the wild a rabbit showing signs of injury or disease would advertise itself as easy pickings for any passing fox or weasel, so they are designed by nature to hide any weakness. Now don't rush to peer at your bunny in a panic, if you look carefully and know what to look for it should be fairly easy to tell if it is in tiptop shape or not.

As you have probably guessed by now, looking at your bunny's bottom and what comes out of it is a very good place to start. Changes in the number and size of currants a rabbit is passing can give you an idea of how well it is eating. Smaller, fewer pellets mean their appetite is not what it should be. More wet droppings may mean dental problems, gut disease or mobility issues and a sticky bottom with faecal material stuck around the tail area is a big red flag that there is something going on that definitely means a trip to the vet is in order. These bunnies are at very high risk of a nasty condition called fly strike, especially at this time of year. In contrast to healthy pooh, rabbit urine can be very variable and the colour can depend on diet to a large extent, however urine that is thick and sludgy, smells bad or if your bunny seems to be straining frequently can be signs of a problem.

Leaving the nether regions well behind now, thank goodness I hear you sigh; your bunny should hop around freely and be active and mobile. Its skin should be flea and dandruff free, with no sore or bald patches, and its eyes bright and clear. Check for any swellings under the skin, especially around the head and neck area, as that can mean there is an abscess brewing. Listen for sneezing or noisy breathing and make sure there is no discharge from your rabbit's nose or eyes. Also weighing your them regularly is a good idea. Weigh in a box, take it out and weigh the box then subtract, simple. If you do this regularly you will get an early warning if its weight is dropping and also some idea if it is getting too fat! Obesity is a real problem for our pampered bunnies, where delicious food arrives without any effort on their part and they get limited exercise.

Watch to see if your rabbit is grinding its food normally. Dropping food or slobbering can be signs of dental problems, and especially look for crusty patches on the inside of the front legs. Check the front incisors to make sure they are short and meet correctly. Curling incisors might need to be trimmed with a special dental burr by your vet. This is not painful for a rabbit as they have a nerve free end to their teeth. Rabbit teeth grow constantly from the base, like fingernails. You can't check the back molars yourself, however, as you can't see them without using a special instrument to examine them. Your vet will usually do this as part of their annual health check.

Speaking of which, it is a good idea to get your rabbit vaccinated every year. We recommend cover for myxomatosis and both strains of HVD, which stands for Haemorrhagic Viral Disease also known as Rabbit Haemorrhagic Disease (RHD).

For healthy rabbits, our very knowledgeable veterinary nurses here at KINGSTON, can offer advice on fly strike prevention. All it takes is to make appointment with them. They can also give advice on a healthy weight, diet, neutering plus good rabbit husbandry in general.

I guess that's all I have time for folks. My time is up and my sojourn into journalism is over.

AND FINALLY....TALL...

Mmmmm did I mention she is learning? Well, she is in some way but the temptation to eat tissues of all kinds, is still upmost in her brain. No matter where a tissue is hiding, whether pocket or bag, she can sniff it out which can be quite embarrassing when I am chatting to someone in the street. Her latest achievement was to shred half a kitchen roll, digesting most of it plus half the cardboard tube. I am now waiting with baited breath for signs at the other end.

Until the next time, stay safe...

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“The Tooth and Nothing but The Tooth”

by
Chris ‘ Dr. Smile
Maker’ Branfield

A word of caution

Hello again, I hope that you are safe and well. It’s not been as warm as last year and that’s for sure. Yes, I’m an Englishman a bit obsessed with the weather! This month I’ve been doing plenty of webinars with various study groups as part of life-long learning. I enjoy them to be fair and its less hassle than travelling, etc.

DIY Dentistry

There has been quite a lot of stuff in the media about DIY dentistry and people taking their own teeth out. It’s a bit disturbing to say the least. Dentists are back at work now and can offer the full gambit of dental treatment so please don’t try it for yourself. Some people have ended up in A&E with severe problems afterwards.

Another type of dentistry has also been referred to as ‘DIY’ and that is the so-called straight to consumer teeth straightening or orthodontics. This seems to be something that has travelled across the pond from America. It seems that people can take



their own impressions at home and send them in to be assessed and have dental aligners sent out, and all to be done at home without any kind of supervision. Another alternative is to go to a shop and a non-dentally trained person do some kind of assessment and do a scan and then the aligners are made. It all seems a bit fishy to say the least. There has been a large TV publicity campaign as well. The thing is we need to look at our patients as a whole and not just crowded teeth. We need to check for disease of the gums, the teeth, the jaw joints, the jaws, airway, and soft tissues. Teeth straightening is not appropriate when disease is present. Also, we need to monitor treatments to make sure things stay healthy, are working the correct way and patients are doing things correctly.

There really have been some horror stories with this type of treatment. Not to mention the fact that it sometimes appears to be illegal.

Climbing Mountains

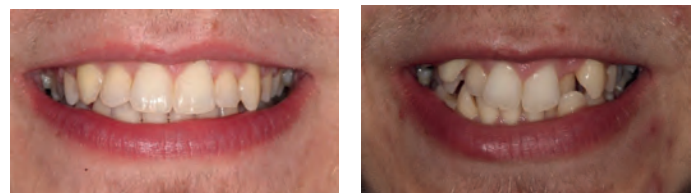
Sometimes people decide one day to get their teeth straightened. Like I say, “things need to be healthy”. So, I often use an analogy. You might decide that one day that you are going to climb a mountain. If you just put your trainers on and start on your way the odds are you will not do well and put yourself at risk of harm. You need to plan and train, get to base camp, make sure you have the right gear, the right team, the right route and that the weather is OK. You can look at base camp as being dental healthy. Also, it’s important to get an idea of exactly what you want and treat people and not models of teeth.



It’s been playing on my mind, so I thought I’d put it out there. Just because you can do something does not mean that you should. That applies to loads of stuff in life, but I won’t drone on anymore.

Happy Smiles

Having said all that, when things are planned right and done in the right order and sequence; bespoke for the individual, you can get some really nice outcomes that are healthy and stay healthy with supervision. See below the before and after of a case that cannot be done DIY.




Until next time. Take care and be good.

Chris




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

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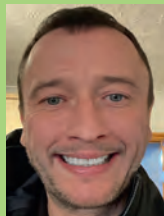


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If you're considering teeth straightening, no matter what your age, then I would say 100% go for it. See my photo to see the difference. " L. Holmes; Beverley.

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Motoring - with Roy Woodcock



On sale now, the new Dacia Sandero has been given a major boost in terms of overall quality but it remains Britain's cheapest new car

Roy Woodcock reports . . .

A new Dacia Sandero has arrived and it's not only retained its crown as Britain's cheapest car it has moved upmarket and now comes with a powertrain option that gives it incredible range.

Priced from £7,995, or £11,495 in SUV-styled Stepway form, the Sandero is new car that can be had for less than the cost of many a second-hand model. As such it comes with a full warranty that's valid for three years plus roadside assistance should that be necessary.

It's a compelling proposition and underlines Dacia's reputation as a no-nonsense brand (now owned by Renault) that makes value for money a priority.

The new Sandero is a huge step forward and is powered by a range of three-cylinder 1-litre engines that include a bi-fuel powertrain that uses both LPG and petrol, giving it a range of more than 800 miles on full tanks.

With LPG costing around half the price of petrol there are huge savings to be had from a car which is priced from £10,395.

Officially, the bi-fuel is rated at 52.3 to the gallon on petrol and 39.8 from LPG but a colleague who tried the bi-fuel Sandero in top-grade Comfort specification - costing from £11,995 - saw an overall fuel consumption of 39.7mpg.

That's more than 750 miles between fill ups and the car has an 11 gallon petrol tank supplemented by an 8.8 gallon gas tank which is located where the spare wheel would go below the boot floor.

The filling nozzles are side by side behind the fuel flap and operation is seamless with LPG running selected via a push button on the dashboard.

Emissions are 123g/km for the petrol engine and 109g/km when operating on gas which for business buyers results in a 31 per cent benefit in kind rate.

On the performance front, the 100 horsepower engine in the bi-fuel is the most powerful of the three powerplants Dacia is using in the new Sandero which makes it the quickest of the lot.

The others see the engine developing either 90 or 65hp and all have official fuel returns of more than 50 to the gallon.

There is no compromise on boot space either with all

models offering a minimum of 328 litres of space expanding to 1,108 litres with the rear seats folded.

With Dacia being owned by Renault the new Sandero is based on the latest Clio and that quality shows throughout the car.

The Stepway with its pumped up bodywork - it sits more than half-an-inch higher than the regular model - has become the most popular version in the UK and now comes with styling touches such as black body cladding and metal skidplates and roof bars that can be turned into a roof rack capable of carrying up to 80kg.

Those add to its versatility and although not quite as quick as the regular model - 0 to 62mph takes 12 seconds compared to 11.7 seconds - it looks nicely contemporary in these SUV-dominated days.

Inside, the new car is a sea change and not only does it feature full smartphone connectivity it also comes with an eight-inch Media Nav display set at the top centre of the dash.

Safety features include emergency brake assist, blind spot warnings and radar sensors to aid parking as well as LED lighting and a reversing camera.

A CVT automatic transmission is also available on the 90hp engine and are priced from £12,795 for the Sandero and £14,295 for the Stepway.

The bi-fuel conversion is factory fitted and makes Dacia the only mainstream car manufacturer to offer such a choice.

Other upmarket moves see the cabin coming with slim-line air vents, a fabric finish across the dash and on the Stepway, orange detailing on the vents and in the seat stitching.

The new car, crowned overall What Car? "Car of the Year" and "Small Car of the Year" in the What Car? 2021 Car of the Year Awards, also has almost an inch-and-a-half more legroom in the rear which is best in class.

With its sharp new looks, added technology and huge value for money, the Sandero is a splendid supermini at a city car price - and that adds up to make it Britain's most affordable new car by some margin

* More information: www.dacia.co.uk



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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 £40 for a 100 litre space saving water butt kit at the Coletta & Tyson Garden Centre and will save you money on your water bill over the hot summer months.

The uncertain start to the year with the weather has made it difficult to get started on the garden properly but now the weather is looking better so now is the perfect time to start planning for those summer blooms. 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 3L roses for just £3.99 each or 3 for £10. David Austin speciality roses starting from £14.99. Plus protect those roses from blackspot and rust as well as most common insect infestations with Rose Rescue, just £5.99 at Coletta & Tyson.

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.

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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 to 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.

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Grow Your Own: June

- **Peas:** are a trouble free crop that enjoy cooler weather. Sow them directly into the ground from March to June and look forward to the incredible sweet flavour of fresh picked peas from June to August. All they require is support for their stems - simply erect some chicken wire or netting between supports at each end of the row. You'll be amazed at how good fresh peas taste and the more that you pick them, the

more they produce!

- **Broad Beans:** What could be simpler! Sow Broad Beans in spring in small 7.5cm (3") pots of compost, and within a few weeks these quick growing beans will make sturdy plants that can be planted out in the garden. If that sounds like too much work then sow them directly in the ground. Watch the bees pollinate their pretty flowers and before you know it you will be harvesting a bumper crop of fresh picked beans from June onwards, with a flavour that puts supermarket beans to shame.

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By Kay Gower

Aries (Mar. 21- April 20)

Don't be afraid of being the 'outsider'. This position can give a wonderful advantage. You see all kinds of things from the outside that you could never see if you were right in the thick of it.

Taurus (Apr. 21- May 21)

Some say that words are power and they can be used to help heal or harm. This will be especially true about the words you use when speaking to yourself this month, so choose your words wisely.

Gemini (May 22-June 21)

Ask yourself whether there is any sense in arguing the toss about certain matters if it means upsetting those close to you. Some plans may be best put on hold for now, give your attention to enjoying what the early summer has to offer. Young people bring good news.

Cancer (June 22-July 22)

Slow and steady wins the race this month. You are in a position to get everything done that you need to. A quieter period is indicated from mid June, now that Mars is having less of a bearing on your thinking and actions.

Leo (July 23-Aug 22)

A favourable time as the planet Mars takes up a strong position in your chart (after the 12th) and offers both incentive and know how. Now you will have the chance to turn some ideas into hard fact and embark on new projects.

Virgo (Aug 22 – Sept. 23)

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

Libra (Sept. 24 -Oct. 23)

Laughter can sometimes be a cover for sadness. Reading between the lines is one of your specialities. You're like an editor eliminating useless waffle, this helps you reach to the very essence of a message someone is sending.

Scorpio (Oct. 24 - Nov. 22)

A magical month. The caring and sensitivity you show to others will win you deep affection. The planets are in good aspect for all one- to-one encounters. If you are single don't be surprised if love comes knocking at your door.

Sagittarius (Nov. 23 -Dec. 21)

Even though there is no question that opportunities should be taken, there can still be differences about when, how and with whom you should snap up these chances. Arguments that so often accompany change seem to be rife early in the month. Clear the air by the end of June or these opportunities will disappear.

Capricorn (Dec 22.- Jan. 20)

The full moon is in your sign on the 24th. It will be important for you to reflect on whatever means most to you in life now. Try not to feel guilty about spending time alone. Introspection will recharge your batteries and that is what you desperately need.

Aquarius (Jan 21 - Feb 19)

Protect yourself from negative people. Create a large buffer zone between you and other's problems. By the middle of the month the storm will have passed.

Pisces (Feb. 20-Mar. 20)

You're quite unique, and others can't figure you out. There are some who will claim that you're psychic, when really you're observant. You understand that the wise listen more than they blab - especially to what goes unsaid.

Crossword solution from page 14

1	J	O	Y	F	U	L	L	Y		5	P	R	E	F	A	B
	A		A		T	A						E		E		L
9	C	E	M	E	T	A	R	Y		10	S	P	R	I	T	E
	K		M		E		G		11	E		E		G		N
12	E	M	E	E	R		R	E	13	X	P	L	A	I	N	E
	D		R				L				I		L			I
		14	T	I	M	E	L	Y		16	C	A	L	D	R	O
18	A		N		L							E		E		G
19	R	A	G	W	E	E	D		20		21	M	O	D	I	F
	T				C		O				E			E		22
23	E	X	I	S	T	E	N	C	E		25	L	A	R	V	A
	R		N		R		E				R	A		R		L
26	I	N	D	O	O	R			27	S	K	I	P	J	A	C
	E		I		N						A		E		L	E
28	S	P	A	R	S	E			29	U	T	I	L	I	S	E

Sudoku Answer from page 12

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

The Cottingham Ladies Circle Group announces its closure

After not being able to meet for more than a year, due to the Covid 19 restrictions, it has been decided to close the group.

It seems that we will not have as many members or ladies who would help to run the group. It is a sad situation as the group has been meeting regularly for more than 40 years.

However, the money we have accumulated has now been give to local charities. These are the RSPCA and the Cottingham Lights.

Brenda Graham, Ex-Chairperson.

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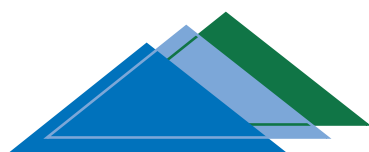


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The Traditional Chinese method of Acupuncture treats the whole person, body and mind, and not just the symptoms

Traditional Chinese Medicine (TCM) has existed for over 4,000 years and is a comprehensive medical system with its own principles, diagnostic methods and therapies.

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

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

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

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

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

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

Problems and Diseases commonly treated by TCM

Skin Problems:-

Eczema, Herpes, Dermatitis, Psoriasis, Warts, Shingles, Vitiligo, 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, Obesity, Ashma, Brochitis,



Headache, Dizziness, Migraine, Nausea, Vomiting, Gastritis, Colitis, Indigestion, Peptic Ulcers, IBS, Diarrhoea, Edema, Diabetes, Constipation, Haemorrhoids, Colds, 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, Ear Infection, Viral Infection, Eye Problems, 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.

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

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