

# Cottingham Times

and District

Issue 240 - March 2022



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## A word from our chairman

The last two years have – more than ever – highlighted the fantastic work of carers up and down the country, and particularly so at The Manor House.

We'd like you to meet some of the wonderful team there who are caring for your loved ones, so that you can see why we're so proud every one of them.

This month we're meeting Nick, a carer who has been with us for almost 30 years.

To find out about any exciting opportunities to join the team, contact [leane hatch@parklanehealthcare.co.uk](mailto:leane hatch@parklanehealthcare.co.uk)

Chris Mitchell – Chairman, Park Lane Healthcare



## Nick – My Care Story

*'The way I see it, my job is about building a relationship with the other person.'*



I started working at The Manor House back in 1994. I'd had a previous career working on a building site but it just wasn't for me. It was all a bit too 'blokey', and didn't quite fit with who I was.

I was also born in the village, so it's always had a special place in my heart. I'd been caring for my mum, who had MS, and it just came naturally to me. I really enjoy looking after people and building relationships with them.

At The Manor House, I look after people holistically. It's about understanding the person and knowing what makes them tick. Because I know the residents, I can support them and reassure them when they need it, as well as being a friend.

The way I see it, my job is about building a relationship between me and the other person. It doesn't matter if they're a resident, a visitor or another member of staff – we're just two people working together to achieve a positive outcome.

The best thing about the job is the people. Even though some at the home are living with dementia, which can be incredibly sad, you can cut through all that and really get to know them. It's so rewarding.

The Manor House is a lovely home. When my mum eventually needed to go into a care home, it was the only place I wanted her to be. She absolutely loved it.

Outside of work, my wife and I enjoy looking after our six grandchildren – though not all at the same time, we need some rest!

I'm also an avid reader. I'm a mine of useless information and facts that I've picked up from books over the years. I've really got into audiobooks recently, too.

My wife also tells me we're going to get fit, possibly through swimming, but I'd rather stick to my books!



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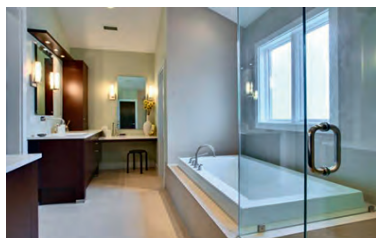
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## In Cottingham and District

The deadline for entries in the April "What's On" section, is no later than the 18th March 2022.

### Haltemprice Art Group

Meetings held during school term in the Skidby suite at Cottingham High School, on Tuesday evenings between 7.00pm and 9.00pm. March 1st - A Childhood Memory; March 8th - Sketching Night; March 15th - Change the Season; March 22nd - Spring Flowers; March 29 - In the Shed.

### Cottingham Local History Society

Wednesday 2nd March - Power Beneath the Pavements. A World's First for Hull's Victorian Engineers, Peter Walker, in Cottingham Civic Hall, starting at 7.45 p.m. Meeting fee: members £2; non-members £3. Contact: Chairman Peter McClure 845734.

Wednesday 30th March - AGM followed by a social gathering and exhibition to celebrate the Society's 70th Anniversary.

### The Yorkshire Countrywomen Association, Skidby Branch

Thursday 3rd March - with a silent auction. The usual time of 7.30pm. All our members and guests are welcome. We look forward to seeing everyone when hopefully life will be getting back to some normality and safer. Please contact Celia Parnaby for any information 01482 841370

### WORLD DAY OF PRAYER

Friday 4th March 2022 at 2.00 pm - Service will take place at Christ Church, Endyke Lane, Cottingham. This year the service is prepared by the women of England, Wales and Northern Ireland. The theme is "I know the plans I have for you" reflecting on some of the issues facing us today and finding hope in difficult situations and encouragement in the help we can give each other. All are very welcome.

### Cottingham u3a

Thursday 10th March - at 2 pm in the Darby & Joan Hall. There will be a talk on the Dove House Hospice, which will be followed by the usual tea/coffee and biscuits. As numbers are limited, members must register to attend the meeting by contacting Lesley Tempest (Secretary) - telephone 847359. For further information or queries visit [www.u3asites.org.uk/cottingham](http://www.u3asites.org.uk/cottingham).

### Hull Alpha Probus

Club for retired or semi-retired professional people meeting on alternate Thursdays - new members welcome. Contact the Secretary on 01482 348270 or 07542 959314. Coffee meetings are upstairs at Kristoff's at 10:30. Lunch meetings are at The Blue Bell at 12:30.

10th March Coffee & conversation.

24th March Lunch & Speaker.

### Little Weighton Village Hall

Friday, 11th March - Talks About Series. A talk by local, well-known historian, Prof. Barbara English on 'The Deserted Villages - Rowley and Beyond'. Little Weighton Village Hall, 7.30 for a 7.45pm start. Tickets £4 from Lt. Weighton Post Office from February. More info from 07714.089289.

**Front cover: Daffodils down Eppeleworth Road.**

**Photo: Paul Lakin.**

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- **Lifestyle improvements:** a new car, a hobby or to provide care in the home
- **Holidays & trips:** to help you enjoy your retirement
- **Home improvements:** to enhance or adapt your home making it possible for you to stay there for the longer term
- **Pay off outstanding mortgage/debt:** to relieve the pressure of monthly outgoings.

To find out if equity release can help you, please contact us to arrange an initial, no obligation discussion. **You should think carefully before securing debts against your home.**

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### Cottingham Catholic Women's League

Monday 14th March - at 7 30pm in the Garden room at Holy Cross RC church Carrington Ave. Karen Wagg a talk about Elephants.

### East Yorkshire Woodturners

Tuesday 15th March - 7pm, Skidby Village Hall. (Doors open 6.30pm): Demonstration by professional artistic woodturner, Joey Richardson MA. <https://www.joeyrichardson.com/bio>. Visitors welcome! (No need to book - £3.50 on the door for guests). For information, please contact David Taylor, 01482 876702, or see the Club's website: [eastyorkshirewoodturners.org.uk](http://eastyorkshirewoodturners.org.uk).

### Hull and East Riding New Stitchers

Tuesday 15th March - Sheila Scott - Inches - Practical. In the Darby & Joan Hall, Finkle Street, 7.15 pm to 9.15 pm. Meetings are open to visitors. Membership is £15 per year, meetings £2.50 (visitors £3.00) plus refreshments. Further information from Jean Ellis 01482 845415.

### The Arts Society, Hull and East Riding

Tuesday 15th March - An illustrated lecture by Daniel Snowman: "The Covent Garden Piazza". At 10.45a.m. Mercure Grange Park Hotel, Willerby. Non-members welcome. Guests £5.00. For further details please contact Membership Secretary, Maureen Jones, tel. 01482 869886.

### East Yorkshire Association of the National Trust

Thursday 17th March - An illustrated talk by Dr. Catherine Webb entitled 'JB Morrell' the shaping of Modern York. To be held in Cottingham Civic Hall at 7.30 p.m. Non-members welcome.

### Hull Macular Society support group

Friday 18th March - 10am until 3pm at Sight Support Beverley A Low Vision Aid Exhibition is to be held with many stands and exhibitors giving help and advice. For more information contact Bernard Messingham 01482 860381.

### Little Weighton Gardeners' Club

Friday 18th March - Talk by Jonathan Hill of Row Lawn 'Lawns, Love them or Loathe Them. Help is at Hand'. Bring your queries for expert advice. At 7.30 pm in the Village Hall.

### Skidby Village Hall

Sunday 20th March - Table Top Sale, 11.00am - 2.00pm. For information/to book (£10 per table) please email Skidby Hall Secretary at [skidbyvillagehall@gmail.com](mailto:skidbyvillagehall@gmail.com).

### St Michael's Church, Skidby

Friday 25th March - Coffee Morning 10.30 am to 12 noon. All welcome.

### Music Recital Club

Saturday 26th March - Concert at 7.30pm in the Cottingham Methodist Church, Hallgate. Programme includes the Beverley Minster Choir (director Robert Poyser), Margaret Pearson (flute), Freya Fletcher-Tomlinson (cello) and Luca Paish (piano/ bursary winner). Adults £5 Students £2. All welcome. Raising money for bursaries for local young musicians.

### East Riding Flower Club

Monday 28th March at 2pm - Will be at the usual venue Cottingham Civic Hall on m. It will take the form of an Easter floral workshop led by two members of the Club. Details of the workshop and the flowers required will be posted on our Facebook page if you were unable to join us in February, or you can contact us on: [eastridingflowerclub@gmail.com](mailto:eastridingflowerclub@gmail.com).

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### What's On - Continued from page five

#### North Ferriby Gardening Club

Monday 28th March - 7.30 -9 pm Parish Hall, Church St, North Ferriby.HU14 3DA. Simon Crawford, an experienced tomato breeder will give advice on growing tomatoes following a brief AGM. Please wear face masks and observe social distancing. A guest fee of £2. Queries? Contact Trevor Barningham 07779 620651.

#### Cottingham Local History Society

Wednesday 30th March - Annual General Meeting followed by a Social Gathering and Exhibition to celebrate the Society's 70th Anniversary, in Cottingham Civic Hall, starting at 7.45 p.m. Meeting fee: members £2; non-members £3. Contact: Chairman Peter McClure 845734.

#### The Arterian Singers

Rehearse on a Tuesday evening at Cottingham Methodist Church, Hallgate, Cottingham at 7.30pm. If you would like to come and sing with us you would be very welcome. Contact Maureen Holwell 845363.

#### Musical Memories

Come and join us to sing favourite songs from the past. Everyone is welcome. If you can play an instrument bring it along ( piano available ). We meet every 1st and 3rd Thursday of the month, from 13.45pm until 15.15pm in the Methodist Church Hall, Hallgate, Cottingham. We ask for £2 to cover costs of refreshments.

#### Beverley Men in Sheds

Meets every weekday morning between 9:00 to 13:00 at Oldroyd's Corner, Woodmansey Garden Centre, Hull Road, Woodmansey, HU17 0RS. We provide a safe place for lonely and isolated men and women to come together to make new friends and indulge in their hobbies. e-mail [meninshedsbeverley@gmail.com](mailto:meninshedsbeverley@gmail.com), or telephone 07795-820443.

#### Cottingham & Hull Folk Dance Club

Tuesday 7pm-9-30pm at the Darby and Joan Hall Finkle St., Cottingham. No experience necessary come on your own or bring a friend for light exercise in a friendly environment everyone one welcome. For further information please contact Jan Gray on 01482840637 or Keith Alexander on 01482 509751.

### Hull CHA Rambling Club

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

Travel by coach to the starting point. Fare £12.

We pick up at Bilton, Holderness Road, Hull City Centre, Beverley Road, Greenwood Avenue and The Green, Cottingham.

We have two walks planned for March. It is advised that face coverings to be worn on the coach.

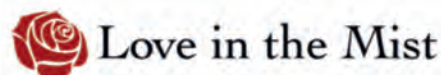
6th March 2022 Barnetby (Lincs.) circulars.

20th March 2022 Appleton-le-Street/Slingsby to Hovingham Places must be booked in advance.

For further information and to book a place on the coach please contact Joint Rambles' Secretaries, Sue O'Leary on [sue@oleary.co.uk](mailto:sue@oleary.co.uk) or telephone 07767420646 or Pauline Borger on [pauline.borger223@btinternet.com](mailto:pauline.borger223@btinternet.com) or telephone 07929933323.

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

Like us on Facebook: The Hull CHA Rambling Club  
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## Paul goes the extra mile to help hospital charity WISHH

**N**HS Clinical Trial assistant Paul Harper is undertaking a major fundraising effort to raise money for independent hospital charity WISHH.

Paul, who works in Cardiology Research at Castle Hill Hospital, has pledged to run at least 5k a day, so 3.1 miles, throughout the year, covering at least 1,825k or 1131,5 miles to raise money for WISHH, the independent charity supporting Hull's hospitals.

WISHH will use the £1,000 Paul aims to raise to support its projects to make life better for patients, visitors and staff at Hull Royal Infirmary and Castle Hill Hospital.

Paul, one of the run leaders for HUTH Harriers, the trust's running group, has put a contingency plan in place to deal with bad weather or injury.

"While I'll hope to complete the daily mileage by mainly road running, I will use a treadmill if needs must, though I don't envisage this happening," he said.

"If I get injured, ill or have to self-isolate, which is very plausible, given the current climate, I will roll the days over in to the start of 2023."

Paul has [linked his JustGiving page](#) to his Strava account so people can follow his progress.

"No matter how big or small your donation, it all helps," said Paul, who aims to donate 10p for every mile he runs so aims to contribute £120 by the end of his challenge.

WISHH manager Lisa Whitton said "We are really grateful to Paul for his support. It's a great challenge and Paul's commitment to supporting HUTH Harriers, as well as taking part in fundraising for WISHH is fantastic, helping us make a difference to patients, loved ones and staff across our hospitals.

"We wish him all the best of luck for his great challenge."

To find out more about the WISHH Charity and how they help our hospitals, visit [www.wishhcharity.org.uk](http://www.wishhcharity.org.uk) or follow them on social media @WISHHcharity

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## Phoenix Walkers

**P**hoenix Walkers are out and about again. We walk every two weeks from February to December.

Our next walks are:

March 13th Stamford Bridge; March 27th Pocklington Canal  
April 10th Snainton/West Ayton; April 24th Dalby Forest

Coach prices £11 per seat, come and join us. For further info and to book your seat. Contact Sid and Sue 01482 701325, or Email - [Phoenixwalkingclub@outlook.com](mailto:Phoenixwalkingclub@outlook.com).



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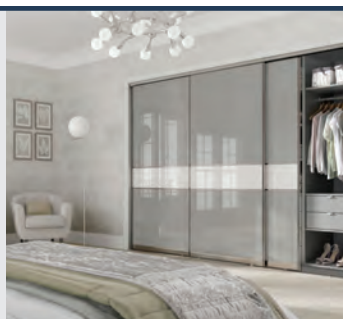
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# Cottingham Parish Council



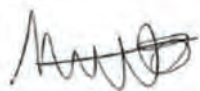
Welcome to our section of the *Cottingham Times* that keeps our residents updated with some of the projects that Cottingham Parish Council is involved with.

## Word from the Clerk

It's everyone's favourite time of the year again, new Council Tax bills will soon be dropping through your letterboxes. However, you'll be pleased to know that the element of the bill coming from Cottingham Parish Council is remaining unchanged for the second year running at about a third of the national average charge for a parish/town council.

In other news, following a Covid closure in December and January, our office is now fully reopen to the public.

Matthew Kay, Clerk to Cottingham Parish Council, [clerk@cottinghamcouncil.org](mailto:clerk@cottinghamcouncil.org)



## Jubilee & Grants

As this article goes to print, the Queen has just been diagnosed with Covid. At the Parish Council we all wish her a speedy recover. Regarding the Jubilee, the Parish Council does not have plans to organise a specific Jubilee celebration.

We are concentrating our efforts on Cottingham Day, taking place on the 3<sup>rd</sup> July, but are supporting the Cottingham Village Trust and the Thursday Market traders in putting on a street party on the Market Green by applying for a grant on their behalf.

We are also offering a small grant (£50 maximum) to people looking to put on a street party in their own area. Please contact the Parish Council for further information on this. There are also websites available providing information on how to put on your own street party.

<https://platinumjubilee.gov.uk/get-involved-with-the-platinum-jubilee/>

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

Guidance notes can also be found on the East Riding of Yorkshire Council website

In general, the Parish Council can provide grants to local organisations and, especially after recent tough times, we would encourage groups to contact us. Certain criteria must be met, but within the last twelve months we have given grants to the Cottingham Lights, Cottingham Village Trust, Cottingham Tennis Club, Cottingham Tigers, the Cottingham Folk Festival, Cottingham Springboard Festival, and the PTA of Hallgate School.

## Around Cottingham

A few months ago, new round tables were placed in Grandads Park. Unfortunately, they have been the subject of much vandalism since then and had to be removed. In better news, the Yorkshire Ambulance Service has donated a defibrillator to the Parish Council, and this has been placed on the side of the Tesco Express on the Parkway.

If you are still experiencing bad smells around the village please do report them to the Environment Agency on 0800 80 70 60.

## Green and pleasant land

East Riding of Yorkshire Council will soon be reviewing the Conservation Area's covering Cottingham. At the Parish Council we intend to be heavily involved in this process and will hold public consultations later in the year

We have also been asked by Walking England to promote new walking routes in the area, which can be found online <https://www.walkinginengland.co.uk/yorkshire>

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I had not been there long and did not want to look like a trouble maker and lose my job.

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## Westfield Primary School nursery opening

**W**estfield Primary School officially cut the ribbon to the school's new nursery and welcomed some very excited children to their new, vibrant unit. Westfield Nursery unit opened on 31st January, offering 30 places for three- to five-year-old children in the local

community.

Mrs Hickey, head teacher, said the school had wanted to extend its age range and open a nursery for some time and was delighted to finally see the project come to fruition. The school also works with the Hometime provider and is pleased to offer families of nursery children before and after school wrap around care.

Places are still available and interested families should contact the school directly either by telephoning 01482 844369 or emailing [westfield@westfield.eriding.net](mailto:westfield@westfield.eriding.net).

## Cottingham Open Gardens – 5th and 12th June

**W**e are delighted that this year's Cottingham Open Gardens shall be returning for its seventh year, having been slightly different for the past couple of years due to Covid.

The event raises £12,000 annually for Dove House so it will be fantastic to see the community of Cottingham supporting this much-loved event once again. Residents shall be opening their gardens to visitors, allowing them to enjoy these wonderful spaces, most of which are normally hidden from view. Each garden offers something different, with a variety of attractions and fundraising activities throughout the village and it's a fantastic opportunity for residents to show what the 'largest village in England' has to offer.

We are currently looking for locals who would be interested in opening their gardens to the public on 5th and 12th June to take part in this year's event and raise vital funds for Dove House Hospice, all whilst treating the people of Cottingham and the surrounding area to the delights of some of the most beautiful gardens of the area.

If you would be interested in taking part and opening your garden in support of the hospice or would like some further information regarding the event, please contact the Dove House Hospice Fundraising Team at [fundraising@dovehouse.org.uk](mailto:fundraising@dovehouse.org.uk) or on 01482 785743, we would love for you to be involved! Please note, the deadline for entries is 31st March 2022.



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## A local care home has reached their fundraising goal to purchase an exciting new sensory tool for residents

Staff at Overton House, a specialist dementia care home in Cottingham run by The HICA Group, are always looking for new and innovative ways to enrich the lives of their residents. Having already seen the benefits to residents from other RemPod creations, including a virtual fish tank for their beach-themed activity room and a virtual train carriage feature, staff were excited at the prospect of acquiring the virtual car.

The Virtual Car, designed and created by RemPod, is a wonderful tool for reminiscence, creating a complete sensory experience with its realistic car seats and its screen showing many virtual journeys set within a window screen. The car also has a wind machine, air vents, scents and sound effects, which together help to recreate a wonderful travel experience for residents.

Over the past few months staff from Overton House worked hard to raise the money needed with a variety of fundraising activities. A tombola, sales of knitted blankets and their annual Santa Fun Run

were just some of their initiatives they came up and friends and family members were quick to support their efforts ensuring that the equipment could be bought sooner than expected. Donations included one from RemPod themselves.

The last part of the funding came from The HICA Group's SHINE Fund which exists to help improve the quality of life for all those who receive services from HICA. Shine is their aspirational philosophy that underpins their organisational commitment to continuous improvement and a personal pledge.

*Continued on page 16*



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## Wordsearch - Dance crazes

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

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

Find the words in the letters above:

Ballroom, Bollywood, Calypso, Cha Cha Slide, Charleston, Chicken Dance, Da Dip, Disco, Electric Slide, Flamenco, Footloose, Foxtrot, Gangnam Style, Hand Jive, Hip Hop, Hokey Pokey, Jitterbug, Jump On It, Limbo, Lindy Hop, Line, Macarena Mambo, Merengue, Modern, Moonwalk, Quickstep, River, Robot, Rumba, Salsa, Samba, Shimmy, Single Ladies, Square Dance, Suzie Q, Swing, Tango, Tap, Texas Two-Step, The Bunny Hop, The Hustle, The Jerk, The Running Man, The Twist, Thriller, Vogue, Waltz, Watusi, YMCA, Zumba.

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

## Sudoku No. 176

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

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

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# MARIONOWENTRAVEL



What a busy February, lots of new bookings especially for River & Ocean cruising along with our own tours & special departures. Changes to bookings are still causing havoc but everyday the world gets bigger as we are welcomed back to more countries far & wide. We still have to do extra paperwork and pre departure tests in many cases but, we are here to help all those who book with Marion Owen Travel to ensure you get away without anxiety.

**Our Northern Lights 2023**, this is a magical 5 day adventure, mushing huskies, driving a reindeer sled and a snowmobile plus enjoying forest treks along with snow shoeing. This break is incredible value for money. We only have lodges & cabins left in January. February half term, a new departure we have rooms in the hotel flying from Doncaster. This holiday is for adults & teenagers 15+ not for the little ones, children are catered for before Christmas including a visit Santa. Ask for further details.

**Regent Seven Sea's luxury all suite & all inclusive cruising is simply the best.** A rare opportunity for you to join me on a special non flying cruise. Departing Southampton 23rd May 2023 for 10 nights - the itinerary visits a lovely selection of ports. If you like a top suite on a cruise this is one for you. We think everyone deserves being spoilt after the past 2 years.

**Is Italy visiting Tuscany on your "to do" list** visiting the cities of Florence, Pisa, Lucca & Sienna? This is available flying from Humberside on the 7th September 2022 for a 7 night duration. Travel from your door is also available just £20 per person return.

**2022** gives you the opportunity to enjoy a 10 yearly event Floriade (a Dutch Horticultural show) our departure on April 17th is a fabulous itinerary also including a day at Keukenhof to enjoy the blooming bulb fields. If you are not ready to travel in April we have a second opportunity in September without the tulips.

**Your bucket list?** Where ever you are wanting to visit on you list we look forward to helping you achieve your wish. With our expertise you can sit back and relax whilst we take care of your arrangements. Also when you book with us, we will help and guide you through protocol to exit and entry the UK it is part of our service. We are very pleased to see foreign travel becoming easier.

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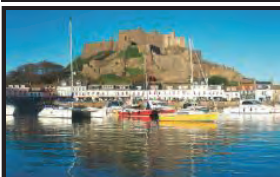
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<b>17 Apr</b>	<b>Keukenhof &amp; Floriade 5 nights via P&amp;O NSF DBB</b> fabulous itinerary including steam train & Amsterdam	<b>£ 789</b>
<b>02 May</b>	<b>Somerset Explorer—5 days dinner B&amp;B - last room</b>	<b>£ 499</b>
<b>17 May</b>	<b>APT Croatian Coastal cruise &amp; Zagreb 9 days from your door with flights from Humberside. Excursions, most meals &amp; gratuities are included - limited space</b>	<b>£2345</b>
<b>16 Jun</b>	<b>Shetland Explorer 9 days - just 4 rooms available</b>	<b>£1295</b>
<b>07 Aug</b>	<b>Edinburgh Tattoo 4 days great seats - hotel B&amp;B in the centre of Edinburgh. Includes the Falkirk Wheel</b>	<b>£ 425</b>
<b>18 Aug</b>	<b>Boundary Mills just for the day bargain shopping</b>	<b>£ 20</b>
<b>21 Aug</b>	<b>Knowsley Safari Park ~ just for the day</b>	<b>£ 39</b>
<b>11 Sep</b>	<b>Floriade 5 nights via P&amp;O North Sea Ferries, DBB</b>	<b>£ 789</b>
<b>21 Nov</b>	<b>Holly &amp; Mistletoe at the 4 star Tynedale hotel in Llandudno 5 days of fun and amazing food DBB+</b>	<b>£ 485</b>
<b>17 Nov</b>	<b>Thursford Christmas Spectacular limited seats</b>	<b>£ 225</b>
<b>01 Dec</b>	<b>Thursford Christmas Spectacular limited seats</b>	<b>£ 225</b>
<b>03 Dec</b>	<b>Bristol Christmas Market &amp; Mike James Orchestra</b>	<b>£ 325</b>
<b>22 Jan</b>	<b>Northern Lights—5 days hotel full we have cabins?</b>	<b>£1249</b>
<b>03 Feb</b>	<b>Tribute weekend Abba &amp; Buble 2 nights DBB</b>	<b>£ 299</b>
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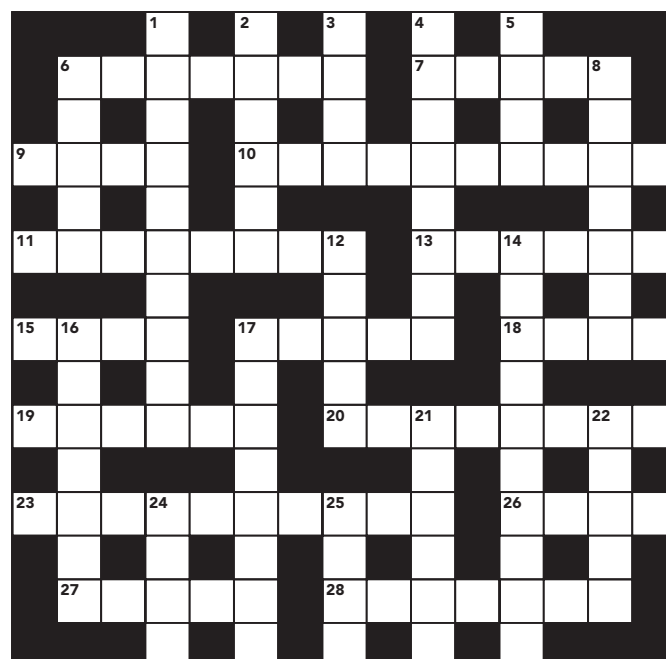


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## Crossword – Solution on page 29



**Across:** 6. Wanderer (7); 7. A divided Asian peninsula (5); 9. Cease (4); 10. Having a hidden meaning (10); 11. Predict (8); 13. Illuminated by gas (6); 15. Sloven person (4); 17. Unable to react (5); 18. Afresh (4); 19. Biscuits (6); 20. Downward movements (8); 23. Stall (10); 26. Similar (4); 27. Donor (5); 28. Roams (7)

**Down:** 1. Debatable (10); 2. Shares (6); 3. A Semitic people (4); 4. A window in a roof (8); 5. Mineral-bearing rocks (4); 6. Repeat (5); 8. Inane (7); 12. Concede (5); 14. Deadlocked (10); 16. Loitering (7); 17. People possessing confidential information (8); 21. Espionage (6); 22. Journeys (5); 24. A tribe of Israel (4); 25. Yard (4)

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

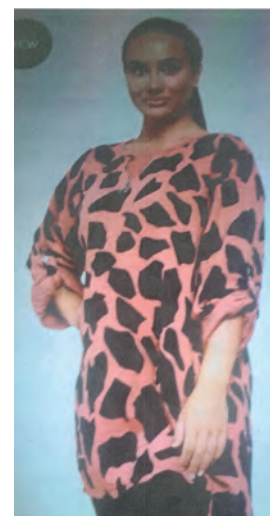
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*Continued from page 11*

to 'make a difference'. The SHINE Fund, which in itself exists purely through fund-raising, donated the final £1000 to the project.

RemPod was first established in 2009 by Richard Ernest after a friendship with his elderly neighbour inspired him. Richard then appeared on the BBC show Dragons Den where he gained the backing of Deborah Meaden and Peter Jones who invested in the expansion of his business.

Overton House Manager, Margaret Walker said, "We would like to thank both The SHINE Fund and RemPod for their generous donations making it possible for us to receive the virtual car equipment a lot faster than we dared hope. We know from chatting with our residents that going out for a drive was a favourite leisure pursuit in their younger years and we hope that this new equipment will help stimulate those positive memories."

Overton House is part of The HICA Group, a 'not for profit' organisation, which operates a portfolio of 17 residential care homes, five of which are for people with a learning disability, along with two retirement villages. The company also runs a home care service providing approximately 11,500 hours of support and care from four regional offices in the North of England.



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## ON THE GRAPEVINE

## WITH ROY WOODCOCK



## Cabernet Sauvignon and the Queen's Jubilee Wine

I'll be honest, I haven't bought or drunk too much Cabernet Sauvignon over the past 12 months or so but a recent request for some from my daughter-in-law when I asked if she'd like a glass of wine made me think again.

It's not that I don't like it, you understand; more that I've been drawn to the excellent red wines produced in the Languedoc in the south of France, which cropped up many times in this column last year.

Cabernet Sauvignon is, of course, the most famous red wine grape in the world and one of the most widely planted, producing deeply coloured, full-bodied wines. Its spiritual home is Bordeaux, where it thrives on the well-drained gravel-rich soils, but is literally produced all over the world.

The sheer quantity of Cabernet Sauvignon wines and the variety of different growing regions make nailing down an overarching flavour profile difficult. Regardless, there are certain characteristics present in almost all bottles produced. The wine is almost always packed with flavours of dark berries such as black cherry, blackcurrant, and blackberries. You could also pick up hints of black pepper, tobacco, liquorice, and bell pepper.

When it comes to tannins and acidity, Cabernet Sauvignon tends to fall right in the middle. The wines also tend to have a fairly high alcohol content, which can make them seem more grippy than their tannins would suggest.

Why is it so popular? Well, it is a perfect wine to pair with steak. The tannins found in the wine cut through a lot of the fat and proteins found in red meat, resulting in a clean and focused taste sensation. In general, Cabernet Sauvignon goes well with fatty red meats. Try matching the wine with a gourmet burger, pizza, ribs, and lamb chops.

Additional pairing recommendations include cheeses made from cow's milk and dark fruits such as plums, cherries, or other red berries.

Cabernet Sauvignon, like most red wines, should be served at room temperature and, if possible, a red wine glass, more specially a large Bordeaux glass, should be used for drinking.

Before serving, this wine should be stored in a cool and dark place. Cabernet Sauvignon ages rather well so no need to rush popping open your bottle. And the good thing to know is that, due to its high tannin levels, if you have a nice brand of wine on your hands, it will only get better with time. Cabernet Sauvignon will also greatly benefit from decanting after opening.

Needless to say, I'm now fully stocked!

\* Will you be raising a glass to celebrate The Queen's Platinum Jubilee? If so, you might like to know Buckingham Palace has just released a Platinum Jubilee Special Edition English sparkling wine.

The wine is a classic blend of Chardonnay, Pinot Noir and Pinot Meunier, made exclusively from fruit grown and hand-picked in vineyards in Kent and West Sussex. The label design takes inspiration from the gold embroidery on Her Majesty's Robe of Estate, worn on the Coronation Day, June 2, 1953. A crowned EIR cypher is surrounded by golden olive leaves and ears of wheat to symbolise peace and plenty. More details from [www.royalcollectionshop.co.uk](http://www.royalcollectionshop.co.uk)

\* Voted the world's most influential wine critic, best-selling author Jancis Robinson has launched an on-line course, via the BBC, uncorking the secrets of the wine world. The full course consists of 25 lessons over five hours and has been designed for viewers to learn at their own pace. It offers lessons focused on debunking common wine myths, breaking down tasting techniques, and deciphering both labels and the language of wine.

Jancis also delves into different vintages, wine pricing, the natural wine movement, sustainability in winemaking, the impact of climate change, and expert advice on investing in wine.

The cost of the course is £80 for a lifetime access to the lessons. More information at: <https://www.bbcmaestro.com/courses/jancis-robinson/an-understanding-of-wine>

\* And here's your chance to show off your wine knowledge, because supermarket Aldi wants three shoppers to help choose its new wine range and has launched a search for candidates. The three selected applicants will become an "Aldi wine buyer for a day" and receive a free case of the chosen wines ahead of their launch in September.

They will be invited to Aldi's headquarters in Atherstone, North Warwickshire, on April 7 to do the tasting, with coaching from wine expert Sam Caporn. But you'll have to be quick - shoppers have until March 10 to apply by email to be one of the three.

"We've always been keen to hear feedback from our wine-loving customers about what they want to see on shelves," said Julie Ashfield, Aldi UK MD of buying. "Our Aldi Wine Club, where we get shoppers to provide honest reviews, has run for a number of years - and this year we wanted to build on it and take consumer involvement a step further through our tasting sessions."

Applicants must email [wineclub@aldi.co.uk](mailto:wineclub@aldi.co.uk) with the following details: Full name, proof of age, the names of your social media handles and the number of followers for each account, 150 words explaining why you think you should be selected as Aldi's official wine taster for the upcoming autumn range, and your favourite wine is and why.

Good luck!

## BEST BUYS



## Yalumba The Y Series Cabernet Sauvignon, 2018

Where: Roberts & Speight, Beverley

When: Now, while stocks last

Why: A fresh and vibrant Australian Cabernet Sauvignon that's medium to deep crimson in colour. Not weighed down by excessive oak, the palate is sweet fruited and full with distinctive Cabernet Sauvignon tannins.

£8.99 (was £9.99)



## 19 Crimes Cabernet Sauvignon

Where: Waitrose

When: Now, until March 15

Why: A rich bright red to crimson colour, this wine has an intense nose with lifted vanilla aromatics balanced with red currants, violets, and mulberry fruits. It is a wine that is firm and full on the palate with a subtle sweetness giving a rich mouth feel.

£8.00 (was £9.50)



## Colpasso Nero d'Avola Appassimento

Where: Morrisons

When: Now, until March 15

Why: Newly-listed red wine from Sicily using the Appassimento technique to produce a greater concentration of colours, aromas and flavours. The wine shows a very intense bouquet of fruits such as cherries, damsons and blackcurrants. The palate is powerful, yet approachable, giving you a great depth of fruit and intense flavours. Match with rich pasta dishes with meat-based sauces and any red meat.

£7.00 (was £9.00)



## Weather Man Sauvignon Blanc

Where: Co-op

When: Now, until March 15

Why: A Co-op Fairtrade wine on offer for the annual Fairtrade Fortnight. Fresh with tropical fruits, lime and gooseberry on the nose, followed by a some richness on the palate with more tropical and citrus fruits and a refreshing, zesty finish.

£5.50 (was £6.50)



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

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



## Home and Yard visits - going to where the problem is happening

### Getting back out on the road again.

As the Covid impact lightens, I have been starting to perform more home visits for horse owners in trouble all over Yorkshire. Being able to be back out on the road again is wonderful. Not only is it very interesting work for me, It also makes huge inroads into helping the owners understand what is happening and why. I leave them with a workable training plan and management changes to implement.

So often these owners have tried using ordinary horse trainers who practice traditional or Natural Horsemanship techniques. Sadly, most of these horses have then suffered pressure training to force them to comply which invariably sensitises them instead of the opposite. Time and time again I see this.

**There is a huge difference between a horse trainer and a Behaviour Consultant/expert.** In every single case I devise a forward training plan which needs the horse to become "present", to check in with us, to find it can participate in its training and to find that reward comes for every little try on their part. It's a game changer for the horse and a breath of fresh air for the worried and desperate owners.

**Through the use of modern, ethical, reward based training protocols,** these horses visibly change in front of your eyes. You see them starting to **problem solve**. They start to **impulse control** as they seek how to gain reward. Bit by bit they start to **lower their defences** and actively think their way into allowing touch in untouchable areas or prick their ears instead of flattening them back to warn me off. Flight become focus. Fear becomes inquisitiveness. Defences are lowered and those predictable, dangerous reactions (behaviours) start to alter right in front of your eyes (observable).

These horses start to enjoy the experience and are allowed to enjoy their training. Afterall, they need to learn to trust their human, to find out that they are **allowed to express how they feel without punishment**. All my work is based on altering how the horse feels. Rage, fear, flight, fight, panic, distrust, avoidance and defence behaviours are all observable and are the only way the horse can communicate how it feels in that given situation. They are predictable in whatever scenario the owner needs the horse to

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start to accept be it body handling, injections, worming, leading, loading, clipping etc.

**Horses show you how they feel about everything all of the time.** The horse that rears, bucks or bolts being ridden is invariably showing avoidance behaviours while being tacked up ( even seeing the tack arrive can cause a horse to disappear to the back of its box) It throws it's head as high as it can while the bit is being "put" in or it shuffles about while it is being saddled or kicks out while being girthed. **Its amazing just how much we ignore all this information and even punish the horse for doing what it is doing because we feel frustration.**

Have you ever thought to question why it does what it does before it gets to the point of things becoming impossible? Can you accept that your horse has a right to feel worried, unhappy, unsafe, distrustful, anxious, angry or scared? Forcing it to comply will only ever escalate its heightened emotional state and lowers its tolerance thresholds. The unwanted behaviours will only ever increase and your relationship becomes really damaged.

**I'm here to help anyone in the Yorkshire/Lincolnshire region with home visits.** World-wide, I help horse owners via video consultations all the time because they are too far away to actually visit in person.

Watching the viral video of (the formerly highly respected) event rider Mark Todd lashing a horses rump with a huge branch because it was visibly worried about stepping into water, was just so typical of the endemic use of force and pain to make horses comply with our wishes. **It has to stop and it is totally unnecessary.** If someone on foot or on another horse had simply stepped into the water alongside that young horse, it would have helped it feel safe enough to follow. Then it could have been rewarded with fusses or a tasty treat. Then it could have had the opportunity to explore the water with its nose and feet and even learn to play in it. Which way is best? Creating great memories with water - which require effort and a bit more time on our part - or beating it with a big stick for a faster result of getting it in the water? Surely the answer stares you in the face!!!!

I am always available to help on email- [melanie@instinctivehorsetraining.co.uk](mailto:melanie@instinctivehorsetraining.co.uk) or phone/text/message on 07720 758425

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#### Here is a scenario:

I have bought a new kitten Simba to keep my other cat Theo company. I think Theo is jealous of Simba. He doesn't sit on our knees any more but hisses and runs away if we try to stroke him. He hardly ever comes down from the top of the kitchen cupboards and he will not use his litter tray any more. Instead, he is spraying (urine) on the furniture and curtains.

Simba is very good, always using the litter tray and is happy to sleep in the cat's bed. She loves being stroked, nuzzling and rubbing her head as we do so. I don't know if we can keep Theo as the smell is awful. I haven't been letting him out since we lost his brother on the road but there have been moments when I have been tempted to risk it.

#### LET'S HEAR IT FROM THE 'CATS WHISKERS'.....

"Hi, My name is Theo. My territory has shrunk to the top of the kitchen cupboards and I am TOTALLY stressed out. I was perfectly happy sharing my territory with my brother but now? Unfortunately, he crossed the main road once too often and then I quickly settled down to life on my own. I like my own company and like most cats am not overly sociable with others of my own kind. I want to hunt the prey on my territory, not share it. I was quite content even though I was kept inside most of the time - a little dull but tolerable.

Then CATASTROPHE! Two weeks ago, a young kitten TOTALLY invaded my territory. How would you like it if a total stranger moved into your home uninvited, started sleeping on your bed, eating off your dishes and even using your toilet! Fine if you are a dog.

Clearly, scent marking my territory from my facial glands is not sufficient. The boundaries need stronger defences so I have begun spraying on the curtains and furniture. I feel a bit safer when there is plenty of my scent in the air. Good news on the toilet front too. When IT is asleep, I sneak down and I have found a quiet corner behind the chair to use instead of the litter tray followed by scratching my claws into the stair carpet on the way back. Fortunately, IT is unable to get up there. My owners are of no help, allowing IT on my things. They then try to touch me when they stink of IT. That really does tick all the wrong boxes - I cannot bear them to touch me! If I could just get outside again and put a bit of space between me and IT, I would have something else to think about.".....

Cats hunt small prey and often live solitary lives other than when reproducing and caring for their young. Siblings may share parental duties, but go hunting separately. There is no advantage to hunting together. There is benefit in holding a territory to hunt in and avoiding physical conflict through scent marking and respecting other cats' boundaries.

The introduction of a new cat into the household IS possible and there are ways of conducting the introduction to give the best chance of having 2 happy cats living together. This may vary from pheromone sprays/diffusers to relax the atmosphere, to positioning and increasing the number of litter trays.

Needless to say, we did go on to adopt another 2 kittens making 4 cats in total, just to add to the chaos. Lovely chaos it was too.

Here at KINGSTON, we are always here to help and advise to make your home a carefree CATmosphere.

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

We had another great day Mantrailing last Sunday in North Newbald. Although it was cold and windy, Tali followed the scent trail around the village and found the 'missing person'. I was so proud of her, trail after trail but Tali being Tali, it all happened on her 4th. At the time I didn't realise a deep stream runs through the centre of the village until, with a quick veer off to the left, in she went following the flow under the small bridge! Thankfully I remained dry....this time!

*Until the next time....*

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## What a Catastrophe

My recent past articles have mainly featured dogs so you'll may be surprised I have had numerous cats over the years, the first being a tabby kitten called Suiki. She was a feisty little thing (maybe because her mum was a farm cat) and ruled the roost, even taking on Brandy, the dog we had at the time. She was well respected amongst the 'Animal Kingdom' and was definitely Top Cat. So, when Bisley, you remember him...my one and a half eared cat, came along to join our ever increasing family, emotions ran high. Hissing and spitting first which was then followed by an abundance of fur and of course, Bisley came off worse!

Over a period of time, they learnt to respect each other's territory. That was UNTIL Jaffa arrived, the most beautiful ginger tom kitten I had ever seen. Once again, we were back to square one, hissing, spitting, fur flying and not forgetting the odd woof and growl coming from Tammy, our cross bearded bitch we got as a puppy after we sadly lost Brandy. Now, at the time, we thought that the feline species get on with each other, just like their counterparts the canines, and that they enjoyed being a member of a pack. To one or two cats this may be true but surprisingly to the majority, they are solitary...enjoying their own company combined with their owners affection.

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



## New 'Springboard' programme launches in the East Riding

A new 'Springboard' programme has launched in East Yorkshire with the aim to provide support and guidance with a view of giving individuals the confidence, skills and help to get them into education, training, or work.

The programme, run by East Riding of Yorkshire Council's learning, skills and workforce development team, will offer a bespoke course for each individual. Some of the courses will be delivered in small groups or 1:1 sessions of approximately 12 weeks, with ages between 16-24 years of age, covering a wide range of topics and not limited to just employability skills.

Sessions which can be implemented include (but are not limited to):

- Health and well-being
- Mental toughness – activities based around self-esteem, confidence, teamwork
- Money matters – about how to manage money, debt
- Helping understand stress, what can cause it and how to manage it
- First impressions – Personality, stereotyping, how to contact businesses or job adverts
- Interview help and techniques
- CV help and job hunting
- Mini projects to help the community which would involve planning and implementing as a small group

The programme will adopt an individual approach to finding out what the client needs support with before then deciding on which group session and/or 1:1 session they are identified to be appropriate for. For example, if an individual only needs help with creating a CV and job-hunting, this may only take up to 4 weeks.

*Continued on page 23*

# Andy Wilson

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## "The Tooth and Nothing but The Tooth"

by

Chris ' Dr. Smile Maker' Branfield

### The Tourist

Hello again, I hope that you are well. As I write it's really windy with another wintry and windy storm on the way. In my wisdom I thought that it would be a good idea to book a trip up to Northumberland in my touring caravan. With weather warnings galore I've taken the sensible decision to bail out. It was enough having a caravan tyre blow out on the M1 last summer and having the motorway closed. My adrenal gland does not need any extra stimulation I reckon. I don't want to be this.



### The tourist

So, what is Branfield about to ramble on about regarding a tourist. Well, it's something I've never mentioned before in *Cottingham Times* in nearly 13 years and hardly at all anywhere else to be honest. However, I think that it is time that I just mentioned something. It's about dental tourism.

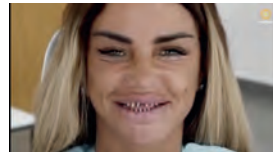
First, I think a bit of interaction. Here are some pictures of places that seem to be hot spots for dental tourism. Can you guess the countries or even the cities?



It often comes up about the dilemmas of trying to sort out failed dentistry that has arisen after cut-price dental treatment abroad (dental tourism). A lot of the dentists do not want to get involved as they do not want to take ownership of other peoples' work gone wrong. I have seen patients that have been abroad and had very extensive work done that has gone catastrophically wrong and they get upset when you explain that you have start all again from the start with planning and that there is no quick fix or patch-up that can be done. So, I can understand the reticence of some. It is often more expensive to try and sort out than it would have been to do in the first instance. I am in no way saying that there is only good dentistry in the UK. Far from it. I have seen speakers from all over the world speak and teach me and their work is exceptional. However, I do not think that these people have adverts for cut price dentistry with air fares and hotels included and it only takes a few days to complete start to finish.

### Minimally invasive dentistry

Over the years I have harped on about minimal invasive dentistry and trying keep as many of the teeth and as much of the tooth structure as possible to prevent teeth breaking or abscessing. Grinding teeth down a lot or too much leads to these complications and you can end up with tooth loss. I have gone about adhesive dentistry and bonding to minimise biological and structural complications. Veneers should be minimally invasive. However,



Katie Price has openly shared pictures of herself online with the extensive grinding down her teeth to have extra white ceramic put on. Be warned it's not that healthy and should be avoided if possible. However, I've seen this several times after dental tourism.

People have got angry and aggressive with me when it has failed, and I cannot just fix it. You can only do what you can do with what you've got to work with.

### Bottom line

Do your research and ask questions. The thing is that in the UK there loads of regulations to the point of over regulation. Going cheap can often be a false economy. Doing things fast can often be a temporal false economy. Careful planning and slow and steady can win the race. You want things to work and to last. That's it. I'll shut up now.

Until next time. Take care and be good.

Chris



Chris Branfield is Principal Dentist at Castle Park Dental Care, Castle Villa, 28 Castle Road, Cottingham, telephone 01482 772550. He has been in dental practice for 29 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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### On the forums

I'm a member of a few dental forums and facebook groups etc.



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Christopher Edward Branfield GDC Reg No 68346.

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*Continued from page 21*

Another client who has more needs with health, well-being or careers advice may stay with the programme beyond 12 weeks.

The individual will also receive help with finding job openings, interviews, part-time/full time work, training, and apprenticeships at the end of their programme.

The following criteria must be met to be eligible for the programme:

- Not in any type of education, training, or employment
- Not on any other course funded by the same funders
- Live in the East Riding boundary
- Be 16 – 24 years of age (individual may turn 25 when enrolled)

Councillor Jane Evison, portfolio holder for economic development and tourism at East Riding of Yorkshire Council, said: "It is terrific to see the launch of the Springboard programme and I would very much encourage any resident in the East Riding who may be struggling to find work, facing financial pressures or health and well-being issues to get in touch with the team and find out what support is available to you.

"The programme covers a wide range of important issues for our younger generation and the different variety of sessions available should mean there is something for everyone in need of this support."

We have a team of advisors ready and waiting to help you. Get in touch today via [Springboard@eastriding.gov.uk](mailto:Springboard@eastriding.gov.uk) or call 01482 887670

If you are an employer or small business owner that would like to register with us, please contact Sally-Ann Rena on [sally-ann.rena@eastriding.gov.uk](mailto:sally-ann.rena@eastriding.gov.uk)

For more information on the Springboard programme visit: [www.eastridingcouncil.jobs/jobs-and-careers/featured-jobs/springboard/](http://www.eastridingcouncil.jobs/jobs-and-careers/featured-jobs/springboard/) The Springboard programme is funded by the European Social Fund until the end of September 2023.

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[www.cottinghamtimes.co.uk](http://www.cottinghamtimes.co.uk) - March 23



## Motoring - with Roy Woodcock



**As (hopefully) we move back to something approaching normality, the UK motor industry is looking forward to better times following two tough years. Roy Woodcock examines current trends and, where we have been buying cars, the models that proved the most popular . . .**

**T**he Vauxhall Corsa was the country's best-selling new car in 2021 in a year dominated by the Covid pandemic, a shortage of semiconductors and one in which the top-selling vehicle was a van.

Figures released by industry body the Society of Motor Manufacturers and Traders show the Ford Transit Custom was the nation's biggest seller last year with almost 54,000 sold.

The Corsa dominated new car sales notching up 40,914 sales while for the first time Volkswagen was the UK's favourite brand with 147,826 models sold – 8.97 per cent of the total car market.

Overall, the new car market was down 28.7 per cent on pre-pandemic 2019, making 2021 the second worst year for sales since 1992.

In total 1.65 million new cars were sold, up one per cent on pandemic-ravaged 2020 as Covid, Brexit and the global semiconductor crisis all hit home.

Mike Hawes, SMMT chief executive, said: "It's been another desperately disappointing year for the car industry as Covid continues to cast a pall over any recovery.

"Manufacturers continue to battle myriad challenges, with tougher trading arrangements, accelerating technology shifts and, above all, the global semiconductor shortage which is decimating supply."

Petrol vehicles remained the most popular with more than 762,000 sold accounting for 46.3 per cent of the new car market and down 15.7 per cent on 2020.

The slump in diesel popularity continued, down 48.1 per cent with 135,773 models registered while battery electric vehicles boomed with 190,727 sales – an increase of 76.3 per cent year on year.

All in all, some 27.5 per cent of the total market was made up of electrified vehicles with 114,554 plug-in hybrids and 147,246 hybrids sold.

Some 18.5 per cent of the new car market can now be plugged in.

Total new car sales in 2021 were 1,647,181 which is slightly up on the 1,631,064 achieved in 2020 but well away from the 2.5 million-plus figure hit in the peak year of 2016.

The UK finished 2021 as the third largest European market for new car registrations but the second largest

by volume for plug-in vehicles and the second largest for battery electric vehicles (BEVs).

It is only in ninth position overall, however, in Europe for BEVs by market share.

The SMMT said this underlines the progress still to be made with the end of sale of new petrol and diesel cars scheduled for 2030.

Recent announcements, including cuts to both purchase incentives and grants for home chargers, have put the achievement of industry's and government's net zero ambitions at risk, it added.

Furthermore, the slow pace of growth in on-street public charging – where, on average, 16 cars potentially share one standard on-street charger – threatened to put the brake on EV demand and undermine the UK's attractiveness as a place to sell electric cars.

"Despite the challenges, the undeniable bright spot is the growth in electric car uptake," added Mr Hawes. "A record-breaking year for the cleanest, greenest vehicles is testament to the investment made by the industry over the past decade and the inherent attractiveness of the technology. The models are there, with two of every five new car models now able to be plugged in, drivers have the widest choice ever and industry is working hard to overcome Covid-related supply constraints.

"The biggest obstacle to our shared net zero ambitions is not product availability, however, but cost and charging infrastructure.

"Recent cuts to incentives and home charging grants should be reversed and we need to boost the roll out of public on-street charging with mandated targets, providing every driver, wherever they live, with the assurance they can charge where they want and when they want."

Registrations by private buyers increased by a moderate 7.4 per cent, while those by businesses and large fleets fell by 4.4 per cent and 4.7 per cent respectively, in part due to supply shortages.

Superminis remained Britain's most popular cars, with 514,024 registrations, followed by the lower medium (449,631) and dual purpose (443,632) segments.

The Top Ten best-selling new cars in 2021 were:

1. Vauxhall Corsa	40,914
2. Tesla Model 3	34,783
3. MINI	31,792
4. Mercedes A-Class	30,710
5. Volkswagen Polo	30,634
6. Volkswagen Golf	30,240
7. Nissan Qashqai	29,922
8. Ford Puma	28,697
9. Kia Sportage	27,611
10. Toyota Yaris	27,415



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# Spring into action, get vaccinated!



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hands  
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with soap  
and water



Wear a face  
covering in busy  
places  
(unless exempt)



Do a rapid lateral  
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of high risk



Be mindful and  
give others  
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Know your risk,  
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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.



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



### Sunlight

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

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

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

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

## 10 Jobs for this month

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

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## Temperature

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

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

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

**Hardy:** - Can survive to  $-15^{\circ}\text{C}$ . 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 2022

By Kay Gower

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

The sun moves into your first house on the 21st March and this is no time to be hiding your talents. Self belief is the key to success and you need to show everyone what you are capable of. A wonderful month for the confident.

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

There may be no evidence that your idea is a good one or that the timing is right, but you still feel that you're onto something. For now, that's a good enough reason to move forward.

### Gemini (May 22-June 21)

All too often life can feel like a competition to see who is the busiest. Lives filled with rushing, stress and exhaustion has become a marker of success. The next three weeks will prove difficult to resist getting caught up in this mad wave. Try.

### Cancer (June 22-July 22)

Arguing isn't worth the time and effort. Let other people pursue whatever avenues they want to go down. All roads lead to you being right.

### Leo (July 23-Aug 22)

Money can be made this month as long as you keep your wits about you and be careful who you confide in. You will make good progress after the 24th – but only if you deal with the right individuals.

### Virgo (Aug 22 – Sept. 23)

The planets begin to line up and exert their influence and your life is about to change - for the better. March brings an opportunity for you to make an important discovery.

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

The last quarter moon completes a complex astrological design this month which could highlight past dormant feelings. Hidden animosity reveals itself, be aware of 'jokes' - some of them could be hostile. (Days to watch out for 21st to 28th March).

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

Actors know that the best show in the world can go unappreciated by the wrong audience. Find your right audience in March and all your hard work will pay off. Something unusual may be offered to you at the end of the month.

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

You enjoy a challenge but why make things unnecessarily difficult? Say 'No' and life becomes easy. A sparkling opportunity to indulge your creativity emerges. Deep down, you're really an artist.

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

A stressful situation finally eases up this month as the focus shifts to someone else (probably a Libra). Take a deep breath and let it all go, by month end whatever was bothering you will be a memory.

### Aquarius (Jan 21 - Feb 19)

Communications with friends and perhaps people from the past will make re-appearances mid month. Legal projects and house moves are positively favoured. March or early April will be the time period to sign on the dotted line.

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

Your charisma and success attract all kinds of people into your life. Most of them are good for you but there are others who may be weak/jealous who will cling to you for dear life. You already know this. Sometimes a little reminder is needed.

## Commuted Sums lead to major improvements at Westella & Willerby AFC

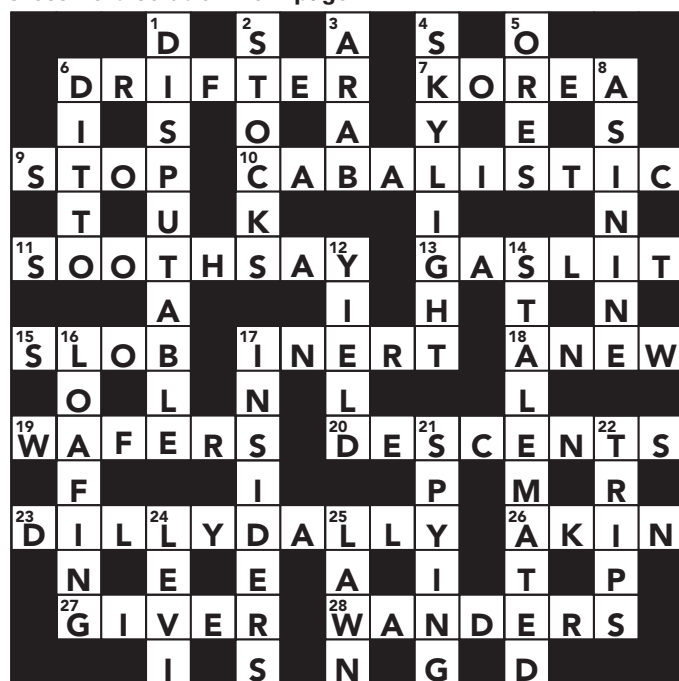
Westella & Willerby AFC have completed works at their home at Hilltop, Cottingham, using the £4,708.48 funding from East Riding of Yorkshire Council as part of Commuted Sums from local housing developments.

In addition to the funding from Commuted Sums, Westella & Willerby AFC contributed £523.16 from their own funds towards the £5,231.64 project.

Westella & Willerby AFC have turned around a pitch to enable the club to accommodate more teams, as the growth in the number of teams operated by the Club requires an increase in the number of pitches. Additional work included pitch marking, goal sockets, net support sockets and lids, installation of new sockets, moving existing posts and dugouts to a new location and provision of 40m of safety fencing alongside the ramp to

*Continued on page 30*

### Crossword solution from page 14



### Sudoku Answer from page 12

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

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

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

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

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



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

Yes indeed it has, I'm pleased to say, compressed 4kg Salt blocks are now available for certain units, which makes storing and replenishing salt much easier and salt can be delivered direct to your door or picked up from our Hull store as required. All the above benefits of a

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

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*Continued from page 29*  
 Richard Brown, Treasurer at Westella & Willerby AFC, said:  
 “The project has now been completed and has created additional space for sport to be played after Covid.

“The football pitch has been moved and the perimeter fencing makes a safer and better facility for all. It has created a safer environment with the introduction of perimeter fencing and has enabled more games to be played due to the twisting of a football pitch. This has created a better and increased area for participation.

“Westella & Willerby football club are extremely grateful for the assistance given by Commuted Sums to improve the facility and help to encourage a healthy lifestyle for everyone.”

Councillor Claire Holmes, portfolio holder for planning, infrastructure and housing, added : “I am very pleased that the award of Commuted Sums provided by local housing developments as a condition of their planning approval has facilitated these significant improvements at the club, and I wish them all the very best for the future.”



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