

Cottingham Times

and District

Issue 288 - March 2026

Magnolia
House



A Word from our Chairman

As we move into March, Magnolia House continues to offer a lively and engaging programme for residents. The past few months have been filled with activities that encourage friendship, creativity and social connection, and we are carrying that same energy into the spring season.

This month includes a Mother's Day Afternoon Tea with live entertainment, a St Patrick's Day Party, and a Spring 'Gods & Goddesses' themed photoshoot, all designed to bring enjoyment and a sense of community to the home.

For anyone interested in learning more about our vibrant community, please feel free to reach out to Lindsay Altoft, our registered manager, at lindsayaltoft@parklanehealthcare.co.uk, or visit our Facebook page for a glimpse into our daily lives.

Chris Lane, Chairman, The Park Lane Healthcare Group

A DAY AT THE DEEP

One of the highlights of the month was the residents' visit to, award-winning aquarium, The Deep in Hull. They spent the day exploring the exhibits and watching a variety of marine life, from rays and shark gliding overhead to jellyfish. The trip sparked a lot of conversation and curiosity, and given how close The Deep is, the home hopes to make visits there a regular part of its activity schedule.



Baking for a Cause



Our recent community bake sale was small but enthusiastic, raising £50 for Cancer Research UK. Residents and staff worked together to prepare and run the event, creating a great atmosphere. This marks the start of a series of fundraising activities planned for the rest of the year, all supporting the same important charity.

Celebrating Love at Maple Court

Maple Court residents marked Valentine's Day with a creative project that brought everyone together. They produced a 'Tree of Love', decorated with personal messages and memories. The finished display is now proudly showcased within the home and has become a talking point for both, residents and visitors.



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Magnolia House, 42 Hull Road, Cottingham, East Riding of Yorkshire, HU16 4PX T: 01482 845038

THE COTTINGHAM TIMES

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Published Monthly by: The Cottingham Times

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www.cottinghamtimes.co.uk - March 3



Hard Water Horrors?

Fitting a new kitchen or bathroom is often an occasion that gets people thinking about protecting their planned investment from the ravages of hard water: limescale, soap scum, streaks, and spotting—the list goes on.

After all the effort and cost of selecting and fitting your new units and appliances, it is only natural to want to keep them sparkling and pristine, and the one guaranteed way in our hard water county is to find the correct water softener for the property and get it installed as soon as possible.

Immediately after it is installed, a professionally specified and installed unit will protect plumbing, showers, and appliances and keep everything at peak efficiency and performance year after year.



Amazingly, the softener doesn't stop there; it will also undo the previous years of scale build-up in existing plumbing and appliances, and over a period of 12 months or so, it will gently dissolve away the limescale.

Cleaning and caring for the kitchen and bathroom is transformed with a softener; there is no need for harsh chemicals, scrubbing, or elbow grease; a rinse and wipe-down are all that are needed.

How will I find room for a water softener, they are huge aren't they?

Well, yes, they used to be, and indeed, some of the older styles and more basic "builder grade" softeners still available are on the bulky side. However, the good news is that there are now compact, non-electric "consumer range" softeners that are the size of a tower computer, superbly efficient, and stylishly designed to blend in.

Will we need plug sockets and a degree in computers to operate it?

In a word, no. The modern softeners no longer need electric power; they are kinetically powered by water flow and are pre-set by our skilled installer to give perfectly soft water all of the time. There are no dials to set or flashing lights to look out for; it's all perfectly simple and perfectly soft.

I don't want to be moving big, heavy bags of salt around; has this been improved?

Yes, indeed, it has. I am pleased to say that 2.15Kg salt blocks are now available, which makes storing and replenishing salt much easier. Salt can be delivered directly to your door or picked up from our Hull shop as required.

All the above benefits of a softener will not be at the top of most long-term softener owners lists 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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In Cottingham and District

The deadline for entries in the March 2026 "What's On" section, is no later than the 17th March.

East Yorkshire Association of the National Trust

Monday 2nd March A Quiz night, led by Colin Bradshaw:
'Beverley in Pictures – Familiar and Unfamiliar'

Haltemprice Art Group

Tuesday 3rd March - Anything but a Brush

Tuesday 10th March - Lucky Dip

Tuesday 17th March - Matisse Names

Tuesday 24th March - The Hedgerow

Meetings held Tuesday evenings from 7pm to 9pm, during term time, in the art room on the first floor of Cottingham High School. (A lift is available for our use)

Cottingham Men's Deluda Society

Wednesday 4th March - Mathew Weylandt Boy Soldier and Musician - John Scotney.

Wednesday 18th March - Hull's Incredible Untold Story from the War. Dennis Chapman.

Wednesday 1st April - Thomas Ferens - Rosina Baxter

Meetings held at the Willerby and Kirkella Social Club, 51A Main Street Willerby HU10 6BY. Meetings 1.30 pm for 2.00 pm. Cost per meeting paid at the door £4.00.

Cottingham Local History Society

Wednesday 4th March - The Berry Mug and the Hull Whaling Trade in the 18th Century. Mike Rymer. In the Cottingham Civic Hall, 7.45 to 9.15 pm. Meeting fee: Members £2.00, Visitors £4.00. Contact Chairman Peter McClure 845734. Website: www.cottingamlocalhistorysociety@gmail.com.

Cottingham Civic Hall Film Shows

Thursday 5th March - doors open at 1.30pm and the film is **Yesterday** a musical romantic comedy. The Cottingham Civic Hall, screenings are at 2.00pm on the first Thursday of each month with admission £3.00 which includes refreshments. Ice Creams also available. Come and enjoy a film, meet new friends, you can even recommend a film which you think other film-goers might enjoy..

Thursday 2nd April - the film will be **Downton Abbey – The Grand Finale (2025)**.

Skidby Branch of the Yorkshire Countrywomen's Association

Thursday 5th March - Catherine Scott - Poetry.

Thursday 2nd April. Easter Craft Evening.

In the Skidby Village Hall. For further details contact Ruth Holland on 01482 875170.

"British Sugarcraft Guild - Hull and Holderness branch"

Saturday 6th March - 2.00 p.m. in Skidby Village Hall. Jo Dear of Just Cakes, Northallerton will be demonstrating Seasonal Flowerpots. Visitors welcome £7.50.

Front cover: Botanical Gardens, Thwaite Hall.
Photo: Courtesy Paul Lakin.

“World Day of Prayer Service”

Friday 6th March - at 2.00 pm at Holy Cross Church, Carrington Avenue, Cottingham. The service is year has been prepared by the women of Nigeria. The theme is ‘I Will Give You Rest, Come’. All are very welcome”.

Hull and East Riding Astronomical Society

Monday 9th March - at 7.30 pm at the Civic Hall, Market Green, Cottingham HU16 5QG. Title of lecture: “Photographing The Sun”. Guest Speaker: Dr Gottfried Steigmann (University of Hull - retired). Visitors £4.00.

U3A Cottingham

Thursday 12th March - An audience with Chris Speck. Chris is a successful local author who has published a fantastic range of books covering nautical tales, historical thrillers and murder. These are all set in and around Hull and Yorkshire. Meeting 2pm in the Darby and Joan hall.

Macular Society Hull Group

Friday 13th March - is the Low vision exhibition held at Sight support Beverley Road Hull. The Macular society will have a stand there so come along for help and advice. Many other sight support exhibitors will also be there 10am until 3pm. Free entry. For more information contact sight support 01482 342297.

Skidby Village Hall

Friday 13th March - Enjoy a friendly Quiz Night at Skiby Village Hall Starting 7.00pm. The evening includes a traditional fish and chip supper, all welcome for a fun and sociable night. Prizes for 1st, 2nd & 3rd place. Only £10 pp, email skidbyvillagehall@gmail.com to book your table.

East Yorkshire Woodturners

Tuesday March 17th - 7pm, Skidby Village Hall. (Doors open 6.30pm). Woodturning demonstration by Emma Cook, Registered Professional Woodturner from Leeds. Emma has a degree in Design, has been woodturning since she was 16, and makes a welcome return to our club. The club meets on the third Tuesday evening each month. Non-members are always welcome (£10.00 entry) - no need to book in advance. For more information about the club, please visit the club's website: <https://eastyorkshirewoodturners.org.uk>.

Hull and East Riding New Stitchers (HENS)

Tuesday 17th March - Stitch in Frames - Practical. Members only. Third Tuesday on the month in the Darby & Joan Hall, Finkle Street, at 7.15 pm to 9.15 pm. Website: www.hullandeastridingnewstitchers.weebly.com.

The Arts Society: Hull and East Riding

Tuesday 17th March – Cynthia Coleman Sparke: “Ukraine, Ilya Repin & The End of Empire”. At 10.45a.m. Lazaat Hotel, Woodhill Way, Cottingham. Non-members welcome. Guest tickets £5.00. For further details contact Membership Secretary, Andrew Frankland-Barber (tel. 07843 784763).

Hull Stamp and Postcard Club

Wednesday 18th March - Yvonne Wheatley will speak on ‘Czechoslovakia’

Wednesday 1st April - Steven Harrison will speak on ‘G.B. Registered Mail’.

Meetings are held in the Arlington Hall, Cottingham, HU16 4DD at 1pm for 1.30pm. For further details please contact the secretary robertfmcmillan@gmail.com.

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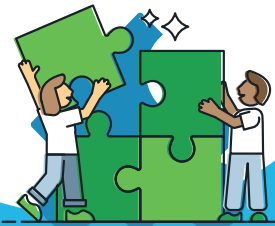
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What's On - Continued from page five

Little Weighton Gardeners

Friday 20th March - 7.30pm. Bob Hall with an illustrated talk on Wild Orchids, Cacti and other things. LW Village Hall. £3 per talk. Contacts: Prue 01482 844461 and Sylvia 07714 089289.

Hunsley Acoustic Music

Saturday 21st March - 7.30 pm. An evening of live music at The Live Lounge, Croft Park Cafe & Bistro. Little Weighton featuring- 'Fire and Rain' who are a five piece band performing a memorable, nostalgic evening of the music of American legend JAMES TAYLOR. Tickets: £15 - Available from (<https://croftparkcafe.com/shop>)

Friends of Thwaite Gardens

Spring Meeting on Sunday 22nd March. Thwaite Gardens, Thwaite Street, Cottingham. "Welcome to the root zone - the original dark web". A talk by Dr Peter Williams, a plant scientist with specialist knowledge of plant ecology, physiology and soil microbiology. Gardens open from 12.30pm. Talk 1.30pm. Tea, coffee and biscuits available in the classroom. Garden Walk with John Killingbeck on Monday 6th April. Gardens open from 10.30am. Walk starts 11am for about an hour. Tea, coffee and biscuits available in the classroom. Each event free for members. £2 for non members.

Cottingham Methodist Church

Thursday 2nd April - 10am-12noon- Discover the Easter story in a hands-on creative way! Join us for a morning of crafts, colour and discovery as we explore the journey from Palm Sunday to Easter Day. Everyone welcome as we create and uncover the hope of Easter together.

Keep Fit & Line Dancing Classes

In the Darby & Joan Hall, Finkle Street, Cottingham.
Keep fit Mondays 10am-11am or 11 15am-12 15pm chair exercises then low impact aerobics
Line dancing Tuesdays 10am-11am beginners are welcome
Contact Janet Trew M.BATD (SB) A.BATD (JB)
01482 666794 or 07773 189990.

Alternative Aquatics

Is a local self-help group providing gentle exercise for people with back & mobility problems in warm water. On Thursdays, 4.45-6pm term-time, at Hydrotherapy Pool, Frederick Holmes School, Inglemire Lane, Hull. Cost is £52/ 13-week term. Places now available; for info or a free trial, call Karen (807072) or Steve (826873)

Arterian Singers

Do you enjoy singing in a group? Arterians Singers rehearse weekly at Cottingham Methodist Church, Hallgate, Cottingham, Tuesday evenings at 7.30. We are a friendly mixed voice choir singing a variety of music and welcome new members. For more information ring 07597459000.

East Yorkshire Fly Dresser's Guild

Enhance your fly fishing skills and experience by joining like-minded fly fishers. We are a thriving group keen to learn and share the skills you need to create flies that catch fish. The club meets on the first Tuesday of each month, July and August excepted We meet monthly (September to June) at the Conservative Club, in Beverley. All welcome - please email eyfdg.sec@gmail.com.

Continued on page eight

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Dogger Bank Wind Farm launches community grants for 2026

- The Operator Fund community grants are available to community projects in South Tyneside, East Riding of Yorkshire, and Redcar and Cleveland.
- Dogger Bank Wind Farm provides £80,000 of funding to the Operator Fund each year.
- Each community grant will provide up to £1,000 of funding.

Community projects across South Tyneside, Redcar and Cleveland, and the East Riding of Yorkshire are invited to apply for the 2026 round of the Dogger Bank Operator Fund.

At Dogger Bank Wind Farm, we're dedicated to empowering our local coastal communities. This year, £80,000 has been allocated to support grassroots initiatives.

Community projects and local organisations can now apply for grants of up to £1,000 at doggerbank.com/about/community

Investing in our local communities

The funding decisions are guided by a panel of experts from joint venture partners Equinor and SSE Renewables, alongside independent representatives from NOF, the business development organisation behind the North East's offshore wind cluster, Energi Coast.

The Operator Fund is a core pillar of Dogger Bank's £25 million community fund, designed to support coastal communities throughout the wind farm's operational lifespan. In addition to this, the fund is working to enhance STEM education and develop skills for a net-zero future throughout its operational lifespan.

"We are incredibly proud to continue our support for the local projects that make these regions thrive," says Kay Doragh, Community Investment Manager. "From helping young people find their first career steps to installing solar lighting for village safety, these grants make a tangible difference. We look forward to seeing the innovative projects the 2026 applications will bring to the table."

Gary and Hazel Hughes, organisers of the Walkington Ukulele Festival in The East Riding of Yorkshire, said:

"The Walkington Ukulele Festival (WUF) 2025 was a huge success with over two hundred ukulele enthusiasts and music lovers attending from the local community and from across the UK.

"After all our efforts to deliver a successful Ukulele Festival we were thrilled that the Walkington Ukulele Festival was recently nominated for the 'Community Event of the Year' in the national Ukies Awards, the equivalent of the Oscars of the ukulele world.

"Furthermore, another positive impact of the festival is that a new Ukulele Group has been established at the local Walkington Primary School and our charity The Stephen Hughes Foundation has funded a class set of ukuleles.

"The grant from the Dogger Bank Wind Farm Operator Fund was integral to delivering a successful festival and we are enormously thankful for the support provided."

Key Funding Details

Local organisations with a formal constitution can apply for grants to support projects that enhance the quality of life for residents near the wind farm's grid connections and its operations and maintenance base.

Community grants can be used to enhance quality of life for local residents; contribute to vibrant,

healthy, successful and sustainable communities; and/or promote community spirit and encourage community activity.

About Dogger Bank Wind Farm

Located over 130km off the Yorkshire coast, Dogger Bank is a joint venture between SSE Renewables, Equinor, and Vårgrønn. Once fully completed, it will generate enough renewable energy to power around six million UK homes. SSE Renewables is leading on Dogger Bank construction and delivery while Equinor will operate the wind farm on completion. Vårgrønn brings specialist offshore wind expertise to the project.

How to Apply

Eligible community projects and local organizations can submit their applications via the official website here: doggerbank.com/about/community/.

East Yorkshire Embroidery Society to hold a Golden Stitchers event in St. Mary's Church, Cottingham

An exhibition to celebrate 50 years of needlework enhancing St Mary's church, Cottingham is being held on Friday 24th and Saturday 25th April 2026

Exhibition is FREE. Open 10am to 4pm Refreshments available.

Saturday 25th April 4pm. Service of Thanksgiving

We invite you to see the exquisite work completed by local ladies over the years. There is a wide range of skills on display and great creativity on the vestments, textile furnishings, hangings or kneelers. Does embroidery make you think of cross stitch, chain stitch etc, we will show you its so much more!

Our 400 kneelers tell so much local history, your local organisations and local residents. Is there a kneeler commemorating your family member, friend or occasion such as a wedding.

There is so much to see whether you are linked in some way or are just interested in textile art.

We look forward to welcoming you and sharing a conversation as you look at the work on display.

Val Wright 01482 843976.

Val Baxter 01482 843445.

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New exhibition Photo Finish: A Year at Beverley Races, announced for Champney Treasure House Museum

Photo Finish: A Year at Beverley Races, opens in the Champney Treasure House Museum this February.

As part of East Riding of Yorkshire Council's exciting exhibition programme for 2026, Photo Finish: A Year at Beverley Races, focuses on the work of seven regional photographers known as *The People*, who in 2024 set out to record a year of action at Beverley Racecourse.

The images capture the excitement of the crowds, the behind-the-scenes work of the stewards, vets and caterers and the stars of the show - the horses and jockeys.

As well as archive and museum documents plus loans from Beverley Racecourse, the exhibition is complemented by a playlist of historic horse racing film footage from Yorkshire Film Archive.

Members of *The People* will be in the exhibition space on the opening day of the exhibition from 10.30am to 4pm to meet visitors and talk more about the exhibition project.

The exhibition opens on Saturday, 14 February and runs until Saturday, 6 June.

Councillor Nick Coultish, cabinet member for culture, leisure and tourism at East Riding of Yorkshire Council said: "This exhibition is a fantastic celebration of Beverley's racing heritage and the creativity of our local photographers. It captures not only the thrill of the races but also the community and tradition that make Beverley Racecourse so special.

"We are proud to showcase this work at the Champney Treasure House Museum and invite everyone to come and experience this unique perspective on one of our region's most iconic events."

Photographer Nigel Walker from *The People* said: "At the start of 2024 seven local photographers, with the support of Beverley Racecourse, set out to record one year in the life of the course. We recognised the importance of racing to the town and the historic links that were forged across much wider areas.

"We are delighted that the resulting exhibition will feature at the Champney Treasure House Museum this year. We hope anyone with a love of horse racing will be able to relive the excitement of a day at the races. The photographs are supported in the wider context of exhibits from local archives."

For more information and the latest opening times, visit the East Riding Museums page: Home

Please note, opening times are subject to change.

This project was partially funded by Just Beverley and Dogger Bank Wind Farm.

8 March - www.cottinghamtimes.co.uk

What's On - Continued from page six

Rebecca's Colouring Club.

Colouring Club for adults. All materials provided. Plus tea and coffee. Just £5 entry. Every Thursday evening 7-8pm. In the Mark Kirby Hall, (at the side of St. Mary's Church), Cottingham, HU16 4DD. Email rebeccaharbottleart@hotmail.com or search Rebecca H Art on Facebook for more info.

Cottingham Cricket Club

We run three Saturday sides, a Sunday side and junior teams from U9 to U15. Cottingham Cricket Club Junior training continues all through winter. Starting at 7pm every Friday night at South Hensley School sports hall. We welcome new members at any level. In the Summer, junior training is on a Friday evening with coaching sessions for all formats during the week. For any further information please contact Matt Aled at cottinghamcc@hotmail.co.uk or on Mobile 07986 329441. We are Clubmark Accredited and all Coaches are DBS checked"

Scottish Country Dancing

Monday nights in Arlington Hall with qualified teachers. New dancers welcome 6.45 - 8.15 pm. Main class 7.30 - 9.30pm. £3 per session (first session free) including refreshments. No partner necessary. A great way to keep active and have fun. Find us on Facebook or our website, RSCDSYork.com Contact Joyce Cochrane 01482 871790 or Lynne Brooks 07834 992027.

Kirk Ella and Willerby Short Mat Bowling Club

Welcome new members at St Andrews Memorial Hall, Beverley Rd, Kirk Ella, HU10 7QA. Mondays and Thursdays, 2 - 4 pm (Sept - April). Summer, only Mondays. Come around 1.40pm. For new bowlers, 1st session is free. Club bowls available to borrow. Bring flat soled shoes. Contacts: Ian or Brenda 01482 650157; email hgih@hotmail.co.uk; visit website: <https://sites.google.com/view/kewshortmatbowls/home>.

Cottingham Food Bank

Cottingham Food Bank is open every Wednesday from 10am to 11.30pm. For £2.00 you will be able to select eight items from our shop style display and in addition refreshments are available in the Church hall next door. You can find us behind Zion Church, Hallgate Cottingham (access via left hand passage). All welcome.

The Cottingham Community Garden Group

The Cottingham Community Garden Group [CCGG] meet every Tuesday and Thursday from 1pm to 3pm on the Worklink site on Eppleworth Road Cottingham HU16 5YF [Far right corner past last polytunnel] - All welcome. Find us a Facebook or visit us to find out more.

Cottingham & Hull Folk Dance Club

Tuesday 7pm-9-30pm at the Darby and Joan Hall Finkle St., Cottingham. No experience necessary come on your own or bring a friend for light exercise in a friendly environment everyone one welcome. For further information please contact Jan Gray on 01482 840637.

North Ferriby Short Mat Bowls Club

Village Hall, 50 Church Road, North Ferriby. HU14 3AA. Tuesdays and Fridays, 10am-12noon, and Thursday Evenings, 7pm-9pm except second Thursday each month. All are welcome to any session and can borrow woods if required Please bring flat soled shoes. For further information please contact Mike on 07889 007 005.

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

www.instinctivehorsetraining.co.uk



There is beauty in the art of applying clicker training

Over the 45 years of my being a professional in the horse industry, I have made greater and more profound changes to horses and how they feel using clicker training than any other method of behaviour training. It's extraordinary how this simple ethos can bring such enormous clarity to the horse.

What do I mean by that? Well, in simple terms all traditional horse training relies on correcting behaviour. We apply pressure to stop something happening or we apply pressure to increase something happening. Whichever way, the horse is made to feel either slightly uncomfortable or feel very uncomfortable until the animal works out what we want.

The skill factor to this negative reinforcement (R-) application, is to immediately remove the pressure at exactly the right moment in time. Right when the horse works out how to stop or remove that pressure being forced on it. Therefore, the horse learns to perform "in that certain way" to avoid that pressure happening again. He learns that if it does x, y will likely happen. A very real consequence to actions scenario which does very little to build trust, harmony or foster a lovely relationship.

The biggest problem with R- is that most horse owners are not skilled enough to remove that pressure at exactly the right time. Over time horses can become more anxious and tense (sensitised) or more switched off (desensitised). How many horses become unresponsive or dead to the leg aids? They become desensitised to leg aids because of the constant pressure- instead of heightened to tiny leg aids because of skilled use of pressure and release. Once desensitised to leg aids, riders and trainers then turn to more the aversive "pressure" aids of whips and spurs. Ethically speaking, this scenario inflicts actual pain to get the horse to perform in a certain way which in scientific terms is positive punishment (P+). R- and P+ often run hand in hand as the common place

way to train horses.

Let's look at clicker/ marker/positive training in comparison to these traditional methods. In simple terms, it basically captures a moment in time when the horse is doing something we do want - which is immediately clicked (or marked). An addition of something great (usually food) is then given, which is called positive reinforcement (R+) The horse soon learns that if it does x and earns that click, then y will likely happen (a piece of yummy carrot or pony nuts arrive). This is obviously a wonderful feeling for the horse who then becomes inspired to offer more of that behaviour. The click is a YES to the horse whereas pressure and release is a great big NO.

Over the past few years so much more information has become available on the subject of clicker training animals. Dog training/rehabilitation/rescue has left behind the old ways of applying "aversives" to shape new behaviour and is now all based on positive reward. The Zoo community moved over to clicker training many years ago where they train their animals to voluntarily participate in their own care management alongside voluntary participation with veterinary procedures.

We banned the use of physical force to train human animals many years ago- I can vividly remember being hit by teachers when I was a child, one incident in particular still haunts me to this day some 55 years later!

Like all other forms of animal training, clicker training needs very real skill. It requires a huge amount of learning on the part of the trainer so that, right from day 1, it is used in a coordinated, correct and planned way. Both training and shaping plans are integral to becoming successful as is the knowledge in how to set up the environment for everyone to be successful. Clicker training performed badly will create all sorts of confusion and frustration behaviours in your horse. It's no different to any other form of horse training done badly- emotional fall out is a very real thing and always lies with the fault of the human trainer.

Most people turn to clicker training horses when behaviour has become extreme. Many horses I train have become very dangerous in some way because of past experiences suffered. I use clicker training successfully as a new behaviour tool alongside counter conditioning and systematic desensitising. All 3-work hand in hand. However, I am always delighted to start young horses with all the life skills needed, moving on to working under saddle in a completely positive way. How lucky are they? 😊

A big part of my work is training and mentoring people in the use of positive horse training alongside training horses. If you are interested in learning more, or need help with worrying behaviour then please find my work via my social media, YouTube or my website. I am always delighted to help bring more people into this positive world!

www.instinctivehorsetraining.co.uk

www.facebook.com/instinctivehorsetraining

www.youtube.com/melaniewatermelaniewatson

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HULL OPTIMISTS Swimming Therapy Group

Come and join a friendly group of Adults and Children at Frederick Holmes School, Inglemire Lane Hull, in a warm Hydrotherapy Pool. The club is for persons with disabilities or have a fear of water, and are taught in a friendly and positive way how to overcome that fear and be safe in water and also help with their mobility. We meet in term time every Monday evenings. There are two sessions, the first between 6pm and 7pm for Children and their Carers, and the second for Adults between 7pm and 8pm. All are welcome. For further information and application details please contact:- Chris Hart on 07763 756345.

Cottingham Bowling Club

Our Indoor Bowling sessions are now in full swing, and are staged every day of the week at varying times, at our New Village Road clubhouse.

Outdoor bowling sessions will commence at the end of April, in preparation for the 2026 outdoor League season which commences in May and will see the Club enter 12 different League competitions.

The Club are to hold a Spring Coffee Morning on Saturday April 11th 2026 at 10.00 a.m. where existing and new members will be made most welcome. New members for the Indoor and Outdoor sessions will be made most welcome and for further details please do not hesitate to contact our Recruitment Secretary Lesley Davy (Tel. 846611).

Haltemprice Art Group's 2026 Exhibition comes to the Cottingham Civic Hall in April

The Haltemprice Art Group was established in 1947 by a group of local artists, headed by Frank Armstrong. The group quickly established a reputation for high quality artwork, a reputation which has continued over the past 78 years.

Having been forced to miss a year because of Covid 19 lockdown, we are now pleased to present our 77th Exhibition. Our members are busy finishing and collating their latest artwork, in readiness for our Exhibition in April.

Last year, we had a wonderful turnout of local visitors to view our work. Nearly 400 people came through our doors, purchasing 34 framed paintings, 17 unframed and our handcrafted greetings cards were a big favourite as well. Our visitors book tells of the enjoyment people get from their visit, with the following quotes from last year.

"Amazing artwork, such talent" and "Fantastic paintings from talented local artists – Thank you for sharing with us"

As artists, we greatly appreciate the local response to our Exhibitions. We all paint or draw for our love of art. The enjoyment of spending time with others who share our passion for art, is a huge bonus. The meetings are always "buzzing" with friendly chatter and laughter.

Being able to bring all of our work into an Exhibition, then presenting it to everyone in our local area, well that is the icing on the cake!

Our dates for this year's exhibition

WEDNESDAY	APRIL 22ND	doors open from 7.00pm
THURSDAY	APRIL 23RD	10am to 5pm
FRIDAY	APRIL 24TH	10am to 5pm
SATURDAY	APRIL 25TH	10am to 5pm

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Wordsearch - Spring

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

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

Find the words in the letters above:

Allergies, April, Baseball, Bees, Crocuses, Cyclament, Daffodils, Dandelions, Easter, Equinox, Flowers, Frogs, Golf, Grass, Green, Growth, Irises, Lilies, March, May, New Leaves, Planting, Rain, Renewal, Robins, Season, Snowmelt, Softball, Spring Break, Spring Cleaning, Tulips, Warmer, Wet.

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

Sudoku No. 224

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

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

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MARIONOWENTRAVEL

Thank you for your wonderful bookings this February. We have thoroughly enjoyed reliving so many treasured memories while planning your exciting new adventures.

Many of our special departures are already filling fast. Our Northern Lights experience, for example, now has just one room remaining in the hotel or cabins/fell houses within the grounds. If you are thinking of joining us in 2027 — or perhaps considering a magical Santa Experience before Christmas with the little ones — please don't delay.

Escorted touring continues to represent excellent value for money, allowing you to see the very best highlights of your destination with ease and expert guidance. And if you enjoy this style of travel but have never tried a river cruise, it could be the perfect next step. Imagine exploring multiple cities and ever-changing scenery, all with the wonderful advantage of only unpacking once.

We are passionate river cruisers ourselves and would love to share our experiences with you. Why not pop into the office on Thursday 5th or 12th March? I'll be hosting a relaxed presentation over a cuppa, chatting all things river cruising and sharing some very special exclusive offers.

As a small but highly experienced team, we have a genuine passion for travel by land, sea, rail and air. As certified Canada Specialists, we love creating tailor-made itineraries, with Alaska, the Canadian Rockies, Australia and New Zealand already proving popular for 2027. Emma also specialises in Thailand and the Far East, while Marion's expertise includes the vibrant and fascinating India.

We pride ourselves on making travel simple and stress free, offering clear advice, printed documentation and 24/7 support while you are away.

We work with all major tour operators and cruise lines, including Jet2, Titan Travel, Newmarket Holidays, Fred Olsen, P&O Cruises, Regent Seven Seas, Scenic and Emerald Cruises — often with access to special fares you won't find elsewhere.

Many of our bookings are made over the telephone. We do have a website and Facebook page, both ideal for inspiration — but when it comes to booking, it really is good to talk. Of course, you are always very welcome to pop in and see us in person, we do have our own car small car park adjacent to our office.

We look forward to hearing from you and helping you plan your next getaway. **Marion & Emma x**

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23 May	Fred Olsen 5 night cruise to Norway Bank holiday weekend sail from Newcastle. Price from only	£ 899
07 Jun	Just for the Day FLYING SCOTSMAN from Bury	£ 75
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02 Jul	Cruise ship Experience - Regent Seven Seas Grandeur	£ 175
05 Jul	"The Azores" 10 day guided tour scenery, culture & wildlife	£3100
19 Aug	Sailing the Dutch & Belgian Waterways—a short flight to/ from Amsterdam Ultra luxury Amadeus Star .on Request.	£2254
07 Sep	Kent's Castle & Gardens 5 days exceptional tour	£ 855
22 Sep	India's Amritsar, Shimla & more from Humberside	£2995
16 Oct	Llandudno, Tynedale Hotel - 5 day break Dinner B&B	£ 645
Nov	Christmas Lunch on the Rails day out 25th & 26th	£ 115
28 Nov	Regent Seven Seas Grandeur Caribbean Cruise from	£POA
19 Dec	Royal Albert Hall, Kew & Windsor Castle 1 night B&B	£ 310
30 Dec	New Year in Southport - 4 days DBB with Gala Dinner	£ 549
20 Jan	Day outing Boundary Mills for the January Sales	£ 25
24 Jan	Luxury Winter warmer in the Lake District 3 nts DBB	£ 420
31 Jan	NORTHERN LIGHTS— 4 nights full board & Activities	£1279
01 Feb	Potters all inclusive resort meals, drinks & entertainment	£ 649
16 Apr	Treasures of Egypt cruise & tour 12 days from	£3640
01 May	Isle of Man a 7 day tour including a special Viking Event	£1195
17 May	BORNEO fabulous wildlife tour 14 days only 5 seats	£3399
04 Oct	Hidden Japan small group tour only 9 places	£6390

STOP PRESS - River Cruising 2027

Flying from Humberside Airport via Amsterdam e.g.

Treasures of Egypt - 16 Apr 27

12 day cruise & tour from £3670pp

This is an fabulous escorted special departure. Cairo 4 nights + a 7 night cruise including the fabulous Cairo Museum, Pyramids & Abu Simbul.

Sail the Danube - 07 June 27

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

Office hours for telesales: Monday to Saturday 9am - 5pm email: team@marionowentravel.com



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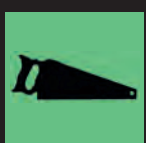
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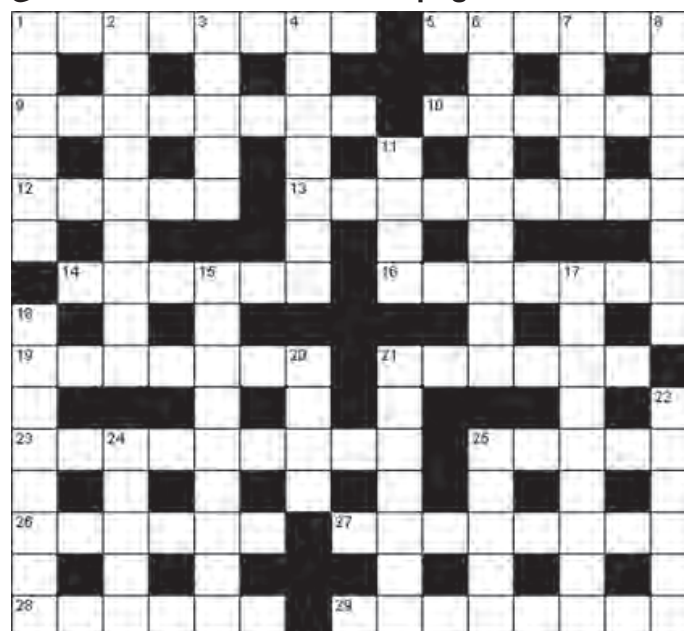
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Crossword – Solution on page 29



Across:

- 1 A casino card game (8)
- 5 Senior church official (6)
- 9 Wicked (8)
- 10 Where administrative staff work (6)
- 12 Singing ensemble (5)
- 13 Alumni (9)
- 14 Hair stylist (6)
- 16 A type of tree (7)
- 19 Earthquakes (7)
- 21 Lyrical prose (6)
- 23 Sots (9)
- 25 A giant with 100 eyes (Greek mythology) (5)
- 26 A Turkish hostel (6)
- 27 A European brown bat (8)
- 28 Lusting for money (6)
- 29 Air battle (8)

Down:

- 1 Cut in two (6)
- 2 Intense continuous artillery fire (9)
- 3 Ancient Assyrian city (5)
- 4 One who exacts revenge (7)
- 6 The power to affect people's thoughts (9)
- 7 Lift (5)
- 8 Laundry workers (8)
- 11 Made from the residue of grapes (4)
- 15 Dunderhead (9)
- 17 Preceding (9)
- 18 Wall frame uprights (8)
- 20 Knights (4)
- 21 An 18th century naval battle (7)
- 22 A distinct feature or element (6)
- 24 Utilization (5)
- 25 Standoffish (5)

Crossword courtesy of www.crosswordpalace.com

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Star Awards

Celebrating those that
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The Parish Council is launching its very
own Star Awards to recognise
individuals/groups who have made
outstanding contributions through
volunteering in Cottingham.

- Rising Star Volunteer Award
- Stronger Together Award
- Behind the Scenes Volunteer Award
- Everyone Belongs Award
- Neighbourhood Champion Volunteer Award
- Active Community Award
- Community Impact Award
- Emerging Impact Award
- Green Ambassador Volunteer Award

To view the criteria and make a nomination, please see our Facebook
page or website (www.cottinghamparishcouncil.org.uk)

Printed nomination forms are also available from the Parish Council
office.

Closing date for nominations - 16 March 2026.

Awards will be presented on Wednesday 15 April 2026 as part
of the Annual Parish meeting.





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Cottingham's Travel & Cruise Centre



A Personal Note from Josh (founder of Cotton Travel)

Hello, wonderful people of Cott. What a whirlwind start to the year it's been. I am so proud to be a 'Cott boy'. We truly are a special community, a friendly, fiercely loyal

community that looks after its own. Whether it's visiting the local café, buying fresh produce from our brilliant grocers, we show up for each other. That same spirit sits at the heart of Cotton Travel, as a real local owner, backed by many friends from our village, I want to begin with a **heartfelt thank you**. That **community spirit means everything to us**. If there is ever anything my team or I can do to help, our door is always open. It's also made me reflect on how impersonal it can feel spending your money with large corporate companies, where you're treated as just a number and your holiday becomes a transaction. We believe booking travel should feel exciting and supported from start to finish. As a fiercely **independent business**, we can access every holiday, cruise and itinerary the big names can but we won't be beaten on price or service. We look after our customers impeccably, offer a 24/7 emergency line, arrange visas, and handle check-in and tickets. The only thing you need to do is pack your suitcase. We specialise in bespoke, **tailor-made holidays**, and I personally have over a decade of experience designing itineraries. You don't have to fly straight home after a cruise or settle for a simple package. **The world is your oyster**. We create everything in-house as fully protected packages, turning even the most ambitious plans into seamless journeys. We're also proud to have our dedicated **Cruise Centre**, offering cruise appointments so you can compare all options. Before you book anything, please give us a try you'll likely leave with better insights and even better value. our **Vegas operation was a roaring success** last month, as the **only official travel partner for Hull KR**, we successfully transported a huge number of fans to Vegas for the NRL games. **We do package for both KR & Hull FC trips**, so do remember us for all of your overseas sports travel, early last month I personally guided our adults-only 'arctic adventure' trip and it was truly unforgettable, husky rides, reindeer sleighs, and the **incredible northern lights** on the snowmobiles, but most of all the laughter shared by like-minded local people in my group. Due to their incredible feedback, **we're running it again in February 2027**, due to a wait list from this years, we now have limited spaces and are down to our last rooms already, I have also just signed off another **fully escorted river cruise in 2027**, sailing the Rhine, if you would like to join us on either of these trips, please call and ask for myself, for full details, I shall end as usual by tempting you with my handpicked offers, I also invite you to take a look at the special offers, from our great partner **Newmarket Holidays on the adjacent page**, spaces are limited, call early to book your place, I hope to see you for a cuppa soon! JC.

MARCH'S HAND PICKED OFFERS...

St Helier, Jersey, 28th May 26, 7 nts, popular hotel, bed & breakfast, from Leeds, wow only £629pp!
Agadir, Morocco, 12th Oct 26, 7 nts, central hotel, all inclusive, from Manchester, only £609pp!
Bodrum, Turkey, 6th May 26, 14 nts, popular self-catering apartments, from Liverpool, wow **£269pp!**
C'an Picafort, Majorca, 5th May 26, 7 nts, **all inclusive**, central hotel, from **Humberside**, £669pp!
La Palma Island, Canaries, 1st Jun 26, 7 nts, bed & breakfast, from Manchester, only £399pp
Malaga City Break, 19th Apr 26, 4 days, room only basis, from Leeds Bradford, wow only £275pp!
Kololi Beach, Gambia, 9th Dec 26, 14 nts, bed & breakfast, 4-star hotel, from Manchester, £1,375pp
Playacar, Mexico, 4th June 26, 11 nts, all inclusive, beachfront hotel, from Manchester, £1,499pp!
Family of 3 Deal to Majorca, 1st Sep 26, 14 nts, self-catering, from **Humberside**, Only £1,649 TOTAL
Costa De La Luz - Solo Holiday, 3rd May 26, 10 nts, half board, 4-star hotel, from Leeds, £799!
Solos Only Tour of Turkey & Ephesus, 11th May 26, 8 days, meals & 9 trips included, from Leeds, £1,860!
The Grand Tour of Japan, 5th Nov 26, 22 days, meals & trips included, **door to door incl**, £6,795pp
Canadian Rockies Tour, 25th Jul 27, 12 days, meals & trips included, from Manchester, £4,879pp
Charms of Seychelles Yacht, 20th Dec 26, 8 days, **all-inclusive** luxury, from Manchester, £4,995pp
Sail to Spain & Portugal, 15th Aug 26, 13 nts, full board cruise, sail from Tilbury, only £1,219pp
Danube River Cruise, 18th or 25th Jul 26, 7nts, free drinks package & flights, wow from £1,895pp!
Provence River Cruise (7nts) & (3nt) stay in Nice, 11th Apr 26, full board, trips and flights incl, £3,199pp
London with Mamma Mia the Party! 3-day trip, 27th May 26, departing from Hull, half board, £359pp
Murder Mystery on the Steam Train, 2-day trip, 13th Jun 26, departing from Hull, half board, £179pp

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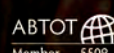
On Safari in South Africa - Elephant Lodge

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Tickets on sale for the European Open Beach Fishing Championships

The stunning East Yorkshire coast will once again welcome anglers from the UK and Europe as the 32nd Paul Roggema European Open Beach Championship (EOBC) takes place from Friday 13 March – Sunday 15 March 2026.

The three-day beach fishing competition, organised by East Riding of Yorkshire Council, stretches from the north end of North Marine Promenade, Bridlington, to Pilot Jetty at Spurn Point.

The event will feature exceptional cash prizes and fishing equipment to be won and competitors will be able to pick up valuable experiences, tactics, skills and techniques whilst enjoying a fun-filled weekend.

A number of exhibitors will also be present at the event offering expert advice and some great offers on their products.

All competitors will also be entered in the Golden Ticket Draw which will be held at the event hub for the chance to win a stay at Sand-Le-Mere Holiday Park.

Pairs and Team of four tickets are also available. Advance tickets are always in high demand, with anglers visiting from across Europe so competitors, so be quick to apply.

Flattie Bash

The popular warm-up 'Flattie Bash' event will also take place on Friday 13 March, kick-starting the full weekend of angling.

This catch and release event will be held between Fraisthorpe, Bridlington and Hornsea with fishing times between 10m-2pm.

Tickets are priced at £10 per person (cash only) with registration taking place on the day at Hornsea Floral Hall from 7am-9.15am.

Councillor Nick Coultish, East Riding of Yorkshire Council's

cabinet member for culture, leisure, tourism and planning, said: "We are proud to have been hosting this, the largest beach fishing competition in Europe, for more than 30 years and it brings anglers from across the country and the continent to our beautiful coast.

"We look forward to welcoming visitors to our area to give a welcome boost to the East Riding economy in the early part of 2026."

For more information about the competition, tide times, to view the event handbook and to book tickets, visit www.eobc.co.uk or www.facebook.com/openbeachchamps

Follow the event media partners, Sea Angling Adventures for some great tips and advice along with some live event coverage on www.facebook.com/seaanglingadventuresuk.

Pictured above: 2025 European Open Beach Championship winner Scott Poultny..

A164/Jock's Lodge update - Bentley Bridge progress and new vehicle restraint system on the A1079

Starting at Skidby roundabout towards Dunflat Road junction, the installation of drainage, street light ducting, and road kerbs have continued. Foundations for new road signs have also started.

From Dunflat Road junction towards Bentley village, road surfacing works have continued.

Around the new Bentley Bridge, new street lights are being put in place. The new road surface is starting to take place, along with the installation of new kerbs. On top of the new Bentley Bridge the new deck drainage system is being built.

On the old A164, street light ducting and electrical works have been carried out.

Planting continues across the project site, most recently on the new roundabout on the A1079.

On the A1079, underneath the existing Jock's Lodge bridge, the foundation steels to form the new vehicle resistant system are being installed.

Traffic management

The A1079 will be closed in both directions overnight between Killingwoldgraves roundabout and Jock's Lodge roundabout to allow for the installation of the vehicle restraint system and surfacing works.

The closures will take place between 8pm and 5am, it is hoped that not all of these periods of time will be needed:

Tuesday 3 March to Friday 6 March

Monday 9 March to Friday

13 March

Monday 16 March to Friday

20 March

Monday 23 March to Friday

27 March

Monday 30 March to Thursday

2 April

Tuesday 7 April to Friday

10 April

To keep up to date with traffic management, including road closures, diversion routes and more, visit eryc.link/jockslodge/traffic-management,



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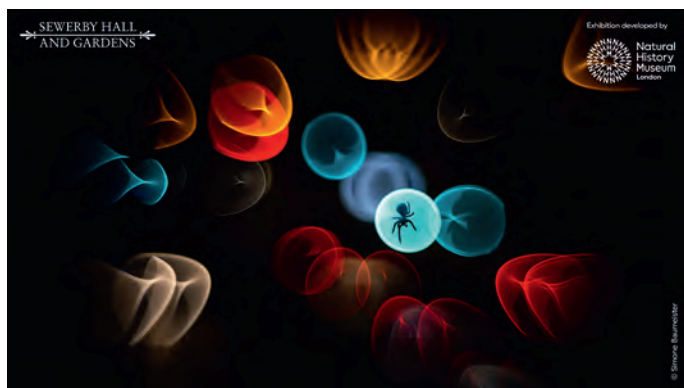
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The world's finest nature images are revealed as Wildlife Photographer of the Year returns to Sewerby Hall and Gardens

The world-renowned exhibition, now in its sixty-first year and on loan from the Natural History Museum in London, will open at Sewerby Hall and Gardens on Saturday, 9 May.

'Wildlife Photographer of the Year' will feature some of the most exceptional nature photography taken today from across the globe.

The exhibition shines a light on powerful and fascinating images that capture hidden animal behaviour, spectacular species and the breathtaking diversity of the natural world.

Using photography's unique emotive power to engage and inspire audiences, the images share stories and species from around the world, encouraging a future of advocating for the planet.

Wildlife Photographer of the Year is the most prestigious photography event of its kind. Launching in 1965, today the competition

receives entries from 113 countries and territories all over the world, highlighting its enduring appeal.

This year's award-winning images have embarked on an international tour that will allow them to be seen by well over a million people.

The competition attracted over 60,000 entries from photographers of all ages and experience levels from 113 countries and territories. Entries were judged anonymously at the Natural History Museum in London, based on their creativity, originality, and technical excellence by an international panel of industry experts.

The People's Choice online vote is now open, this gives members of the public the opportunity to vote on their favourite image from the collection. The winner will be announced on Wednesday, 25 March along with four runners up. For more details on this visit: [Nuveen People's Choice Award](#) | [Wildlife Photographer of the Year](#) | [Natural History Museum](#)

Councillor Nick Coultish, cabinet member for culture, leisure and tourism at East Riding of Yorkshire Council, said: "Now in its sixty-first year, we are thrilled to host Wildlife Photographer of the Year at Sewerby Hall and Gardens. The exhibition is as a powerful platform for visual storytelling, showing the diversity, beauty and complexity of the natural world and humanity's relationship to it."

Kathy Moran, Chair of the Wildlife Photographer of the Year Jury, says: "As an advocate for the power of photography, there is nothing more rewarding or moving than seeing our relationship to the natural world, in all its complexity and splendour, shared on the world's biggest platform for wildlife photography."

Dr Doug Gurr, Director of the Natural History Museum, says: "With the inclusion of our Biodiversity Intactness Index, this year's exhibition will be our best combination of great artistry and groundbreaking science yet, helping visitors to become inspired to be advocates for our planet."

'Wildlife Photographer of the Year' will run until Sunday, 19 July.

Sewerby Hall House will be open daily from Saturday, 28 March, 11am to 4.30pm with last admission at 4pm.

For more information, visit: [Wildlife Photographer of the Year](#).

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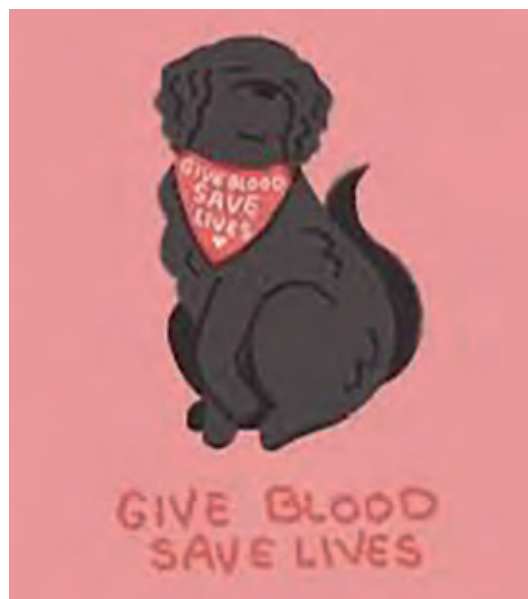
The Blood Donor

For all the older readers, Tony Hancock once exclaimed in his Radio show titled 'The Blood Donor', "That's very nearly an armful!" If you have ever given a pint of blood, it certainly does feel like that after lying on the bed for 15 minutes or more but one thing that does amaze me, you do not feel a thing. It's just a small needle in your arm and a lie down on a reclining chair.

After that its a cup of tea and a biscuit. What better gift can you give someone in such a short space of time and at no cost involved to you at all? A PINT OF BLOOD! If it wasn't for the marvellous, generous donors along with the incredible hospital staff, I am sure there would be less people surviving serious accidents and illnesses.

So, what makes us think that animals are exempt from this 'luxury'? Well, it may surprise you but they are not, as they too are able to receive a blood transfusion. With increasing technology in the Veterinary field, they can now administer blood to a patient before, during or after surgery as a result of an acute illness or a serious accident.

Where does the supply of blood come from? Unlike humans, there are few blood banks around, if any, so a supply of 'instant blood' is crucial. This is where the Canine Blood Donor Register



comes in. At KINGSTON VETS they have such a register and it's so easy to apply. I shall take you through each stage as not every one of our canine friends will be eligible, just the same as humans.

1: Firstly, our friend must like going to the vets. I know this may sound strange but it's easier to take blood from a pet who is happy to be there. They may need to sedate your pet if they are slightly nervous because the needle is inserted into the neck and not the leg (unlike Tonys armful). If this is the case, then they will keep your canine friend in until they are happy that they can go home. My beloved Tammy was very laid back and sat quite proudly for the duration whilst she donated her blood but not all our friends are the same.

2: They must weigh over 25kgs, be over the age of 1 year and fit and healthy.

3: They must never have been abroad and all their vaccinations be up to date.

4: With all the above taken into account, your pet must firstly go in to the surgery, to give a sample of blood (free of charge) so that we are able to 'type match' ready for future recipients.

4 : You, as owner, should be willing to come in at short notice day or night, due to the blood not being stored and therefore will be transferred from pet to patient within minutes.

5: You must have your own transport. Time is of the up most importance.

So, there we have it, quite simple really.....and what's in it for our canine friend?

Well, there is the drink and biscuit afterwards. Why should humans have all the treats!

If the vet is happy with them after approx. 50 minutes (longer in large dogs) then they will be allowed to go home. You may also be surprised that this service also includes cats. Obviously, some of the criteria is changed i.e. weight so if you have a laid-back gentle feline companion, please give the surgery a call with any questions.

What more can I say? I was always so proud of Tammy but more so during her term as a blood donor. Seeing the patients she had helped, bound into the surgery for their post operative check up just said it all.

You can register onto the donor list by calling any of the 6 KINGSTON surgeries and you do not even have to be an existing client of KINGSTON.

Please do not hesitate ... they are only a phone call away.

AND FINALLY ... TALI,

Now would I register Tali for the above. Yes, she does match a lot of the criteria I am proud to say but as for sitting still???. If you can picture me trying to put a lead on Winnie the Pooh's friend, Tigger then that says it all.

Until the next time

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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.

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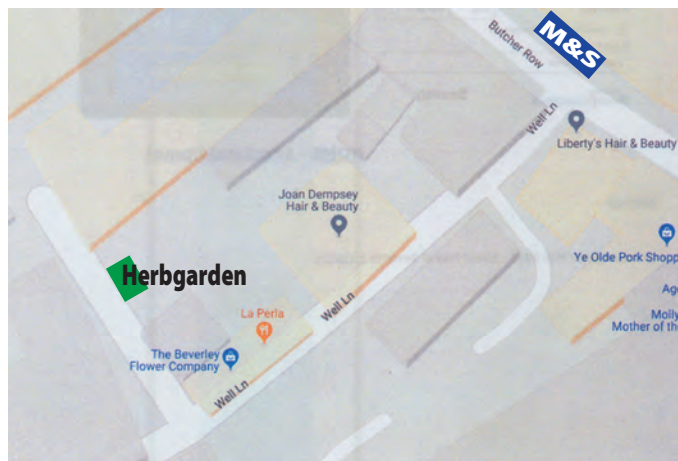
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www.cottinghamtimes.co.uk - March 21



New Zealand Wine: More Than Just Marlborough Sauvignon Blanc

New Zealand has become one of the most important wine producing countries in the world with much of its success built on Marlborough Sauvignon Blanc. Today Marlborough Sauvignon Blanc is a global benchmark, instantly recognisable for its aromatics and mouthwatering freshness. It is hard to believe that as recently as the late 1960s not a single vine was planted there and the country's wine industry was small, domestic and still searching for an identity. Everything changed however in the late 1970s when a new wave of ambitious growers and winemakers began planting classic European varieties including Cabernet Sauvignon, Syrah, Sauvignon Blanc and Chardonnay. Many had travelled in Europe and Australia and returned with fresh ideas. By the 1990s quality had surged, exports were booming and Sauvignon Blanc was not just selling, it was turning heads.

Marlborough's abundant sunshine, cool nights and free draining alluvial soils provide the perfect conditions for Sauvignon Blanc. The wines are intensely aromatic with passionfruit, gooseberry, lime zest and freshly cut grass all lifted by a piercing acidity. In the 1980s producers such as Cloudy Bay introduced this vibrant style to the world and it quickly became the global benchmark. Kuki Marlborough Sauvignon Blanc (£13.99) captures that classic expression beautifully delivering gooseberry and passionfruit with citrus tension adding structure and a pronounced minerality carrying through to a lightly floral finish. Mahi Sauvignon Blanc (£15.49) offers a more rounded style, fermented with wild yeast in older French oak barrels and aged on lees to add savoury depth and structure whilst keeping the fruit vibrant.

Recently we opened Cloudy Bay Chardonnay 1997 and Sauvignon Blanc 2000 and the results were fascinating. The Chardonnay had developed complex, nutty and savoury notes whilst retaining freshness and the Sauvignon Blanc had gentle honeyed and smoky tones without losing structure. It was a reminder that, contrary to popular belief, New Zealand wines are not just for drinking young.

Whilst Sauvignon Blanc put New Zealand on the map, Chardonnay has also become one of New Zealand's greatest successes. In Hawke's Bay, Chardonnay is produced with restraint and precision focusing on balance, texture and purity of the fruit. Bright citrus, white peach and nectarine are combined with subtle notes of hazelnut and wet stone lifted by fresh acidity. Pask Declaration Chardonnay 2021 (£22.99) has vibrant lime and citrus fruit which are supported by fine French oak with subtle toast and lees complexity adding depth and length. The result is an elegant, refined wine with the structure to age gracefully.

New Zealand's red wines are equally impressive. Pinot Noir thrives in cooler regions, particularly Central Otago and Wairarapa, where long sunny days and cool nights build concentration while preserving freshness. These wines combine bright red fruit with fine tannins and good ageing potential. Felton Road remains a benchmark producer, consistently delivering elegant, structured Central Otago Pinot Noir. Domain Road Pinot Noir 2022 (£24.99) is also superb example offering red cherry, dark plum and blackberry with hints of violet, leather and spice. The palate is rich yet balanced with velvety tannins and mineral freshness carrying through to a long, complex finish.

Other grapes also play a part in New Zealand's success. Domain Road's Pinot Gris (£17.69) has texture and gentle spice with orchard fruit. Felton Road's 2021 Riesling (£24.50) is taut and expressive with citrus precision and a floral lift. In Hawke's Bay, Pask Declaration Syrah (£25.50) has peppery dark berry fruit with savoury notes, closer in style to the Northern Rhône than warmer New World examples.

An essential part of New Zealand's quality story is its embrace of the Stelvin screwcap. Faced with widespread cork taint in the late twentieth century, producers began bottling wines under screw cap. The 2001 New Zealand Screwcap Initiative formalised this approach and today over 90% of the country's wine is sealed this way, particularly aromatic varieties such as Sauvignon Blanc.

Screwcaps reduce bottle variation, preserve aromatic purity and help wines stay fresh and vibrant for longer, qualities central to New Zealand's style. At a time when fine wine was tied to cork, this was a bold move. By prioritising reliability over tradition, New Zealand not only protected its wines but helped make screwcaps widely accepted for premium wines.

Today, New Zealand is defined by vision, technical skill and a willingness to push boundaries. Sauvignon Blanc may have put the country on the map, but there is so much more to discover. We are also excited to introduce a new producer, Lake Road, whose superb range of wines, from zesty Sauvignon Blancs to elegant Pinot Noirs and aromatic Pinot Gris, has earned acclaim from critics and wine enthusiasts around the world. Keep an eye out for its release in the coming weeks – we can't wait to share these wines with you!

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2021 Ile de Beaute Rouge, Domaine Barcelo

This elegant Corsican red combines continental and indigenous grape varieties to create a harmonious, aromatic wine. Smooth, refined and with excellent potential to develop in bottle.

On offer at £11.49 per bottle



2022 Poças Tinto Reserva

A rich blended red with 20% Touriga Nacional, aged 12 months in 80% new French oak. Balanced with perfect acidity and structured depth, this wine has great ageing potential.

On offer at £11.99 per bottle

**All wines are available from The Cellar Door and www.houseoftownend.com*



Perennially popular Pub to Pub Walk returns in summer to benefit local good causes

The much-loved Pub to Pub Walk, hosted by Dove House Hospice will once again return to the local area on Saturday 6th June, aiming to raise awareness and proceeds for the hospice and other local causes across Hull and East Yorkshire.

Starting at the Wetherspoon Sanctuary Bar at Hull University Students' Union, based within the University of Hull, the walk encourages supporters to dig out their walking boots and join the hospice to enjoy a challenging point to point route of just over 11 miles. The route takes in areas of East Yorkshire's beautiful country, historic villages including Cottingham and Skidby, urban areas and rural heritage stops, giving walkers chance to stop off for a well-deserved pint in six pubs along the way. Refreshment stops included are: Wetherspools at Sanctuary Bar, Goodfellowship Inn, Cross Keys in Cottingham, Skidby Lakes Golf Club, the Half Moon and the Duke of Cumberland.

Dan Clipson, Senior Fundraiser at Dove House Hospice said, "We are blown away by the continued success of our Pub to Pub Walk. The event is fantastic fun for everyone involved and has become a social staple in the calendar for many of our supporters. We have some great pubs on board to help make our walkers' experience memorable and the route is challenging but achievable for both experienced walkers and amateurs alike".

Registration for the walk costs £20.00 with walkers being asked to raise at least £30.00 in sponsor money for their chosen causes. Each walker will also receive a limited-edition Pub to Pub Walk t-shirt and goodie bag. Participating charities include Dove House Hospice, RSCPA Hull & East Riding, fitmums and friends, Hull University Students' Athletic Union, Special Stars Foundation, Age UK Hull & East Yorkshire and Hull Women's Aid.

To sign up, visit: www.dovehouse.org.uk/pubtopubwalk.

Quarter of a million to receive water bill support in Yorkshire

Yorkshire Water is on track to provide 250,000 customers with financial support by April this year, when it completes the first year of the water industry's five-year investment cycle.

Through bill reductions, bill caps, debt support, the utility will provide £60m in financial support to low-income households across the region by April 2026 - this includes 60,000 customers who saw an overall reduction in their bill last year.

At present, 190,000 customers are receiving direct bill support - either a bill reduction, bill cap, or support with bill debt - and a further 38,000 are being supported via special payment arrangements, wellbeing checks and signposting to

helpful services. By April, the total number of customers being supported is expected to reach 250,000.

The increase in bill support came following a rise in average bills last year - around £11 per month - to help fund an £8.3bn 2025 - 2030 investment programme.

As part of the programme, Yorkshire Water has already replaced 120km of mains across the region - estimated to be saving 1.24 million litres every day in leakage - and created 30,500m³ of extra storage in the wastewater network, creating capacity to reduce the likelihood of storm overflow discharges, among more than 200 other infrastructure improvement projects.

Angie Markham-Nock, affordability strategy manager at Yorkshire Water, said: "When we implemented bill increases last year to help fund our investment package, we knew it was important to lift our provision of financial support too so that we could ensure that we could provide more support to those who were struggling with bills. Although the financial year isn't over yet, we are already surpassing our targets for the amount of people we have supported."

Across all of Yorkshire Water's financial support schemes, 100,000 more households will benefit between 2025-2030 than in the previous five years, taking the total to 345,000. Over £375m will be delivered in bill reductions and debt support over the next five years.

The utility offers two different bill reduction tariffs, Water Support and Water Sure, which reduce or cap bills at a fixed amount for those with low income or who claim income-based benefits and need to use extra water.

There are also three schemes available to customers to help pay off water bill debts: two payment matching schemes, Resolve and Direct Support, and the Community Trust, which is an independent charity providing debt support payments. Customers can receive advice about being placed on a water meter, and whether this would reduce their bill.

Angie added: "We would strongly encourage anybody who feels that their bill is unmanageable to take a look at the financial support schemes we have available on our website and get in touch with us, so that we can open the conversation and see what we can do for them."

Customers can find details of financial support schemes and eligibility at <https://www.yorkshirewater.com/bill-account/help-paying-your-bill/> or reach out by contacting 03451 299299.

The five-year £8.3bn investment cycle includes:

- Over 1,000km of mains being replaced
- £1.5bn programme to reduce discharges from storm overflows

• A £350m investment at 85 wastewater treatment sites across the region to reduce the amount of phosphorus entering watercourses over the next five years.

- £38m package for reducing leaks

Investment in water supplies - including testing for new boreholes at East Ness and Brayton Barff, and upgrades at Ingbythorpe and Haisthorpe treatment sites



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www.cottinghamtimes.co.uk - March 23

Classic Cars with Dave Turner

First Generation Vauxhall Victors - the 'F' Series



Following on from the 1950s 'E' Series of Wyvern and Velox saloons, GM naturally called the next project for the UK Vauxhall range Series 'F'.

Prior to the appearance of the first of Vauxhalls Victors the UK arm of General Motors had produced all their range - 4 cyl Wyvern and 6 cyl Velox sharing the same relatively large body shell. It was realised that a significant gap existed between the many small cars and the larger cars on the UK market and so work was started in the US on a completely new Vauxhall to grab some of this promising business, prototypes of which were running there by October 1955.

The launch was brought forward from late '57 to February, final development no doubt suffering as a result. The new Victor was completely new, apart from the 1508cc 4 cyl engine that went back to 1952 and had powered the preceding E Series Wyvern. The new mid-size Vauxhall Victor was virtually a scaled down Pontiac and on its launch was regarded as a "Mini-Yank". This took place at the Gaumont Theatre in Kilburn and was hosted by comedians Arthur Askey and Ralph Reeder - remember them? US style razzamatazz! Apparently there were no less than 43 plated parts on the bodywork and its extreme styling resulted in love or hate on the part of observers. By comparison the interior was considered to

24 March - www.cottinghamtimes.co.uk

be in quite good taste.



Main Picture: Vauxhall-Victor-F-Series II -1961. Above: 'F' Series 1958 Vauxhall Victor Seeries 1 Super

A choice of three versions of the F type Victor were, Standard, Super and De Luxe plus an estate car. Despite its mixed reception they sold well, over 21,000 being exported back to the home of GM in the US, although it is said that the GM dealers there were reluctant to sell them.

These new Victors were less expensive than their direct competitors on the UK market and in March 1958 a factory

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produced estate version was added to the range - the first by Vauxhall itself.



'F' Series Vauxhall Victor Series 11 Super 1960

Just two years after the initial appearance of the Victor a Series 11 version was announced. GM had put a lot of effort into correcting some of the early cars faults as well as smoothing out the appearance a little. The sculptured sides were flattened out and the grille made wider - now including the sidelights while simpler straight wraparound bumpers looked tidier, the bonnet now had a single central rib and the restyled dash was relatively bland compared to the S.1.

By the time we had become a Victor owning family the reputation that the early versions had earned of falling apart had already been established...at least two or three

years! 8601 KH was registered in Hull during March 1960, it was a 'Super' version and as such had most of the chrome of the De Luxe. With the few extras it cost £801. For an extra £42, the De Luxe got individual front seats trimmed in leather and carpets, and was identified by the full length plated side strips.

The corrosion problem had been rendered less serious by the time the S11 had arrived, ours was fine, - at least while we owned it! It is said that the new unpainted bodies were initially left outside unprotected before being used on the production line. Performance was quite acceptable with a top speed of 75-80 and average thirst of 29-34mpg. Despite having a a column gear change it operated the three speed box very nicely - when it wasn't badly worn but the large window area with those wraparound screens made all-round visibility a plus point. The umbrella type handbrake was a trifle awkward and the brake and clutch pedals were a bit high but overall the Victor was fun to drive and that made up for its shortcomings, until they fell apart. When asked what parts should be checked for corrosion the accurate answer was always... "the whole thing!"

In August 1960 more updates took place with larger rear window, a new 5 bar grille and ribbed back panel. In all, 398,000 of these 'F' Series Victors were made by the time the longer lasting but less eye-catching FB models came along in July 1961



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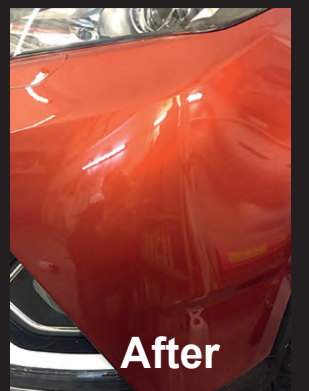



Before

After

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Before

After

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www.cottinghamtimes.co.uk - March 25



Spring is on the horizon and we should soon be enjoying some beautiful spring bulb displays of daffodils if they haven't sprung already. The improving weather is the first sign that we will be able to sit out and enjoy our gardens once again. At Coletta & Tyson we always find March one of the most exciting months of the gardening season as we can start planning garden projects and making our garden look stunning again. Whether that is re-painting a fence or planting bedding plants ready for our hanging baskets in the summer.

Whenever you visit us you'll find a healthy stock of bedding plants, bulbs and everything you'll ever want to start making your garden perfect this year. There is a myriad of tasks to undertake in the garden to spruce it up ready for summer. Simple pruning is a good task to do in March and tidy everything up a little, filling borders where you may now have gaps after winter or even choosing a large specimen plant for a focal feature.

Before choosing any plants it's always a good idea to assess the plot and look at a range of conditions:

- Sunlight
- Temperature
- Exposure to wind
- Soil type

For example, if the plot is in shade for most of the day and the soil tends to be moisture retentive a variety of Ferns may be best.

Similarly, if the plot gets a lot of sun and the soil dries out quickly you should consider a drought tolerant plant like Lavender or Hebe.



26 March - www.cottinghamtimes.co.uk



Sunlight

The overall amount of light your entire garden receives depends on the direction it faces. A North-facing garden will get the least light and can be damp whereas South-facing gardens will receive the most light. An East-facing garden will receive the most light in the morning and a West-facing garden will get afternoon and evening light.

Shade loving plants will thrive in a North-facing garden. Ferns do great in moist and shady areas but you've also got a great choice for colours. Consider Vinca (Periwinkle) as ground-cover; this evergreen plant is hardy and has beautiful purple-blue flowers. For height, Mahonia is an excellent choice and has year round interest. It is a hardy evergreen shrub with attractive spiky leaves and yellow flowers in winter. Camellias also thrive in shade and are frost hardy meaning they will need little protection in the winter months. They also have beautiful spring flowers and can be grown in a container of ericaceous compost to brighten a patio.

For South-facing gardens prone to a lot of light it's best to pick sun-loving plants. Helianthemum (Rock Rose) is ideal for a gravel garden or a dry stone wall, ideal for summer colour.

A bulb ideal for sunny positions is Allium, or the Ornamental Onion. This unique looking plant with star-like flowers is frost hardy and dries well for floral arrangements. The foliage is a silvery grey and looks beautiful in a border or container.

10 Jobs for this month

1. Plant shallots, onion sets and early potatoes.
2. Protect new spring shoots from slugs.
3. Plant summer-flowering bulbs.
4. Lift and divide overgrown clumps of perennials.
5. Top dress containers with fresh compost.
6. Mow the lawn on dry days (if needed).
7. Buy young bedding plants for the greenhouse.
8. Weeds come back in to growth - deal with them before they get out of hand.
9. Start feeding fish and using the pond fountain; remove pond heaters.
10. Open the greenhouse or conservatory doors and vents on warm days.

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Temperature

In the North East of England we are prone to cold, wet and windy weather. This January we saw heavy snow, frost and very low temperatures meaning our gardens got a bit of a battering. Town gardens tend to be warmer than rural ones because of the shelter provided by buildings, however check your garden for potential frost pockets caused by cold air becoming trapped by the house or hedge.

When taking a look at your plot you should consider where the most sheltered points are in your garden or if you can improve them (hedging is an ideal windbreaker).

Choose your plants based on the minimum temperatures they can survive;

Hardy: - Can survive to -15°C . They can stay in the ground all year and survive.

Frost Hardy: - Can survive to -5°C but will need protecting during particular cold winters.

Half Hardy: - Can survive to 0°C will require winter protection

Tender: - Protect below 4°C and they cannot survive outside during winter so will need to be brought inside.



Wind

Long term, winds can deform plants – (think of sideways growing trees in coastal areas) - and sudden gales can snap branches and stems. Colder winds can scorch your plants but there are ways you can protect your garden from winds.

- Use canes to support plants.
- Surround the garden in a 'shelterbelt' by adding hedging or 'open' fence.

These shelterbelts work because they are porous and will slow the wind down. Attempting to block the wind with a wall will force the wind up and over, creating vortices that will still damage your plants.

Coniferous plants like Thuja and Leylandii are the perfect wind protection as the thick and dense foliage can act like a wall without the damage.

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Soil Type

By digging deep into your plot you will be able to find what's beneath the top, looser soil. This subsoil can cause problems for your plants if not improved. Heavy, clay soils can retain moisture and become water logger in winter. Sandy or chalky soils can become dry in the summer causing dehydration.

Well rotted organic manure or products like Gro Sure Farmyard Manure can help improve most soil types and improve quality and drainage.

To work out what kind of soil is in your garden you will need to get your hands dirty. Get a handful and feel it. Clay soils feel slimy and sticky, and can retain its shape when moulded. Sandy or gravelly soils feel gritty and will crumble apart. Peaty soils feel spongy and loam and slit soils feel smooth.

All soils can be improved with organic matter, as well as by digging in multi purpose compost or horticultural grit (which will improve drainage in clay soils).

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Your Stars for March 2026

By Kay Gower

Aries (Mar. 21- April 20)

Early month will be good for laying foundations and making new starts. Hidden opportunities arise through friendships mid to late month. Your intuition is strong all month - listen to it.

Taurus (Apr. 21- May 21)

March offers you a period of reflection. The planets ignite your passion and drive for achieving personal goals, allowing you to revisit past decisions with fresh perspective.

Gemini (May 22-June 21)

Avoid rushing decisions during retrograde Mercury. Communication improves when Mercury (your ruler), goes direct on the 22nd. Transformation and renewal are core themes. Financial focus and long term planning - all good after 22nd.

Cancer (June 22-July 22)

Intuition mixed with common sense solves a puzzle mid month, as a result you could find yourself being the centre of attention. A good time to pursue your goals, you will feel more confident and have more energy especially after the new moon (19th).

Leo (July 23-Aug 22)

Confidence and leadership in the workplace shine. Relationships strengthen through honest communication. Finances improve. A good month.

Virgo (Aug 22 - Sept. 23)

No one knows your nature better than you do, so no matter how someone tries to manipulate you it won't work unless you allow it to. If you are clever, let them believe they have pushed you into something. Then watch their behaviour.

Libra (Sept. 24 -Oct. 23)

March has the potential for being a happy and productive month. Be prepared to travel even if the journey is only a short one. Acting on impulse can bring good results.

Scorpio (Oct. 24 - Nov. 22)

People you haven't seen for a long time may come back into your life and with them comes an image of a past that looks more attractive than the actual events proved to be. Nostalgia will not be helpful to you this month.

Sagittarius (Nov. 23 -Dec. 21)

Look forward to change and let go of what's no longer useful. A powerful time for setting new intentions, trust your instincts and you won't go far wrong. Travel, education and creative projects bring excitement.

Capricorn (Dec 22.- Jan. 20)

Keep your eye on the post (emails included), and pay attention to routine telephone conversations, they may carry information that will be more important than you think.

Aquarius (Jan 21 - Feb 19)

You need to recharge your batteries, the more free moments you can arrange the better you are likely to feel. Social and travel opportunities will bring an enjoyable time mid through to end of month.

Pisces (Feb. 20-Mar. 20)

Life may be slower than you would wish, but at least the luna low at the beginning of March offers you time to concentrate, more than will be possible later on when a burst of energy will dominate the rest of the month.



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News from the Half Moon, Skidby

This year is passing by just as quickly as 2025 did and I remember in the build up to Christmas, the wait for March to come around (and our much needed break) and in the blink of an eye, it's just around the corner!

The reason I mention this is because our kitchen will

Crossword solution from page 14

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

Sudoku Answer from page 12

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

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close for two weeks from the 12th March, with the exception of Mothering Sunday on the 15th March, when we will be open so that mums, nans and great-nan's can all be treated to one of our delicious Sunday Lunches. I'd recommend booking early as we tend to fill up very quickly.

You have read in the past that we have a Market on the 2nd Sunday of each month, and I'm very happy to see that all the hard work is starting to 'pay off'. Our next market will be on 8th March.

We have also recently swapped our weekly Bingo evening and the BIG quiz back to their original days, so the BIG quiz will now be on Tuesday evenings from 8:30ish and Bingo will be on Thursday evening from 8:30ish. We also give away lots of cash and prizes, so it could definitely be worth a try if you feel like you could benefit from socialising

Anyway, I think I've covered everything, so, until next time, stay safe and feel free to pop in and say Hi!

Spring into Fitness with East Riding Leisure this March

East Riding Leisure is launching the time limited Spring into Fitness promotion. By joining the promotion from Monday, 2 to Tuesday, 31 March, members can enjoy six months for the price of five, or 15 months for the price of 12, saving up to £108.

Memberships unlock access to all 10 centres, nine gyms, eight swimming pools, a full timetable of classes, sports hall activities and more. Each Spring into Fitness membership purchased comes with a free week pass to share with someone else, worth £24.

Memberships start from just £77.50 for six months, or £186 for 15 months.

Councillor Nick Coultish, East Riding of Yorkshire Council's Cabinet member for culture, leisure and tourism, said: "Whether you are an avid gym user, or new to working out, enjoy swimming, or a group fitness fan, East Riding Leisure have award winning facilities to help you improve your fitness, whatever your age or ability. Spring Into Fitness is always popular, and I would encourage residents to find out more!"

Memberships are available to purchase from Monday, 2 March at any East Riding Leisure site or online.

To find out more and to buy a membership visit: eryc.link/spring-into-fitness.



www.cottinghamtimes.co.uk - March 29



Brother and sister from Cottingham skate to victory

Brother and sister from Cottingham skate to victory in the 2026 Short track ice speed skating British Championships.

16 year old Savi Buffey once again claimed first place winning her fifth consecutive year as the junior British champion. Savi has had a tough season picking up an injury at the youth European Olympic winter festival back in February last year causing her to miss out on a seasons worth

of competitions.

Savi has not let this affect her mentality and determination for the upcoming season. Savi also had to overcome an unexpected issue when her Skating boots broke the day before the championships, Savi did not let this faze her as she jumped straight into a new pair of boots and did what she had to do to keep her title.

Savi's younger brother Cohen Buffey aged 15, also a short track speed skater, took part in the championships taking the bronze place in the junior C boys category.

Cohen had two days of fast turbulent and exhilarating races, were after day one Cohen was lying in first position but unfortunately two falls during day two dropped Cohen down to the bronze position. Both savi and Cohen have a big season ahead of them.

Solar Carports to be installed across East Riding leisure centres

Leisure centres across the East Riding will have solar canopies installed at its car parks, reducing both costs and carbon emissions.

Solar carports will be installed this spring at council-owned leisure centres in Beverley, Bridlington, Hornsea, Driffield and Pocklington. They will also be installed at Carnaby and Annie Reed Road depots, and Champney Treasure House.

The scheme is expected to deliver 435kWp of solar generation across the sites, co-located with battery storage at a cost of £900,000. £350,000 for the scheme has been awarded from Great British Energy, administrated by the Hull and East Yorkshire Combined Authority.

These canopies are expected to generate 430,650 kilowatts per year of electricity, saving the council around £100,000 per year on electricity bills and reducing carbon emissions by 426 tons over the next 25 years.

During the installation process, some areas of the car parks will be closed, This will be communicated to leisure centres members and visitors ahead of time. All installations are forecast to be completed by April.

Councillor Paul West East Riding of Yorkshire Council cabinet member for environment and transport said: "This is a fantastic scheme to reduce our carbon footprint in an innovative way and use our existing council-owned facilities, that will also bring down our long-term operating costs."





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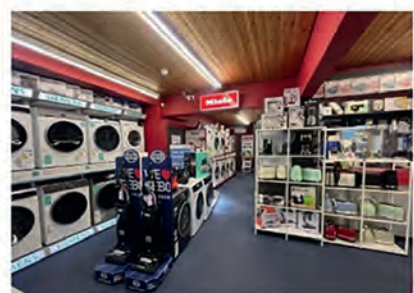
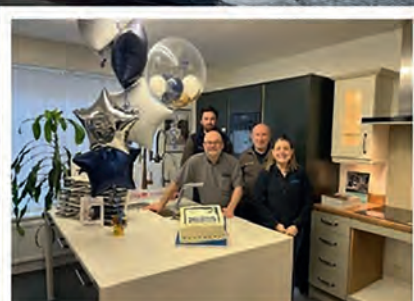
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