

Cottingham Times

and District

Issue 150 - May 2014

STEPHEN RICHARDSON

PLUMBING, HEATING & GAS SERVICES

Approved Worcester-Bosch Installer

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

**Some boilers with a 7-year Parts & Labour Warranty
available until the end of December 2014**

Oil Boilers Installed, Serviced and Repaired

Natural Gas, LPG and Oil-Fired Heating Engineers

Call for your FREE, No Obligation Quotation Today

Tel: 01482 876145 - Mobile 07779 887769

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



218388



Magnolia
House

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



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

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



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

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

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

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

T: 01482 845038 • www.parklanehealthcare.co.uk

Park Lane
HEALTHCARE

THE COTTINGHAM TIMES

1 Forge Place, South Rise, Skidby, Cottingham HU16 5UL

Telephone: 01482 840035

Editor: Keith Teale

Published Monthly by: The Cottingham Times

Enquiries: Advertising

Tel: 01482 840035 - Fax: 01482 840035

Editorial and Contributions

Tel: 01482 840035 - Fax: 01482 840035

Accounts: Tel: 01482 840035 - Fax: 01482 840035

Website: www.cottinghamtimes.co.uk

E-mail: media@cottinghamtimes.co.uk

Cottingham Times is a totally independent publication.

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

Disclaimer

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

Notice to Advertisers

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

10,000 Copies Printed Monthly

Looking for Window Blinds?
All Types of Blinds Supplied - Vertical / Roller / Venetian / Roman



Conservatory Specialists

5YR Guarantee on all products

UKBlindsdirect
www.ukblindsdirect.com
info@ukblindsdirecthull.co.uk

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

Bridget FREER 07541 009321
bridget@bridgetfreer.co.uk



clinical hypnotherapist

Lose weight with a
Virtual Gastric Band

Smoking: Stress: Phobias

www.bridgetfreer.co.uk

D. WILLIAMS

(Established over 29 years)



Plumbing and Heating (Cottingham)

**Plumbing - Heating -
Bathrooms - Tiling**

Full Bathroom Installations

• Tiling • Electrics • Building Alterations • Joinery

Central Heating

• Full Systems • Boiler Changes



176180



176180

Plumbing and Gas

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

Tel 882552 Mobile 07721 366343



In Cottingham and District

St. Mary's Church, Cottingham

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

We also have S.A.L.T. Lunch (Share a Lunch Together) every Tuesday in the Mark Kirby Hall, 12.00 noon to 1.30 pm.

AgeUK East Riding

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

Cottingham Bridge Club

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

Front cover: Daisies in the fields on Eppleworth Road.
Photo by: Paul Lakin.

Cottingham Rangers AFC

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

Zion United Reformed Church, Hallgate

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

Play Badminton

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

Scottish Country Dancing Club

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

Fitmums & Friends Run, Walk

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

STEPHEN RICHARDSON



PLUMBING, HEATING AND GAS SERVICES

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



218388

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



Beat Rising Gas Prices
Have a New
Condenser Boiler
Fitted NOW



218388

All Plumbing Work Undertaken

Tel: 01482 876145
Mobile: 077779 887769

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



The Alheimers Society

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

Cottingham Cricket Club

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

Calligraphy, Quilling and Folk Art classes

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

Cottingham Methodist Church Hall

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

Humber Raiders Basketball Club

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

The Cottingham Whist Club

Every Wednesday 2.00 pm to 4.00 pm, in the Darby and Joan Hall, Finkle Street, Cottingham. All welcome. Admission £2.00.

Cottingham Men's de Luda Society

Wednesday 5th and Thursday 6th May - Lichfield and the National Arboretum.

St. Mary's Church, Cottingham - Tower Tours

Monday 5th May - During Flower Festival 11.00 am. £3.00, families £5.00. Proceeds to St. Mary's Church, Cottingham. Tours last about 45 minutes. Meet outside the church. To reserve a place phone Ian Booth on 848041.

Haltemprice Art Group

Tuesday 6th May - Prints, Stamps and Stencils

Tuesday 13th May - AGM

Meetings held in the Cottingham High School, 7.00 pm to 9.00 pm in the Art Department. New Members always welcome. Annual fees are £20.00 which cover all but demonstrations, workshops, and appraisal evenings where an additional charge is made. For further details telephone Mrs. Pat Tillotson (Secretary) 01482 352840 or Mrs. Jackie Churchman (Publicity Officer) 01482 866783.

Continued on page six
Support the advertisers who appear within the Cottingham Times

Four Generations giving 100 years Family Service

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

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

H. KEMP & SON LTD

Funeral Directors

(Established 1893)

259-261 HALLGATE, COTTINGHAM
YORKS HU16 4BG

Telephone (01482) 844695



❖ Golden Charter Pre-Paid
Funeral Plans Available ❖



PAINTER & DECORATOR

25 YEARS EXPERIENCE

QUALITY WORK

TEL: 01482 876743 (COTTINGHAM)

DAISY DECOR

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

Get the

Wow Factor

with
COLFAX
WINDOWS

upto
55% OFF WINDOWS AND DOORS



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

**BUY NOW
Pay Later**



45% OFF
CONSERVATORIES
AND ROOFLINE

**0% INTEREST
FREE CREDIT**

For a no obligation free quotation

Call **01482 879077**

or visit us online

www.colfax.co.uk

and click "online quote"



Leads Road, Hull HU7 0DE

Find us on Follow us on

COLFAX Windows Systems
Over 25 years of excellence
WINDOWS ■ DOORS ■ CONSERVATORIES

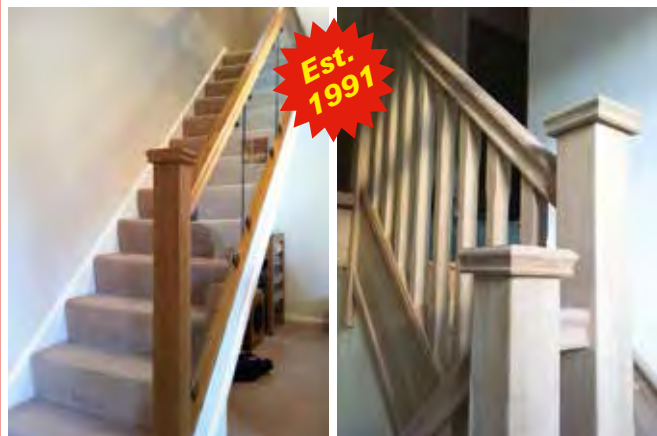
Andy Wilson

Joiners & Wood Turners

National Avenue, Hull

FREEPHONE 0800 956 7419

MOBILE 07930 565457



Traditional or Contemporary Bannisters
Glass Panels • Pine • Hemlock • Ash • Oak
Squeaky Staircase?
Treads and Risers Replaced, Kites Rebuilt
All Staircase Repairs

Hull Alpha Probus Club

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

8th May - Coffee Morning

22nd May - Lunch

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

U3A

Thursday 8th May - AGM. Speaker TBA, at 2.00 pm in the hall at the Darby and Joan Hall, Finkle Street.

Beverley Film Society

9th May 2014 - The Hunt (2012)

Cert 15 Drama (Denmark) Director: Thomas Vinterberg.

Bafta nominated. A compassionate tale of a lonely teacher struggling over his son's custody. Just as his luck begins to change, his new life is brutally shattered by an innocent little lie from one of his pupils, initiating a witch-hunt and ultimately testing the bonds of friendship and trust in the small tight-knit community. All films start at 7.30pm on the 2nd FRIDAY of the month, (except October). Screenings are in the Masonic Hall, Trinity Lane, Beverley

Skidby & Little Weighton Methodist Church

Friday 9th May - Soup Lunch will be held for Christian Aid. Come and enjoy delicious home made soup and rolls and make a donation for Christian Aid. Commences 11-30 am and will take place at Skidby & Little Weighton Methodist Church Main Street Skidby. Everyone welcome.

East Yorkshire Embroidery Society

Saturday 10th May - Sarah Burgess - Gloves Stories - 2.15 pm in the Darby & Joan Hall. Members £1.50; Visitors £2.50. Includes tea/coffee and biscuits.

British Sugarcraft Guild

Saturday 10th May - 'In Stitches'. A demonstration by Rainy Williamson. Meetings held at the Cottingham Parks Golf and Country Club, Woodhill Way, Cottingham. Meetings 2.00 to 4.00 pm.

Wold Lace Makers

Saturday 10th May - Coggeshall (Tambour), Lace with Maureen Bromley. A quick and easy way to decorate a plain net, using a tambour hook, in St. John's Newland Parish Church Hall, Clough Road, Hull HU6 7PA, 10.00 am to 4.00 pm. Admission £1.50; non members £4.00.

Hull Ladies Choir

Saturday 10th May - Charity Concert, in the Guildhall, Hull at 7.30 pm. Proceeds to "Sunshine House" Hull, for children with special needs and life-limiting conditions. Guests are Hymers School Choir. Tickets £5.00 and are available on entrance. Telephone 07779 732322.

Friends of KGV Playing Fields

Saturday 10th May - Race Night. 7.30 pm for 7.45 pm start. Enjoy a family evening of fun and laughter as you pit your wits against Jockey and Steed! Will you win your fortune or lose your shirt! £3.50 adult; £2.50 child; £10 family ticket (2+2) includes supper.

Jane Brooks LAW

HERE TO HELP YOU WITH:-

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

Cottingham

2/4 George Street,
Cottingham, HU16 5QU

Tel: 01482 848101

Hedon

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

Tel: 01482 893366

Your Local, Friendly Solicitors

www.janebrookslaw.co.uk

Both offices are accessible to wheelchair users

SPRING OFFERS



**2 for
£40.00**

**American Style
Lounge Chair**

£24.99 each



**Save
£5.00**
RRP £24.99

Evergreen Complete

360sqm plus 10% extra FREE

£19.99 each



**Half
Price**
WAS £10.99

Berberis

3 litre pot

£5.49 each



**Half
Price**
SRP £79.99

Cortez Chimenea

medium, clay - h 88cm d 35cm

£39.99 each



**Save
£3.00**
RRP £6.99

Hebe

1 litre pot

£3.99 each



**2 for
£5.00**

Plants not included

**Traditional Hanging
Basket 30cm**

£2.99 each



**ANY
3 for
£10.00**

Fruit Bush

3 litre pot - selected varieties

£3.99 each



**3 for
£10.00**

**Premier Multipurpose
Compost 50 litre**

£4.99 each



**Half
Price**
SRP £9.99

Glass Candle

Fragrances: Vanilla Flower, Linen & Cashmere or Vanilla & Tonka

£4.99 each

Many more Special Offers available instore

Beverley Garden Centre

Hull Road, Woodmansey, Beverley,

Tel: 01482 880002 • www.strikes.co.uk

Offers available until 31st May 2014

Subject to stock availability

Zoom whitening

Your smile is the way you greet the world. Why not make sure you're putting your best self forward with a smile that's bright and healthy

Only Dental professionals have access to the most powerful professional strength whitening, at the Dental Studio we can ensure your treatment is safe and your results are outstanding.

Zoom Whitening is the quickest and easiest way to effectively whiten your teeth, It is the No 1 patient-requested whitening system, so book your appointment now.

Is teeth whitening safe?

Yes. Clinical studies have shown that whitening under supervision of a dental professional is safe for teeth and gums.

What are the side effects?

The most common side effect is sensitivity. At the Dental Studio we have the resources to ensure that you are a good candidate for whitening and we are using the right concentration for you to maximise the outcome with minimal sensitivity.

How long will it take?

See noticeable results within 1 hour with the in-practice Zoom Whitening.

What's the offer?

The Dental Studio is offering in-practice Zoom Whitening for just £200 throughout May 2014 BOOK your appointment NOW.

Skidby Village Hall

Saturday 10th May – Gardener's Mart. 10.00 am to 1.00 pm. Sale of plants, produce and related gardening items. Admission free. Refreshments available.

The Retro Rockin Vintage, Record and Craft Fair

Sunday 11th May - in the Civic Hall, Cottingham, 10.00 am to 4.00 pm. Entrance is £1.00, students and children are free. See www.retrorockin.co.uk for details.

Cottingham Catholic Women's League

Monday 12th May, Open Meeting, in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7.30 pm.

Cottingham Women's Institute

Tuesday 13th May - W.I. Resolutions. Bees and Honey - Rita Barton. Competition: Recipe or Remedy using Honey, at 10.00 am in the Methodist Church Hall, Hallgate, Cottingham.

Cottingham Men's de Luda Society

Wednesday 14th May - Miscellany (Part II), Marie Platter, in the St. Mary's Church Hall, Hallgate, starting at 2.00 pm.

Cottingham Green Women's Institute Evenings

Thursday 15th May - Members meeting. Competition: Advertising Logo, in The Darby & Joan Small Hall, Finkle Street, at 7.30 pm.

Continued on page 29

The Dental Studio & Implant Centre

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



**A BRIGHT SMILE
TO BRIGHTEN UP YOUR DAY**

**ZOOM WHITENING ONLY
£200 THROUGHOUT MAY 2014**

Services include:

- Cosmetic dentistry
- Hygiene Therapy
- Dental Implants
- Tooth coloured fillings
- Crowns
- Anti Wrinkle and Dermal fillers treatment
- Interest free loans
- Low cost patient plans - from £16.00 a month

ALL NEW PATIENT CONSULTATIONS HALF PRICE



So much choice, so little to pay!

We've a **big, big, choice in beds** – because our store is newly refurbished with an extended bed department! See some of the top names in sleep technology – **Sleepeeze, Dreamland, Julian Bowen, Limelight** and more.

Plus **free delivery on all beds** over £300, free bed disposal, free pillows and **great offers that are worth a wake up call!**



Rippon Divan Set
with Traditional
Spring Firmer Feel

Double Size
Was £499.99
Now £299.99



FREE BED DISPOSAL

We'll take away your old bed/mattress when we deliver your new one.

FREE DELIVERY
We offer free delivery on all beds/mattresses over £300.



Price reductions and free offers available at Cottingham store only from 1st May until 5th June.

The “Heart Bleed Bug” and the end of Windows XP



Eset news... Having just been along to the annual product training day, we were brought up to date with the latest security products and news. The latest range now includes protection for Mac computers, as well as smart phones and tablets that use the Android operating system. The other major step forward is the introduction of a new encryption product, which will be of interest to businesses who need to keep their data secure. So huge is the market nowadays that the sales manager from Eset was working at a big security conference in London recently, attended by major police and security organizations from all over the world, including the U.S. Secret service. They even had names badges to prove it!



Malwarebytes the best-selling anti malware solution has now released version 2. Having tried this out, I can vouch for it being much faster when scanning the computer; a feature they call ‘hyperscan’. As mentioned last month they have also discontinued the one-off purchase option which many customers have benefited from, in favour of an annual licence. Existing lifetime licences will be honoured however, and there is no plan to discontinue the free ‘scanner only’ product I understand. You can still download this free version and it does give you the opportunity to include a 15 day trial of the professional product.

On the subject of security, I am often asked whether various types of devices need anti virus and security protection. The answer is that if it is a Windows device, i.e. computer or laptop then yes definitely. Android smart phones are more at risk now as there are so many millions of them in use. Tablets are more at risk if they are used mainly in lots of different public locations. However iPhones and iPads are safe, because of the nature of the Apple operating system which is very much ‘locked-down’ and therefore it is not possible anyway to add security products to them.

The big news last month was the ‘Heart Bleed Bug’ which affected shopping and banking sites. All of these websites use a special

encryption service called SSL, which is designed to scramble a user’s financial data, i.e. when you enter your credit card number, and keep it safe on its journey into the bank or store. This bug, known as an ‘exploit’ was able to infect the SSL code and try and steal that sensitive data. Most major sites applied a security patch very quickly to prevent this, and by the time you read this hopefully the danger will have passed. However there is a website giving information: <http://heartbleed.com/> Google has also developed a website checker that you can add to its Chrome web browser.

Windows XP users have been receiving a message on their screens from Microsoft advising that support for their operating system is now at an end. As previously mentioned here, XP will keep working, but owing to the fact there will be no more security updates or support from Microsoft, it really won’t be secure to use online anymore. Updates for Office 2003 and Microsoft Security Essentials also ceased on the same date. Time for a new computer then! This really is the best advice as it will only need one hacker to put out a nasty ‘exploit’ designed to attack the inner workings of XP, and bingo they will potentially have access to any of the Windows XP computers still online.

Following on from that, an oft-asked question is what sort of device to buy to replace an old computer. A PC or laptop or a tablet? Well basically there is not much between a PC and a laptop, they will both do the same job, unless the user has any specialist power requirements like gaming or high-end photography. PCs are more serviceable, if some piece of hardware goes wrong then it is relatively simple to replace a part, where a laptop usually requires an expensive strip down process. On the other hand, laptops are more compact and mobile, and around the same price. I normally recommend tablets as a great secondary device, but if your needs are purely internet browsing and email, then given a good wireless network, they could suffice as your only device. Bearing in mind they range in price from around £100 to £500 there is a lot of scope there. The other device worth considering within this capability and price range is the Chromebook, basically a small laptop with a very simple and secure operating system from Google.

Those who have Hotmail or other Microsoft email account, and that will include anyone who has purchased and downloaded Microsoft Office since last year, will probably have been asked to go through a verification process. This is quite legitimate and the issue has been caused by many instances of hacking all over the world. This is where someone manages to hack into a computer or server and take over people’s email accounts and use them to send out spam messages. This verification is therefore a good idea, and sometimes a compulsory step to keep access to your account. Normally you are asked to have a code sent to either a telephone number or alternative email address. When received, you have to enter this one-time code where requested into your account to prove it is yours. It is important to emphasize that you should never follow an unsolicited email link asking you to change your password or requesting any other personal security details.

Apple has a similar process called 2 step verification. This will be familiar to those users of iPads and iPods using the App Store and iTunes Store.

BBC iPlayer, the very popular TV catch-up service, has extended availability of programmes from 7 to 30 days. Incidentally the BBC has found that more people use tablets to watch iPlayer content than any other device.

USB 3 sockets are to be found on most new PCs and laptops and these are coloured blue inside. This new standard works about 10x times faster than traditional USB, but only of course with compatible USB 3 equipment, such as external hard drives and memory sticks, where data transfer rates are considerably faster. Normal USB equipment can be plugged into these blue sockets but will only work at their normal speed, however by contrast I have found some USB 3 drives that only seem to work at all in a blue socket.

Eset expiring? No problem, we can renew it for you for one, two or even three years; just call for a renewal price.



Richard Mills
RDM Computers
Cottingham
T: 01482 875666
e: richard@rdmcomputers.co.uk
***All trademarks acknowledged**

.....Plain English computer support, isn't that reassuring.....:-}}

Need a new computer or a service or repair?

CALL NOW FOR FREE NO OBLIGATION ADVICE
(01482) 875666

Is Your PC Secure? We all need Anti-Virus Software..

ESET award winning software

Call us for advice or to book an appointment

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

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

rdm computers technology simplified
 Email: richard@rdmcomputers.co.uk



Do you want a hassle-free way to get cheaper electric and gas bills?

HOW

- Register with **YORSwitch**
- East Riding of Yorkshire Council negotiates a better rate
- Receive a no obligation offer for cheaper gas and electric

No hassle
No obligation
No cost

To register on YORSwitch visit
www.eastriding.gov.uk/yorswitch

alternatively call (01482) 393939
or visit your local customer service centre.

You will need to have a recent energy bill to hand.



Registration
1 April - 10 June 2014
with no obligation to switch



EAST RIDING
OF YORKSHIRE COUNCIL

EVERFLOW

Plumbing Services

GENUINE 24-HOUR CALL OUT

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

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

CORGI 520101
safe 520101

ACE OF PAINTS Decorating

Sue Warren

Experienced, Qualified and Knowledgeable about Decorating and Interior Design

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

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

Member Of Cottingham Enterprise Guild (Traders)

HOME & SMALL BUSINESS COMPUTER SERVICES

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

Microsoft CERTIFIED IT Professional

Call Steve Blake on **01482 388010**
www.blakeits.com

25th Anniversary

I would love a

ROSES

Kitchen

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

Wordsearch - Guitar Greats

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

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

Find the words in the letters above:

Angus Young, Brian May, Carlos Santana, Dave Gilmour, Eddie Van Halen, Eric Clapton, Gary Moore, James Hetfield, Jeff Beck, Jimi Hendrix, Jimmy Page, Joe Satriani, Kurt Cobain, Mark Knopfler, Slash, Stevie Ray Vaughan, Tom Morello, Zakk Wylde.

Wordsearch courtesy of www.puzzlechoice.com

Sudoku No. 88

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

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

Support the advertisers who appear within the Cottingham Times

MARIONOWENTRAVEL

Local, independent & passionate about travel !

In last months article I introduced you to our Hotel Barges on the French canals and mentioned Lynne was going to investigate first hand. Well surprise surprise I went too! Little did I know that I would be in the wonderful city of Strasbourg on the day that the ships where named. Wow! is an understatement, tasteful, modern luxury. Imagine gently floating along, sat on deck in your Jacuzzi or cycling along side on the tow path, if you do not fancy getting wet or doing anything too energetic just sit back and drink in the scenery with a complimentary G&T or beer. How relaxing and what a great way to see pastures new. We are very excited here is a glimpse....



Many of the old style hotel barges have cabins that have been adapted to take a bathroom these new ones are purpose built with lovely walk in showers and room to manoeuvre. The ships are owned by a French company but our departures are exclusive to Marion Owen Travel hence all English speaking and if you do not like to sail from Hull we will be happy to organise your travel by Eurostar & train. Of course if you are thinking of travelling with family or friends you may wish to take over the full ship for your own group.... call me for more details.

Summer 2015 I am pleased to report that there will be a weekly flight to Palma from Humberside airport! This makes travel so easy and also fly cruises will fit in for the week too. Many destinations can be reached from our local airport via Amsterdam and it is an option we as an agent consider and the preferable route for myself.

Warner's holidays just for adults, our special departures for 2015 will be on sale as you read this, take a look at our website or call for our new flyer.

So you are not confused Mark Warner holidays are very different, these are similar to Club Med perfect for an active family resort holiday. If you like more of an adventure out and about, Explore Worldwide have a selection of tours tailored for families.

Don't miss out on the early booking offers from the cruise lines for 2015, it is all well and good if you do not mind when you travel, what your cabin number is and no preference in dining but at the end of the day by booking last minute you may save a few pounds on a cruise that has not proved popular. By booking early you get the choice you want. Fred Olsen are offering an additional 30% off each cruise if you book 3 all at the same time but hurry as it is only for early bookers.

REGENT 7 SEA'S 05 NOV 2014

This is an 8 night
All Suite &
all inclusive Caribbean Cruise
Excursions, drinks & tips inc.
From **£2569** per person
The champagne will flow.....

Regent 7 Seas, my very favourite cruise line, everything is included, you could leave your purse at home. The ships offer all suite accommodation, no supplements are payable for any of the restaurants. An amazing range of excursions are included which are a tremendous saving, add to this your bar bill and gratuities and this style of cruising is a bargain if you generally book a high grade of cabin on a cruise ship. Call for details of 2015 sailing now

on sale including travel from your front door. Also ask about our Baltic sailings this year, you can spend such a lot on excursions in St Petersburg the saving is vast.

Every whit week we offer a special departure to Disneyland Paris. We travel from Hull to Zeebrugge meaning that it is a maximum of just 4 hours driving each way - enough for the little ones. Prices are based per family or room of up to 4. Don't delay call today to get your treat for the kids booked.

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

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

Marion



Tour with Marion

All Continental tours are via North Sea Ferries

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

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

Many tours offer single rooms at a very low supplement.

| | | |
|--------|--|------------|
| 20 May | Brewery Tour & Lunch - North Yorkshire Moors | £ 49 |
| 07 Jun | Rhine & Moselle River Cruise 9 nights 2 cabins | £ 989 |
| 22 Jun | Eastbourne 6 nights half board, excursions | £ 399 |
| 11 Jul | Nidd Hall - Strictly weekend with Ola & James | £ 329 |
| 16 Jul | Chatsworth House & Gardens | £ 39 |
| 21 Jul | Warner's Thoresby Hall 4 night break | £ 366 |
| 28 Jul | Warner's Holme Lacy 4 night break | £ 356 |
| 04 Aug | Warners Alvaston Hall 4 night break | £ 345 |
| 11 Aug | Waner Bodellwyddan Castle 4 night break | £ 317 |
| 20 Aug | Scarborough Fair lunch & Tea Dance | £ 39 |
| 26 Aug | Danube River Cruise 5 * Mozart 11 nights includes excursions & wine, beer with meals | from £1689 |
| 11 Sep | WW1 - 5 nights a special 100 year tour | £ 485 |
| 18 Sep | Well Dressing & Chesterfield Flea Market | £ 29 |
| 21 Sep | Isle of Wight - 5 nights super quality half board | £ 429 |
| 29 Sep | Highgrove & Laskett Gardens 2 days half board | £ 195 |
| 07 Oct | Carlisle to Settle - coach & rail day outing | £ 55 |
| 08 Oct | Northumbria - Art, History & Gardens 3 days | £ 265 |
| 12 Oct | Elaine Paige 50th Anniversary Manch. 2 days | £ 149 |
| 20 Oct | Warners Alvaston Hall 4 nights half board | £ 291 |
| 17 Nov | Warners Alvaston Hall 4 night Turkey & Tinsel | £ 298 |
| 18 Nov | Chatsworth House & Christmas Market | £ 39 |
| 19 Nov | Thursford Christmas Spectacular 2 days | £ 159 |
| 26 Nov | Thursford Christmas Spectacular 3 days | £ 239 |
| 29 Nov | Edinburgh Christmas Market 3 days B&B | £ 149 |
| 10 Dec | Chatsworth House & Farm Shop | £ 39 |
| 11 Dec | Cologne, Aachen & Dusseldorf 4 nights | £ 249 |
| 18 Dec | 3 course lunch & outlet shopping Rotherham | £ 29 |
| 03 Feb | Rhubarb day out with lunch | £ 49 |
| 07 Feb | Bruges Weekend / beerfestival 3 nights from | £ 149 |
| 25 Apr | Harrogate Spring Flower Show just for the day | £ 39 |
| 26 Apr | Keukenhoff Gardens mini cruise 3 days from | £ 129 |
| 10 May | Arran & Ayrshire 6 day tour - 5 night half board | £ 525 |
| 21 Jun | "Best of Ireland" - our 9 day very special tour | £ 895 |
| 22 Jul | Paris & Champagne Hotel Barge all inc. 9 days | £2350 |
| 27 Aug | Rhine Marne Canal Hotel Barge all inc. 9 days | £2350 |

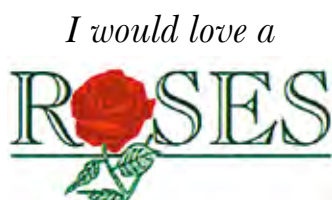
Prices are per person based on 2 sharing unless stated. River cruising & continental tours cabin upgrades available. Please ask for single prices. All tours are financially protected by our Abta license Y2812



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

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

For Further information & to make your booking tel: 01482 212525
Or visit in person : 23 Portand Street, HULL www.marionowentravel.com



Kitchen

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



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

PROFESSIONAL - GENUINE - RELIABLE SERVICE

Tel. 01482 873992 Mob. 07773978009
www.conceptelectricaluk.co.uk

Electrical Safety
Register
113034 + AECB



HANNAM Upholstery Company

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

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

Before buying a new suite or sofa, take a look at what your sitting on. We can totally transform your existing furniture, re-upholster it in the latest modern, or contemporary fabrics. Re-style it or sometimes even re-shape it. Don't throw away a quality piece of furniture and replace it with rubbish. If you have a quality suite, then it will be worth letting us bring it back to life. A good frame will last for ever. Ring or call in to see what we can do for you. We will give an honest opinion on it if your suite is worth spending money on.

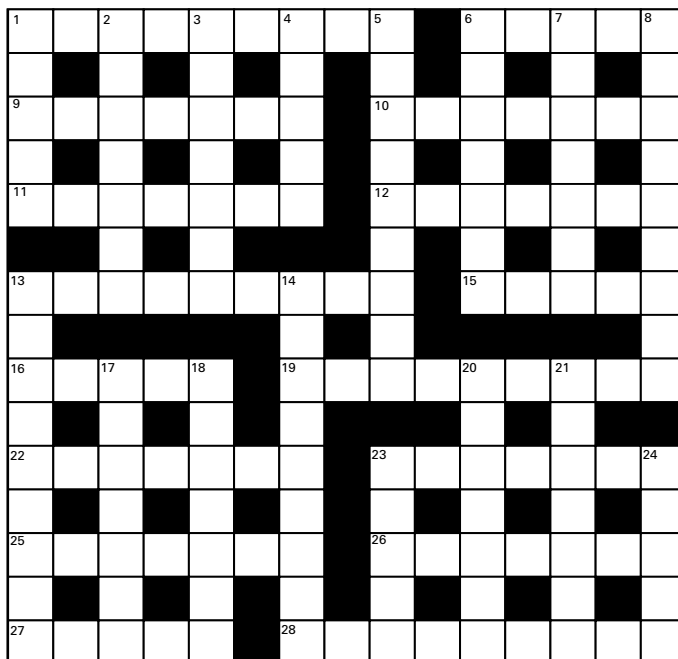


WE ALSO MAKE NEW SUITES

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

With 35 years experience, satisfaction is guaranteed.

Crossword - Solution on page 46



Across:

- Annual virus (9)
- Full of flavor (5)
- On the beach (7)
- Boat in Venice (7)
- Deletion (7)
- Imperial ruler (7)
- Steals from stores (9)
- Entice (5)
- Modelled (5)
- Stunt plane (9)
- Instructions on food preparation (7)
- A distant settlement (7)
- Mediterranean sailing ship (7)
- Choking or retching (7)
- Is concerned for (5)
- Prediction (9)

Down:

- Silly (5)
- Melange or hodgepodge (7)
- Not normal (7)
- Gentle push (5)
- Attacker (9)
- Storm on the sun (7)
- TV show (7)
- A pronunciation mark (9)
- A drug that induces sleep (9)
- Flagpole (9)
- Not religious (7)
- Portrays (7)
- Double crosses (7)
- Equipping (7)
- Different (5)
- Taut (5)

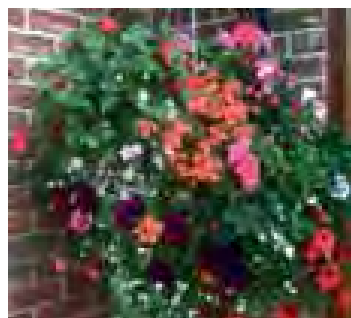
Crossword courtesy of www.crosswordpalace.com
Support the advertisers who appear within the Cottingham Times

Step into **Spring**



LARGE
SELECTION
of Raymond
Evison clematis
NOW IN
STOCK!

We have excellent quality plants with a wealth of choice, combined with our extensive horticultural knowledgeable staff



- Herbs • Climbers • Herbaceous Perennials
- Ornamental & Fruit Trees • Soft Fruit • Alpines
- Interesting and unusual plants
- Hardy Shrubs • Roses

**Large Selection
of Top Quality
Basket Plants**



**New
Spring
Furniture**
arriving
daily

**COME AND
SEE SOUTHWOOD'S
NEW ARRIVALS**



SOUTHWOOD
GARDEN CENTRE

www.southwoodgardencentre.co.uk

Telephone 01482 845825

Like us on
Facebook



**GROW
YOUR
OWN**

Our GROW YOUR OWN DEPARTMENT has a large selection of seeds, seed potatoes, onion sets, garlic sets, rhubarb crowns and disease resistant fruit bushes and canes



VEGETABLE
& TOMATO
PLANTS
Now in
Stock

SEED
POTATOES
Now in
Stock

Special offer Miracle grow compost
£5.99 each or 3 bags for £12.00



*Eating healthy has
never been easier!*

**10%
Discount**
Every Wednesday
for PENSIONERS



*Let the kids enjoy
themselves too...*

**Adventure Playground
AT LUCY'S COFFEE SHOP**
(For Lucy's Coffee Shop customer's only)

**Ganton Avenue
off The Parkway
Cottingham**

Open:
Mon-Sat 8.30am to 5.30pm
Sun: 10.00am to 4.00pm

In the Kitchen



Ginger

Ginger is the common name given to the underground stem (rhizome) of the perennial plant *Zingiber officinale* Roscoe. It is chemically classified as an essential oil with pungent principles, and has been in use as a flavouring agent worldwide for over 20 centuries, as well as for medicinal purposes as an anti-emetic (prevents vomiting in circumstances such as car sickness), anti-inflammatory, analgesic and other properties relating to the well-being of the body.

Usually grown in warmer climates, ginger is often referred to by its country of origin e.g. Jamaican ginger, African ginger, and Cochin ginger (Chinese) and although no-one really knows exactly where it originated from, it has always been a prized commodity: in the middle ages a pound of it had the same value as a whole sheep!

Today it is widely available from food stores and grocers and is a popular ingredient for culinary purposes, especially in oriental cooking. It can be purchased fresh, dried, powdered, crystallized, preserved in syrup (also known as stem or candied ginger) and even ready-grated in jars.

Gingerbread - Makes 1 x 18cm/7 inch square cake

Ingredients:

225g/8oz Plain Flour
1 teasp Bicarbonate of Soda
1 1/2 teasp Ground Ginger
50g/2oz Black Treacle
100g/4oz Golden Syrup
75g/3oz Margarine
50g/2oz Soft Brown Sugar
2 Eggs
2 tbsp Milk



Instructions

1. Preheat the oven to 170C, 325F, Gas mark 3 and grease an 18cm/7inch square tin and line the base with greaseproof paper. Sift flour, Bicarbonate of soda and ginger into bowl.
2. Place the treacle and golden syrup in a saucepan with the margarine and brown sugar and gently heat until melted. In a bowl, beat together eggs and milk.
3. Pour melted ingredients, then beaten eggs into the bowl containing the flour and mix to thick batter, then pour into the lined tin. Bake in centre of oven for 1 hour.

Cidered Chicken

Ingredients

4 Chicken Quarters
2 tbsp Olive Oil
25g/1oz Butter
1 Onion, chopped
1 tbsp Plain Flour
1 1/2 teasp ground Ginger
1 teasp Paprika
450ml/15fl.oz. Cider
1 tbsp Tomato Purée
1/4 teasp Sugar
1 tbsp freshly Chopped Parsley
Salt and Black Pepper

Instructions

1. Heat the butter and olive oil in a large frying pan until very hot. Add the chicken pieces and brown on all sides. Remove with a slotted spoon and set aside.
 2. Add the onion to the pan and fry until soft and golden. Sprinkle in the flour, ginger, and paprika and cook for 1-2 minutes, stirring.
 3. Add the cider a little at a time, mixing well between each addition and cook for 1-2 minutes to make a sauce. Then stir in the tomato purée, sugar and parsley. Season with Salt and pepper.
 4. Return the chicken to the pan and baste with the sauce. Cover and simmer for 30 minutes, basting occasionally.
- Alternatively, cook in the oven at 180C, 350F, Gas Mark 4 for 30 minutes. Serve hot.



Asparagus

Asparagus (Liliaceae-Asparagaceae) is a member of the lily family and a distant cousin of the leek and onion. Considered by many to be the queen of vegetables, asparagus has been, and still is, a highly prized vegetable which, unfortunately, has a relatively short season of just 10 weeks.

Asparagus Nutritional Values

Asparagus is a good source of folic acid (vitamin B9) and also contains potassium, copper and iron. It is also rich in vitamins A, B1, B2, B6 and C. The asparagus contains a sour agent, which noticeably renders the urine potent when digested. It also contains asparagine, which gives it its particular flavour and which has diuretic properties.

Around seven spears (80g) provides one of your recommended 5-A-Day servings, 69% of the RDA of Folate, 20% of the RDA of Vitamin C and 12% of the RDA of Vitamin B1. It is also one of the richest sources of Rutin which together with vitamin C, can help to protect the body from infections as well as being rich in soluble fibre.

Buying and storing Asparagus

Choose asparagus with firm brittle spears and well coloured tight tips. Try to choose stems which are the same size so they cook evenly. Asparagus is quite fragile. Store in the refrigerator for up to one week preferably in a perforated plastic bag.

Freezing Asparagus

Blanch whole spears of asparagus in boiling water for 2 minutes then open freeze on a tray. Once frozen, pack into freezer bags where they will keep for about five months.

Cooking with Asparagus

Asparagus has to be cooked to get the best flavour and texture. To prepare them, if necessary, snap or cut off the bottom stalk to remove the tough fibrous part. Wash gently in cold running water. Asparagus can be cooked in many ways, but over-cooking should be avoided: they should be tender but not too droopy.

Asparagus Quiche

Ingredients:

225g/8oz Shortcrust Pastry
2 tbsp Butter
4 tbsp Plain Flour
400ml/15 fl.oz. Milk
Salt and Pepper
A large pinch of Nutmeg
2 Eggs
100g/4oz Gruyere
225g/8oz Fresh or frozen Asparagus

Instructions

1. Preheat the oven to 220C, 425F, Gas mark 7. Grease a 25cm/10 inch flan dish.
2. Roll out the pastry to 6mm/ 1/4 inch thickness and line the flan dish. Prick the base with a fork and bake blind for 10 minutes.
3. Prepare the asparagus by cutting off any woody stems and washing under running cold water. Cut into 5cm/2 inch lengths and boil in salted water for about 10 minutes.
4. Meanwhile, melt the butter in a pan, add the flour and cook, stirring for 1-2 minutes. Gradually add 300ml/10 fl.oz. of the milk, little by little, stirring all the time. Bring to the boil and cook for 3-4 minutes. Remove from heat and season with salt, pepper and nutmeg.
5. Add 1 egg yolk to the sauce and mix well then add the grated Gruyere. Pour this sauce into the pastry case, filling to a maximum of 3/4 and bake for 15 minutes.
6. Remove the quiche from the oven and reduce the oven temperature to 190C, 375F, Gas mark 5.
7. Arrange the drained asparagus over the top of the quiche. Mix together with rest of the milk, remaining egg yolk and 2 egg whites. Pour this over the quiche. Bake for a further 30 minutes. Serve immediately.

Turkey Breast with Asparagus

Ingredients

225g/8oz Fresh Young Asparagus Spears
2 Large Turkey Breasts, skinned and halved
2 tbsp Plain Flour
Salt and Black Pepper
2 tbsp Oil
360ml/12fl.oz. Chicken Stock
1 teasp Fresh Sage, chopped
150ml/5fl.oz. Soured Cream

Instructions

1. Trim the asparagus to equal lengths then cut off the tips and cut the stalks into 3 pieces.
2. Beat the turkey breasts with a rolling pin or meat mallet to flatten them then coat with seasoned flour.
3. Melt the Olive oil in a frying pan, add the turkey breasts and cook until lightly browned on all sides. Add the stock, asparagus stalks (reserve the tips), sage, salt and pepper. Cover and cook gently for 15 minutes.
4. Stir in the cream and add the reserved asparagus tips and continue to cook for 5-8 minutes. Serve immediately.



N.O.C.

PROPERTY SERVICES LTD ROOFING SPECIALISTS



*Special
offers on
all Roofs*

30 YEARS EXP, CHAS ACCREDITED, FULLY INSURED
ALL ASPECTS OF ROOFING AND GUTTERING
FOR FREE ESTIMATES AND ADVICE
CALL NICK O'CONNOR ON
01482 447 357 OR
MOBILE 07947 556 719
92 HULL ROAD, COTTINGHAM HU16 4PU

Afternoon Tea and Friendship

A little time, a lot of fun,
a real difference

Would you like to join our Cottingham monthly Sunday afternoon tea party where older guests, drivers and the host meet up for 2 hours for friendship, chat and tea.

Sunday is usually the loneliest day of the week for those older people who cannot get out without a helping hand and do miss the social contacts they once had.

National charitable organisation, Contact the Elderly, helps by arranging for small groups of older guests to be collected and driven to a different volunteer host's home each month where they enjoy the friendship of a Sunday afternoon tea party.

The Cottingham group has a lovely team of volunteer drivers who collect them and take them to the volunteer host. Drivers stay and help as needed.

Being in a small group and welcomed into a different host's home every month brings conversation, laughter and friendship back into their lives and so much more.

One of our older guests said recently, "... joining this group has made me come alive again, being taken by my lovely driver and welcomed back into people's homes has given me something to look forward to every month"

Would you like to join the group – either the team with driving once a month or occasionally, or hosting a tea party for a small group of people once a year? Or would you like to join as a guest and come to the tea parties?

Contact: Selene Vann-Plevey, (Group Co-ordinator, Cottingham) Tel: 07866 574881 or Email: s.vannplevey@gmail.com Or through links on the website: contact-the-elderly.org.uk

Homelink

your property partner

The professional family business, that really cares!

Beverley

£525pcm



2 Bedroom Terraced

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

Cottingham

£500pcm



2 Bedroom Apartment

- Luxury First Floor Apartment
- 2 Double Bedrooms
- 2 Bathrooms
- Spacious Throughout
- Modern Fitted Kitchen
- Integrated Appliances
- Period Features
- Off-Road Parking

Hull

£475pcm



2 Bedroom End Terrace

- Extended End Terrace
- Re-Decorated Throughout
- Large Breakfast Kitchen
- 2 Bedrooms
- 1st Floor Bathroom
- Southerly Aspect Garden
- Decking Area
- Garage
- GCH and Double Glazing

Hull

£475pcm



2 Bedroom Semi Detached

- 2 Bedrooms
- Semi-Detached
- Popular Location
- Large Living Room
- Dining Room
- Fitted Kitchen
- Gardens Front and Rear
- Newly Re-Decorated Throughout
- Double Glazing

Hull

£425pcm



1 Bedroom Apartment

- Central Hull Location
- Good Sized Lounge
- Fitted Kitchen
- Bathroom
- Double Bedroom
- Garage
- Double Glazing

Hull

£425pcm



2 Bedroom Apartment

- First Floor Apartment
- Hull City Centre Location
- Good Sized Lounge
- Fitted Kitchen
- Bathroom
- 2 Bedrooms
- Double Glazing
- Gas Central Heating

LETTINGS • MANAGEMENT • LEASEHOLD

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

t 01482 875248 • f 01482 849062 • e info@home-link.co.uk • w www.home-link.co.uk

HALLGATE TREE CARE

A cut above the rest!



**Logs,
coal and
Kindling
available**

Hallgate Tree Care is a family run business and we would like to offer you our services while working in your street

PROFESSIONAL TREE AND HEDGE CARE

- | | |
|---|--|
| <input checked="" type="checkbox"/> Trees Topped | <input checked="" type="checkbox"/> Conifers Trimmed & Lowered |
| <input checked="" type="checkbox"/> Trees Removed | <input checked="" type="checkbox"/> Overhang Branches Cut Back |
| <input checked="" type="checkbox"/> Pruned and Shaped | <input checked="" type="checkbox"/> Tree & Hedge Planting |
| <input checked="" type="checkbox"/> All Roots Removed | <input checked="" type="checkbox"/> Hedges Trimmed |
| <input checked="" type="checkbox"/> Fully Insured | <input checked="" type="checkbox"/> Hedges Lowered |
| <input checked="" type="checkbox"/> Landscaping | <input checked="" type="checkbox"/> Shrubs Trimmed & Removed |

We also offer a Stump Grinding Service

**We can offer you same day service to save you money and us time
FOR A *FREE* QUOTATION OR FRIENDLY ADVICE, GIVE US A CALL**

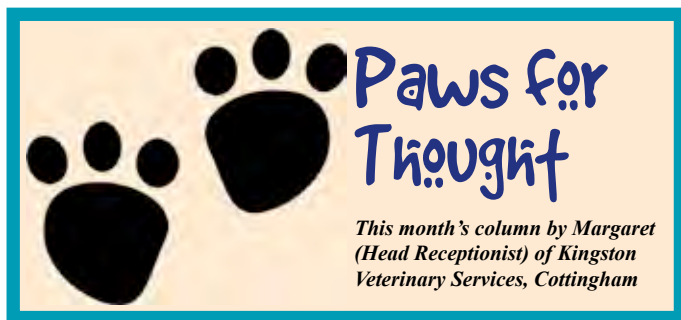
Tel. 01482 846069 or Mobile 07817 214792

HALLGATE, COTTINGHAM, EAST YORKSHIRE HU16 4BD



HALLGATE TREE CARE

A cut above the rest!



It is that time of year again when all the little 'darlings' who have been hibernating away inside over the winter period, emerge ready for their summer holiday of sun, food and more. Now you may rightly be thinking of your lovely children or grandchildren but I hasten to add it is nothing as delightful. The little 'Critters' I am referring to are FLEAS AND THE BLOOD SUCKING TICK!!!!

Now, every pet owner knows about FLEAS and what a nuisance they can cause but you may also be surprised of the health risk they can carry. These tiny external parasites live off the blood of mammals and their bite can lead to major health issues. The flea is a tiny wingless insect with a hard flat body designed to easily navigate through pet hair, legs designed for jumping great distances and mouth parts designed to suck blood.

An adult female flea can lay on the host, up to 40 eggs a day which will then dry and fall off into the environment such as carpets, curtains and furnishings. A fully developed flea, which can live up to 4 to 6 weeks, will begin to lay eggs within 24 hours of her first blood meal. She defecates blood from her host which then falls off along with her eggs, re-starting the life cycle all over again.

The health risk?

FLEA ALLERGIC DERMATITIS is an allergic reaction to flea bites that can cause severe itching and major skin infections. Also,

TAPEWORM which can be contracted by animals or humans after accidentally ingesting an infected flea. Another one is ANEMIA which can prove fatal if the host animal has enough flea infestation to lose a lot of blood. You may be surprised to learn that three out of the four stages of the flea cycle are spent in the carpets, curtains and furnishings, jump onto the host to feed then jump off again..... 'Meals On Legs' the animal equivalent to 'Meals On Wheels'. This explains, the odd occasion when we get a new client pop into the surgery who has moved house and have no pets, to buy a household product to treat a flea infestation left by the previous occupiers. The fleas had found another meal source other than a furry friend.

TICKS!

Wonderful little things that are attracted to warmth and motion. It climbs onto its host (mainly around the ears and the inside of the legs) and attach its mouth into the skin beginning the blood meal. Once the tick is locked on, it will not detach until the meal is complete which can take a few days. The appearance of a tick is like a small cream lump (often mistaken for something more medical) which gradually grows and changes colour with the amount of blood it intakes. As for diseases? Most ticks do not even carry them, however, the threat of disease is always present and must be taken seriously. Signs include lethargy, fever, weakness and joint swelling which may take days or weeks to appear so the early removal of a tick is crucial but to be removed under medical care.

Now, how do we prevent or remove these little 'critters'? As in every case, prevention is always better than cure and it is simple. All you have to do is pop a vial of liquid flea treatment on the back of your pets neck once a month. We suggest the neck because it is the only part of the body the tongue cannot reach! Here at KINGSTON we stock a flea product that is also a tick preventative so you don't even have to apply it twice.

This product is only available through veterinary practices due to it being 'prescription only'. Please also do not forget to treat your house and surroundings... the flea does not have any boundaries. It is also wise to treat your pets for worms. This comes in various forms, granules or tablet and also in the case of cats who hate digesting anything other than food (as mine have often proved after chasing them around the room causing havoc), drops on the back of the neck are available. We recommend these are administered every three months.

You may buy the products I have spoken about from any of our KINGSTON surgeries but because they are prescription only, all we ask is for you to make an appointment with one of our many qualified nurses, so she can weigh your pet and prescribe you the most effective method for them. All these appointments are FREE OF CHARGE.

So why hesitate.....please give us a call, you have nothing to lose.....only a LITTLE CRITTER.



Kingston
VETERINARY SERVICES

Your local veterinary practice
but so much more

Caring for your pet

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

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

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

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

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

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

Walt Disney World®

FREE Disney
Dining

RESORT

Orlando 2015

On Sale Now

Saving over **£2000** Per Family of 4

BOOKING AT ANDREW EARLE'S

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

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

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

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

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



CALL US TODAY.....

YOU CAN FIND US AT

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

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



Andrew Earle

ANDREW EARLES

HOLIDAYS

Designed Around You



www.andrewearles.co.uk



“The Tooth and Nothing but The Tooth”

by

Chris ‘ Dr. Smile Maker’
Branfield

‘Sylc’y Smooth Dentist

I have had a few near death experiences since last time. They were called spinning classes! All part of the training for the Coast-To-Coast Bike Ride. I am sure that it **IS** good for you but sometimes I think that I might be wasting and using up a few too many heartbeats.

‘Sylc’y Smooth Dentist

Oh dear has my spelling and grammar taken an even greater turn for the worst. Don’t worry even I’m not that bad.

As usual I have been researching and seeking out the best stuff that is out there and bring it to our practice. Well, Sylc is that next great thing.

Getting rid of staining from teeth can be time consuming and get a bit sensitive at times with conventional methods. Also the teeth can be left feeling sensitive afterwards at times.

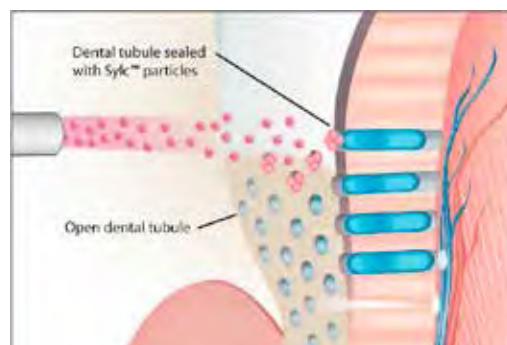
Bright Clean Teeth, Teeth Desensitised And Protected, All In One Go

Now, how does that sound? Great eh?

Using an air powered device the Sylc particles gently lift stains from teeth.

Sylc® cleans teeth quickly and painlessly, removing all forms of stain from the tooth surfaces including those from tobacco, coffee, tea and red wine. Using a unique bioactive formulation, the effects of Sylc® are achieved faster than all other prophylaxis treatments without any noxious or salty taste. Sylc® restoring the natural lustre of teeth without any side effects.

This perfect for a pre-holiday, pre-party or a pre-wedding spruce up.



Great If You Are A Sensitive Soul

The powder is made up of 99% Novamin. Now, I know quite a lot about this as it’s the same stuff that is in Sensodyne Repair and Protect Toothpaste. It is a calcium sodium phosphosilicate bio-glass that seals off the surface of the tooth and repairs the surface with a mineral similar to the mineral in teeth.

So this gives immediate relief from sensitivity and added protection against sensitivity afterwards.

Added Bonus

There is an added bonus that if we clean with this stuff before a filling we get a better bond and seal. This means less staining afterwards, less chance of falling out over time and often requiring less tooth grinding.

While The Cat’s Away

I am just about to set off on my holiday. While I’m away the air supplies are getting fitted in so that we can get up and running with the technology we have invested in and this great treatment.

As I said I’m off on my hols. I do hope that by the time this goes out, Hull City are in the FA cup final. If that happens I will be there!

Until next time.

Chris

Take care and be good.

Chris Branfield is Principal Dentist at Castle Park Dental Care, Castle Villa, 28 Castle Road, Cottingham, telephone 01482 772550. He has been in dental practice for 21 years and has a special interest in life changing, pain free dentistry with dental implants, rapid teeth straightening and cosmetic dentistry. And, not only that Chris is founder member and trustee of Dental Mavericks charity- ending the daily dental pain of Moroccan kids. For more patient success stories and Chris’s charity work go here now www.castleparkdental.co.uk.

End Dental Suffering

Do You Have a Dental Wish List?

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

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

Call now for a free initial consultation minimum value £63

Fantastic Results—Over the Moon!

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

I will never be afraid of the dentist again!

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

Our patients say it best at www.castleparkdental.co.uk

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

Treat Yourself to the Castle Park Experience!

The Home of Life Changing Pain-Free Dentistry
Castle Park Dental Care
 28 Castle Road, Cottingham HU16 5NA
www.castleparkdental.co.uk email: castleparkdental@aol.com

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



Isn't Life Interesting . . .

by Paul Smith

How did the days of the week originate?

Just to prove how odd I am, it struck me that I don't really know how the names of the week began. So I looked it up. The Romans named their days after the planets, which they called Sun, Moon, Mars, Mercury, Jupiter, Venus and Saturn. The last five are also Roman gods. The Germanic peoples copied this, keeping the names which became Sunday, Monday and Saturday, but they changed the four other days to honour their own gods Tiw, Woden, Thor and Frig. Tiw (Tiw's day) was a one-handed god. Woden was a cunning, all-powerful, one-eyed magic-maker. Thor (Thor's day) was a god of thunder, and Frige was the female god of marriage and childbirth.

Yes, alright, useless knowledge – but it was interesting.

The death of a young mum.

I went to do the probate of a woman who had died aged 36. I met her husband and young son, and I could tell they were really sad. I looked at the death certificate to see why she had died. The doctors in the hospital had told her she would live if she had a blood transfusion, but she had refused. She was a Jehovah's Witness.

"I saved £4000 for a world cruise".

While doing the probate of an elderly woman, I asked her husband how much the funeral had cost and he said only £1400. Their son had also died a few years earlier, and again the funeral cost £1400. He said that a funeral is an expensive and completely unnecessary waste of money. Instead, he arranged for an undertaker to take the bodies from the hospital mortuary straight to the crematorium to be cremated. No funeral, no service, nothing. Instead after each death there was a big happy party at his home with all the friends and relatives to celebrate the lives of his son and wife. Most funerals cost over £3400, so he said he saved £2000 each time. That's enough for a round-the-world cruise, and he said his deceased son and wife had both told him they much preferred he spent the £4000 on this, rather than on two miserable funerals for them.

He has a point – funerals serve no purpose and are a huge

expense. A special celebration at home instead is much cheaper and a much better alternative.

What is a husband?

After you have worn a dress for about two years, a husband will say, "That's nice, dear, is it new?"

A husband is someone who hangs around hungrily when a meal is cooking – then disappears when it's being served.

A husband comes home, rushes indoors calling out "Hello my precious" and then kisses the cat.

He is someone who clicks his toes in the middle of your favourite TV programme.

He's someone who believes that the fairies come in and do the cooking, cleaning and washing.

A husband is someone who, after he has eaten a good evening meal, and has just realized you aren't feeling well says, 'Never mind dear, you get washed up and we'll have an early night.'

About me and my wife

My wife is immature. I'll be at home having a bath and she'll come in and sink my boats.

She was looking through a fashion magazine and saw an expensive coat. She said, "I want that." So I cut it out and gave it to her.

She came home and said she had some good news and some bad news about the car. I said, "What's the good news?" She said, "The airbag works."

The joke at the end

No need to worry about teenagers when they're not at home. A national survey revealed that they all go to the same place - 'Out' - and they all do the same thing - 'Nothing'.

PROBATE

done with you **in your home**

much cheaper than using a solicitor

and it's done **within a month**

with **no VAT** to pay

fixed fee - only £450

20 years' experience

Telephone 653339

Paul Smith, 23 Wolfreton Garth, Kirkella, HU10 7AB



www.premierroofing.co.uk

24 HOUR CALL OUT

Fast, Friendly Service

Premier Roofing Ltd.

Domestic & Commercial • Felt Roofing • Fibre Glass

• Fascias • Soffits • Rainwater Systems • Tiling • Cladding

TELEPHONE: 01482 571870/07813 118129





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

This month his destination is Bracey Bridge

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

Map:- EXPLORER 295

Start at GR.TA 077620 Bracey Bridge Lay-by.

Distance 5.0 Miles.

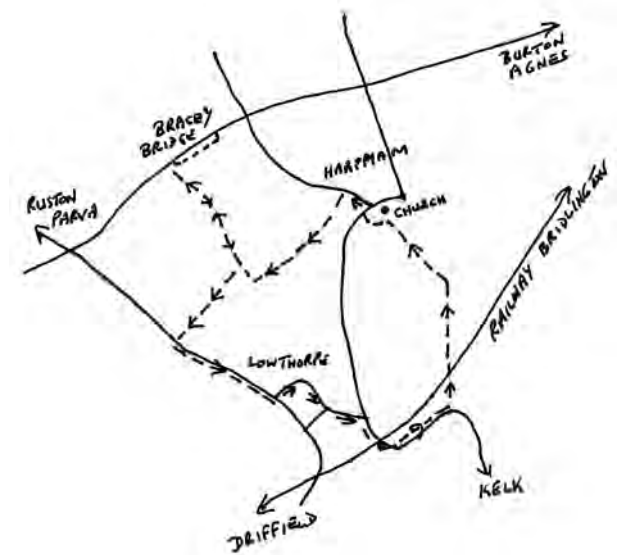
Leave the lay-by via a Kissing Gate adjacent to a metal gate on the south side and follow a farm track for about 300 metres and then locate and pass through a Kissing Gate on the right and continue along a grass track.

On reaching the next Kissing Gate, pass through and turn right

Suppliers of quality bespoke
kitchens, bedrooms & bathrooms

input
of Cottingham
kitchens

30-32 Northgate, Cottingham
Telephone 01482 844114
Fax: 01482 847828
www.inputkitchens.com
sales@inputkitchens.co.uk



(sign posted Lowthorpe Church). Pass through a Kissing Gate next to two metal gates and eventually emerge onto Lowthorpe Road and turn left.

Follow the road into the village of Lowthorpe and shortly after passing a red telephone box turn left and follow the road as it turns sharp left and then bears right, cross over Lowthorpe Bridge and bear right at the next road junction.

Cross the railway crossing and continue along the road as it sweeps to the left. After about 130 metres cross a smaller bridge and then enter the wood on the left and walk parallel with the road with a small stream to the left.

At the end of the wood, emerge on a grass track and turn left and walk along the field headland with the wood to the left. At the end of the wood, cross a stile on the left and cross over the railway line bearing slightly to the right and then cross a second stile and walk ahead with the wood on the left.

On reaching the end of the wood, continue in the same direction for about 120 metres and then locate a way marker sign pointing diagonally across a field on the left and aim for the southern corner of farm buildings. Nearing the farm buildings, bear right and walk towards the church and then skirt round the church grounds keeping them on the right.

On reaching a hedge after the Tennis Courts, turn left and after about 20 metres locate a Metal Kissing Gate on the right, pass through this and turn left and walk with the hedge on the left to reach a gate on the left, pass through this gate and walk down the path to emerge on the road, turn right and then left on reaching the main road.

Pass Sykes Farm on the left and when the road bends to the left, take the farm access road on the left and pass the farm buildings keeping them on the left. Further along cross a bridge spanning Lowthorpe Beck and continue along the track. On reaching the end of the track, pass through a Kissing Gate on the right and walk across the field to pass through another Kissing Gate to join the outward track. Follow this back to the lay-by.





Cottingham High School take first place in Rock Challenge competition held recently in Bridlington

The Humberside Police Rock Challenge senior event took place recently at Bridlington Spa, and seven secondary schools from across the East Riding of Yorkshire took part in the event.

Cottingham High School came in first place with their amazing performance 'Fish out of water' Here's some narrative read by the teams' co-host "

'A Fish out of Water' takes you into the ocean to explore life and a hidden world under the sea. Deep in the blue waters, societal diversity, belonging and exclusion are issues for those living in an ever-changing world of merging cultures. Meet a

range of sea life characters personified to represent 'stereotypes' identifiable in our everyday life."

As a result of their performance Cottingham High School received the following awards and are invited to compete at the Northern Grand Open Rock Challenge Finals at the Grimsby Auditorium in June.

Awards: Overall 1st Place

Andrew Marr International Award of Excellence for Choreography; Police and Crime Commissioner for Humberside Award of Excellence for Performance Skill; Humberside Police Community Safety Unit Award of Excellence for Stage Use; High Sheriffs' and Humberside Tribune Trust Award of Excellence for Concept; Humberside Police Federation Award of Excellence for Drama; Hull and East Riding Charitable Trust Award of Excellence for Soundtrack; KC Award of Excellence for Set Design and Function; ARCO Award of Excellence for Costuming Character; Aunt Bessie's Award of Excellence for Visual Enhancement; Vivergo Fuels Award of Excellence for Video Performance.



15% OFF

WINDOWS, DOORS AND CONSERVATORIES THROUGHOUT MAY!

Amazing discounts on our stylish, secure, energy-efficient home improvements. Contact Yorkshire Windows & Doors Ltd today for a no-obligation quotation or a free brochure.

Simply quote offer code CT3 to claim your discount.

For a limited time only!



Yorkshire Windows & Doors Ltd

Bergen Way, Sutton Fields, Hull, East Yorkshire, HU7 0YQ.

Tel: 01482 589445

www.yorkswindowsanddoors.co.uk



Yorkshire Windows and Doors



This year has gone by quickly. It's already May so let's make the most of the summer and get the garden ready. The bright sunshine of April is promising a good start to the summer months with plenty of sun ahead so it's time to get your garden ready. However, with a new season begins a new series of garden rubbish and mess.

Nowadays we are able to put the plant waste into the brown bin but most of the trays and pots go into the green bin and fill landfills. Many gardeners want to go green (in more ways than one). It is growing more and more important that we care for the environment around us; whether that be by recycling and using sustainable resources or by making our gardens more suitable as a habitat. It can be easy to forget that our local plant and wildlife need too.



Be an Environmentally Friendly Gardener

Here at Coletta & Tyson we have introduced revolutionary new summer bedding called Easyecoplant™. We developed this new bedding to make planting bedding cleaner and more environmentally friendly by getting rid of the polystyrene containers. The containers of our Easyecoplant™ bedding is now 100% recyclable. Made from recycled bottles, the containers can be put straight into your recycling bin when you're done. And there will be no white bits from the polystyrene littering your garden.

Instead of peat, which is excavated and can devastate the local wildlife and eco system, has been replaced with a 100% sustainable source, coir. Made from coconut husks, the coir is better for the environment and better for the

plant as it protects the roots from over saturation making healthier plants. The roots and coir are kept together by biodegradable netting, which protects the roots, and means you won't be coated in mess.

With all this, the new Easyecoplant™ summer bedding will allow you to be an environmentally friendly gardener.

Attract Wildlife with Plants

With the new Easyecoplant™ summer bedding, create a wildlife oasis in your garden to attract bees and butterflies. Adding animal and insect friendly plants to your garden for the summer will bring your garden to life (as well as help out the local wildlife). Pollinators in particular are vital for gardens and countryside yet they are in decline. There are a number of plants you can add to the garden that will provide a haven for pollinators. Things like lavender and forget-me-nots are perfect for bees while geraniums and primroses will bring different varieties of butterfly to the garden.

Plant some native British wildflowers or sow wildflower seeds that can be found in our garden centre. They are great for pollinators and look beautiful in borders. Avoiding the use of insecticides in the garden will encourage birds who can then act as your own personal pest control. Add a bird feeder or a few fat balls to encourage sparrows and robins to come to your garden, they will soon feast on those pesky bugs.

Make a Wildlife Habitat

Making a wildlife habitat can be easy. Buy a birdhouse or a bee hotel to you garden, out of the way from cats and dogs. They come in a variety of sizes and shapes. You can even add a little birdhouse that looks like a cottage. Alternatively grow low spreading shrubs or let your hedges grow out so birds and hedgehogs can keep hidden and nest.

10 Jobs for this month

1. Prune early spring flowering shrubs now that blossoms have finished.
2. Plant up summer bedding and fill hanging baskets.
3. Begin growing your own vegetables. A growbag is a beneficial start for your vegetables.
4. Keep on top of weeds and regularly hoe bare soil.
5. Cut evergreen hedges – but check for nesting birds and animals first.
6. Tie shoots of climbing plants like clematis to supports.
7. Plant container grown roses and shrubs.
8. Start slug-proofing your plants with cloche or try traditional methods of crushed eggshells or coffee grounds.
9. Plant and grow your own herbs ready for summer. Great for the bees and great for the kitchen.
10. Spread shredded bark mulches around shrubs and trees to keep the soil moist for the roots.



WILLERBY FENCING

Proprietor: Mike Featherstone

We undertake all fencing jobs - At Competitive Prices
Decking Installation and Repairs
Ask for a Quotation

Tel: 01482 651962

www.spinney10.karoo.net



If you have room, building your own pond is an excellent way to help the local wildlife. A water source could invite frogs, toads, newts, and maybe even a heron. Adding pond lilies that bloom in the summer will make it a beauty spot as well as a wildlife home. Even a tree if your garden is big enough will help nesting birds and add a place to hang a wildlife house or feeder.

Adding a few logs to the bottom of the garden can also be beneficial if you don't fancy the idea of a tree or pond in your garden. It is a lost cost way to help your local wildlife.

Plant of the Month.

May's Plant of the Month is lavender. Lavender is a popular plant because of its evergreen, aromatic foliage and its undemanding nature. It is draught tolerant and a fairly hardy plant to the elements. In the summer, lavender blossoms with beautiful purple flowers sending out wafts of scent as you brush it. These flowers can be dried so you can enjoy the scent of your lavender throughout the year.

Lavender looks wonderful in your garden all year round and will mix well with seasonal bedding plants. It is great for pollinators in the summer, which in turn is good for the garden and the environment.

They are best planted in May as the soil is heating up and is ideally placed in alkaline or chalky soils. In heavier soils like clay lavender doesn't grow so well, however adding gravel and organic matter to the soil will help with drainage and make the plant thrive.



Support the advertisers who appear within the Cottingham Times

**Cottingham
Open Gardens**
22nd June 2014
In aid of Dove House Hospice
Anyone interested in taking part in this event and opening their garden to the public in June 2014 please contact Jim on 01482 875129

dovehouse hospice

NEWSTAR SECTIONAL BUILDINGS

Est. Over 40 years
OPEN 7 DAYS A WEEK
Open Sundays
11.00 am - 3.00 pm

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



**Discounts
on selected
ranges**

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

TEL: 01482 444256

sales@newstarbuildings.karoo.co.uk
www.newstargardenbuildings.co.uk

kitchensolutions
Replacement kitchen door and worktop specialists

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

Transform your kitchen at affordable prices
Free, no obligation Quote call today 01482 841551



Your Stars for May 2014

By Kay Gower

Aries (Mar. 21- April 20)

Although you might not believe it, all the bad deals, rotten events and difficult relationships of the past weren't for nothing. This month, or perhaps early next, you'll do something useful with all that you've learned.

Taurus (Apr. 21- May 21)

As the sign of the bull, you know that those who take life by the horns put themselves in a dangerous position. Forcing an issue this month could very well backfire.

People respond best to those who lead with enticements.

Gemini (May 22-June 21)

Sometimes we are all more sensitive than usual to the ridiculousness of this world. Instead of forcing yourself to tolerate it – take a step back. If you can, it would be a good idea to take some time out this month.

Cancer (June 22-July 22)

Don't dwell on past mistakes, they happened, they're over. Instead, dwell on the positive future you are creating. Believe in yourself and what you can do. Life will eventually lead you to happiness and laughter.

Leo (July 23-Aug 22)

What you need this month isn't complicated or expensive. It's not a grand life event or even a sweeping gesture. What will help you this month is as simple as ... laughter. May, brings change. Let it in with a smile, it's going to be good.

Virgo (Aug 22 – Sept. 23)

When the body says it wants to rest, then no matter what else is on the schedule-rest. This could mean leaving the party early when the going is good instead of giving in to friends who want to carry on.

Libra (Sept. 24 -Oct. 23)

I was recently in East Park watching a peacock prance about, he fanned out his feathers and it made this small bird look massive. When he saw that I was quietly watching him, he ran off! It made me think that sometimes a confident act can be hiding a fear. If you encounter a posturing individual this month, that might be worth remembering.

Scorpio (Oct. 24 - Nov. 22)

It's about time you had an imaginary conversation with that wise version of yourself who sits inside the tiny cave of your heart. It will do you good to be completely honest about your feelings.

Sagittarius (Nov. 23 -Dec. 21)

This month a door opens and you walk right in. The stars bring a wealth of promising offers. Your only real problem is deciding which to accept and which to turn down.

Capricorn (Dec 22.- Jan. 20)

If one door has closed, don't just sit and stare at it - look around for another way in . With just a little persistence, you will eventually get everything you want.

Aquarius (Jan. 21.- Feb. 19)

Experience teaches us to make good choices. The problem is that you only get the experience by making bad choices. So this month you can't go wrong, unless you make no choice at all.

Pisces (Feb. 20-Mar. 20)

This summer you'll return to a place where you used to live and perhaps when you look back you'll see once and for all that for better or worse, it couldn't have happened any other way.

Mobile Nail Technician
Sarah Hannam
07786 078630
Full set of Acrylics from £25
 Manicures & Pedicures from £10
 Wide range of Gel Polishes,
 Refills & Overlays,
 Swarovski Crystal toes,
 Hopi Ear Candling and more.



At Home TV and DIY Services

(Pete Hall, formerly of Spectrum (Cottingham))

- TV, DVD Recorder Set Up • Tuning/Tuition • Wall Mounting • Low Rates
- **FREE** Advice • **FREE** Quotes • Friendly/Reliable • Small DIY Jobs
- Furniture Assembled • Blinds, Poles Fitted • Shelves/Pictures
- All Work Guaranteed • Call Anytime • 25 Years Experience

SMALL JOBS? NO PROBS!
 8 Kent Road, Cottingham, East Yorkshire
Tel: 01482 848477 or 07812 813804
 ★ Please keep this safe ★



Finkles Boutique
 Colla Court, Cottingham
Fashion at affordable prices
Spring Stock Now Arriving
 Excellent selection of accessories available
 "Forget the Town, Come on Down to Finkles"

KING STREET
FINKLES
COTTA COURT
HALLGATE
WE ARE HERE
FINKLE STREET



The Dante Alighieri Society

Thursday 15th May - 7.30 pm at the Graduate School, University of Hull, Cottingham Road. a talk by Rachel Haworth of the University of Hull on the Italian songwriter Fabrizio de Andre. The Society is an International Socio/Cultural organisation for lovers of Italian Language and Culture.

The Inland Waterways Association

Friday 16th May - The Humber Yawl Club by John Chaney. 8.00 pm to 10.00 pm in the Cottingham Methodist Church Hall, £2.00 including refreshments.

North Ferriby Gardening Club

Saturday 17th May - Annual Plant Sale in the Village Hall, 10.00 am to 12 noon. Schedules for the show in July will be available,

Friends of Thwaite Gardens

Sunday 18th May - Open Day 11 am - 4 pm. Entry £2 (children free) (free entry for members on production of membership card). Refreshments available and plants for sale).

East Riding Flower Club

Monday 19th May - In the morning, flower arranging for members only. At 2.00 pm Mr. Tony Cleaver from York with talk and slides called "Some Yorkshire Gardens". Visitors welcome in the afternoon, in the Civic Hall, Cottingham. Admission £3.00 (at the door). Enquiries 876279 Judith Robinson.

North Ferriby Gardening Club

Monday 19th May - English Florists Tulips - Jane Green-North Ferriby, 7.30 pm in the North Ferriby Village Hall..

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

Tuesday 20th May - Broches - Jean Ellis/Elaine Julian. Meetings are held at the Endsleigh College Centre, Beverley Road, Hull. Meeting start at 7.15 pm on Tuesday evenings. New members and visitors are always welcome. Free Parking. Further details from Brenda Tennyson on 01482 708525.

Cottingham Evening Townswomen's Guild

Wednesday 21st May - The Woman Who Didn't Exist - Clive and Kath Richardson, at 7.30 pm in the Darby & Joan, Finkle Street.

Cottingham Ladies' Circle

Wednesday 21st May - Day Outing to Lincoln

Skidby & Little Weighton Methodist Church

Friday 23rd May Family Film Time 3-30 pm for 4 o'clock. Admission free, Children should be accompanied by an adult. Sweets and drinks on sale. All welcome.

Wednesday Social Club

Wednesday 28th May - Speaker: Linda Mills - Gift Wrapping, in the Darby & Joan Hall, at 2.00 pm.

Cottingham Churches Pupil Worker Trust

Wednesday May 28th - The venue for our monthly supper quizzes, is the King Billy Pub Hallgate. 8.00 pm start, £6 entrance, great food, prize raffle, good company. Contact: Keith Gibson on 842597 or email: gibo1@supanet.com for additional information.

Continued on page 36

I would love a
ROSES
Kitchen

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

Holiday Accommodation



Country Cottage Holidays

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

For brochure please ring
Telephone: 01969 667654
www.countrycottageholidays.co.uk



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

Sudoku Answer from page 12

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



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

Hello and welcome once again fellow anglers to this month's fishing news. Today's date is 21st April. I hope you are all ok and enjoying this sunny, yes that's right I said SUNNY weather! Hurray. If this lovely weather continues make sure you keep your factor 15 sun tan lotion and an insect repellent in your fishing bag throughout the season.

The new season has started at last. If you have not been fishing all winter then I suggest you go to a fishery that is like Hook a Duck (a venue which is heavily stocked with fish to be caught, you cannot go wrong). Where are they I hear you ask? I have a couple of venues in mind for your first session. My first option is Halsham Ponds. This venue is situated on the road from Burstwick to Witherenssea, and for those with a sat nav the post code is: HU12 ODG. There are three heavily stocked ponds here. The main species are Rudd, Chub, Tench and Carp which can weigh over 20lb! It is a family run business and great for kids as well as advanced anglers. If you wish to check this venue out on a weekend give Penny a call on 01964670481 to make sure it is not matched up. Show some support for this venue this season plus just to mention that they also donate all three ponds to our annual charity match to raise monies for cancer research and oncology at Castle Hill Hospital.

My second venue to check out is known by all as Ray Fosters, but its full title is Mill Farm Fishery. This venue is situated 500yds off the Leven roundabout heading in to Leven on the right hand side just past the large white gate. Drive down the side of the fields towards the trees in front of you. This is a four acre lake, absolutely stuffed with Rudd, Roach, Skimmers and proper Bream. There are loads of large bonus fish to be had as well such as Carp weighing up to 30lb+, Bream to 14lb+ and Tench to 10lb+. Feeder tactics with maggots and ground bait will be great for Skimmers all day long, and maggot fed very often in small amounts will bring the Rudd up to within a few inches from the surface. Some of these run to over a pound in weight each. A lot of fun can be had here. Plus if the day ticket has not gone up it is only £3 per day ticket. Amazing.

Seeing as it is the match season once again I will try and ease any disappointment by giving you some telephone numbers to enable you to all check out as to whether or not a particular venue you wish to fish is fully booked with matches or not.

Sam Hosticks: HU17 0RT – 07836712475

Risby Park: HU17 8SS – 07860255981

Barmston: HU17 0TP – 01482863566

Northmoor Lane: HU16 4JN – 01482844168

Corrie (Pine Bank): HU19 ZQP – 01964612843

Foss Hill: 01964 544357

Lambwath: 01964 527740

Newbridge: 07817058054

Rainbow: 07867918976

Pastures: 01964 670489

Raker: 01904448793

Rush Lyvars: 07582248037

Tansterne: 07743067781

Wansford: 07887662796

That is just a few to keep you going this season, you may not know this but most of the above venues have more than one lake to fish. This is a bit like asking you all to support your local shops, please support your local fisheries. They are after all managed for your enjoyment. I know I have on many occasions said this before but please take all your litter home, yes all your litter! Thank you.

As the new season is now upon us, it is now the time that we have arriving daily new tackle and baits. We have some great offers in store. I have eleven ground baits, eight different types of feed pellets and three different size expanders all for just £2.00 per bag or three bags for £5.00. That is just one of the many good offers we have this season.

All of us from Catchmoore fishing Tackle & Guns hope you all have a great fishing season this year.

From me Chris and the Catchmoore crew we wish you all "tight lines" until next month. Take care and I will see you all soon.

CATCHMOORE FISHING TACKLE

Everything for your fishing needs

259 Greenwood Avenue

Hull HU6 9QA

Tel: 01482 803260





Willerby Methodist Drama Group present a cheque for £1,750 to the Teenage Cancer Trust appeal

Willerby Methodist Drama Group held their Bi-annual pantomime in January 2014 which this year was Sleeping Beauty.

Approximately 1200 people attended the eight performances. Money raised from the pantomime totalled £4050 which included a £250 Community Grant from the Nat West Bank.

The photograph shows Stuart Hickson (Producer) and members of the cast presenting a cheque for £1750 to Suzanne Brown representing the Teenage Cancer Trust at Castle Hill Hospital. This money will be used by the trust for their work at Castle Hill.

£1500 was also given to the Willerby Methodist Church. The Drama group is based at the Willerby Methodist Church and produce two plays a year.

Should anyone be interested in joining the group to help in any way, either on stage or behind the scenes then please contact Stuart Hickson on 654719 for further details.

A local family run business with **25** years experience: 11 years on Chants Ave



www.chrisleecarpets.com



10% OFF SELECTED CARPETS

WITH THIS ADVERT

37 Chanterlands Ave

(Opposite Dundee Chippy)

Tel

494313

BEST QUALITY • BEST SERVICE • BEST PRICE

Graham Porter - Caring Dentistry

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

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



Graham Porter
BDS

Caring Family Dentistry



Stuart Graham
BDS, MMedSci (Dental Implantology)

Routine and Complex Dentistry

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

t. 01482 841146

Free Legal Advice Clinics

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

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

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

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

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

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

Andrew Jackson
Solicitors

Do you need advice on

Wills? Family Issues?

Powers of Attorney? **Probate?**

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

Wednesday 21 May 2014
Wednesday 18 June 2014

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

Thursday 29 May 2014

FREE INITIAL CONSULTATION

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

01482 325242

Marina Court Castle Street Hull HU1 1TJ

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

Hallgate Schools - continued

by Peter Railton (Author and Local Historian)

The Year is 1946.

A new film projector was used for the first time on the 11th of January - a one hour travel and nature film was to be shown in the boys' hall each Friday afternoon after lunch; these films were very popular and eagerly looked forward to.

Mr. Arnett inspected the registers and stock on the 15th of April; this was to be his last inspection as the correspondent to the managers, the Rev. Hebron of St. Mary's Church succeeded him, but he was never to become as involved with the schools as his predecessors. Mr. G. W. Clarke returned to school after his war time service in the army since 1940. He was to teach spells of history, geography and literature in the four senior classes and became increasingly responsible for sports; free periods for marking were arranged for all teachers - the secondary school organisation was happening in the senior departments of the primary schools now.

Twenty two boys were successful in scholarship exams that year, thanks mainly as usual to Miss. Brown - surnames were - Mitchell, Tranmer, Davis, Tennyson, Symon, Harlow, Work, Russell, Askam, Lamb, Pybus, Charity, Grant, Minors, George, Marton, Riley, Griffin, Rufford, Mathison, Brarne, Nichols. In addition, Peter Watson, Brian Towle, Geoffrey Grey, Jack Carlisle, James Foster, Trevor Williamson and John Wilson (all in my class) won places at Hull Technical School building section.

The Holderness District Sports were once again held after the war years at Cottingham on the 4th of July and the school won the Senior Trophy with a score of 631/2 points, and on the 30th of the month a Victory Cup was presented to the Nelson House (blue team) by Mr. Frank Brunton representing the local Auxiliary fire Service. Incidentally, Mr. Brunton was the manager for many years of Edwin Hatfield butchers shop in King Street where the 'Costa Coffee' shop is now.

On the 31st of July Mr Wright was presented with an electric fire on the occasion of his forthcoming marriage. Several of us senior boys attended the wedding in the Zion Reformed Church in Hallgate to wish him well; sadly, a few of us attended his funeral many years later.

During the summer holidays the school was broken into and drawers in the headmaster's desk were forced open, also a cupboard in the staff-room. The boys log-book bears the scars today - several pages partly torn in the forcing open of the drawers and presumably getting trapped. Some of the senior boys went 'potato picking' in the October half term holiday and I left school aged 14 years and one month. Terry Johnson, later to become & chiroprapist in Cottingham, left at the same time.

I must pay tribute to Mr. Wright; I suddenly liked school when I got into his class, his patience improved my maths and his teaching of history and literature was inspirational - a whole new world was opened up to me, he could 'put flesh on the bones' of the dry text books of the day and fired an interest and imagination which has survived all these years. A Friday afternoon treat after playtime was his reading us stories - the 'Three Men In A Boat' by Jerome. K. Jerome had us, and him, laughing until tears ran down our faces - and he could even make Shakespeare interesting. However, he could little to improve my singing - my friend Malcolm and I were usually dismissed by him from singing practice in the hall and, told to "go back to the classroom and do something useful" - this generally consisted of having a quick look at the 'Dandy' and 'Beano' comics kept in the cupboard for Wet play times. When I went to Hallgate on teaching practice in 1967 he introduced me in the staff-room as one of his 'old boys' - and forgave me for reading comics during our aborted hymn singing lessons in the past.

Support the advertisers who appear within the Cottingham Times



In the girls' department, the staff organisation was - Mrs. Wigglesworth in class 1, Mrs. Tether cl.2, Mrs. Evans cl.3, Miss Buttery cl.4; and in the seniors, Miss Obridge senior 1, Miss Wright sen. 2, Mrs. Davidson sen. 3. Bad weather and 'flu severely affected attendances: on the 1st of February the attendance was 66% and Mrs. Evans and Mrs Wigglesworth were absent with the 'flu. The department was also broken into, as was to happen in the boys' department later; this was on both the 14th and 15th of March. All departments had been closed for the two days due to supplies of coke for the boilers running out and thieves must have spotted the opportunity. Entry had been via a flat roof, thence through the staffroom windows and cupboards and drawers forced open.

In April the netball team were able to play in competitions once more and had several successful games, beating Sidmouth Street 10-8, and again 15-10, and drew 10-10 with 5th Avenue, Hull teams, and beat Welton School 11-10.

Miss Stickney went to Leeds to choose a new piano, which duly arrived in May in time to prove its worth in connection with practices for the choirs taking part in Hull Music Festival; three classes took part in the competitions but the results are not recorded in the log book. Senior class 3 went to the Hull Daily Mail building on the 22nd of May and saw the complete cycle of production of a newspaper. The same class visited the Premier Soap Works the following week to see soap being made and prepared for distribution to the shops, and later in the month they visited A. Brown and Son, to see the work there in connection with the production of books etc. for schools.

Several girls were successful in exams for high schools that year - Barbara Hirst, Audrey Hildred, Shirley Kilham, Norma Shaw, Hazel Scott, Hilary Humble, Maureen Griffin, Susan Bishop; plus Kathleen Winn and Esme Pavis who were accidentally omitted from the log book the previous year. During June, two Cottingham girls represented East Yorkshire in the All Yorkshire Sports held at Leeds University - Margaret Clark and Dorothy Duffill. Margaret was chosen to represent Yorkshire at Eton on the 20th of July, competing in the long jump and finishing 5th out of 27 competitors - a very creditable performance in the All England Sports Tournament.

The Holderness Schools Sports were held on the 4th of July on the Ellermam ground in Woods Lane and the school closed for half day; the following Wednesday afternoon brought the East Riding Schools Sports and eight girls represented the school and all were successful. More sports successes followed - the Intermediate Netball team came second in the Hull and District league and the first team won Hull and East Riding Cup, very commendable results by Hallgate girls who had showed their prowess once again when schools sports were resumed after the interruption of the war years.

After the summer holidays, 244 girls were on the role, Mrs. Johnson joined the staff, Mrs. Wigglesworth retired after 30 years at the school, and Audrey Burrell began work as a junior clerk, all reflecting the continuing story of the school.

Photograph above: Girls taking part in the Holderness Schools Sports.

Support the advertisers who appear within the Cottingham Times

The Inglemire

Charity Night - Burlesque & Full Monty
Friday 9th May

HDM Star Search 28th May



The Lady Misfits
Burlesque Show
30th May - 8.30 til late

Every Hull City Game Shown

Function Room available
for Birthdays, Weddings, Funeral Wakes
and for all other occasions

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

Tel: Dale 07960 167535
or Ian 07753 636110

589 Inglemire Lane

EVERY THURSDAY



Cottingham Market

Do All Your Shopping in
Our Friendly Environment

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

THE GREEN, COTTINGHAM



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

www.instinctivehorsetraining.co.uk

Applying new Ideas to age old problems

In all of my 30 years of trading, and with all the accumulated experience of training and retraining so very many horses, it's great when you can start tentative steps applying new ideas to age old problems.

When I attended the 1st International Animal Trainers conference at Twycross Zoo last year, I had my first real insight into how Zoo animals are trained to be able to cooperate with veterinary examinations and treatments. They are given training to provide enrichment in their daily lives just for their fun, which they actively enjoy and gain from enormously. I learned the basics of how to train any animal from Chimps to Dolphins in shaping behaviours, counter-conditioning learned behaviours and enrichment in training.....all in protected contact (as in the trainers are not inside the enclosures at all) Motivation through Positive Reinforcement (+R) instead of traditionally held ideas in corrective or pressure release.

Since Twycross I have been actively learning, as much as time allows, the very real science behind animal learning and have made some very strong friendships along the way. Like minded people are willing to share knowledge and encourage a "newby" like me to be able to really start to both understand and use these methods in my daily work to help improve the lives of the training horses and their owners which come my way.

These methods are based on Clicker Training where the trainer can create a very real "bridge" between an animal performing a wanted behaviour or expressing a valuable and highly sort after emotion(like relaxation) to a positive reinforcement of something the animal really wants or likes. This is a stunning way to be able to actively create a very real communication with the animal becoming highly motivated to enter into a training session on positive learning with positive results.



So far I have loaded formerly un-loadable horses in to trailers leaving the owners so inspired with the happy willingness of their animal they will carry on using this technique.

I have forged great bonds with formerly extremely aggressive, defensive horses where the horses are now offering calm behaviour and willingness to work.....with no fight or anxiousness....the exact opposite in fact.

Several horses who would not allow their feet to be handled are now happily standing for the Farrier to trim and allowing my staff to be safe round them whilst working with them. It literally takes the fear away and positively reinforces all the right behaviours...which will then be offered again and repeated.

By creating a solid history of good memories and feelings they then spill over into all areas of their training. It allows them to let go of fears, anger, and resentment and replaces it with a mindset/brain which is on side for training.

Everyone likes to be positively motivated in life.....just think what a well timed "Thank you" or "well done" can do for your personal confidence and how it then influences you in your opinion of that person and your motivation to help them willingly again. It gets better when alcohol, chocolate or volunteered money is also offered.....great reinforcements and great motivators too!

I am enjoying using these methods and am enjoying training the owners/staff and people around me in these structured formats....enjoyment is also a fabulous motivator....it beats force all the way!

I took my pony Toby down to Horseman's Calling (a big televised 2 day Horse Training event down in Leighton Buzzard) last week to use him to demonstrate these ideas to audiences there. It was very well received and Toby was amazing. In its own right it proved how such a traumatized pony can change so much and even wow an audience as "To the Manor born! He performed all sorts of behaviours.....not tricks though some are becoming his party pieces!.....at liberty. Not once held or forced in any way. Bless him!

Look out for this event to be on Horse and Country TV in due course. He will be one of many of course but in my opinion he was the best. No bias one understands!



We are the Hedgehog Champions!

Charity neighbourhood watch scheme to help save hedgehogs surpasses 30,000 volunteers

Wildlife campaign Hedgehog Street is celebrating its third anniversary by reaching a landmark figure of 30,000 volunteers, at a time when hedgehogs need more help than ever. The initiative, set up by People's Trust for Endangered Species (PTES) and the British Hedgehog Preservation Society (BHPS), aims to empower whole communities, encouraged by volunteer 'Hedgehog Champions', to take small steps to improve their neighbourhood for hedgehogs and create a giant patchwork of hedgehog-friendly areas across Britain.

PTES conducts several citizen science surveys each year calling upon volunteers to monitor animal species in their backyard environments. The recent results of their 2013 Living with Mammals survey revealed hedgehog records continued a downward trend with the figure of reported sightings being the second lowest since the survey started in 2002.

Why are hedgehog numbers plummeting in the UK?

One of the reasons for the decline in UK hedgehog numbers in urban and suburban areas is the move towards tidy, sterile gardens which inhibits feeding, nesting and mating opportunities. Gardens paved over for parking or with increasing amounts of concrete reduce the availability of food and suitable nesting sites, and enclosed spaces with impenetrable fences and walls make it difficult for hedgehogs to forage and search for mates.

How can you help?

The Hedgehog Street campaign encourages people to create access routes for hedgehogs in their backyards. Henry Johnson, PTES Hedgehog Officer says, "Hedgehogs typically travel about a mile each night in order to gather food and search for a mate. A simple step that volunteers can take when they become a hedgehog champion is to link gardens in their neighbourhood by making a small hole in shared boundaries. A hole that is 13cm² in size at ground level will be big enough for a hedgehog to pass through and will enable them to search a wider area to find food and mates."

BHPS and PTES launched Hedgehog Street in 2011 with a mere 16 volunteers working to recruit friends, family and neighbours to undertake simple conservation tasks in the green spaces on their doorsteps to create hedgehog-friendly environments. Now, over 30,000 'Hedgehog Champions' across the UK have registered to aid the ongoing campaign, but more help is needed to make a difference.

Fay Vass, CEO of BHPS says, "It is fantastic to have hit 30,000 Champions and have so many volunteers who care about hedgehogs. If every one of our champions could recruit a friend or a neighbour who could put a small hedgehog hole in their fence, then hedgehog pathways could start to open up all across the country which will really benefit them."

To become a Hedgehog Champion and continue the fight to save Britain's hedgehogs visit www.hedgehogstreet.org

Support the advertisers who appear within the Cottingham Times



East Yorkshire Holidays

The Travel Shak 939 Spring Bank West Hull HU5 5BE

All our Holidays include: Travel By Luxury Coach, Local and Door to Door Pick Up's, Quality Hotel Accommodation, D.B.B. Choice of Menu, We use Best Western Hotels

 Hotels with personality

FOR DETAILS ON OUR HOLIDAYS CONTACT ONE OF THE TEAM
For the Personal Touch 01482 353331
LOOK AT THESE FANTASTIC HOLIDAYS & SHORT BREAKS WE HAVE TO OFFER

| | | |
|---|--|---------|
| Sat 24th May | An Exclusive Bank Holiday 3 Day Mystery Special | £175.00 |
| Sun 25th May | Malton Loves Food Festival & Scarborough Day Trip | £19.00 |
| Mon 2nd June | The Isle of Wight Sandown 5 Days Away | £255.00 |
| Sat 7th June | A visit to The National Stud Farm Newmarket & Cambridge Inc: Entrance to the stud farm & Lunch, Sunday Boat Trip. 2 Days | £139.00 |
| Mon 9th June | The Heart of Scotland & Beautiful Perthshire 5 Days Away | £329.00 |
| Sat 14th June | City of Durham Hartlepool & Whitby 2 Days Away | £79.00 |
| Mon 16th June | The Welsh Explorer Llanelli 5 Days Away | £329.00 |
| Fri 21st June | Yarmouth and Norfolk Broades 5 Days Away | £249.00 |
| Sun 23rd June | Yorkshire Lavender and Scarborough Inc: Sunday Lunch | £28.00 |
| Sat 28th June | Holmfirth Vineyard and Cream Tea Canal Cruise 2 Days Away | |
| | Inc: Entrance to the Vineyard Wine Tasting & Canal Cruise | £95.00 |
| Mon 30th June | Devon Delights Torquay 5 Days Away | £259.00 |
| Mon 7th July | Loch Lomond & The Trossachs 5 Days Away | £325.00 |
| Sat 12th July | Mystery Weekend 2 Days Away | £79.00 |
| Mon 14th July | The Scenic South Coast Eastbourne 5 Days Away | £289.00 |
| Mon 21st July | The Isle of Wight Sandown 5 Days Away | £259.00 |
| Sat 26th July | Legoland & Windsor | £139.00 |
| Mon 28th July | Shropshire & the Welsh Borders 5 Days Away | £295.00 |
| Sat 2nd August | Mystery Weekend 2 Days Away | £79.00 |
| Mon 4th August | Ayrshire Coast & Isle of Ayr 5 Days Away | £335.00 |
| Mon 11th August | Blackpool & the Lakes 5 Days Away | £299.00 |
| Sat 16th August | Holmfirth Vineyard and Cream Tea Canal Cruise 2 Days Away | |
| | Inc: Entrance to the Vineyard Wine Tasting & Canal Cruise | £95.00 |
| Mon 18th August | Aberavon & The Vale of Neath 5 Days Away | £339.00 |
| Sat 23rd August | Bank Holiday Classic 3 Days Away Price includes the entrance to various attractions that we visit on this special weekend away | £189.00 |
| Sun 24th August | *THE ISLE OF MAN 5 Days Away to Explore the Diverse culture and fascinating heritage the Island has to offer, Two day Excursions, Our Hotel is The Best Western Palace Hotel in Douglas the Islands Capital 4 Nights D.B.B With Choice of Menu.* Our Star Holiday* | £365.00 |
| Mon 25th August | Devon Delights Torquay 5 Days Away | £279.00 |
| Fri 5th Sept | The Highland Games at Brearar Scotland 4 Days Away | |
| | Inc: Entrance to the Games & Whiskey Distillery Tour & Tasting | £289.00 |
| Sat 13th Sept | Harrogate Autumn Flower Show & Skipton Market 2 Days Away to | |
| | Inc: Entrance to the Flower show. D.B.B. BW Cedar Court Hotel | £89.00 |
| Mon 15th Sept | The Lincolnshire Poacher Tour 5 Days Away | £279.00 |
| Fri 19th Sep Fri 3rd Oct & Fri 31st Oct | Blackpool Illuminations 3 Days Away to Britain's Capital of Entertainment, to view the biggest free lighting show on Earth. Staying in the Chequers Plaza Hotel 2 Night's D.B.B. A Fantastic Weekend Break | £99.00 |
| Sat 20th Sept | The City of Durham Hartlepool & Whitby 2 Days Away | £79.00 |
| Sat 27th Sept | Coronation Street The Tour Weekend Away & canal cruise | £119.00 |
| Mon 29th Sept | JERSEY The Mayfair Hotel 6 Days Away 7 Nights D.B.B. | £489.00 |
| Mon 17th Nov | The Beautiful Island of JERSEY Full board tour 5 Days Away | £375.00 |
| Tues 23rd Dec Sun 28th Dec | CHRISTMAS & NEW YEAR in JERSEY Both 8 Day Tours Staying in The Mayfair Hotel 10 Holiday Christmas Full Board. New Year D.B.B. | P.O.A. |

NEW FOR NOVEMBER

Thursford Christmas Spectacular and
The Knitting & Stitching Show
Cruise & Maritime Cruises for 2014 and 2015 available
Contact our office for details
WE OFFER DISCOUNTS FOR PRIVATE GROUPS
We will come to meet you at your convenience
to discuss all your travel requirements.
(Relaxed Lifestyle Travel)
For The Personal Touch
East Yorkshire Holidays - Tel. 01482 353331

www.hullphilharmonic.org



Hull Philharmonic Orchestra

Saturday 10 May 2014 – Hull City Hall 7.30pm

Mussorgsky Night on a Bare Mountain

Shostakovich Symphony No.9 in E flat

Rachmaninov Piano Concerto No.3

Conductor

Andrew Penny

Piano soloist

Alessandro Taverna

Tickets/£7 – £25

Box office on:

01482 300300

Online at:

www.hullcc.gov.uk/hullcityhall

Pre concert
talk at 6.30pm
for ticket
holders

Cottingham Memorial Club

Quiz Night every 2nd and 4th Thursday of the Month from 8.30 pm.

Saturday 31st May - Founders Day and Artists night from 8.00 pm.

Skidby Village Hall -

Skidby's Annual Art Exhibition and Sale

Saturday 31st May and Sunday 1st June. Skidby Village Hall (HU16 5TG) will again be hosting an Art Exhibition over the weekend of 31st May/1st June (10am to 5pm). This popular exhibition features an interesting range of work by talented local artists. Every exhibitor will have some paintings which can be purchased. Admission is £1 per person with accompanied Primary School children admitted free. Refreshments will be available throughout the weekend. Artists who wish to exhibit should contact (01482 847525) or visit our website at www.skidbyvillagehall.btik.com for further details. We look forward to welcoming you to a traditional village Art Exhibition and feel sure you will enjoy the experience!

The deadline for entries in the "What's On" section, for the June edition is the 19th May.

Official Press Release from Bellway Homes

On Thursday 15th May there will be a Public exhibition by Bellway Homes for proposed residential development at Twinacre Nurseries, Castle Road, Cottingham. Drop-in at Darby & Joan Hall, Cottingham anytime between 4pm and 7.30pm.

We've Gone Mad!

Save Money on your gas bills with a brand new, energy efficient

"A" Rated Boiler From as little as

£16.50 per month

- 10 year warranty
- Up to 10 years finance available*
- No deposit
- APR 11.88%

CALL US TODAY:
TEL 01482 875897

Classical Gas, 60 New Village Road, Cottingham, East Yorks. HU16 4NE - Web: classicalgas.co.uk

classical
gas



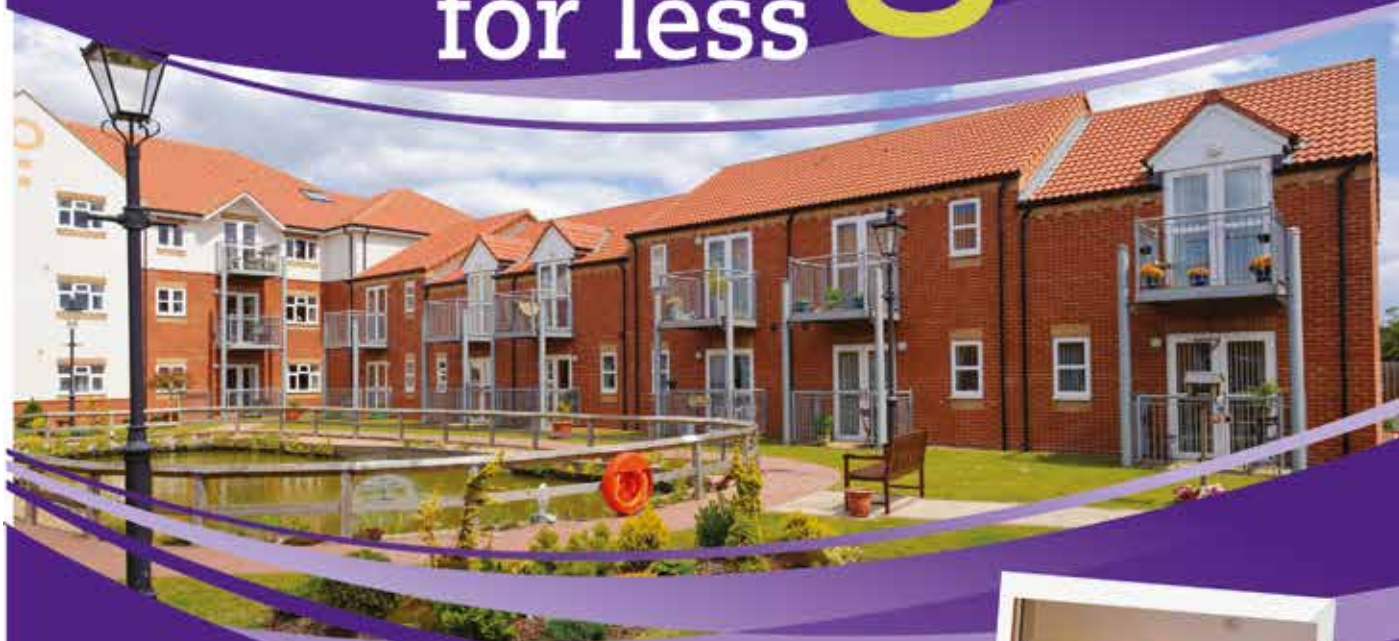
*Subject to status - Example: Installation cost £1182 – 120 payments of £16.48. Interest 11.88% - total amount repayable £1977.60

Luxury Living for less

FROM AS LITTLE AS

£70,000

ON SHARED OWNERSHIP



- ✓ A range of property styles, fantastic Country Club facilities and stress free living.
- ✓ Whatever your budget, we can tailor a financial package to meet your needs.
- ✓ Our shared ownership options make purchasing a new property here affordable and easy.
- ✓ FREE home visit, FREE assisted move, FREE Country Club membership.



**HOLDERNESS GRANGE
LIFESTYLE VILLAGE**

**Drapers Lane, Hedon,
East Yorkshire HU12 8FJ**

**Call today for a friendly chat
with Maria, Jane or Helen**

01482 896980

www.holdernessgrange.co.uk

Terms and conditions apply.

Moving Abroad?

A monthly column by Nick Russell

Well it's now been 2 years since we first moved out to Spain from Cottingham and time seems to have flown by. When we visited Cottingham at the end of last month a couple of friends asked me if we, as a family, regretted making the move and with hindsight, would we have done anything differently. The answer to the first part is easy. No, we have never regretted making the move out here, with the exception of leaving our daughter and her family, and the lifestyle out here is better than we expected but would we have done some things differently then the honest answer is yes. So I thought as this is our two year anniversary I would share with you the things we did, and what we would have done differently, and maybe if you have ever thought of moving abroad, they may help.

KNOW WHAT SIZE OF PROPERTY YOU ARE LOOKING FOR

We had this one covered from the start. As there was going to be 6 of us moving out and we wanted extra capacity to run a holiday rental and have friends stay so 6 beds was a minimum requirement. We also wanted the scope to make it bigger and have a self contained rental holiday residence. There were other factors such as a pool and garden so our search was quite specific. Do as many searches as you can on the internet but we found the best site for Spain was Kyero.com which most estate agents list their properties on.

KNOW THE AREA YOU WANT TO LIVE IN.

I know it sounds daft that people move abroad and pick property in an area and sometimes a country that they have never been to but they do. In our case we knew the area (Andalucia) reasonably well but mainly on the coast and from that decided we wanted to live inland so for a couple of years we visited property within our preferred area. If you are not sure, try and spend some time in different locations in the area and get a feel for them. Remember to check schools, hospitals, ease of access, public transport, shops and restaurants as you would if you were buying in the UK.

GET A GOOD ESTATE AGENT

This is a hard one. How do you know if they are good or not. We found the best way was to tell them what you want and why and, most importantly, what your budget is and ask them what they have on their books. A few we found just took details and then sent information that didn't match what we wanted and others matched our criteria much more closely and they were the ones, eventually, we used to show us around the properties. It is also useful if they can speak English. The estate agent we ended up using helped us out every step of the way and, even after we had completed, sorted all sorts of problems out for us before we finally moved out. Even now, 2 years later, we still keep in touch via e mail and phone.

GET A GOOD LAWYER

As with the need for a good estate agent, the need for a good lawyer who speaks English is a must. I asked the estate agent to recommend one and they suggested one who many of their

clients had used in the past. It's not worth shopping around as they all seem to charge a very similar price which is usually a percentage of the sale price. Unlike the UK, they don't handle the full process as contracts and completion are handled by a notary, at an extra charge which is set by the government so again, no point in shopping around. What the lawyer does for you is make sure there are no outstanding debts on the property like Council Tax, mortgage, bank loans, electricity, gas, water, phone etc because if there are, then they are paid out of the sale price before the seller gets their money. If this isn't done properly then, after signing contracts, the debts become yours. Like the estate agent, we still use the lawyer for any legal questions or queries we may have like making a will in Spain (very important).

BANK ACCOUNTS, NIE NUMBERS AND EXTRA COSTS

Before you can do anything in Spain, as a foreigner you will need to get an NIE number which is a bit like your National Insurance number in England. You cannot do anything without it. Our estate agent took us to get ours and depending where you are, it can take a while and costs a few euros each. There are companies who advertise that they will get the numbers for you but beware, they do charge 5 or 6 times what it actually costs.

Next step is to open a Spanish euro bank account, so you will need to choose a bank. Make sure you pick one that is well represented in the area you are looking in as not all ATM machines are free when you want money. Like the UK, most banks have on line banking and issue debit cards but account handling fees can vary. Fortunately in our bank (Unicaja) 2 of the 3 staff speak really good English which helps if you have a problem.

You will then need to make sure that funds are transferred from your UK bank to the Spanish one. It is usually cheaper to use a money transfer company than UK banks so shop around. We use a company called Currency index ltd who do monthly and one off transfers and always seem to get a good rate.

Now you can buy your house or car but don't forget all the extra costs involved, especially when buying a house. Again they vary from area to area but it's wise to allow an extra 10% on the agreed price. This will cover taxes, lawyer and notary fees and any other incidentals that might crop up in the sale.

ONCE YOU HAVE BOUGHT THE HOUSE

One thing I didn't mention when going through the buying procedure is having a survey done on the property. It appears that there are no such people as surveyors in Spain so if you think you need to have a house checked over the recommendation is to use a builder.

They will come and look at the property and tell you if it is going to fall down and how much they will charge you to make sure it doesn't. As we couldn't see anything more than a few hairline cracks in the exterior walls, we didn't bother. The walls are 24" thick anyway and so far all is ok.

Going back to builders, it is worth asking around to get recommendations for good local builders and ask to go and see their work. We struck lucky, both with a builder and an electrician who have lived out here for years and know the way the system works.

If you are into DIY, there are plenty of builders merchants, specialists, local hardware shops and national DIY sheds to buy your gear from but don't expect to get everything under one roof. You will normally have to visit 2/3 outlets to get what you need but on a positive note, it does seem a bit cheaper over here.

NEXT MONTH

Medical cards, cars and the ever changing rules for foreigners for residence and tax purposes.

Nearly New Sale for Baby & Toddler items in the Cottingham Civic Hall on 18th May

The Friends of Hallgate Primary School are organising a Nearly New Sale for Baby & Toddler Items on Sunday 18th May at Civic Hall in Cottingham, 10.30am – 12 noon.

Please come along and grab a bargain at our Nearly New Sale – all welcome.

There will be good quality prams/buggy's, maternity items, toys, clothes, books, equipment and everything you could possibly need for children aged 0 to 9 years old. There is a separate larger items gallery to view all large items in one place.

Refreshments will also be on sale to help raise funds for the school.

Do you want to raise some extra cash and clear out your lofts/cupboards – please get in touch with Leigh Pullen on hallgateprimaryfriends@gmail.com or 07854 881587 about hiring a table for this event – again all are welcome. Tables cost £8 and are approximately 1m x 2m.

Admission is 50p per person with children under 16 free.

We look forward to seeing you on the day and offering your support.

Floral Extravaganza – It's a “FLORAGANZA”

Robert (Bob) Forbes, the famous florist from Ripon, North Yorkshire, is returning to Cottingham to give another Flower Demonstration. His previous visits have always sold out due to his talent for presenting amazing floral arrangements and his humorous commentary while he works! Robert is a committed supporter of the Multiple Sclerosis Society and the evening will be in aid of the Hull, Beverley Borough and Holderness Branch of the Multiple Sclerosis Society. The local society celebrate their 60th Anniversary next year and are targeting their fundraising to further research into this nasty and debilitating disease. Robert has strong links to our area having been raised in Walkington and his sister in law is a Cottingham resident who has M.S.

Robert's Flower Demonstration is entitled “My Symphony of Summer” and will be held at the Cottingham Civic Hall at 7.30 p.m. on Friday, 20th June, 2014. Tickets cost £7.50 to include refreshments will be obtainable from telephone 01482 842006.

The demand for tickets will be high, reserve yours now!

ACKLAM'S



**THE DOOR-TO-DOOR COACH HOLIDAY SPECIALIST
SERVING HULL AND EAST YORKSHIRE**

HERE ARE JUST SOME OF THE TERRIFIC HOLIDAYS AVAILABLE IN OUR 2014 BROCHURE

Two Gardens and a Stately Home

14th April 4 Days **£209**

Wartime Kent

5th May 4 Days **from £279**

Amiens and the Somme Battlefields

8th May 6 Days **from £330**

Oxford's Dreaming Spires, Cruise and Chateau

18th May 5 Days **from £349**

Heart of the Home Counties

26th May 5 Days **from £325**

Royal Houses and Gardens

26th May 5 Days **from £390**

Great Little Trains of North Wales

9th June 5 Days **£319**

The Panda Experience

23rd June 4 Days **£309**

For more information on these and many more holidays to destinations throughout the UK and into Europe, and including our VIP door-to-door service,

call 01482 475212 or visit our website www.acklamscoaches.co.uk.

ACKLAM'S – GREAT HOLIDAYS, GREAT COACHES, GREAT VALUE

SENSATIONS

Nails :: Beauty :: Chiropody

A warm, friendly relaxing atmosphere awaits you

Ear Piercing
£10.00

***Chiropody service available
by HPC Registered
Chiropodist/podiatrist
Senior Discounts and flexible
appointments available***

181 HALLGATE, COTTINGHAM
Tel: 849068

OFFICIAL PRESS RELEASE FROM BELLWAY HOMES

Proposed
Residential
Development
at Twinacre
Nurseries,
Castle Road,
Cottingham by
Bellway Homes



Bellway are proposing to develop the Twinacre Nurseries site, Cottingham for new homes. The homes would be a mix of sizes and types and include affordable homes for local people.

You are invited to visit a public exhibition which will be held on:

Thursday 15th May 2014

at Darby & Joan Hall, 58 Finkle Street, Cottingham, HU16 4AZ

Drop-in any time between 4pm and 7.30pm

The exhibition will display our proposed plans for how the site could be developed. Members of the project team will be available to listen to your thoughts and suggestions.

We look forward to hearing your views.

If you are unable to attend the exhibition but you would like more information or wish to share your thoughts about the proposals, please visit the project website www.twinacre-cottingham.co.uk. The website will be launched by the 29th April 2014. The online comments facility will close on the 22nd May 2014.

www.twinacre-cottingham.co.uk



Haltemprice Lions's Young Person's Music Festival

The Haltemprice Lions members held their first Young Person's Music Festival in Cottingham last month and it proved to be very successful. As it was the first occasion the Lions had organised this type of event much was learned and the members gained encouragement to consider it being an annual event. The entries were oversubscribed with twice the number applying than the actual entries that were accepted.

Forty young persons between the ages of 12 to 18 years took part playing a variety of instruments, all competing in their own class. The adjudicator, Mrs. Margaret Smith of Leeds, praised all the contestants on their high standard. The main sponsor of the event was Gough and Davy's Music shop in Paragon Street, Hull (under the City Hall) and the club are grateful for their support.

Over £1,000.00 was distributed in prizes to all classes. However, the winner of his own class and overall winner, was 12 years old violinist, Harry Kneeshaw of Leconfield, who outstanding talent was appreciated by all. The Haltemprice Lions thank all competitors and supporters together with those who were unsuccessful in gaining an entry.

The Lions next activity is the Lions' Market to be held in Cottingham Civic Hall between 10.00 a.m. and 3.00 p.m. on Saturday, 17th May, 2014.

All tables have now been sold and it promises to be an event overflowing with interesting and attractive bargains. More details in next month's *Cottingham Times*.

Pictured above, 12-year-old violinist Harry Kneeshaw of Leconfield, the overall winner of the music festival.



Swanland Live presents - "States of Verbal Undress"

Now is your last chance to buy tickets for the "Meal and a Show" event to be held in Swanland Village Hall on Sunday 11th May. The Indian company, Rasa Theatre's new play, "States of Verbal Undress" is being produced following an Indian meal, served at 7pm.

Guests will finish the evening with a coffee and Indian dessert and will be joined by the cast. Tickets are available at £12.50 per head from Yvonne on 01482 634863 or John and Shirley on 632159 (numbers limited). You will have a choice of lamb or chick pea curry - with rice and the trimmings - and you bring your beverages and glasses.

The Women's Institute 100th Anniversary Celebrations

In 1915, the first meeting of the WI was held in Anglesey, North Wales. To commemorate the 100th anniversary, a Centenary Baton was launched on 1st January, 2014 from Anglesey. After travelling around the country, from WI Federation to Federation, the Baton will arrive in East Yorkshire on 14th May for 6 days, where it will be passed between 6 local WI hubs. On the 6th day, the Baton will travel on its final leg in East Yorkshire from Burstwick to Cottingham.

The Baton will arrive at Cottingham Green, on an open top bus, at @ 20:00 on 19th May to be greeted by the hub of 10 WIs from our local area. The WIs, forming the Haltemprice Hub, are: Cottingham, Cottingham Green, Newbald, Swanland, Triella, Apple Crumble and Stitch, Boulevard, Brough Petuaria, Ellerker and North Ferriby.

The celebration will culminate in a fashion show "Through the Ages" since 1915 and an evening's entertainment courtesy of Men in Charitable Endeavour (MICE) at the Memorial Hall, Beverley on 20th May. At this celebratory event, the Baton will be presented to the president of the East Yorkshire Federation of Women's Institutes for its onward journey across the River Humber to the Humberside Federation.

The Humber Rescue boat will ferry the Baton across the river on the morning of 21st May for a handover celebration at the Ropery Museum, in Barton upon Humber.

The Baton will finish its trip at the Royal Albert Hall in London in June 2015 for WI's Centenary Annual Meeting.

Come in and remind yourself what it's like to talk to someone about your insurance

Call Paul or Amy now on 707 800 (option2)

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



195 Hallgate, Cottingham

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

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

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

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

Mrs B, Cottingham



**Keep in touch with us at
www.hedoninsurance.co.uk
Follow us on facebook & Twitter**

**Hedon Insurance is authorised
and regulated by the Financial Conduct
Authority**

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

Making sure everything goes to plan



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

(01482) 844695

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

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

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

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

Golden Charter
Funeral Plans

The UK's largest independent funeral plan provider
www.yourfuneraldirectors.co.uk

60-UFT 0222

Linden House, Cottingham open on Saturday 31st May and 1st June as part of the Open Gardens Scheme

Linden House, 16 Northgate, Cottingham, HU16 4HH, will be open on Saturday 31st May and 1st June as part of the Open Gardens Scheme.

The garden will be open between 11.00 am to 1.00 pm on the Saturday and Sunday.

This interesting small garden with a thoughtfully curved lawn, numerous shrubs, pond and aviary which blend well together. Homebrew demonstration and wine tasting. Admission £2.50, children free. Share of admission to Hospice in Hull.



Cottingham W.I. supporting their community

Members of Cottingham W.I. have been busy this winter in various ways. Many of us have knitted squares which have been made into blankets. These have been distributed to Cassandra Home for elderly people. We have also provided boiled sweets and cordials for the use of patients in the Oncology Department at Castle Hill Hospital. People undergoing treatment are often very thirsty and dehydrated, so these help to alleviate the dry mouths which they sometimes experience.

In Spring the Ashwin Rose Bowl is awarded to the W.I. who has made the most impact on their community and we take pride in feeling that we are playing, in some part, a valuable service locally.

Cottingham W.I. meets on the second Tuesday of the month at Cottingham Methodist Church 10-12 midday. We have a thriving membership of approx. 40 ladies at present. Each month we have a guest speaker and we enjoy many social events and visits to interesting places.

Our photograph shows some of our members at the BBC studios in Hull – a great afternoon out, a good way to make new friends and to meet new people. In March we unveil a new programme of events, typically these will be trips to the theatre, excursions and the opportunity to embrace new hobbies. Our President, Sheila Longbone, welcomes new members.

For more information please phone our headquarters in Beverley. tel 01482-860626 or perhaps check out our new Facebook site – Cottingham Women's Institute. We look forward to hearing from you!

Cottingham Open Gardens to blossom again in aid of Dove House Hospice

After a lapse of some considerable years we are resurrecting Cottingham Open Gardens in aid of Dove House Hospice, and to date we have 13 participating gardens ranging from the splendid and wonderful to the pretty and bijou.

If you are interested in opening your garden to the public on Sunday June 22nd for a few hours, helping with the organising, or sponsoring the event with either cash or products for sale, or for the raffle, please contact me on 875129

Lists of the participating addresses will be available from various locations round and about Cottingham nearer the date. Each garden apart from its appeal as a gardeners delight will have other things to offer such as Teas and cakes Plant sales, Art Displays, Raffles, Handcraft sales, Bric-a-brac sales, Book sales, Garden advice, Fortune tellers, Face Painters, Children's competitions etc., etc.

Entry programmes which will permit entry into all of the participating gardens, will be on sale at each of the gardens and the charge will be £3 per Adult with children admitted free.

SKIDBY WINDOWS



High Quality -
'A'-Rated Windows
Fitted as Standard

Genuine Discounts on Composite Doors

Specialists in uPVC, hardwood windows, doors and conservatories
25 Years Experience providing High Quality Work

Ring John for a FREE Quote
For a Quality Installation



The Saddlery, 35 George Street, Cottingham HU16 5QP

FENSA
Registered Company

Tel: 01482 840753 :: Mob: 07801 834921

"The Out Back"

@ Kristoff's



Do it "Alfresco"

same great food

same great service

just slightly different

its OUT BACK....

also open every Thurs, Fri and Sat Nights

Weather Permitting!

Now OPEN.....

140 Hallgate, Cottingham. Tel 876886

Cottingham Bowling Club News

Just a few words to remind everyone that we are still here – and ‘rarin’ to go. By the time you are reading this our season will hopefully be under way.

A lot of work has been done by our ‘Monday Morning Gang’ who come in [you’ve guessed it!] every Monday morning. Some do only an hour or so, but every little helps as somebody famous once said. Everywhere has been spring-cleaned including the curtains and the paint-work and the interior of the club.

Over the winter period quite a number of our members keep their hand in by playing indoors, either at the Marina or slightly further afield at North Cave. One team were very successful in the 3-bowls Triples League at ‘Cave’, namely Iris Hemingway, Brian Johnson and Jeff Lewis. Peter Ward is usually a member of the team – they had a good season by playing 28 games – winning twenty, drawing one and losing seven.

Two teams eventually tied for first place and had to play a deciding ‘end’. Iris & Brian were on the jack and in the end Jeff didn’t need to play his last wood as the game was already won! Congratulations.

If anyone thinks they would like to try the game, drop by when you notice that the club is open and ask. My phone number is 847303, I am Brian DeVine the Secretary of the club [14 years so far!!] and I will be pleased to speak you about the game of bowls.

Railway footbridge receives planning permission

Planning permission has now been given for a massive footbridge over the railway just north of the station, despite local objections. In negotiation with Network Rail, local councillors discovered just how strict the safety rules for railways are, and how little scope there is for common sense.

We tried asking for other options as we’ve seen elsewhere, such as a locking gate with signals, but Network Rail is only allowed to install these at foot crossings where a road crossing is being closed. The strict gradients and distances from the tracks mean that there’s no room for the bridge on the station itself.

This pedestrian crossing is very busy, especially at school times, and although trains are moving slowly, the high numbers make it overall the 6th most dangerous crossing in this region of the rail network. The bridge is not linked to the nearby supermarket application, but the supermarket cannot open without a safer crossing as it would attract more people over the lines.

Cottingham Local History society’s research into the Great War has revealed that a woman was killed by train here a century ago, when there were two more tracks serving the goods yard. Calls for a bridge at that time were put on hold because of the war.

As a condition of the planning permission, residents of Exeter Street will be consulted about the construction process and landscaping, although the timescale for building is not yet known.

On a positive note, all four Cottingham ward councillors have been invited to visit the signal box at Beverley, to see first-hand how the Thwaite Street and Northgate crossings are operated. These timings are a regular source of complaints.

Geraldine & Ros, Cottingham North councillors

North Ferriby Flower Club welcomes visitor and new members

We meet on the second Thursday of each month (not August). We have various demonstrations by flower arrangers, including National Demonstrators. We offer wine and soft drinks at the beginning of the evening and end the evening with a raffle of the arrangements followed by tea and coffee. You do not have to be good at flower arranging just enjoy flowers!

The evening starts around 6.45 pm for drinks and the demonstrator starts at 7.30 pm. We pay an annual fee of £27 but you can come to an evening for £4 to see how you enjoy it. We have Open Evenings which costs £8 for non members. Please look at our website for future events, www.northferribyflowerclub.co.uk.

Support the advertisers who appear within the Cottingham Times

Alishaan

Authentic ♦ Indian ♦ Cuisine

**Four Course Menu
Sunday - Thursday
5.30 pm to 11.30 pm
£10.95***

Starters:-

Ponir Pakoorah; Dohi Papdi Chatt;
Boti Kebab; Sheek Kebab; Shammi Kebab;
Chicken or Lamb Tikka; Onion Bhajee;
Vegetable Samosa; Meat Samosa

Main Courses (includes rice):

Mix Korai; Murghi Makani;
Tandoori Butter Chicken;
Shansha Balti; Vegetable Biryani;
Chicken Biryani

A choice of

Chicken, Lamb, Prawn, Vegetable
Korma; Bhuna; Rogan Josh; Dupiaza;
Pathia; Dansak; Balti; Madras;
Vindaloo

Chicken Tikka or Lamb Tikka (£1.00 extra)
Masalia; Pasanda; Pathoni;
Gosht Bhujon; Garlic Delight;
Achari; Jaipuri

Followed by Tea or Coffee

Relax in stylish surroundings and enjoy:

**EXCELLENT INDIAN FOOD
WINE AND BEER**

from around the world, served at your table

*Cannot be used in conjunction with any other offer.
Not available Bank Holidays, February 14th or December 24th - 31st

**Open 7 Days a week (including Bank Holidays)
Sun to Thurs 5.30 - 11.30 pm
Fri & Sat 5.30 - Midnight**

**205 Hallgate, Cottingham HU16 4BB
Tel: 01482 847255 :: Fax: 01482 847032
www.alishaan.net**

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

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

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

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

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

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

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

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

Problems and Diseases commonly treated by TCM

Dermatological:

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



Muscular, Neurological, Skeletal and Vascular:

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

Internal:

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

Men's Problems:

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

Women's Problems:

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

Ears, Eyes, Nose and Throat:

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

Cancer and Tumour:

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

Addictions:

Tobacco, Drugs, Alcohol, Reduce Weight etc.

Mental and Emotional:

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

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

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

HERBGARDEN
CHINESE MEDICAL CENTRE

*Acupuncture and
Chinese Herbal Remedies*

Free Consultation

15% OFF

**First Treatment
New Clients Only**

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

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

**28 BUTCHER ROW
BEVERLEY HU17 0AB**

TELEPHONE 01482 888152



Hallgate Primary School 'Rock It' at Rock Challenge

Hallgate Primary School gained second place at the recent Rock Challenge Competition at Bridlington Spa. They performed an outstanding piece entitled 'Picture Perfect' which celebrates Fuji Film's 80th birthday. They also won awards for set design and function, stage crew, costumes, performance skill, choreography, visual enhancement, positive inclusion and for the 7th year running, student leadership.

50 pupils, staff and volunteers including PCSO Dale, our local community police officer, took part in the Northern Heat of this nationwide event, which promotes healthy lifestyles. We are the only primary school in Cottingham to do so.

The pupils taking part gained confidence, new friendships, team building skills and showed great commitment to their school.

Hallgate Primary School would like to thank the community for their generous support.



Sail away on the Windmill Way Walk - Saturday 10th May

THE 26 MILE CHALLENGE is a 26 mile circular route over an interesting course on footpaths and bridleways on the southern Yorkshire Wolds, with fine views of the River Humber and Humber Bridge. Full support and ample refreshments make this an ideal challenge for competitors attempting the distance for the first time, as well as experienced marathon walkers and runners.

THE 13 MILE WALK is a circular route using part of the Challenge course. A perfect distance for new or young walkers, the less fit or those who enjoy a good morning walk or run.

It takes place on the second Saturday in May which is the 10th May. Registration takes place from 7.30am at Skidby Playing Fields. The walk sets off at 9.00 am.

The cost is £8.50 for pre-registration and £10 on the day. This event is in aid of Skidby and Little Weighton Cub/Scouts.

Further details and a registration form are available from Mr S Abbott, Keeper's Cottage, Riplingham, HU15 1QT Tel. 01482 654153.

Support the advertisers who appear within the Cottingham Times

FABULOUS WARDROBES



Various styles and colours available

*exclusions apply

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

Come in and see for yourself

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

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

ChristChurch Community Coffee — CC Coffee

Fantastic Coffee
Bacon Butty
GingerLove Tea
Paninis
Home-made bakes & scones
Soups
& take-out available
 all served with a
warm welcome

SPECIAL OFFER!

Regular drink and slice of home-made cake, **just £2.50** with this voucher!



cccott.weebly.com

76-80 King Street, Cottingham, HU16 5QE Tel: 07563 775552

Care information and support programme to take place in Cottingham during June

People caring for someone with dementia are being offered the chance to learn more about the disease and how it affects the individual in a Carers Information and Support Programme being run by Alzheimer's Society Hull and East Riding.

The programme is a series of workshops and aims to help carers understand more about the condition and its symptoms, including the sort of behaviours that people may display which can at times be challenging. By understanding more about dementia the workshops will help people to cope better with caring for the individual.

Alzheimer's Society Dementia Support Manager, Kate Atkins says:

'Relatives of people with dementia often say that it can be really frustrating when someone doesn't want to change their clothes, have a shower or sleep at night, especially if the person doesn't accept that there is anything wrong with them.'

'Understanding how the person is trying to make sense of the world, and how they feel about the losses they are experiencing, can help relatives to be more patient and cope better. This, in turn, helps the person with dementia to be more content.'

'The workshops will also help people to better understand the changes that occur as dementia progresses and there will be the opportunity for carers to discuss the difficulties they face and what tactics work for them.'

The free four week Programme will take place on Thursday 5th, 12th, 19th and 26th June, 10.00 am – 12.30 pm at the Holy Cross Church, Carrington Avenue, Cottingham HU16 4DU.

For more information and to book a place, please contact the Alzheimer's Society Hull and East Riding office on 01482 211255 or hull&eastridingservice@alzheimers.org.uk.



Weekly Classes held at:
Darby & Joan Hall, Finkle Street,
Cottingham
Monday 5.30 pm and 7.30 pm
and all Bank Holidays
Also at: Sutton Park, Hull
Tuesday at 9.45 am

For Membership details Ring Theresa on 823032

Crossword solution from page 14

| | | | | | | | | | | | | | | | |
|----|---|---|---|---|---|---|---|----|----|---|---|----|---|---|---|
| 1 | I | N | F | L | U | E | N | Z | A | 6 | S | A | P | I | D |
| | N | | A | | N | | U | | G | | U | | R | | I |
| 9 | A | G | R | O | U | N | D | | 10 | G | O | N | D | O | L |
| | N | | R | | S | | G | | 12 | R | | S | | G | C |
| 11 | E | R | A | S | U | R | E | | 12 | E | M | P | O | R | O |
| | | | G | | A | | | | 15 | S | | O | | A | I |
| 13 | S | H | O | P | L | I | F | T | 14 | S | | 15 | T | E | M |
| | O | | | | | | | | 15 | L | | O | | | I |
| 16 | P | O | S | E | D | | | 19 | A | E | R | O | B | A | T |
| | O | | E | | E | | G | | | | E | | O | | |
| 22 | R | E | C | I | P | E | S | | 23 | O | U | T | P | O | S |
| | I | | U | | I | | T | | 26 | T | | R | | L | I |
| 25 | F | E | L | U | C | C | A | | 26 | H | E | A | V | I | N |
| | I | | A | | T | | F | | | E | | Y | | N | H |
| 27 | C | A | R | E | S | | | 28 | F | O | R | E | S | I | G |
| | | | | | | | | | | | | | | | T |



Do you think that your life leaves little time for exercise?

Having little time to fit exercise into your schedule cannot be used as an excuse to not keep fit when there are lots of creative ways to do so. Here we look at some of the small but significant ways to add more exercise time into your life.

Finding time to exercise can be a challenge when you seem to work all of the time, not just at your job but at home as well! The good thing is that there are lots of ways to include physical activity into your day that do not involve going to the gym. If you think exercise can only take place if you make time for the gym then you need to go back to your fitness basics and relearn a few things!

What to Do:

Take your children for a walk in the park or around the neighbourhood. If you prefer get out the bicycles and go for a bike ride instead (or do both!). If you have young children then take a walk with the buggy or pull them around in a wagon. In the winter months when there is snow on the ground a sledge can replace the wagon.

Doing chores around the house will provide you with exercise and will burn calories and help to increase your metabolism. Do your dusting, mopping, sweeping and vacuuming and do not be afraid to be vigorous about it! If finding the motivation to perform housekeeping duties is not always in you then put on some music to add some enjoyment to the tasks. Before long you may find yourself dancing as you go about your otherwise mundane household chores!

Doing outdoor work can also provide you with the exercise you require. When you garden, mow and rake the lawn, clean out the garage and wash the car you expend energy doing this. For that reason you should roll your sleeves up and keep doing it. Perhaps your garden could use some weeding or your shed needs some cleaning.

Do some stretching exercises or even some light yoga moves when you are cooking dinner or talking on the telephone. When you are watching television use the commercial breaks to your advantage. Instead of groaning because you hate commercials do some sit ups, push ups, jumping jacks, abdominal crunches, lunges, leg lifts or jog on the spot. This will really get your blood pumping and you will be fit before you know it!

Now no more excuses! Get to work... er ... exercise!

Support the advertisers who appear within the Cottingham Times

HALLGATE LANDSCAPE CENTRE

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

For all your landscaping requirements



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



ALL LANDSCAPING WORK UNDERTAKEN

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



May Offers



Supadog 15kg
Beef or Chicken
Only £12.99



Barbecooks
BBQs
Only £199.99



Wild Bird
Seed 12.75kg
Only £8.99



Grow Your Own
Get 3 veg plants & a
Westland Growbag
for just
£3.49



Cake Offer
Cake & Tea or
Coffee for Two
Only £5.00



Valid from 2pm everyday



*Quality, value
& service for
over 70 years!*

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

www.colettagardencentre.co.uk



COLETTA & TYSON

NURSERIES AND GARDEN CENTRE
324 Hull Road, Woodmansey
Beverley, HU17 0RU
Tel: 01482 865410