

# Cottingham Times

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Issue 208 - March 2019



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

Editor: Keith Teale

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### Enquiries: Advertising

Tel: 01482 840035 :: Mobile 07563 885388

### Editorial and Contributions

Tel: 01482 840035

Accounts: Tel: 01482 840035

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

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

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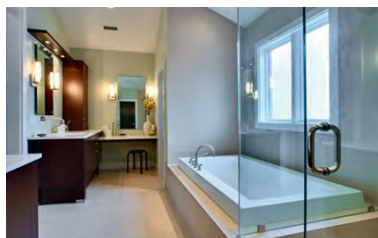
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## In Cottingham and District

*The deadline for entries in the April 2019 "What's On" section, is no later than the 18th March 2019.*

### Skidby Village Hall

Friday 1st March - Quiz with fish and chip supper. Tickets from 07899 676259 or email [svhsecretary@gmail.com](mailto:svhsecretary@gmail.com).

### World Day of Prayer (A Women led, Global, Ecumenical Movement)

Friday 1st March - at 2.00 pm at the Methodist Church, Hallgate, Cottingham. The service has been prepared this year by the women of Slovenia and the theme is 'Come - Everything is Ready!' All are very welcome."

### British Sugarcraft Guild, Hull and Holderness Branch

Saturday 2nd March - The next meeting will be held at 2.00 p.m., at Cottingham Parks Golf Club, Woodhill Way. A demonstration of Cocoa Butter Painting will be given by Gill Guilliat. £5 for visitors, all welcome.

### Beverley Gardeners' Club

Tuesday 5th March - Lavenders and Pink (Dianthus), Jill Tomkinson, at St Mary's Parish Hall, Beverley at 7.45pm. Refreshments will follow the talk. An annual fee of £15 to join the club provides free admission to all talks. Guests are welcome to all meetings at a cost of £4 per talk. For further information please contact the Chair on 01482 865432.

### Cottingham Methodist Church Photography Group

We meet in Cottingham Methodist Church Hall

Tuesday 5th March 2019 - 7.30pm

Tuesday 19th March 2019 - 7.30pm

Tuesday 2nd April 2019 - 7.30pm

Interested in photography (smartphone, dslr, bridge, compact, mirrorless) then why not join our friendly group. New members welcome. All levels. Contact for further details:- John on 842169 or [john@jcmhome.karoo.co.uk](mailto:john@jcmhome.karoo.co.uk).

### Cottingham Local History Society

Wednesday 6th March - Night Into Day the early days of Gas Lighting in Cottingham, Annual Stamp Lecture by Paul Milson, in the Red Hall, Hallgate Primary School, starting at 7.30pm. Meeting fee: Members £2.00; Non-Members £3.00. Contact Chairman Mr. Peter McClure 845734.

### Cottingham Men's de Luda Society

Wednesday 6th March - Mike Freeman - Life and Times of Humber Street, in St. Mary's Church Hall, on alternate Wednesdays starting at 2.00 pm.

### Little Weighton Yorkshire Country Women

Wednesday 6th March - Tickton Tarts - Afternoon tea presentation with refreshments. We meet on the first Wednesday of the month in Little Weighton Village Hall at 7.30 pm. All welcome.

**Front cover: Daffodils along Harland Way.**  
**Photo: Paul Lakin.**



### Cottingham Ladies Circle

Thursday 7th March - Jackie Dainty RSPCA Charity, to be held in the Darby & Joan Small Hall, Finkle Street, at 2.30 pm.

### East Yorkshire Group of the Hardy Plant Society

Thursday 7th March - Anne Wright 'Snowdrops and Miniature Daffodils'. AGM. Plants for sale, at 7.30 pm in Lund Village Hall, Latus Way, Lund YO25 9TF.

### Hull Alpha Probus

Club for retired or semi-retired professional people meets in The Back Room (on Hallgate) on alternate Thursdays. New members welcome. Contact the Secretary on 01482 348270 or 07542 959314

7th March 10am – coffee

21st March 12 noon – lunch : Speaker - Frank Lovely, ex Prison Officer

4th April 10am – coffee

### The Skidby branch of the Yorkshire Countrywomen's Association

Thursday 7th March - Marion Gamble - a talk on Publishing Children's Books. Meetings held at the Village Hall, Skidby on the first Thursday in the month at 7.30 pm..

### EYES (East Yorkshire Embroidery Society)

Saturday 9th March - Writing with a needle - Sara Impey, in the Darby and Joan Hall Finkle Street, Cottingham. 2:30 to 4.00 pm. Doors open 2:15. Members £1:50 Visitors £2:50. Tea/Coffee biscuits included.

### The Swanland U3A Choir

Saturday 9th March - is presenting a concert at Willerby Methodist Church, Carr Lane, conducted by Diane Ford, at 7.30 p.m. The programme includes a wide variety of songs and readings, and a concert performance of "Trial by Jury" by Gilbert and Sullivan with the popular Julian Savory as guest soloist. The price is £6.00 including refreshments, payable at the door, and all profits will go to Emmaus (Hull and East Riding) 'serving the needs of the homeless'.

### Catholic Women's League

Monday 11th March - Dr. D. Rajkumar - Three Marian Shrines, Meetings held at the Holy Cross Church, Carrington Avenue, in the Garden Room, 7.30 pm.

### Hull and East Riding Astronomical Society

Monday 11th March - "Large-scale structure of the Universe" by Lawrence Bilton (B.Sc. Hons, M.Phil FRAS Minstop Research Student (Astronomy), University of Hull. We meet every second Monday in the month at the Civic Hall, Cottingham, starting at 7:30pm until about 9:00pm. We are a friendly group and you are assured of a warm welcome if you come along to the meetings. You do not need to be an "expert" just someone who "looks up at the night sky and wonders . . .".

### YPI Camera Club

Monday 11th March - A talk by Brian Grommett of Cleethorpes Camera Club entitled "My AVs". The club encourages the production & appreciation of audio-visual sequences (AVs). We meet on the second Monday of the month in the Darby & Joan Small Hall, Finkle St at 7:30pm. AV is the presentation of a series of images or video clips with an accompanying soundtrack. AVs are easily produced using software to combine still images, video, text and sound and can be played on any PC, TV, DVD or sent to YouTube. Turn a collection of digital photos into something you will be proud to show. For more details & examples of our work see <http://www.ypicc.uk/index.html>. New members always welcome – just turn up.

*Continued on page six*

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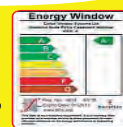
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*What's On - Continued from page five*

**East Riding Cricket Society**

Wednesday 13 March - 7.45pm. Meet in the Brewery Bar, King William IV, Hallgate, Cottingham HU16 4BD. Speaker: ALAN BUTCHER - ex Surrey CCC, Glamorgan CCC & England, Head Coach of Zimbabwe. Coming up 2019/20: DEREK PRINGLE, Essex CCC & England; JOHN BARCLAY, Sussex CCC, MCC President 2009. Everyone welcome! No dress code, no formalities - just great cricket chat. £15 a year / £5 a meeting. **\*\*NEW MEMBER OFFER\*\*** JOIN NOW for 2019/20 and enjoy free summer access to Emerald Headingley East Stand & Long Room. Website: <http://ercsoc.blogspot.co.uk/>. Email: [ercsoc@gmail.com](mailto:ercsoc@gmail.com). Phone: Maggie Sumner (Secretary) 01482 861848.

**Cottingham Green Women's Institute Evenings**

Thursday 14th March - Paul Schofield - Hull City of Culture

2017. Competition: Memorabilia from 2017, held in the Darby and Joan Small Hall, Finkle Street, Cottingham, at 7.30 p.m., second Thursday of each month.

**North Ferriby Flower Club**

Thursday 14 March - A floral art demonstration by ALISON COOPER entitled "When Passions Collide". Held in North Ferriby Village Hall at 7.30 pm. Guests welcome and pay £5 entry. We hold demonstrations, garden visits and workshops throughout the year. Annual membership is £45. For details visit [www.northferribyflowerclub.co.uk](http://www.northferribyflowerclub.co.uk) It is our GOLDEN ANNIVERSARY this year and not to be missed!

**U3A**

Thursday 14th March - Terry Richards 'Radio Nostalgia', at 2.00 pm in the hall at the Darby and Joan Hall, Finkle Street, Cottingham.

**Hull Macular Society Support group**

Friday 15th March - 10.30 am. March meeting will have a speaker from Hull and East Yorkshire Eye Hospital Low Vision clinic. Giving advice on magnification aids to help with sight loss. Meeting held at Sight Support Beverley Road. For more information contact Bernard Messingham chairman 01482 860381.

**Inland Waterways Association**

Friday 15th March - AGM and Buffet followed by Boating without Boat Licence by Peter Scott. From 8.00 pm to 10.00 pm in the Methodist Church Hall, Hallgate. All welcome.

**Little Weighton Gardening Club**

Friday 15th March - In Little Weighton Village Hall, 7.30 pm Carnivorous plants a talk with slides from Wacks Wicked Plants of Malton, with plants for sale. £2.00 entry, Guests welcome.

**Wold Lace Makers**

Saturday 16th March - "Mind the Gap", Alison Larkin, in The Marist Church Hall and Parish House, 119 Cottingham Road, Hull HU5 2DH. Members £1.50; Non-members £4.00. From 10.00 am to 4.00 pm. Tea and coffee available.

**North Ferriby Gardeners' Club.**

Monday 18th March - AGM plus Helen Marsden National Garden Scheme. The club meets on the third Monday of each Month (except December and August) at The Parish Hall, Church Road, North Ferriby HU14 3DA commencing at 7.30pm. Annual membership is £10 with guests fees of £2.50 per visit. Tea/coffees are served along with a raffle. For further information please ring Trevor on 633409.



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### East Yorkshire Woodturners

Tuesday 19th March - Demonstration by professional artistic woodturner and carver Emma Cook – ‘The Tiny Turner’. (Emma is 4ft 10 inches tall!). Emma is in her 30s, has been woodturning since she was 16, has a degree in design, and is a popular demonstrator throughout the UK. <https://www.thetinyturner.co.uk/>. Meetings are every third Tuesday each month at Skidby Village Hall at 6.45pm. Visitors are always welcome, whether woodturners, novices, or just interested. (No need to book - £3.50 on the door for guests). For information about the Club, please contact David Taylor, Secretary, 01482 876702, [cotters@cotters.karoo.co.uk](mailto:cotters@cotters.karoo.co.uk) or visit the Club's website: [eastyorkshirewoodturners.org.uk](http://eastyorkshirewoodturners.org.uk)

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

Tuesday 19th March - Speaker: Needle Lace, Judith West, at the Newland Christian Centre, St. Johns Newland Church, Clough Road, Hull. Meeting start at 7.15 pm on Tuesday evenings. New members and visitors are always welcome. Free Parking. Further details from Jean Ellis on 01482 845415 or [www.hullandeastridingnewstitchers.weebly.com](http://www.hullandeastridingnewstitchers.weebly.com).

### The Arts Society, Hull and East Riding

Tuesday 19th March – Ann Haworth “Forbidden City Beijing, Secrets of China’s Imperial Palace”. At 10.45 a.m. Willerby Manor Hotel (Pavilion Suite). Non-members welcome. Guest tickets £5.00. For further details please contact Membership Secretary, Margaret Ashley, tel. 01482 657574.

### Cottingham Evening Townswomen’s Guild

Wednesday 20th March - AGM, at 7.30 pm in the Darby & Joan (Small Hall), Finkle Street. New members and visitors are always welcome.

### Cottingham Men’s de Luda Society

Wednesday 20th March - Paul Schofield - Hull and East Yorkshire Literary Heritage, in St. Mary’s Church Hall, on alternate Wednesdays starting at 2.00 pm.

### East Yorkshire Association of the National Trust

Thursday 21st March - Paul Sewell “Sewell Construction”, in the Cottingham Civic Hall, 7.30 p.m. Non-Members welcome.

### Cottingham Methodist Church, Hallgate

Friday 22nd March - Free Film Night - 6.40pm for 7pm. Refreshments on sale.

### St Michael’s Church, Skidby

Friday 22nd March - Coffee morning 10.30 to 12 noon in the church. Come and enjoy coffee and home made cakes in a friendly social environment.

### The East Riding Flower Club

Monday 25th March - Will take the form of a floral demonstration by a well-known national demonstrator, Diane Fair who will take as her theme for the afternoon ‘Design Connections’. The East Riding Flower Club usually meets on the fourth Monday of the month at 2pm at Cottingham Civic Hall, Cottingham. We are a friendly club, and welcome new members and visitors to all our meetings. Tickets will be available for this event at a cost of £10 for non-members.

*Continued on page eight*

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### *What's On - Continued from page seven*

#### **National Vegetable Society, East Yorkshire District Association.**

Monday 25th March - 'Growing Gladioli' with Trevor Leng. We meet on the last Monday of the month (except December and August) at The Conservative Club, Wylies Road, Beverley, HU17 7AP at 7.30pm. Light refreshments are served and a raffle. Admission is £2 per person. For further information about the club, please use our web site [nvseyda.btck.co.uk](http://nvseyda.btck.co.uk) or ring Trevor on 633409.

#### **Cottingham Community Supper Quiz**

Wednesday 27th - March - Quiz Master Ken Bailey - Held on the last Wednesday of every month. Come and have a great night out and make new friends. Held at the King Billy Pub - Hallgate - Cottingham 7.45pm for an 8.00pm start - £6 entry on door. Prize Raffle on the night. Contact: Keith Gibson Text/Mobile 07950904665. E.Mail: [gibol@gibol.karoo.co.UK](mailto:gibol@gibol.karoo.co.UK)

#### **Wednesday Social Club**

Wednesday 27th March - Asquith Cowan - Fish Trail, in the small hall at the Darby & Joan Hall, at 2.00 p.m. Guests and New Members Welcome.

#### **Beverley Gardeners' Club**

Tuesday 2nd April - Fuchsias and Hardy Fuchsias Ron Mawer (Rowanne Nurseries), at St Mary's Parish Hall, Beverley at 7.45pm. Refreshments will follow the talk. An annual fee of £15 to join the club provides free admission to all talks. Guests are welcome to all meetings at a cost of £4 per talk. For further information please contact the Chair on 01482 865432.

#### **Cottingham Men's de Luda Society**

Wednesday 3rd April - Liz Shepherd - The Development of Anlaby Road, in St. Mary's Church Hall, on alternate Wednesdays starting at 2.00 pm.

#### **The Skidby branch of the Yorkshire Countrywomen's Association**

Thursday 4th April - AGM and Competitions. Meetings held at the Village Hall, Skidby on the first Thursday in the month at 7.30 pm..

#### **British Sugarcraft Guild, Hull and Holderness Branch**

Saturday 6th April - The next meeting will be held at 2.00 p.m. on at Cottingham Parks Golf Club, Woodhill Way. When the demonstration will be given by Saheda Lally on Ganache and How to Create Sharp Edges on a cake. £5 for visitors, all welcome to attend.

#### **The Beverley Flower Club**

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

*Continued on page 11*

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# RECENTLY BEREAVED FAMILIES TO FACE HIKE IN PROBATE COURT FEES

The government has proposed a significant increase to the fee payable to the probate court when making an application for a grant of probate. The proposal is that the new higher fee will be paid for all applications made after April 2019.

If the government proposals take effect, the probate court fee will significantly increase for the majority of estates which require a grant of probate and it will need to be paid by recently bereaved families before they can obtain the grant and access any assets in the estate. This is in addition to any inheritance tax which will also need to be paid before the grant of probate will be issued.

At present, the probate court charge is a fixed fee of £155 on all estates worth over £5,000 if a solicitor applies for probate on your behalf, the fee charged to personal applicants is currently £215. From April 2019, the government proposes for the probate court fee to be calculated on a sliding scale which will depend on the value of the estate. This will mean that some estates will have to pay a much higher fee of up to £6,000.

As it is anticipated that the new fees will take effect from April 2019 and will apply to all applications made after that date, it is therefore advisable for recently bereaved families to consider taking advice to submit their applications for a grant of probate as soon as possible and certainly before the government implements the increase in fees.

**If you have recently been bereaved and need any assistance or advice on probate or the potential new fees increase, our experienced team in the private client department would be pleased to advise you.**

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**Microsoft Office – buy or subscribe?** There is one further choice, you can either purchase Office outright, or you can subscribe to what's called Office 365. If you just need the programs on one computer for you to use then purchase is the best choice. However if you need access to all six programs in the Office suite, or want to use them on multiple computers, then a 365 subscription is the way to go. See here for subscription costs: <https://www.office.com/>

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**Windows Live Mail** – is a very widely-used email program. But it does date back to 2012, so Microsoft decided to put it into retirement by 2017. But don't panic if you still use Live Mail and it works, then you can just carry on. But if it stops working, or you move to a new computer then you will need a new method of picking up your email. Windows 10 does have its own Mail app., but I have to say it is not that popular and does have its limitations. However you will only need any of these apps if you wish to download 'pop' mail services like Karoo (now known as

Kcom), or you can use their webmail service. Should you use Gmail, Hotmail or Yahoo Mail, then you will just be using your web browser to go straight to the page on all your devices which is much easier anyway.

**Eset banking & payment** - If you use this service to make your banking safer (and you should be!) but can't find the icon on your Desktop, just look on your alphabetical list of Apps on the start menu. Or go to the 'hidden items' tray in the corner of your screen, click the up arrow to the left of the clock to display the box then double click on the Eset icon to open it, then click on Tools.

**Acrobat reader** – you may know this also as Adobe Reader, and it is a fairly essential app on any computer. It is there to open any 'pdf' document, which stands for 'portable document format'. This is a method of formatting and locking a document so that when opened it looks the same on any device. This includes items like official documents, manuals, and importantly travel tickets, boarding passes and other vouchers. So if you don't have Acrobat Reader just go here to download and install a free copy: <https://get.adobe.com/uk/reader/>

**Control Panel** – this has been the way to get into the engine room of Windows and twiddle with its settings since the olden days of Windows 3.1 Now in Windows 10 it is not that easy to find, you have to either search for it by typing into the search bar at the bottom of your screen. Or by typing a 'Run' command – hold down the Windows key and hit the letter R, then type Control and click OK. Once in there you will probably find all the items in Category View, however if like me you prefer the old look, then look to the right and you will see 'View by' and a drop down arrow that changes the view to large icons.

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**Lightstream or Fibre Broadband** – Many home computer users say they don't need super-fast speeds, but its not just about speed, it is primarily a much more stable system. When you consider our broadband has been traditionally been sent down very old copper wires, you can understand how it is fairly likely the service will fail or drop sometimes! In this area *Lightstream* comes direct to your home via a fibre-optic cable, thereby providing a much stronger more reliable signal. This then facilitates very fast to 'eye-watering' speeds depending on how much you pay! Seriously though, for most home users the cost will either be the same or within a few £'s of what you are currently paying. And if you are being charged for over-use, in other words exceeding your download limit on traditional broadband you will definitely benefit from more generous allowances. Just give Kcom a call and ask them about it and you'll probably be pleasantly surprised.

**Fast broadband – slow computer** On the other side of the coin, if you already have *Lightstream* and you consider it slow, then it could be your computer that's the problem. A very old computer won't be capable of benefiting from faster speeds, or it maybe not that old but needs a service. Ring us for advice.

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

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

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### The Arterian Singers

Would you like to join a friendly group of men and women who enjoy singing? We meet during school term time at the Cottingham Methodist Church on Hallgate, Cottingham on Tuesday evenings at 7.30pm. We present 3 concerts a year; the music ranges from folk songs to songs from the shows to religious works to carols at Christmas. There is no audition, and although it helps it's not essential to be able to read music. Our Musical Director is Julian Savory. If you think you might like to join us, why not come along one Tuesday evening? You will be made welcome! If you would like to contact a choir member first, then please ring Maureen on 01482 845363 or Janet on 01482 849415.

### Eastern Lights WI Choir

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

### Hull Folk Dance Club

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

### Musical Memories

Do you enjoy a good sing-a-long? If so come and join us on the 1st Thursday of the month, 1.45 pm until 3.15 pm. We have coffee/tea and cakes halfway through. No Charge FREE. And we meet in the Methodist Church, Hallgate.

### Wolfeaton Park Bowling Club

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

### Cottingham Tennis Club (off Hull Road)

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

Continued on page 32

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## Wordsearch - The Public Library

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

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

### Find the words in the letters above:

Applied Science, Arts, Biography, Books, Borrow, Branch, Catalog, Chairs, Checkout, Computers, Dictionary, Due Date, Encyclopedia, Fiction, Fines, Geography, Hardcover, History, Information, Internet, Languages, Librarian, Library Card, Literature, Magazines, Mathematics, Movies, Music, Newspapers, Novels, Overdue, Paperback, Periodicals, Philosophy, Photocopier, Psychology, Quiet, Read, Recreation, Religion, Renew, Research, Reserve, Shelves, Social Sciences, Tables, Technology.

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

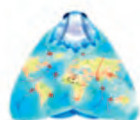
## Sudoku No. 145

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

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

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# MARION OWEN TRAVEL



**Mad March** and as you read this Emma & I could well be on route home from our mini cruise aboard MSC's new ship Bellissima. Keep an eye open on our blog and facebook page for highlights of our experience. MSC has grown up into a modern fleet offering value & quality. Call for more details.

**Fred Olsen, 2020** on sale this month we have itineraries and prices, don't miss out on early booking discounts along with your choice of cabin. Remember, when booking with Marion Owen Travel there is always the option of travel from your door to the ship. You cannot beat a relaxed start and finish to your holiday.

**Cruise & Maritime buy 1 get 1 FREE**, the 1st guest pays & the second sharing the cabin 2nd goes free on 2020 sailings. This includes cruises sailing from HULL. The offer is due to finish at the end of March and we cannot guarantee it will be extended. Book now for just a deposit.

**Why not join our China group?** Solo travellers are most welcome. We have as many solo travellers on this tour as couples! I was looking back this week at our last China group which departed in 2015. I cannot believe the value of this years tour. It is 2 days longer and is only £200 more! Flying from Humberside makes travelling so easy plus the itinerary visits wonderful iconic sights as well as the lesser known gems.

**Looking to stay closer** to home but want to feel as if you have left the country? Why not join our Isles of Scilly or Isle of Man holidays. Both are just 2 hours 45 minutes away by sea and offer a complete contrast to mainland Britain. Our travel insurance with no age limit of exclusions for pre existing medical conditions is also available on these tours.

**The Isles of Scilly**, offer deserted white sand beaches, turquoise sea, plus wonderful wildlife & fauna.

**The Isle of Man**, is steeped in history and stunning rugged scenery. There is so much packed into this little island including Steam and Electric trains plus horse drawn trams.

**Join our mailing list?** Email: [info@marionowentravel.com](mailto:info@marionowentravel.com) with full name, address & telephone number. Point out if you are a solo traveller or have a special interest.

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PS our office will be closed Monday am 4th March, telephones calls welcome.

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18 May	National Trust in Derbyshire 3 nights HB, members of the NT £295 - limited single rooms + £15	£ 345
23 May	Matthew Bourne's Romeo & Juliet matinee (6 seats)	£ 50
26 May	Disneyland Paris - 5 nights via P&O sailing from Hull, 3 nights Newport Bay Club Disney Hotel B&B plus a 3 day park pass. E.g. price, family of 4 £1859. Ask for other combs	£ per room max 4
16 Jun	Luxury Halls, 2 days includes Wynyard, Whitworth & Crook	£ 175
18 Jun	Boundary Mills for the Summer Sales	£ 20
27 Jun	Highgrove & Sir Roy Strong's Laskett Gardens - 2 days	£ 215
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22 Nov	Alvaston Hall Weekend, includes: Michael Buble tribute, Chester Christmas Markets & Trentham Gardens Village.	£ 285
10 Dec	Ripley Castle: tour & afternoon tea + Stockeld Park	£ 65
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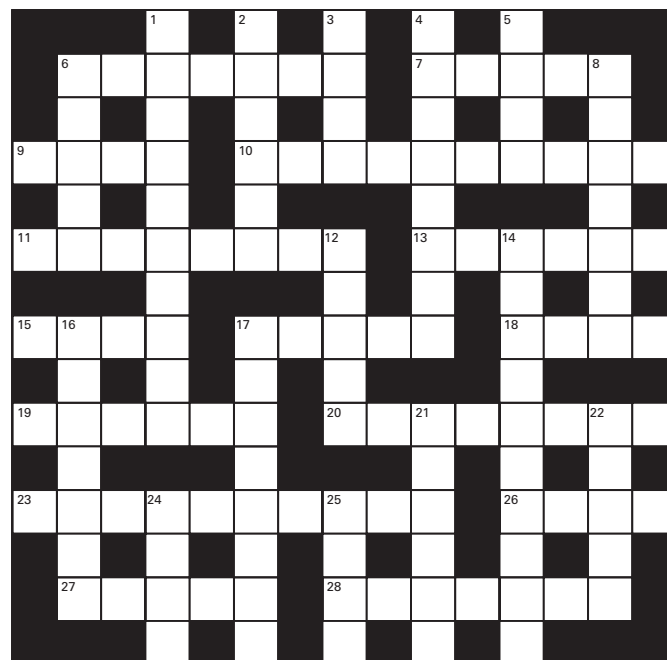
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## Crossword - Solution on page 46



### Across:

- Commonly liked (7)
- Outer (5)
- Sicknesses (4)
- Auxiliary (10)
- Explode (8)
- Slowly (musical term) (6)
- Prima donna (4)
- Substantive (5)
- Anagram of "Rest" (4)
- A citizen from Nairobi (6)
- Saw (8)
- Expanded upon (10)
- Technician (abbrev.) (4)
- Gossiper (5)
- Ransack (7)

### Down:

- Government of the church by bishops (10)
- Actress \_\_\_\_\_ Cuthbert (6)
- A Semitic people (4)
- Treat (8)
- Pocketbook (4)
- Heart rate (5)
- Bowler hats (7)
- Muse of lyric poetry (5)
- Deviance (10)
- Perfectly (7)
- A city in Canada (8)
- Gets pleasure from causing pain (6)
- Surpass (5)
- Nemesis (4)
- A tiny West Indian bird (4)

Crossword courtesy of [www.crosswordpalace.com](http://www.crosswordpalace.com)  
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## What do you do and where do you turn?

### Valentine's Life

Anyone sitting alone, miserable with their hands in a chocolate box that they've bought themselves from their local Costcutter on February 14th, will know that life is definitely not always a box of perfect chocolates surrounded by hearts and flowers. Life can be hard, cruel and sometimes downright impossible. No one has all the answers but sometimes the right people can help. Marriages, relationships and the most secure of friendships break down and absolutely anyone (even the nicest, most caring and civil people) find themselves in a position of turmoil, not knowing where to turn or what to do.



At Caroline Harraway Solicitors we almost closed down the family law department. Clients often mistake the solicitor's role as being one of a counsellor and confidante or even an emotional crutch or person to offload their hurt onto. When matters can't progress as quickly as they'd like, it's human nature to blame and lash out, quickly turning the tables on the people trying to help the most. Divorces can take a while, the courts do have backlogs and divorce rates are still steady (despite many waiting to couple up and being more selective). For that reason and for the fixed low fee service we offer, we wondered if the good could possibly outweigh the bad for the family department at Harraway Solicitors.

Despite Caroline's largely civil litigation background, she has an easy ear and a quick tongue, being able to problem-solve and think fast, so she found herself developing as the go to solicitor for family law matters, with frequent recommendations from others to new potential clients who were searching for a trustworthy, approachable female solicitor.



We, therefore, reached the decision to allow our family department to survive another day and it continues with Caroline at the helm offering low cost, fixed fee divorces, financial negotiation services and agreements between the parties, which lead to financial orders being approved by the court. She still offers an initial free appointment, as after all, the first meeting is often for both the client and solicitor to become acquainted and for the client to tell their story and gain confidence in their soon to be legal representative.

After the initial meeting, we ask for 50% of our fixed fee to be paid on account of costs and we make it absolutely clear which work is and isn't covered by that set fee.

Caroline's aim is to give clients in such difficult, vulnerable situations the confidence to deal with the issues in a reasonable, adult manner and get to the required end result as quickly as possible.

We also aim to provide advice on potential reconciliation and help, because separation or divorce isn't the answer for every difficult situation.



The answer is to be on the right path for YOU, move on in a healthy, respectable manner and try not to fall foul of the Jeremy Kyle style mud slinging that so many favour today.

Life doesn't have to be bad drama after bad drama, we can learn from our past mistakes and make for a better, happier future. In the right relationship everyday is Valentine's Day - so why not enjoy a Valentine's Life?



**Call Caroline today on 01482 875000**

or email [info@harrawaysolicitors.co.uk](mailto:info@harrawaysolicitors.co.uk) for a free initial appointment today. Take the step you were dreading with our help and support.

# In the Kitchen



## Classic chicken pot pie

- Preparation time: 30 minutes
- Cooking time: 25-30 minutes
- Total time: 1 hour. Serves: 6

### Ingredients

- 8 boneless, skinless chicken thighs, cut into large chunks
- Drizzle of olive oil
- 3 large carrots, diced
- 2 leeks, trimmed and sliced
- 2 cloves garlic, sliced
- 2 tbsp plain flour
- 125ml Fino sherry or white wine
- 400ml chicken stock, preferably fresh
- Juice of 1/2 lemon
- 100g peas
- 1 British Blacktail Medium Free Range Egg, beaten with a splash of milk
- 500g block puff pastry

### Method

1. Season the chicken pieces. Heat the oil in a large pan and fry the chicken until browned. Add the carrot, leek and garlic and fry for 4-5 minutes.

2. Turn the heat right up, add the flour and keep stirring for a couple of minutes before adding the sherry or wine. Once thickened, add the stock and simmer for 10 minutes, then remove from the heat and add the lemon juice and peas. Allow to cool, then transfer to a 2-litre pie dish. (Even better, chill the filling overnight to let the flavours develop. Take out of the fridge 30 minutes before cooking.)

3. Heat the oven to 220°C, gas mark 7. Brush the top edges of the pie dish with a little of the egg wash. Roll out the pastry to 0.5cm thick, just a little larger than the dish. Make a hole the size of a £2 coin in the centre and gently lift onto the cooled filling. The easiest way is to roll the pastry around a rolling pin and unravel it over the pie dish so you don't warm it up with your hands too much. Press down or crimp the edges of the pastry, then trim off any excess using a serrated knife. Save any

16 March - [www.cottinghamtimes.co.uk](http://www.cottinghamtimes.co.uk)



leftover pastry for a pattern on top, sticking it down with more egg wash. Brush the whole top with the remaining egg wash and chill for 10 minutes (if not chilled overnight). Bake in the oven for 25-30 minutes, or until the pastry is deep golden and the pie is bubbling. Check it 10 minutes before the end – if your oven is on the hot side and it starts browning too quickly, you might need to cover it with foil.

## Spiced apple crumble

- Preparation time: 10 minutes
- Cooking time: 45 minutes
- Total time: 55 minutes. Serves: 6-8

### Ingredients

- 6 large bramley apples, peeled, cored and roughly chopped
- 2-3 tbsp light brown soft sugar (to taste)
- 1 lemon, long twist of zest, juice of all
- 1 fresh bay leaf
- double cream, to serve

### CRUMBLE

- 250g plain flour
- 1 tbsp cinnamon
- 2 tsp ground ginger
- 100g light brown soft sugar
- 1 tsp fine sea salt
- 200g butter, cold and cut into small cubes
- 150g jumbo oats
- ½ lemon, zest

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## Method

1. Preheat the oven to 200°C, gas mark 6. Combine the apples, sugar, lemon zest and juice, bay leaf and 150ml water in a 1.8-litre oven dish. Put in the oven and bake for 10 minutes.

2. Meanwhile, for the crumble, mix the flour, spices, sugar and salt in a bowl. Add the butter and rub in to form a crumb, being careful not to overwork it into a pastry dough. Lightly mix through the oats and lemon zest.

3. Scatter the crumble mixture over the top of the apple. Do not pat it down or it will not cook in the way it should. Bake for about 35 minutes, until the apple is bubbling, and the top is dark brown and crunchy. Serve the crumble straight away, with the double cream.

This recipe first appeared in Waitrose & Partners Food, February 2019 issue. Download the Waitrose & Partners Food app for the full issue



## Toad in the hole, with Swiss chard & mustard cream sauce

- Preparation time: 20 minutes
- Cooking time: 40 minutes
- Total time: 1 hour. Serves: 4

### Ingredients

454g pack 8 essential Waitrose Pork Sausages, pricked with a fork

2 essential Waitrose Red Onions, peeled, trimmed and cut into 6

120g plain flour

2 essential Waitrose Medium Free Range Eggs, beaten

100ml whole milk

100ml carbonated natural mineral water

400g Swiss chard, thinly sliced

1 tbsp olive oil

100ml single cream

2 tbsp wholegrain mustard

### Method

1. Preheat the oven to 230°C, gas mark 8. Arrange the sausages and onions in a shallow ovenproof dish. Cook for 20 minutes until cooked through.

2. Meanwhile, place the flour in a bowl, making a well in the centre, and whisk together the eggs and milk in a jug. Gradually whisk the egg mixture into the flour until you have a thick batter. Gently stir in the water and pour into the hot pan of sausages, return to the oven for a final 20 minutes until golden and puffed up.



3. Meanwhile, gently fry the chard with the olive oil, adding a couple of tablespoons of water to the pan to encourage it to wilt, until the leaves have softened and the stalks have started to become transparent. Just before serving, stir in the cream and mustard, and serve with the toad in the hole.

Cook's tip Need a meat-free option? Use vegetarian sausages. Roast them with the onions and a little oil, adjusting the cooking time in step 1, until cooked through.

## Bread and Butter Pudding with Honeyed Figs

Fresh figs, caramelised with honey, add extra stickiness and texture to this classic English pudding, made with a fruited loaf and creamy custard.

- Vegetarian
- Preparation time: 10 minutes
- Cooking time: 45 minutes to 50 minutes
- Total time: 55 minutes to 1 hour. Serves: 4 - 6

### Ingredients

- 6 fresh figs, thinly sliced
- 1 tbsp Waitrose English Blossom Honey
- 25g Waitrose Italian Cut Mixed Peel
- 25g softened butter
- 1 Waitrose Richly Fruited Loaf
- 2 medium eggs
- 400ml milk
- ½ tsp vanilla extract
- 2 tbsp demerara sugar

### Method

1. Preheat the grill to its highest setting. Place the figs in the base of a shallow 20 x 32cm ovenproof dish (in which you will cook the pudding later) and drizzle with the honey. Cook under the grill for 5-6 minutes until the figs start to turn golden.

2. Preheat the oven to 180°C, gas mark 4. Leave half the figs in the base of the dish and retain the other half (reserving a couple to decorate the top of the pudding). Scatter half of the mixed peel over the figs.

3. Butter the loaf and cut each slice in half. Place half the slices slightly overlapping each other over the figs, top with the remaining figs and mixed peel, and finish with another layer of bread.

4. To make the custard mixture, whisk together the eggs, milk and vanilla extract and pour over the pudding.

5. Place the reserved fig slices on the top and sprinkle the demerara sugar evenly over the pudding. Bake in the oven for 40-45 minutes until the top is crispy and golden and the custard is lightly set. Serve with single cream.

## ON THE GRAPEVINE

## WITH ROY WOODCOCK

## Vinho Verde the "Green" Wine

Vinho Verde may be a "green" wine but don't think you'll be drinking something exotically coloured; this is green as in young.

Vinho Verde is not a grape varietal, the name literally means "green wine" but translates as "young wine" and is usually meant to be consumed within a year of bottling.

The wines themselves can be red, white or pink although most Vinho Verde bought and drunk in this country is white.

Vinho Verde is a Portuguese wine that originated in the historic Minho province in the far north of the country and although production has now spread some way south, most countries limit the use of the term Vinho Verde to only those wines that come from the Minho region.

The area is characterised by its many small growers, which number more than 30,000. Many still train their vines high off the ground, up trees, fences, and even telephone poles so that they can cultivate vegetable crops below, although like most traditions the times they are a changing and now, you are just as likely to see wire-trained vines planted on the region's slopes rather than valley floors.

Equally, modern methods has seen a shift from the typically sweeter Vinho Verde, with an alcohol content of only around nine per cent, to a drier and more complex style, with the alcohol content boost to around 11 and 12 per cent.

All of which has contributed to a revival of Vinho Verde in the UK market place.

The wine's other characteristic is the hint of a sparkle. Never a sparkling wine as such, early production methods seemed to encourage a secondary fermentation in the bottle, which gave it an effervescence.

Whether by accident or not, the winemakers found this proved popular among consumers, so it continued. Today, however, the slight sparkle is more likely to have come from artificial carbonation rather than fermentation.

Most supermarkets will have a bottle or two of Vinho Verde secreted on their shelves, so do give it a try. I have included a sample that will be on offer at Waitrose in March (see best buys) and also one stocked by Roberts & Speight in Beverley - try it chilled as an aperitif or served with a fish dish.

Supermarket Aldi has launched a trio of half wine bottles and a single-serve classic under its premium own label which it says will appeal to "mindful drinkers" who still want to enjoy a drink.

The retailer is tapping into the growth of fractional bottles, which it claims are a perfect-sized treat for mid-week dinner. The three half-bottles comprises a light Italian rose, a "zippy" Chilean Sauvignon Blanc and an Argentinian Malbec, which all retail for £2.48 for a 37.5 cl bottle.

It has also brought out a mini format for its award-winning Maçon-Villages wine from its premium line Exquisite Collection, retailing for under £2 (RRP: £1.99, 18.7cl), which it says is aimed at drinkers who want a mid-week drink but don't want to open a full bottle.

The new range replaces the selection of 37.5cl wine bottles the retailer launched last March in a bid to fill a gap for weekday treats, which included two Romanian wines - a Pinot Grigio and Pinot Noir - and a Chilean Malbec.

Aldi is the latest retailer to sell fractional bottles, and follows similar moves by Waitrose, which launched six of its most popular own label wines into half-sized bottles as part of the 2017 revamp of its mid-tier Blueprint Wine range, and the Co-Op, which trialled smaller format wines including single-serve wine pouches from Off-Piste Wine's Most Wanted brand across its stores.

Here's a worrying suggestion - well for me, any way, or anyone else who loves that strong hedgerow/grassy character that typifies New Zealand Sauvignon Blanc. It's spring in a bottle, for me! Experts, it seems are predicting that climate change may alter the taste.

Speaking recently, Chris Brandolino, the principal scientist of New Zealand's National Institute of Water and Atmospheric Research, predicted: "We're going to see more rainfall in the wet season and less in the dry season, so more rainfall when it's not needed for the winegrowers and, less when it is needed."

And following up his comments one Master of Wine, Steve Smith, was reported as saying that these changes in climate could stress the grapes leading them to be riper, but offering less intense and refreshing flavours. "The characteristic grassy character of Marlborough Sauvignon may not be as intense and that might be replaced with more citrus and nectarine," he said, adding that warmer and wetter weather in Marlborough would mean a variety such as Albarino could thrive.

Trade organisation WineGB has revealed that a record 15.6 million bottles were produced in England and Wales in 2018, up from 5.9 million produced in the frost-ravaged 2017 vintage. A total of 15.6 million bottles were produced last year, beating the previous record (6.3 million bottles in 2014) by 9.3 million bottles. The area under vine in Great Britain has increased by 160 per cent in the past 10 years to reach 7,000 acres. In 2018, 1.6 million vines were planted with a further 2 million expected in 2019.



## BEST BUYS


**Quinta da Raza Branco 2017, Vinho Verde**

**Where:** Roberts & Speight, Beverley

**When:** Now

**Why:** A classic Vinho Verde, with a fizzy crispness and easy, fruity finish, making it perceptibly just a bit off-dry, but nicely balanced by acidity. It boasts wonderful green-grassy freshness and is thoroughly moreish.

**£9.49**


**Quinta de Azevedo, Vinho Verde**

**Where:** Waitrose

**When:** From March 20 until April 9

**Why:** Clear and bright with an intense aroma of well-ripened fruit, such as peaches and nectarines. On the palate, it is creamy with aromatic notes of ripe fruit with great concentration.

**£6.49 (was £8.69)**


**Tyrrell's Lost Block Merlot, 2014**

**Where:** Roberts & Speight, Beverley

**When:** Now, while stocks last

**Why:** From one of Australia's most prestigious winemakers. Cherry and plum fruit flavours with soft, but prevalent tannins and the typical smooth finish for which merlot is renowned.

**£8.99 (was £12.99)**


**Cono Sur Reserva Pinor Noir**

**Where:** Morrison's

**When:** Now, until March 5

**Why:** Voluptuous Pinot from Chile's San Antonio Valley. Crisp notes of plum, morello cherry and raspberry combine harmoniously in the nose with subtle floral hints and touches of coffee and chocolate. Serve with Red meats, poultry, duck and game, mature cheeses

**£7 (was £10)**



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## The Joys of Spring

Spring has arrived....after the long dreary days and very dark early evenings, we can now look forward to brighter, lighter nights giving us more time to spend in the garden.

When we think about the plants, we often go by the season and obviously colour, of what we are going plant in the garden but how many of us think about the hazard these beautiful blooms bring.

Now, you will be quite right in thinking of hazards to yourself but in this case I am talking about our little canine friends. Spring brings daffodils in abundance, they literally spring up everywhere and how tempting they maybe to an inquisitive nose. The temptation not only to sniff but take a bite. TOXIC! These beautiful flowers, who so many admire, are poisonous to dogs. The consuming of not only these but many bulbs, plants and house plants MUST be followed immediately by a visit to your vet. If you are unsure of the name of the plant and don't have a label, please ensure you take part of the plant with you so your vet can identify it. Our feline friends do not get away lightly because plants, for all they are not as toxic to cats as to dogs, they may cause vomiting and once again, Veterinary advice must be sought.

The Spring also brings Easter...a time of not only reflecting on the meaning of this time but also, as in the case of many shop windows since the new year, CHOCOLATE. This is much to the delight of my grand children who cannot wait for the luxury of Easter eggs. For the



regular readers of *THE COTTINGHAM TIMES* and also a feature she made in the *HULL DAILY MAIL*, you would have followed the exploits of my late Labrador Teal who was the canine version of a chocoholic! Now, chocolate to us is wonderful and so sweet which just happens to be the same to our pets and yes, once again, it is harmful. The cocoa solids in chocolate contain Theobromine which is poisonous to dogs. All chocolate whether it is white, milk or dark can contain Theobromine. If your dog has eaten some chocolate please seek medical advice and KEEP the wrapper...unless it is like Teal and who consumed that too! Yes, she did have a trip to our Park Street surgery followed by a stay in the hospital as it was enough to possibly cause her harm.

Along with chocolate at this time of year is another delight to most humans...hot cross buns. You would be correct in thinking that with them not containing chocolate and be bread based, they will cause no harm but it is the raisins, currants and sultanas that are the problem. Even when this fruit is cooked your dog is still at risk of kidney failure. It is not only these that should be avoided, and this may surprise you, but ready meals, gluten free, home baking and sweets can all contain Xylitol which is poisonous. Check whether the packet contains E967, Xylitol or a sweetener and contact your vet.

Finally.....I am ashamed to say this is something that comes as 2nd nature to Tali, ....SCAVENGING!! Now everyone knows how greedy dogs can be, especially Labradors, and bin bags lying around is a great temptation. Also as in Teal's case, it was the bird table which is now Tali's favourite. The ever increasing lumps of bread that fall, is Tali's dream but after researching for this article, if the bread has turned mouldy it can contain toxins. These quickly attack a dog's nervous system and a small amount of these mycotoxins can cause tremors and seizure.

With all the above hazards, if they are consumed, have all the information at hand ie: product and the amount and time it was eaten and contact any of our KINGSTON surgeries IMMEDIATELY, no matter how trivial you may think the call is. We are here to help.

### AND FINALLY.....TALI.....

One tub standing but sadly all the remainder of the plants are destroyed. Oh no, I hear all you keen gardeners saying but I have no one to blame but myself for having an array of delightful distractions for any young mouth. I can always start again when the temptation has gone. Walking is improving due to the change of leads so with a lot of praise, treats and patience, I do feel I am getting there.

Like I mentioned last month, Tali has taken like a duck, or should I say Labrador, to water with her swimming and I am proud to say she even features in a video on the Hydrotherapy website promoting puppy sessions (see pic). It is amazing to see her confidence grow from the 1st session of never leaving the hydro-therapist grip to two sessions later, swimming on her own.

She is growing at a rapid rate which does cause a problem as she can now reach up to the work tops and steal anything she can lay her tongue on!!! Having just bought some hot cross buns and chocolate Easter treats, I am always on my guard. One of the penalties of owning a Labrador.



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# Property News from Martin English of Homelink

## Mandatory Electrical Safety Checks

Recently the Ministry of Housing, Communities and Local Government (MHCLG) has announced that mandatory five-year electrical installation checks on private rented housing in England will be introduced in a phased approach.

Whilst the implementation date has not yet been clarified, MHCLG has stated its intention to introduce legislation as soon as parliamentary time allows, with letting agents and landlords being given at least six months to familiarise with the new legislation before it comes into force.

With Brexit occupying a great deal of government time and resource it could be a little while yet before the regulations are implemented, however it is understood a transitional period will apply for two years. In year one, all new private tenancies will be affected and in year two all existing tenancies will come within scope.

Properties that already have a valid electrical installation condition report (EICR) will not need to replace it until five years have passed since it was issued.

Agents must ensure that any inspectors hired to issue an EICR hold the correct qualifications and are competent to carry out the inspection. Tough financial penalties will apply where this isn't complied with.

Despite electrical testing not being mandatory, for many Landlords and reputable agents this has been carried out as best practice, whilst regulations currently don't stipulate a mandatory check being required, the current regulations in force do stipulate that the electrical installations to a property should be safe to use and free from hazard and regular testing is a good way to ensure the electrical safety of your property.

With electrical checks not being mandatory, this has caused a lot of confusion in the sector as to how best to comply and ensure the electrical safety of a property and at least now with this change, gives us clarity as to the minimum standards to be expected and for those homes that currently undertake no testing, undoubtedly this will raise the safety of those properties which can only be a good thing.

Hopefully the Government will allow plenty of time for practical implementation to take place. There will be a limited number of practitioners qualified to complete the checks, the rules need to be easy to understand and comply with, for both property professionals and their tenants in order that the regulations can be complied with.

Safety in your property is important, and rather than waiting for a deadline to be announced, if you don't already, it may be worth getting ahead of the curve and arranging for an EICR report now as they will last for 5 years and if there are any works required as a result of the test then this will allow you to plan for these works being done in a timely and cost effective manner before the rush when the government announce the implementation date.

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

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## "The Tooth and Nothing but The Tooth"

by  
Chris 'Dr. Smile  
Maker' Branfield

### A Bridge too Far

Hello again, I hope you are well. Another very busy month here. Not much in the way of courses and talking but head down changing lives. The laser, non surgical snoring therapy is absolutely Wowing people as it is proving to be so effective.



I love it. I got a lovely thank you card the other day from a kind lady who had dental implants to say how food had never tasted so good as she was now able to eat everything she wanted. This is the best thing about the job

#### Bridging The Gap

Dental bridges are one fixed solution to replacing missing

teeth. Modern bridges usually involve some grinding down of a tooth either side of the gap. To a very large degree they are superseded by dental implants as these do not involve tooth grinding, so have less problems in general.

#### A Bridge Too Far?

Dental bridges are not new, not by a long way. There have been

bridges discovered dating back to the fourth or fifth century B.C.

One such bridge was found in Sidon, chief city of ancient Phoenicia. The Phoenicians were a people contemporary with the ancient Egyptians and Hebrews and lived in what is now modern day Lebanon. The bridge had four natural human incisor teeth with two carved ivory teeth between them. These 'teeth' were bound together with gold wire.

The Etruscans also were very adept in the art of dental prosthesis.

Here again there have been dental findings dating back to 500 B.C. Soft gold bands were fitted around natural teeth. The false teeth were fastened to the bands with rivets. The false teeth (pontics to use the dental jargon) were made up of human teeth with the roots cut off or more often oxen teeth. In some cases a groove would be made down the middle of a wide ox's tooth to make it look like two teeth. Absolutely ingenious. These guys must have had some time on their hands, not like the 100 miles an hour of 21st century living, eh?

#### Elephant, Hippopotamus Or Walrus?

The Choice Is Yours. Over the years dentures have been made out of different materials including ivory, gold, stainless steel, cobalt-chromium, vulcanised rubber and acrylic. The teeth on the denture made from ivory, natural teeth, porcelain and acrylic. The ivory that was meticulously carved came from different sources. Namely elephant, hippopotamus or walrus. Each type of ivory had its own characteristics in terms of grain and texture. There is evidence of ivory being used for dentures as far back as Roman times.

#### Would You Like Springs With That Sir?

One famous denture wearer was the American President George Washington. He was plagued by toothache and abscesses for many years and only had one tooth left by the time of his inauguration.

He had several dentures made by the best people of the time and had



them made from the whole range of materials available. His last set was made by John Greenwood. The upper palate was swaged from a sheet of gold and had ivory teeth riveted to it. The lower

denture was carved from a single block of ivory. The two dentures were fastened together by a steel spring! I bet that took some getting used to. I also bet that you can't get them on the NHS.

How much do you think that would cost now?

So there you go, a little jaunt back in time to dental practice of bygone eras.



Until next time. Take care and be good. Here's to making a difference.

Chris

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

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Carol Hookem, E. Yorks.

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## The Cottingham Village Trust presents a cheque to the Cottingham Lights

“The Cottingham Village Trust recently presented a cheque for £1,233.43 to the volunteers responsible for the Cottingham Lights. This money was raised at a Fish & Chip Supper Quiz Night in the Civic Hall on 4th January when 164 people attended.

In the photograph Mike Brown of Hep to the Jive and Mary Calvert who co-ordinates the volunteers at the Civic Hall are presenting the cheque to Charles Rawlings of John Ford Menswear who is Chair of the Cottingham Lights Committee.

It is hoped that there will be a further fundraising quiz night in May with the intention of raising funds for another local charity for which the Cottingham Village Trust is happy to receive nominations (email [volunteers@cottinghamcivichall.com](mailto:volunteers@cottinghamcivichall.com)).

Meanwhile the Civic Hall goes from strength to strength with events booked throughout the year up to and including New Year's Eve 2019 and into 2020.”

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BY CHRIS LEE

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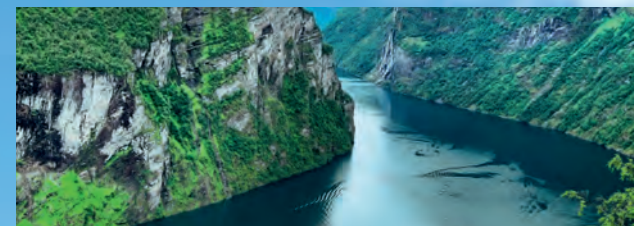


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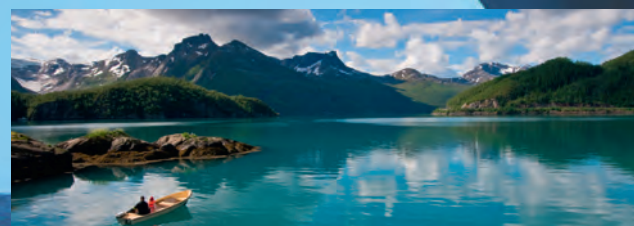


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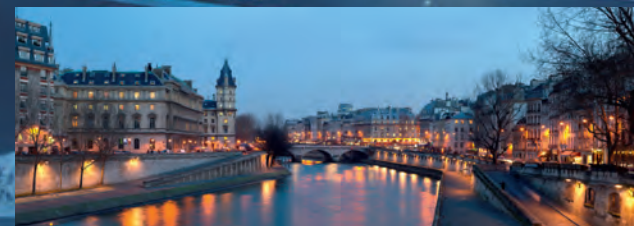


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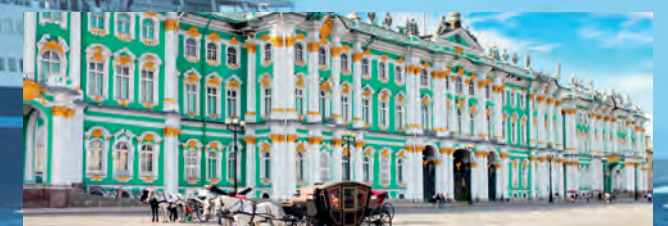


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Spring is on the horizon and we should soon be enjoying some beautiful spring bulb displays of daffodils if they haven't sprung already. The improving weather is the first sign that we will be able to sit out and enjoy our gardens once again. At Coletta & 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.

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### 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 groundcover; 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.

## 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  $-15^{\circ}\text{C}$ . They can stay in the ground all year and survive.

**Frost Hardy:** - Can survive to  $-5^{\circ}\text{C}$  but will need protecting during particular cold winters.

**Half Hardy:** - Can survive to  $0^{\circ}\text{C}$  will require winter protection

**Tender:** - Protect below  $4^{\circ}\text{C}$  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.

## 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 2019

By Kay Gower

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

An exciting month, there could be more than one opportunity that you should not let pass you by. A newcomer could make a difference to your life, or someone who left a while ago could return.

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

March sees you poised to make some important changes in all areas of your life. If there is something that you want to achieve then do it now, while you have the planets on your side.

### Gemini (May 22-June 21)

Change will sweep into your world and encourage you to make new plans. An old mind pattern may have outgrown its usefulness. Kick out old outworn thought habits or they will hold you back this month.

### Cancer (June 22-July 22)

There are a lot of good talkers around you this month. Don't be seduced by clever words - words are not enough. What people say they'll do only matters if they do it.

### Leo (July 23-Aug 22)

You've always been an independent soul with your own ideas about how things should unfold. You dare to stand alone and you won't be alone for long this month, mainly because you're right.

### Virgo (Aug 22 - Sept. 23)

Actors know that the best show in the world can go unappreciated by the wrong audience. Find your right audience in March.

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

The beautiful full moon lights up your first house on the 21st and all your hard work starts to pay off. Something unusual may be offered to you at the end of the month, but will you accept it? Act quickly.

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

There are times when we deliberately choose not to see the truth. March brings an opportunity for you to make an important discovery.

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

You have every reason to be optimistic, you will get some fabulous chances to broaden your horizons. New directions could open up for you when you are least expecting it.

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

Lessons from the past can now be put to good use. March sees you turning a big corner. Identify your goals and set about achieving them.

### Aquarius (Jan 21 - Feb 19)

Don't take no for an answer, especially from yourself! You will be as successful as you feel so this month is the time to be bold and expect good thing to happen.

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

The planets begin to line up and exert their influence and your life is about to change - for the better. Don't hesitate or start to change course now, your heading in the right direction.



## 'Musical Memories : The World of Herman Darewski' coming to the Treasure House in Beverley

A new exhibition celebrating the life and achievements of Herman Darewski will be at the Treasure House in Beverley until Saturday, 30 March.

Herman Darewski was the musical director at Bridlington Spa for nine summer seasons during the 1920s

and 30s. He was a larger-than-life personality who in his day would have been well known to those with an interest in entertainment and light music. But as well as being a gregarious and creative frontman for the Spa, Darewski wrote songs for West End theatre and ran a music publishing business on London's Charing Cross Road.

Using the extensive collections of East Riding Museums Service and material from Darewski enthusiast Mike Wilson, along with film footage and sound, this exhibition shines a light on Herman's fascinating and fun world.

Curator Sally Hayes said: "This fascinating exhibition runs for eight weeks, so there is plenty of time to "discover Darewski".

Opening times for the Treasure House are :

Monday, Wednesday and Friday : 9.30am to 5pm

Tuesday and Thursday : 9.30am to 8pm

Saturday: 9am to 4pm

Sudoku Answer from page 12

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



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## Hornsea Mere

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

**Start Point:** Hornsea. **Finish Point:** Hornsea

**Towns & Villages:** Goxhill, Hornsea, Seaton and Sigglesthorpe

**Start Easting:** 520,175.00; **Start Northing:** 447,381.00

**End Easting:** 520,175.00; **End Northing:** 447,381.00

**Ordnance Survey Explorer Map:** 295

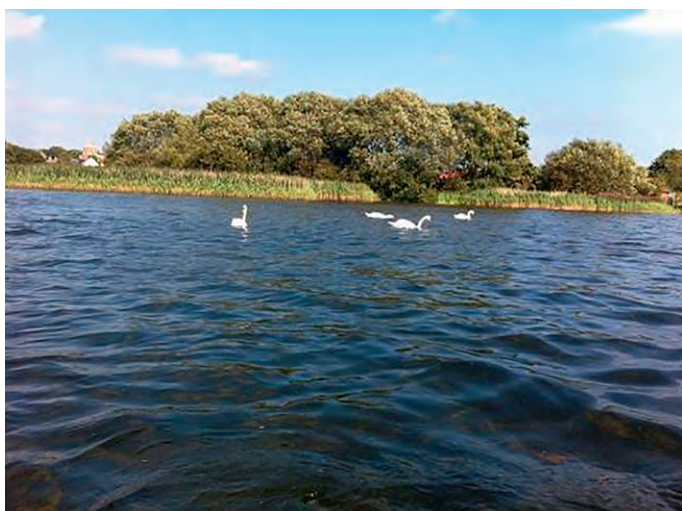
Your walk starts at the public footpath signpost on the Hornsea to Hull Road. Cross the summer-grazed pasture and note the variety of birds in the nearby reed beds at the edge of Hornsea Mere. You may see reed and sedge warblers, yellow wagtails, greylag and geese, and during migration black terns and gulls.

Cross the field and go through the kissing gate to follow the well-defined path westwards.

At the end of the path, you will reach a track. From here you have a choice of routes:-

a) You can take a route through the Wassand Estate and other woodlands to return to Hornsea via the footpath to the north of the Mere. To follow this route, walk along the track through the woodland. Please don't stray from the track, as the woods form part of the Wassand Estate (you will see Wassand Hall through the woods to your right).

Just before the Seaton road turn left along the footpath through the woods to reach a minor road. Next turn right along the lane, cross the main road and continue northwards until you reach a public footpath. This path leads you eastwards past Buttercup Farm and Brockholme. You rejoin the main road nearly a mile further on, and follow

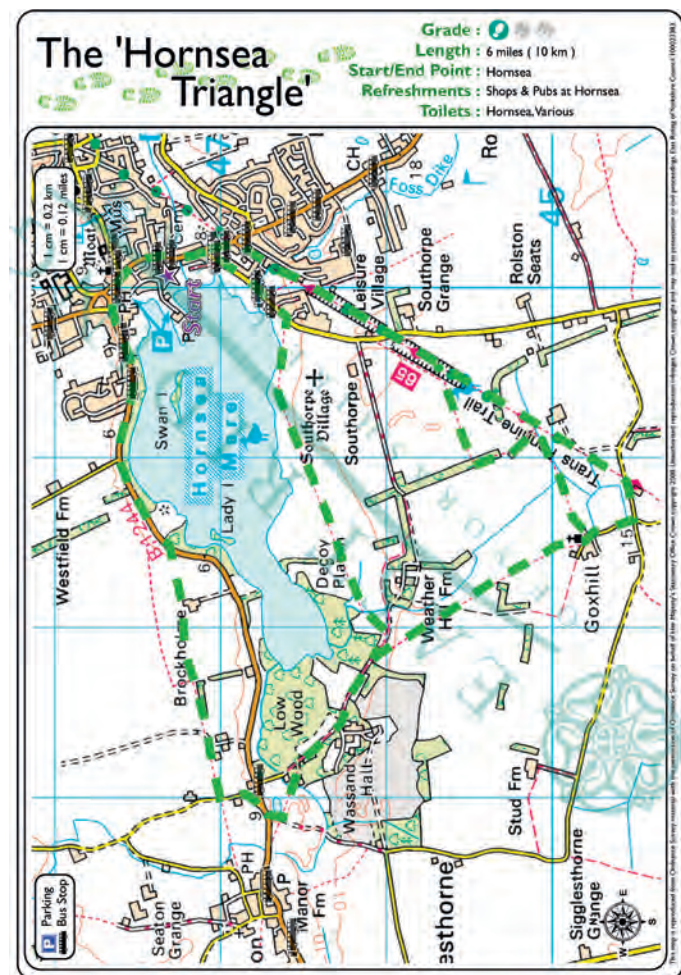


it to Hornsea, catching glimpses of the Mere through the trees.

b) Alternatively, you can go southwards to Goxhill and then return to Hornsea along the old railway line. Cross the track and walk in a southerly direction to the stile in the south-east corner of the field. Cross the stile and field to a second stile. Follow the grass track and field to the small hamlet of Goxhill on the right hand side of the tiny church of St. Giles'. If you have time, take a look around and don't forget to sign the visitor book. From Goxhill you can return to Hornsea by following either the field paths shown on the map or the disused railway line, which is rich in wild flowers and birdsong.

A frequent walker, 'Megan', once said that this is the best walk she has ever completed.

Reproduced by courtesy of <http://walkingtheriding.eastriding.gov.uk>.





## Maureen Hunter Singers celebrate their 35th Anniversary with three concerts in March

**M**aureen Hunter Singers – ‘Coral Voices in Spring’ concerts at the Bricknell Avenue Methodist Church in Hull. Celebrating the Choir’s 35th Anniversary!

Friday 29th and Saturday 30th March at 7.30 p.m. AND Sunday 31st March at 3.00 p.m.

Entertainment will consist of choral items old and new from the girls of the Maureen Hunter Singers and from the girls and boys of the MH Junior Singers, together with a variety of solos and ensemble pieces.

Three delightful concerts of top class music are assured from this extremely talented and charming group of young people.

All seats are bookable, and tickets (priced £8.00 including interval refreshment) are available from Mrs. Sue Helliwell, (Tel: 01482-641229), or via Choir members.

## Spring into Fitness in 2019

**A**s thoughts start turning to warmer days, East Riding Leisure is urging residents to ‘spring into fitness’ with a range of special offers which are only available for a limited period.

A one-month Premier membership – including the full package of exercise classes, gym, swim and sports hall use at nine East Riding Leisure Centres – is now available for £19.50, saving over £13 on the normal price.

Other offers are also available – see [www.eastridingleisure.co.uk](http://www.eastridingleisure.co.uk)

The offers are available until Sunday, 31 March, 2019.

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## Hull and District Cats Protection Cat Homing show on Saturday 16th March

The Hull and District Cats Protection will be holding their Cat Homing show on Saturday 16th March, in the Darby & Joan Hall, Finkle Street, Cottingham from 11.30 am to 1.30 pm.

Stalls will include cakes and jams, gifts, cat accessories, an Easter-themed raffle and a tombola.

Refreshments will be available.

For more information, please call 01482 790284. Neutering vouchers are available for those on benefits or low income, by calling 01482 657650.

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*What's On - Continued from page 11*

### Do you wish you could swim?

If you have failed to learn to swim by traditional methods, try something different. Hull Optimists teach people to swim by concentrating on balance and breathing skills. You may have a disability or a profound fear of water, we can still help you, providing that you are accompanied by your own carer or helper in the water. Sessions are in the warm water at Frederick Holmes Special School, Inglemire Lane during school term times and we now have places available on Mondays at 6 pm for, both children and adults. We also need someone to help in the water, no experience necessary as training is available. For further information 'phone Chris 01482 849124.

### The Cottingham Bowling Club

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

### Alcoholics Anonymous Meeting

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

### ALANON Meetings

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

### Alternative Aquatics

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

### Butterflies

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

### St. Mary's Church, Cottingham

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

*Continued on page 35*

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## Customer tips and how to handle them for tax

by Nick Robinson of Yorkshire Accountancy

**Your employees receive tips from customers. As tax (and possibly NI) is payable on them, as an employer what are your responsibilities and what can you tell your staff to help them avoid trouble with HMRC?**

### Cash direct to employee

As a director or employee, if you receive a cash tip direct from a member of the public which you keep for yourself, the tax consequences are yours alone to deal with. While the tips given this way count as earnings for tax purposes, the good news is that you don't have to pay NI on them and neither does your employer.

### Reporting is your responsibility

HMRC knows what types of job attract tips. So to avoid a tax investigation it's important you keep a record of what you receive and declare this on your self-assessment tax return. If you're not in self-assessment, you can tell HMRC by phone or in writing how much in tips you have received after the end of each tax year.

**Tip.** If you call, keep a record of when you rang, who you talked to and what you told them.

### How will you be taxed?

HMRC uses the information you give it to do two things. First, issue a tax calculation (P800) or assessment (P302). Second, adjust your tax code with an estimate of the tips you'll receive for the current year - after the end of the tax year you again notify HMRC of the amount you actually received and the P800/assessment and code adjustment cycle starts again.

**Trap.** Once you're in the system HMRC will keep taxing you on tips until you tell it you no longer receive them, say because you've changed jobs or your employer is now applying PAYE to them (see below).

### Incorrect assessments

If HMRC issues an assessment or tax calculation which includes a figure for tips, make sure it ties up with your records. It's not uncommon for it to use an estimate even if you've reported the actual figure. You should notify HMRC about any discrepancies.

### Employer involved

As an employer you might be involved in handling tips for your staff. If you collect and distribute them to your employees, you must add them to their salary when you do your payroll. This means PAYE tax and NI (employers' and employees') are paid on the tips. This rule covers tips handed to you by your employees, and those put in a common box or plate by customers which you pass on. PAYE and NI also applies to customer service charges you pass, wholly or partly, on to your employees.

### Troncs

If your staff operate a "tronc", i.e. an employee collects all tips and distributes them to the others without your involvement as their employer, they might need to account for PAYE tax (but not NI) on payments they make. Please contact us for help.

**Tip.** Where an employer or tronc handles tips, there's no need for employees to separately report them to HMRC as the figures will already be included in payroll figures

### Key dates – March 2019

Friday 1st - Advisory Fuel Rates

Sunday 3rd - 5% late payment penalty on any 2017/18 outstanding tax which was due on 31st January 2019 and still remains unpaid

Tuesday 19th - PAYE, Student loan and CIS deductions are due for the month to 5th March 2019

Sunday 31st - Last minute planning for tax year 2018/19

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

**Telephone – 01482 845750**

**Email – [nick@yorkshireaccountancy.co.uk](mailto:nick@yorkshireaccountancy.co.uk)**

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

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

### Weaning foals and training Stallions done perfectly!

I sit here writing this article in the warmth of the Florida sunshine, surrounded by a beauty in scenery all its own. This whole new world of trees shimmering with floating Spanish moss tendrils wafting in the breeze. Beautifully fenced paddocks with content horses grazing. I'm staying as a guest of Sharon Madere on her Stud farm "Silver Moon Iberians". She has a gorgeous set up here where she owns and trains a variety of Iberian stallions, and a breeding facility of mares and young-stock.

I had a lovely day yesterday watching a mixture of handling, training and riding. One of the things I found most interesting is the process Sharon is using to wean her 2 home bred colt foals. It is a shining example of how to slowly wean without causing stress to either foal nor mother.

Her two babies are now nearly 9-months-old, tall and leggy and calm! Their calmness comes from the way they are cared for and the slow process Sharon has been applying over the last few months. Incrementally, her foals have been experiencing short periods of separation in space but keeping mums in full view. This has happened inside her stable area and there are two auntie mares in the mix too.

At the time of my arrival here, the foals are now at the stage of happily stabling during the heat of the day, next to their aunties with mums in the next stable down. No anxiety, no stress, just contented horses everywhere. In the evenings, they are all



turned out together in one big group. The foals go out last and immediately suckle milk with Mum. I was so impressed at how cohesive and calm all this was to watch.

Sharon is setting all the horses in this group up to succeed. The next stage will be for the foals to live out just with their aunties and the mums will dry off milk naturally somewhere else. Plans are afoot for the 2 boys to then live out in another cohesive group of geldings and one happy Iberian Stallion. It could not be a better way to wean young horses.

This group of male horses is another huge success story in so far as it is rare to see a mature stallion live calmly in a group of geldings. Most stallions must live a life of isolation because they are not able to share space with any other horse safely. They are simply never calm enough.

Forced weaning of foals at 4 to 6 months is a subject I have written about before. Endemic everywhere is the old way of simply ripping foals off mum and boxing them up in a stable on their own. The stress caused to the foals is horrific and leaves these countless youngsters traumatised in so many ways. It has been proved, without a shadow of doubt, that a life-long predilection to stomach ulcers and separation anxiety is directly attributed to how they are weaned as babies.

Sharon runs another business hand in hand here called EquiLightenment, where she provides behavioural consultations and education programmes. She is an accredited professional Equine Behaviourist with IAABC and walks the walk here on her stud farm. All her training is based on positive reinforcement and she is in-tune with all her horses on an emotional level. Every decision in care, management and training is all about producing calm, willing and content horses. I am delighted to be here, watching and learning in an environment where the emotional wellbeing of the horse is put first and foremost.





### Cottingham Rangers AFC

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

### Zion United Reformed Church, Hallgate

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

### Play Badminton

On Tuesday and/or Thursday evenings at Cottingham High School, 8.00 pm until 9.30 pm during term time. **Get Fit, Have Fun!** £2.50 Adults; Students £1.00 per evening. For more information telephone Telephone Fiona/Steve on 01482 870906.

### Fitmums & Friends Run, Walk

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

### Cottingham Bridge Club

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

### The Alzheimers Society

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

### Thursday Fun

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

### Cottingham Cricket Club

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

### Calligraphy, Quilling and Folk Art classes

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

What's On - Continued on page 36

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## Fitmums & Friends announces five-time Olympic athlete as its charity patron

**A**thletics club and charity, Fitmums & Friends is delighted and honoured to announce that international runner and five-time Olympian, Jo Pavey has agreed to become its patron. Pavey joins the charity as it celebrates its tenth year and will support its work to help men, women and children to enjoy being more active.

Fitmums & Friends is a Hull-based charity which is passionate about supporting people to become more active. It offers a range of running, fitness walking, cycling, boot camp, buggy and junior athletics sessions for all abilities to help improve fitness in friendly and supportive groups. It began in 2009 as an informal run session from one mum's driveway, but quickly grew: today, there are 11 Fitmums & Friends clubs across Hull, Yorkshire and North East Lincolnshire with more than 1,000 members. The organisation became a registered charity in July 2017 and Pavey will be its first patron.

British athlete, Jo Pavey is a world, European gold and Commonwealth medallist over 5,000 and 10,000m. She is also a five-time Olympian, having represented Team GB at every Olympic Games from 2000 to 2016, and is now aiming for a place in the Great Britain team at Tokyo 2020. She juggles her international running career with being a busy mum of two.

Pavey was honoured to be asked to be patron of Fitmums & Friends. She explains: "Fitmums & Friends is such a fantastic organisation. I truly admire the way it supports people of all abilities to enjoy the benefits of being active and to gain confidence whilst making great friendships. It's great that its activities range from specialist coaching sessions to walking groups; and its shepherding system which allows people to enjoy running together regardless of ability or experience is brilliant."

"I had a brilliant time when I met some of the members of Fitmums & Friends in the autumn. I was so inspired by their immense energy, enthusiasm and friendliness. I could really see how lives were being changed by the encouragement given to people and by the lovely camaraderie within the organisation. I'm so, so excited to be involved with such great people with whom I share a passion for keeping active."

Sam Barlow, founder of Fitmums & Friends, explains why she approached Pavey to be the charity's patron: "Jo is the perfect fit for us. She is an inspirational athlete and most of all an inspirational mum. When I met her, I was struck by the way she instantly understood what it is we strive to achieve at Fitmums & Friends. She just got it. She is so enthusiastic about creating opportunities to help people feel safe and supported to become more active. We are thrilled that Jo recognises our work in supporting people to be more active and that she wishes to become our patron."

[www.cottinghamtimes.co.uk](http://www.cottinghamtimes.co.uk) - March 35





## Annual Exhibition and Sale of Work by Haltemprice Art Group

If you have never visited our Annual Exhibition in the last 71 years, why not make it a place to visit this year. Established in 1947 by Frank Armstrong and a small group of talented artists, the group has gone from strength to strength over the last 71 years.

Like most things in this life, if you haven't tried it, you will never know how good it is!

The Haltemprice Art Group's 72nd Annual Exhibition and Sale, to take place in Cottingham Civic Hall, Market Green, Cottingham, East Yorkshire. HU16 5QG.

The official opening will be on Wednesday 3rd April at 7.30 pm.

The Exhibition will then be open to the public as follows:

Thursday 4th April, 10.00am to 5.00pm

Friday 5th April 10.00am to 5.00pm

Saturday 6th April 10.00 to 4.00pm

Admission is FREE, with Disabled Access and Free Public Car Park by the Hall

The exhibition will be officially opened by the Chairman of the East Riding of Yorkshire Council councillor Margaret Chadwick. Our adjudicator this year will be Angela Bell

The Exhibition will consist of approximately 170 framed paintings and around 100 unframed in mounts. Also available to purchase, will be a range of beautifully crafted greetings cards, all made by our members. Most of the exhibits will be available to purchase.

Our members have decided they would like to do something for a local charity this year. They have produced, at their own expense, a range of terracotta pots which have been hand painted. These will be sold and all of the proceeds will go to Mires Beck Nursery in North Cave, a charity which provides work experience and opportunities for adults with learning difficulties and disabilities.

Carrying on from our "City of Culture" contribution in 2017, we will have a separate display of paintings, all in acrylic and on the same size boards. The theme this year is "Weather", and will feature the many different aspects, of weather experienced around the world.

If you require further information please contact me on the above number or [david\\_carol\\_goldsmith@hotmail.com](mailto:david_carol_goldsmith@hotmail.com)

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### The Orchard Stroke Group

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

### Hull and East Yorkshire Happiness Group

Every woman could do with a bit extra Happiness in her life. To find out how, join us for lots of laughter, the company of diverse and like-minded women (and cake) at Pearl's Place, Hallgate, Cottingham on the SECOND Thursday each month at 6pm to 8pm. No charge. Contact: Lynne on [Lynne@wildwitch.karoo.co.uk](mailto:Lynne@wildwitch.karoo.co.uk)

### The Cottingham Whist Club

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

### Cottingham Food Bank

The Cottingham Food Bank will be open every Wednesday from 10.30 am to 12.30 pm, and Saturdays from 10.30 am to 12.30 pm, at the Zion and Newland United Reformed Church, Hallgate. Basic foods will be provided for a small donation to people who can demonstrate that they live in the area. Further information can be obtained by telephoning 845920.

### Scottish Country Dance Club

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

### Humberside Steppers Square Dance Club

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

### Hull Zingari

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

*Continued on page 38*

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## Sail high at Skidby CE School

Skidby CE School has undergone a transformation in the past year and is looking to boost its pupil numbers.

Stuart Richardson joined the school as head teacher last April. Mrs Kate Makepeace is chair of school governors and the school embodies an ethos of being a Christian school in a small community, making a big difference.

Skidby is a small primary school with more than 70 children split into three classes. In addition to this it has an independent nursery on site, for those parents requiring pre-school provision (two years an upward). The school has close links with



St Michael's Church and children regularly attend services led by Reverend David Messer.

There is also an active Parent Friend Association (PFA), which run a variety of activities to support school funds. Most recent changes include a focus on outdoor curriculum, which sees children having lessons outside which relate directly to their topics. There is also an outside gym and stage.

Stuart said: "I feel privileged to be leading such a wonderful school and to have the opportunity of ensuring that each child at Skidby CE Primary School receives the best possible education in their formative years.

"We do consider applications from those outside our catchment and the best thing for parents to do if they want to learn more is to book a visit so that they can get a feel for what we do firsthand. Our website — [www.skidbyprimaryschool.org.uk](http://www.skidbyprimaryschool.org.uk) is also packed with useful information. We look forward to welcoming you."

Skidby CE Primary School - 01482 846169

## Swanland U3A choir present "Trial by Jury" at Willerby Methodist Church

The Swanland U3A choir, conducted by Diane Ford, is presenting a concert at Willerby Methodist Church, Carr Lane, Willerby on Saturday 9th March 2019 at 7.30 p.m. The programme includes a wide variety of songs and readings, and a concert performance of "Trial by Jury" by Gilbert and Sullivan with the popular Julian Savory as guest soloist.

The price is £6.00 including refreshments, payable at the door, and all profits will go to Emmaus (Hull and East Riding) 'serving the needs of the homeless'.

## Caring Dentistry

Mr Porter has now retired from clinical dentistry. He says: "It has been both a privilege and a pleasure to have spent the majority of my career caring for a very special set of individuals."

He continues to own the business and would like to say to all patients old and new, that they can be assured there will be no changes to the principles of caring dentistry which have always been at the heart of the practice.



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

**Caring and Complex Dentistry**  
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**Christos Ziaras**  
DDS Athens

**Caring and Cosmetic Dentistry**  
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### East Yorkshire Climbing and Mountaineering Club

To all climbers, mountaineers and hillwalkers in the Hull and East Yorks area - We are a friendly club based in Hull and East Yorks area. The climbers meet at Rock City in Hull every Tuesday evening in the winter and outdoors in the summer. We have monthly weekend meets to the Dales, Lake District and Scotland. All abilities are welcome to come and try us out. We have just launched our new website and are currently recruiting new members. Check us out at [www.eycmc.org](http://www.eycmc.org) and our meet up site is [www.meetup.com/East-Yorkshire-Climbing-Mountaineering-Club/](http://www.meetup.com/East-Yorkshire-Climbing-Mountaineering-Club/)

### Card making classes at Cottingham Methodist Church Hall

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

## Hull CHA Rambling Club

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

Sunday rambles are once a fortnight. Travel by coach to the starting point. **Fare £12.**

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

Pick up at City Centre is now **0900 am** for the autumn and winter months continuing Beverley Road and onto Beverley.

Walks with leaders.

A walk 10 to 12.5 miles.

B walk from 7 to 9 miles

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

### Sunday 3rd March 2019

#### Budwith - Howden

A. Bubwith – Brighton – Wressle – Hagthorpe Hall – Asselby - Howden

B. Bubwith – Willitof – Spaldington – Brind – Howden

### Sunday 17th March 2019

#### Wetwang

A. Wetwang – Sykes Monument – Cottan – West Field – Little Grange – Wetwang

B. Sledmere (B1253) – Mill Farm – Towthorpe – Bridge Farm – Fimber – South Field – Wetwang

### Sunday 31st March COACH LEAVES CITY CENTRE 8.30AM DUE TO SUMMERTIME.

A. Ganton – Wolds Way – The Grits – East Heselton Brow – Deep Dale – Wintringham – Thorpe Bassett – Rillington

B. Sherburn – Crowsdale Wood – East Heselton Brow – Deep Dale – Winteringham – Thorpe Bassett – Rillington.

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

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

Pauline Borger on [Pauline.borger223@btinternet.com](mailto:Pauline.borger223@btinternet.com) telephone 07929933323

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

Find us on face book. Hull CHA Rambling Club

You will be very welcome.

38 March - [www.cottinghamtimes.co.uk](http://www.cottinghamtimes.co.uk)

## Phoenix Walkers

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

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

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

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

Two levels of Walks

A Group 8-10 miles

B Group 5-7 miles

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

**Sunday 10 March Flamborough**

**Sunday 24 March West Lutton North Yorkshire**

For further information and pick up times please ring Sid&Sue 01482 701525. email [phoenixwalkingclub@outlook.com](mailto:phoenixwalkingclub@outlook.com)

## Wykehykers Walking Club – New Members Welcome

Our 44th season is underway with planned fortnightly Sunday trips to picturesque locations across Yorkshire, Derbyshire and Lincolnshire. Choice of guided walks of around 4 and 8 miles often with further option to simply enjoy a day at leisure at our planned destination. Our forthcoming walks are Sundays 10 March 2019 Goodmanham, 24 March Ampleforth and 7 April Alkborough.

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

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

## Ready Steady Read

Ready Steady Read was established to help primary school children in Hull and East Yorkshire to improve their reading by providing volunteer mentoring support, dedicated reading resources and books to help improve outcomes for local children.

Reading opens up the door to a better education, and is an essential skill for anyone looking to achieve their full potential. Literacy feeds into so many aspects of life, and often, those that fall behind with reading at primary school never catch up.

The charity recruits and trains volunteers, before placing them in schools to provide one-to-one support to children. In addition to improving the literacy of young people in the city, the programme also gives them self-confidence and the skills they need to thrive. The charity has recently reached the milestone of having supported over 500 children.

Along with being hugely beneficial for the children, volunteering is hugely enjoyable and rewarding as you see those you are supporting improve their skills and develop a love of reading and books.

Ready Steady Read depends on volunteers of all ages and from all walks of life to help children become the best they can be. If you have two hours a week or more to spare and would like to join our team of volunteer readers, you can find out more by visiting [www.readysteadyread.org](http://www.readysteadyread.org) or call Joanne Walker on 07949 734175 or Paula Stead on 07961 881565.

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## Swift Academy Graduation celebrates employees' achievements

Swift Group celebrates employees' hard work and achievements at the Swift Academy graduation ceremony.

Held at Willerby Manor, the event welcomed 73 staff who have recently completed accredited training programmes, with presentations by managing director James Turner and deputy managing director Amy Archer.

Amy Archer said "Swift is thoroughly committed to education and development, investing in people at all levels to benefit both individuals and the wider company.

"We are delighted to share such a special occasion with our employees and to celebrate how they have gone the extra mile to deliver the best products and services. It is important for us to recognise and commemorate this, and we are so proud of their efforts."

Providing visible progression paths while also securing succession planning, the training develops the key skills needed to future-proof the business. The qualifications earned range from apprenticeships, HNCs and HNDs to NVQs across the business, including production, design and customer care. The recipients

also included Swift Academy's first full group of apprentices to both start and complete their programmes with the company before being hired, achieving Level 3 Advanced Apprenticeship in Mechanical Engineering.

Swift places great emphasis on continuous learning and training to develop a proficient workforce. Designed to enable employees to achieve their full vocational potential whilst feeling valued and appreciated, the Swift Academy delivers in-person and online training with a focus on customer experience, addressing needs for both present and future demands.



## Dunkirk - Saturday 16th March at 7.30 pm in the Swanland Village Hall

If you were not one of the hundred-plus people in our audience at last month's film, then you might not know that at 7.30 on Saturday 16th March Swanland Village Association is showing the Oscar winning film that we were unable to show when advertised last November - due to the fact the dvd was not released in time.

Tickets available at the door cost £4 adults and £2 schoolchildren with refreshments available to purchase at the interval. For further details see [www.swanlandvillagehall.info/forthcoming-events.htm](http://www.swanlandvillagehall.info/forthcoming-events.htm).



## First Time Gas Central Heating Grants For Privately Rented Homes

The Warm Homes Fund (WHF) aims to install first time gas central heating systems across East Riding of Yorkshire Council's area to privately rented homes.

Financial assistance is available to eligible households who rent their home from a private landlord on a first come, first served basis, to aid with the installation of a gas supply via Northern Gas Networks and a central heating system from the Warm Homes Fund.

Your home must NOT have an existing full gas, oil or LPG central heating system.

**TO QUALIFY** you must answer **YES** to the following:

- the property is privately rented
- the property does not currently have a mains gas connection or the connection is no longer live or just feeds a gas fire or fires
- there is no existing central heating system or there is just a solid fuel back boiler system
- the Energy Performance Certification (EPC) is E, F or G
- the tenant is in receipt of an eligible benefit or qualifies under the Low Income High Cost (LIHC) calculation or on a low income.

**Grants are available on a first come first served basis!**

Visit [www.eastriding.gov.uk](http://www.eastriding.gov.uk), email [energyefficiency@eastriding.gov.uk](mailto:energyefficiency@eastriding.gov.uk) or (01482) 396180



EAST RIDING  
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## Shower Screen cleaning a problem?

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

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

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

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

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

The main savings can be summarised in three categories; Avoiding the costs of plumbing repairs and replacements – things like shower heads, taps, heat exchangers, washing machines, kettles, irons... and the list goes on!

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

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

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



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

**Contact David Parry at :**

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## Viewfinder Photographic Society to host talk by Heather Angel at Parkway Cinema, Beverley

The Viewfinder Photographic Society (VPS) is hosting an illustrated talk by Heather Angel at the Parkway Cinema, Beverley, East Yorkshire on Monday 8th April 2019 (7.30pm).

Heather Angel has been at the forefront of wildlife photography for several decades and her images appear in magazines and books all over the world. Her passion for photographing mammals, plants and macro subjects have led to many awards in Britain and overseas.

China has a special fascination for Heather and her frequent visits to the wilder parts of this enigmatic country have resulted in three books on pandas alone. In recent years, she has also invested a lot of time working at Kew Gardens in London, documenting the wildlife for her book and exhibition 'Wild Kew'.

Tickets (£10.00 Adults £5.00 Students) are available from [beverley.parkwaycinemas.co.uk](http://beverley.parkwaycinemas.co.uk).





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healthstars

## Spectacular NHS Charity 'Springtime Ball' announced

A local NHS Trust is hoping to raise funds for patients and carers by hosting their first ever Springtime Ball.

Humber Teaching NHS Foundation Trust and its Charity Health Stars are inviting local businesses, community groups, families and friends to join them on 11 May for the 'Secret Garden' themed bash.

The black tie event will take place at the Mercure Hotel in Willerby and will feature lavish decorations with guests treated to a three course meal.

With a live band, auctions and raffles throughout the evening, the event is aiming to raise thousands of pounds to support local NHS services across the Humber region.

Mandy Dawley, Head of Patient and Carer Experience at the Trust said: "We are really excited to host our first ever ball. A lot of effort is going into making sure it will be a night to remember. We are getting some fabulous raffle and auction prizes including,

rounds of golf, hotel stays, afternoon tea experiences, light aircraft flights, gym memberships and much more"

Health Stars works to 'add sparkle' to the community and mental health services provided by the Trust to more than 800,000 people in Hull, East Riding and North Yorkshire.

The charity promotes the development of exceptional healthcare which goes above and beyond NHS core services by investing into patient environments, resources and research.

From baby toys for health visitor clinics, memory boxes for bereaved families and adapted iPads for stroke patients, the charity have delivered over 300 wishes to the local NHS community.

Clare Woodard, Head of Fundraising for Health Stars said: "This is the first Secret Garden Springtime Ball and we are delighted to be working so closely with the Patient and Carer Experience Team. It promises to be a wonderful evening, full of fabulous food, live music and fun.

"Tables of 10 available and we would love our friends and partners from the local business community to join us in supporting our amazing NHS and make this inaugural event a great success. We want to introduce Health Stars to a wider audience and show what a big difference our local charity is making every day across our NHS and throughout the wider community we serve"

Tickets are £30 and on sale now with all proceeds raised going to the Health Stars charity.

To book tickets, enquire about corporate packages or find out more about sponsorship opportunities, please contact Clare Woodard on 01482 389103 or email [hello@healthstars.org.uk](mailto:hello@healthstars.org.uk).



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**Matrimonial Mayhem – Murder Mystery** – Fri 17th

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## Cottingham S14 Para Swimmer wins Disabled Athlete of the Year award

Cottingham S14 Para swimmer Owen Garsides won the HullDaily Mail Sporting Champions award for Disabled athlete of the year.

The regions best young sporting talent came together at the KCOM stadium for the Mail's annual Sporting Champion Awards.

Owen's award was presented from Gary Sainty from Active Humber.



For fifteen years Swanland Village Association has been booking a variety of shows from ArtERY and they are pleased to announce the first show of 2019.

What? Joan & Jimmy - the story of the early days of Joan Littlewood and Jimmy Miller (aka Ewan MacColl)

Where? Swanland Village Hall

When? Sunday 17th March 7.30pm

Price? £8 adults (£7 SVA members paid prior to the day) £4 schoolchildren - from Yvonne 01482 634863 or [yd@swanlandvillagehall.info](mailto:yd@swanlandvillagehall.info).

For further details see [www.swanlandvillagehall.info/forthcoming-events.htm](http://www.swanlandvillagehall.info/forthcoming-events.htm).

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

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

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

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

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

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

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

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

## Problems and Diseases commonly treated by TCM

### Dermatological:

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



### Muscular, Neurological, Skeletal and Vascular:

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

### Internal:

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

### Men's Problems:

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### Women's Problems:

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

### Ears, Eyes, Nose and Throat:

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

### Cancer and Tumour:

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

### Addictions:

Tobacco, Drugs, Alcohol, Reduce Weight etc.

### Mental and Emotional:

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

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

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

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## Simon Mayor & Hilary James - A Riot of Music and Humour

Simon Mayor and Hilary James make a welcome return to Beverley this March with A Riot of Music and Humour. At the Toll Gavel United Church, Beverley, Thursday 14 March 2019 7.30pm

Simon is one of the world's leading mandolin virtuosos, Simon Mayor's many faceted career includes his own series on BBC Radio 2, an album in the Classic FM Top Ten chart and causing mayhem at a Canadian humour festival. His first anthology of poems, limericks and anecdotes, Of Death and a Banana Skin. Illustrations and augmented reality animations are by Hilary James.

Hilary "One of Britain's finest voices" BBC Radio 4

With a top ten album of the year in The Sunday Times, Radio 2 playlisting and a voice that easily crosses the great musical divides from folksong to blues, Irving Berlin and Berlioz, Hilary James has travelled the globe from Los Angeles to Singapore. She's illustrated a variety of CDs and books for both children and adults. A fine guitarist she is also famed for an unusual taste in bass instruments, including her amazing bass mandolin. Have mandobass will travel!

'Virtuoso mandolin, elegant vocals, guitar and fiddle wizardry, and a stage show that ranges from witty to hilarious. Expect anything from a Vivaldi concerto, trad folk, jazz standards, Celtic, ragtime, blues and, of course, that song about the parrot!' (Ents24)

Tickets cost Adults £15, Concessions £13 all children under 14 FREE with full paying adult, additional children £5 and are available from Beverley Library or call 01262 678258 or visit [bridspa.com](http://bridspa.com)

## Wildlife Photographer of the Year exhibition returns to Beverley this summer

East Riding of Yorkshire Council has announced that the hugely popular Wildlife Photographer of the Year exhibition – developed and produced by the Natural History Museum – will be back in Beverley in summer, 2019.

Beverley Art Gallery in the Treasure House will host the new exhibition from Saturday, 22 June – Saturday, 14 September, making it an ideal day out for the summer holidays this year.

The exhibition reflects the 54th year of the competition, which welcomes entries from professional, amateur and young photographers.

For the 54th competition, the international judging panel of respected wildlife experts reviewed over 45,000 entries from 95 countries. Visitors will be able to see 100 acclaimed photographs from all the competition categories, featuring a huge variety of inspiring images.

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## New campaign warns drivers not to block pedestrian crossings

Parking officers in the East Riding are launching a campaign to encourage drivers not to block pedestrian crossings when they park.

Blocking crossings can cause serious problems for wheelchair users, mobility scooters, parents with prams and pushchairs, people with sight problems and elderly pedestrians needing to cross the road.

East Riding of Yorkshire Council is calling on drivers to be more considerate when parking their cars and make sure they do not block crossings where the kerb has been lowered.

Motorists who continue to park across dropped kerbs risk receiving a £70 fixed penalty notice from the council for causing an obstruction.

To make motorists more aware of the issue, the council's civil enforcement team will be issuing warning notices to all vehicles they see parking across dropped kerbs for a four-week period which began on Monday 11 February.

Then, from Monday 11 March onwards, civil enforcement officers will return to issuing £70 fines to any vehicle found obstructing a dropped kerb.

The council is reminding drivers it is an offence to park blocking a kerb which has been lowered for the following reasons:

For a pedestrian crossing,

To allow access to a business premises where a white 'H' bar appears,

To allow access to driveway in a residential area.

Parking on pedestrian crossings is a priority for the East Riding's civil enforcement officers, but action can be taken to enforce all three.



## Relieving stress

Eliminating all forms of stress from your life is not possible but what is possible is finding ways to relax and calm yourself. To fortify yourself against the stressors that come your way and to keep tension at a manageable level you need to find effective ways to cope.

If you like to take walks for exercise then you are already doing a world of good for your mental health as well. Walking is an excellent stress buster because it quiets and calms the mind. If you are not a walker but yet you seem to have stress invading your life constantly then adding a 20 to 30 minute walk to your daily life can help you out tremendously when it comes to reducing anxiety and stress.

Walking in general is good even if it is done on an indoor or outdoor track but walking outdoors such as in a local park is even better. According to a recent study done in Japan walking outside, especially in a forest setting can be an excellent way to cope with chronic stress. There is something about nature, trees and streams that can benefit those who are consumed by stressful thoughts.

Having an animal for a companion or a few of them can help to relieve stress. In fact it is one of the many benefits of having a pet.

Whether you have a dog, cat, guinea pig, rabbit or bird he or she can help to reduce the stress you are feeling. Studies have connected owning a pet to having lower triglyceride and cholesterol levels. One study had subjects watch 10 to 15 minutes of cute films about animals. Following the viewing the volunteers were found to have lower heart rates and blood pressure and found to be much less anxious.

Having a room with a view can help to turn stress upside down. Studies have shown that students who have seats near windows recover quicker from performing stressful tasks than do those who sit facing blank walls or even those looking at a screen or picture of a nature scene. Next time you feel overcome with stress step away from your computer or take yourself away from the problem at hand and spend a little time glancing out the window.

This can also help to clear your mind, relax your body and bring your heart rate down to where it should be. If you do not have a window view from wherever you do most of your work then try to do something to change that. If you cannot then at least do some window gazing during your breaks.

Music is good for the soul. It can also lift your spirits and make your troubles seem thousands of miles away. When stress seems to be winning in your life listen to some relaxing music of your choosing. Everyone has different tastes in music. Listening to tunes that are mellow in nature can slow down your breathing and your heart rate and make you feel so much better. Find what suits your musical style and then listen to it to your heart's content when stress is building in your life.

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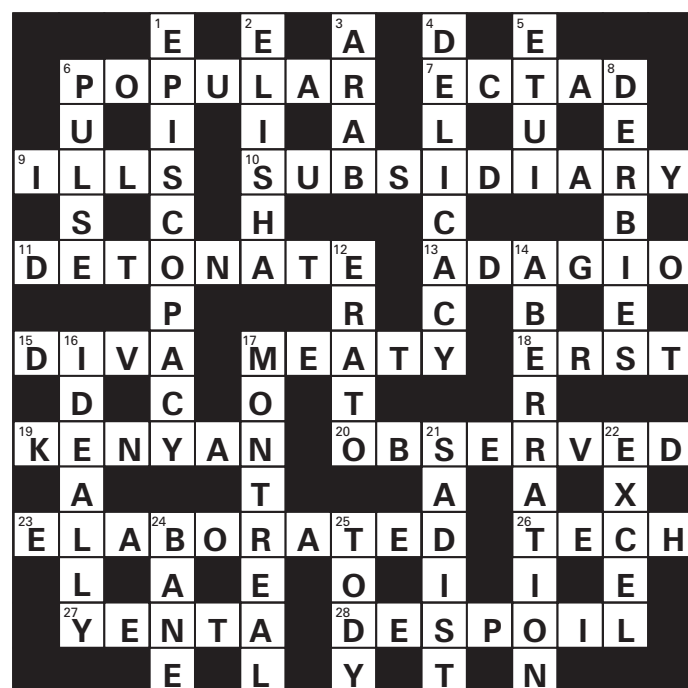
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### Crossword solution from page 14





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