

Cottingham Times

and District
Issue 210 - May 2019



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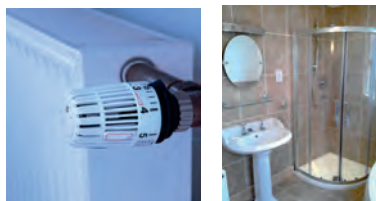
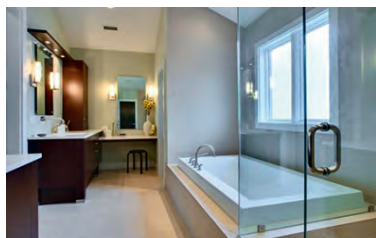
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In Cottingham and District

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

Cottingham Men's de Luda Society

Wednesday 1st May - Hull Men Fought in the INT. Brigades/
Spanish Civic War - Gary Hammond, in St. Mary's Church Hall,
on alternate Wednesdays starting at 2.00 pm.

Little Weighton Yorkshire Country Women's Association

Wednesday 1st May - AGM followed by Chair Aerobics with
Carol Winter. We meet on the first Wednesday of the month in
Little Weighton Village Hall at 7.30 pm. All welcome.

Hull Alpha Probus

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

2nd May 10:15 am - coffee

16th May 12 noon - Spring Lunch at the Blue Bell, Cottingham

30th May 10:15 am - coffee

Cottingham Ladies Circle

Thursday 2nd May - Kate Willoughby - The Search and Rescue
Helicopter, to be held in the Darby & Joan Small Hall, Finkle
Street, at 2.30 pm.

Royal British Legion

Thursday 2nd May - Meetings will be held each month in the
Cottingham Memorial Club, Finkle Street, on the first Thursday
of the month at 7.30 pm.

EYES (East Yorkshire Embroidery Society)

Friday 3rd May to 10th May - HOPES AND DREAMS IN
STITCH, in the Beverley Minster. Open from 10.00 am to
4.00 pm daily (except Sunday 5th May 12 noon to 5.00 pm).
Entrance is FREE.

Wild Spaces Group

Sunday 5th May - Mill Beck Wildlife Area, at 10.00 am,
allotments car park off Park Lane.

Tower Tours, St Mary's Church, Cottingham

Bank Holiday Mondays at 7pm, May Day, Monday 6th May
Spring Bank Holiday, Monday 27th May. Great views, get
close to the bells, wind the clock. To book, contact Ian on
01482 848041

East Yorkshire Group of the Hardy Plant Society

Thursday 9th May - Gordon Baillie 'Arley Hall Gardens', at
7.30 pm in Lund Village Hall, Latus Way, Lund YO25 9TF.

North Ferriby Flower Club

Thursday 9th May - Open Meeting. Demonstrator will be Hans
Haverkamp. We meet on the second Thursday of the month at
7.30 pm in the Village Hall, North Ferriby, HU14 3AA.

Front cover: Dawn coming up over Castle Road.
Photo: Paul Lakin.

U3A

Thursday 9th May - Les Holmes - 'My Life as a Policeman 2', at 2.00 pm in the hall at the Darby and Joan Hall, Finkle Street, Cottingham.

Hull Ladies Choir

Friday 10th May - Charity Concert at the Guildhall, Hull, in aid of "Downright Special", Guests The Stoke Male Voice Choir. Tickets £6.00 at Barkers, Hallgate and Gough & Davy, Paragon Street, Hull or mobile 07779 732322.

EYES (East Yorkshire Embroidery Society)

Saturday 11th May - Anne Brookes H-anne-MADE, My Journey from A to Z, in the Darby and Joan Hall Finkle Street, Cottingham. 2:30 to 4.00 pm. Doors open 2:15. Members £1:50; Visitors £2:50. Tea/Coffee biscuits included.

Swanland Show

Saturday 11th May - Annual Plant Sale. This very popular plant sale will be held in the car park of St Barnabas Church from 9am to 12 noon. We will have our usual selection of bedding plants and shrubs selling at a competitive price. Any plant cuttings, surplus plants etc., will be gratefully received. There will be our popular cake stall which always sells out. We would like to thank Tony Featherstone for letting us use his front garden in the past few years but, due to his ill health we have decided not to impose on him and to move to the church car park.

Humberside Bonsai Society

Sunday 12th May - Full Workshop - Prepare your trees and accents for the Club Show. Meeting are held at the Darby & Joan Hall, Finkle Street, on the second Sunday of each month, 10.00 until 1.00 pm.

Catholic Women's League

Monday 13th May - Open Meeting. No speaker. Meetings held at the Holy Cross Church, Carrington Avenue, in the Garden Room, 7.30 pm.

Hull and East Riding Astronomical Society

Monday 13th May - "New Horizons - Further Into the Kuiper Belt" by Tim Old (HERAS/BLAS member). We meet every second Monday in the month at the Civic Hall, Cottingham, starting at 7:30pm until about 9:00pm. We are a friendly group and you are assured of a warm welcome if you come along to the meetings. You do not need to be an "expert" just someone who "looks up at the night sky and wonders . . .".

YPI Camera Club

Monday 13th May - Show an AV with a commentary. The club encourages the production & appreciation of audio-visual sequences (AVs). We meet on the second Monday of the month in the Darby & Joan Small Hall, Finkle St at 7:30pm. Turn a collection of digital photos into something you will be proud to show. For more details & examples of our work see <http://www.ypicc.co.uk/index.html>. New members always welcome - just turn up.

Cottingham Methodist Church Photography Group

We meet in Cottingham Methodist Church Hall

Tuesday 14th May 2019 - 7.30pm

Tuesday 28th May 2019 - Outside visit - 6.30pm

Contact for further details:- John on 842169 or john@jcmhome.karoo.co.uk. New members welcome. All levels and all cameras welcome.

Have you got your Entry Form for the Cottingham Day Photography Competition on 7th July 2019?? Open to all Cottingham residents, schools and organisations. (Age 6+). Details in *Cottingham Times* or cottingham-methodist.org.uk

Continued on page six

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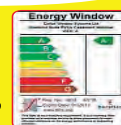
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Cottingham Evening Townswomen's Guild

Wednesday 15th May - Bernard Messingham - Aged Related Macular Degeneration, at 7.30 pm in the Darby & Joan (Small Hall), Finkle Street. New members and visitors are always welcome.

Cottingham Men's de Luda Society

Wednesday 15th May - Friends Against Fraud - Amanda Smith, in St. Mary's Church Hall, on alternate Wednesdays starting at 2.00 pm.

Cottingham Green Women's Institute Evenings

Thursday 16th May - Members evening. Held in the Darby and Joan Small Hall, Finkle Street, Cottingham, at 7.30 p.m., second Thursday of each month.

Cottingham Ladies Circle

Thursday 16th May - Outing to Sewerby Hall, Bridlington.

The Skidby Branch of the Yorkshire Countrywomen's Association

Thursday 16th May - Afternoon Tea Presentation "Tickton Tarts" - Yvonne and Julie. In Skidby village hall at 7.30 pm.

Bricknell Avenue Methodist Church

Friday 17th May - Lewis Scott (Organist) from Cottingham, presents Theatre, Show Tunes and Film Genres. Tickets £5.50 including light supper. Tickets from Church Stewards or Pauline 849692.

Inland Waterways Association

Friday 17th May - Welcome known local group Thee Spare Hands will be performing a selection of Waterway Songs. Price at the door £4.00 to include tea/coffee. Further information from Roger Bromley. From 8.00 pm to 10.00 pm in the Methodist Church Hall, Hallgate. All welcome.

The Hull Macular Society

Friday 17th May - 10.30am until 12.15 pm at Sight Support Beverley Road Hull. The Hull group support people living with central vision loss. Our guest speaker at this meeting is Nick Woodford from the Macular society with his aids and equipment to help and advice anyone living with Sight loss. For more information contact Bernard Messingham chairman 01482 860381.

North Ferriby Gardeners' Club.

Saturday 18th May - Annual Plant Sale in the Village Hall.

Little Weighton Gardening Club

Sunday 19th May - In Little Weighton Village Hall, 2.00 pm Gardener's Club Plant Sale, please bring your donated plants for sale to the village hall by 10.00 am.

The East Riding Flower Club

Monday 20th May - June Borrowdale from Chesterfield will be us to demonstrate 'Artistic Impressions' There will also be a plant stall at this meeting. The Club usually meets on the fourth Monday of the month at 2pm at Cottingham Civic Hall. We are a friendly club, and welcome new members and visitors to all our meetings.

North Ferriby Gardeners' Club.

Monday 20th May - Mike Prest - Growing Edible Crops. The club meets on the third Monday of each Month (except December and August) at The Parish Hall, Church Road, North Ferriby HU14 3DA commencing at 7.30pm. Annual membership is £10 with guests fees of £2.50 per visit. Tea/coffees are served along with a raffle. For further information please ring Trevor on 633409.



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East Yorkshire Woodturners

Tuesday 21st May: Demonstration by professional artistic woodturner Sue Harker from North Yorkshire, who makes a welcome return to our Club. Sue demonstrates at clubs and exhibitions throughout England. Her articles appear regularly in Woodturning magazine and she has published several woodturning DVDs. <http://www.sueharker.com/home>.

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

Tuesday 21st May - Practical - Diana Thomson, at the Newland Christian Centre, St. Johns Newland Church, Clough Road, Hull. Meeting start at 7.15 pm on Tuesday evenings. New members and visitors are always welcome. Free Parking. Further details from Jean Ellis on 01482 845415 or www.hullandeastridingnewstitchers.weebly.com.

The Arts Society, Hull and East Riding

Tuesday 21st May - Tony Tucker "Christopher Wren - The Classical, The Baroque - The City of London's Churches". At 10.45a.m. Willerby Manor Hotel (Pavilion Suite). Non-members welcome. Guest tickets £5.00. For further details please contact Membership Secretary, Margaret Ashley, tel. 01482 657574.

Wednesday Social Club

Wednesday 22nd May - Quiz, in the small hall at the Darby & Joan Hall, at 2.00 p.m. Guests and New Members Welcome.

Cottingham Methodist Church, Hallgate

Friday 24th May 2019 - Free Film Night - 6.40pm for 7pm. Refreshments on sale.

St Michael's Church, Skidby

Friday 24th May - Coffee morning 10.30 - 12 noon, in the church. Come and enjoy coffee and home made cakes in a friendly social environment.

National Vegetable Society, East Yorkshire District Association.

Monday 27th May - 'Roses and Sweet Peas' with John Smiles. We meet on the last Monday of the month (except December and August) at The Conservative Club, Wylies Road, Beverley, HU17 7AP at 7.30pm. Light refreshments are served and a raffle. Admission is £2 per person. For further information about the club, please use our web site nvseyda.btck.co.uk or ring Trevor on 633409.

Cottingham Community Quiz

Wednesday 29th May - Quiz Master Margaret Huffee, in the King Billy, Hallgate, £6.00 on the door including supper, 7.45 pm for 8.00 pm start.

Cottingham Men's de Luda Society

Wednesday 29th May - Imagination Geoff Gray, in St. Mary's Church Hall, on alternate Wednesdays starting at 2.00 pm.

Wild Spaces Group

Sunday 2nd June - Dene Wood 10.00 am Dene Road entrance.

Little Weighton Yorkshire Country Women

Wednesday 5th June - Kate Willoughby - Yorkshire Air Ambulance, Meeting held in the village hall at 7.30 pm.

COTTINGHAM DAY Classic Car Display Hallgate

Cottingham Sunday 7th July 2019. The East Yorkshire Thoroughbred Car Club are managing the Classic Car Display at this 2019 event. Anyone wishing to display a classic car at Cottingham Day can obtain an entry form from Cottingham Parish Council Office. Bill Barratt Secretary, East Yorkshire Thoroughbred Car Club Tel. 07834 877973.

Continued on page 11

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Theresa Foster of Slimming World has been losing weight for the past 30 years

On Monday 22nd May 1989, Theresa Foster held her first ever Slimming World Group in the Small Hall of the Darby & Joan Hall, Finkle Street, Cottingham.

What began as a small single session of only seven members, the Cottingham group has grown to over 100 members. To this day these Slimming World members continue to meet every Monday evening, but now Theresa welcomes her members in the Large hall over two sessions at 5.30 pm and 7.30 pm.

Alongside the Cottingham group, Theresa also runs three sessions on Tuesdays at the Bransholme Methodist Church, Goodhart Road, with sessions starting at 3.30 pm, 5.30 pm and 7.30 pm. These friendly and supportive groups have a wide appeal and all enjoy a healthy mix of men and women, across all age ranges.

From these humble beginnings in 1989, Theresa has helped thousands of members to successfully lose and maintain those weight losses. She is now the longest serving Slimming World consultant in the Hull area. However, Theresa is not only a consultant, but also an active member in her groups.

She has shared in the success of her members by losing three and half stone with Slimming World, and very importantly maintaining her weight loss.

Theresa's dedication to her members was recognised by Woman Magazine, who gave Slimming World the 5 Gold Star Award due to the support the members receive, in and outside the group.

In addition, Theresa's 30-year service will be honoured at their Slimming World 'Oscars Ball' in June. Slimming World themselves celebrate 50-years this year, as Margaret Miles Bramwell who founded the company in 1969, still runs the company today.

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PROBLEMS IN PARADISE?



It's that time of year again where Christmas feels like a long distant memory and the thought of sand between your toes and a cocktail in your hand can't come soon enough. Yes, the countdown to the summer holiday season has begun and of course we couldn't be more ready for it. But are we ready if something unforeseen should happen in paradise that brings our hopes of relaxation and recuperation to an end? We spend days, even weeks planning for the perfect holiday but there are some things that we cannot plan for or predict. A Post Office study showed that in a three year period more than a third of people who holidayed abroad had an accident, that's an estimated 4.4 million people. So, when we're stepping

into that hotel room, or throwing our towel over our shoulder to make our way to the pool, spare a thought for your safety, but if the worst should happen then Graham & Rosen are here to hold your hand and fight to obtain the compensation you deserve. We offer No Win No Fee Agreements which means that if we decide to take on your claim then there is nothing to pay if your claim is unsuccessful. If you've suffered from an accident that wasn't your fault causing personal injury including accidents in your hotel, slips, trips, falls, food poisoning and illness, road traffic accident or sporting accidents, we could help to secure compensation for you.

Grace Flint was called to the Bar in 2011 as a member of the Inner Temple and has a range of advocacy experience appearing in District Judges' chambers throughout the local area. In 2017 Grace transitioned and is now also a qualified Solicitor working at Graham & Rosen in the Personal Injury Department who also handles general litigation and employment matters.



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Keep safe on your computer, hints and tips

Scam telephone calls – there has been another raft of these recently. So I would again like to remind everyone, to NEVER let an unknown caller take over your computer remotely, even if they say they are from Microsoft or Windows. These companies, or any other reputable firm, will NEVER make unsolicited calls to home users. The other thing to watch out for is that these scammers have started cloning UK numbers, so in other words instead of your telephone caller display showing 'International' or 'out of area', they may now show a London, Leeds or Sheffield number for instance. If you give them access to your computer, they will cause all sorts of mayhem, and then ask for a credit card number, so they can extract your hard-earned cash.

Eset banking & payment error. There has been a glitch recently with this app that many of us use regularly. You may have found that it either refuses to open from the shortcut, or opens and gives an error message. Eset is aware of this and has apologized for any inconvenience, but has put out a fix on their website here: <https://support.eset.com/kb6408/#error2> Follow the instructions to disable and enable the banking & payment app.

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Windows 10 updates – the next big one known as version 1903 will start rolling out this month. Those who have previously suffered with previous major updates will no doubt be somewhat nervous! However, Microsoft seem to have been a bit more selective since the last October update, in that it rolls out gradually and checks if your computer hardware is compatible before downloading and installing.

Intel has launched another processor now called the 9th

generation range. The i9 is its top of the range processor, originally launched in 2017. It is virtually unheard of in mainstream PCs owing to the cost being in the region of £1000! For most of us, the Intel i7 has always been at the pinnacle, with the lower priced i5 and i3 processors being the more affordable option. The Processor, also known as a CPU, is of course the 'brain' of a computer that is responsible for doing a myriad of calculations in just fractions of a second. So, the higher up the range you go, the faster they get.

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Amazon has added a 'front light' to its mid-range Kindle. The device is designed for storing and reading books, and this addition means they are easier on the eye. Amazon also offers a 'paper white' model, as opposed to the basic monochrome edition.

CCleaner - the world's most popular computer cleaning application, has come out with yet another new version, and a special offer price for their professional product which keeps itself up to date. www.ccleaner.com

Clicking on links – like the underlined one above. These are known as web link or more precisely hyperlinks. If you see one of these in a document or email, you may have to hold down your Ctrl key whilst left clicking. This is a safety feature so you can't click on a link by mistake.

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Default browser – this is another piece of computer parlance, that simply means the web browser that you normally like to use to get on the internet. In Windows 10 this is normally Edge which you will normally see on the taskbar at the bottom of your screen. However, you are free to choose whichever browser you choose, and these include Google Chrome, Mozilla Firefox etc. The one browser I would advise against now is Internet Explorer, which has been around since the dawn of the internet and is getting a bit insecure and unstable now. If you wish to change to a new browser and want to make it the 'default' (the preferred option in other words), click on the Start button, then the settings icon (like a cog), then click on Apps and Default Apps and look down the list for web browser and change it there.

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

If your Eset licence is up for renewal, just email or call for the price, and we can sort it out for you.

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

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What's On - Continued from page seven

Hull Folk Dance Club

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

Do you wish you could swim?

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

Fitmums & Friends Run, Walk

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

Cottingham Bridge Club

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

The Alzheimers Society

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

Cottingham Food Bank

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

Scottish Country Dance Club

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

Card making classes at Cottingham Methodist Church Hall

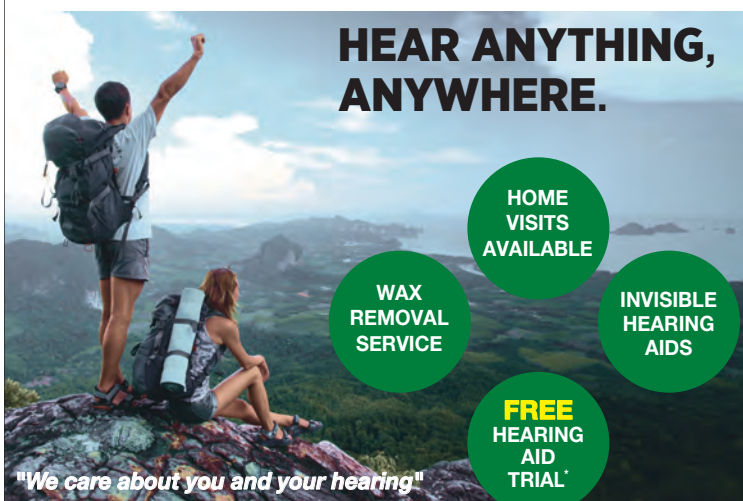
Every Monday (except Bank Holidays) - 1.30pm to 3.30pm. New members welcome. All levels. Contact Ann on 07932 833578.

The Cottingham Whist Club

Every Wednesday 2.00 pm to 4.00 pm, in the Darby and Joan Hall, Finkle Street, Cottingham. All welcome. For further information tel. 843253 - 07531 762593 or 47304

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Wordsearch - Look Up

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

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

Find the words in the letters above:

Airplane, Big Dipper, Birds, Blimp, Blue Sky, Chimney
Smoke, Clouds, Comet, Drone, Fireworks, Galaxy, Haze,
Helicopter, Hot Air Balloon, Jet Exhaust, Jupiter, Kite,
Lightning, Mars, Mercury, Meteor Shower, Moon, Planets,
Power Lines, Rainbow, Satellite, Saturn, Skydiver, Skyscraper,
Skywriting, Smog, Solar Eclipse, Stars, Street Light, The Sun,
Treetop, Universe, Venus.

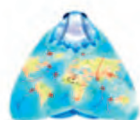
Wordsearch courtesy of <http://www.puzzles.ca/wordsearch.html>

Sudoku No. 147

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

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

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MARION OWEN TRAVEL



Cruise update, as I write it has not been guaranteed that the **Cruise & Maritime buy 1 get 1 FREE** offer is going to be honoured this month. Whatever, I can be sure that you will still make an excellent saving. The sailings from Hull are popular, many cabin grades now have limited availability. This also includes our 1 night mini cruise next August with a super 2nd day travelling home by coach via the North Yorkshire Moors with a stop in Helmsley for free time.

Fred Olsen, 2020/21 don't miss out on early booking discounts along with your choice of cabin. These are due to finish at the end of May and Fred Olsen do not extend. Call for the best deal to suit you. Regular travellers also get their Ocean's discount too when booking with us.

P&O & Cunard along with many other cruise lines have also said early booking savings are due to end this month.

If you are looking for a quick getaway on a River or Ocean cruise then we do have a host of late offers available.

Choosing a cruise can be daunting. I have 1st hand experience of over 160 ships. It does not cost more to book with an agent so why not let me guide you along the way.

Remember, when booking your cruise or holiday with Marion Owen Travel there is always the option of travel from your door to the ship or airport. You cannot beat a relaxed start and finish to your holiday.

Cruising has definitely been our hot spot for April bookings. From late deals to departures in 2021. Although saying this the UK is booming, bookings for Jersey this summer plus our own tours for 2020, Tenby & Pembrokeshire sold out in 24 hours & Llandudno next April only has 1 room left.

The Isles of Scilly, this July is our 3rd and final tour to these beautiful islands. Deserted white sand beaches, turquoise sea, plus wonderful wildlife & fauna await. When the sun shines you may well feel you are in the Caribbean. Limited space now available why not join me?

Our China group now only has 3 places remaining, don't hesitate to ask for a full itinerary it is amazing.

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PS keep your eyes on our website for our own new tours being added for 2020 along with news of offers & general information on our blog.

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23 May	Matthew Bourne's Romeo & Juliet matinee on request	£ 50
26 May	Disneyland Paris - 5 nights via P&O sailing from Hull, 3 nights Newport Bay Club Disney Hotel B&B plus a 3 day park pass. E.g. price, family of 4 £1859. Ask for other combs	£ per room max 4
16 Jun	Luxury Halls, 2 days includes Wynyard, Whitworth & Crook Hall. Enjoy the sight of 3000 David Austin Roses. All meals.	£ 175
18 Jun	Boundary Mills for the Summer Sales	£ 20
27 Jun	Highgrove & Sir Roy Strong's Laskett Gardens - 2 days	£ 215
16 Jul	Isles of Scilly - 8 day tour, a wonderful holiday	£1185
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30 Aug	Frogmore House, Savill, Wisley & Woburn 3 days DBB	£ 315
04 Sep	Isle of Man - a 7 day island tour half board & fully guided	£ 695
18 Sep	Lunch on the Rails East Lancs Steam Train a fabulous day	£ 75
22 Nov	Alvaston Hall Weekend, includes: Michael Buble tribute, Chester Christmas Markets & Trentham Gardens Village.	£ 285
14 Dec	Dordrecht Christmas Market 2 nts North Sea Ferries	£ 125
18 Dec	Boundary Mills & Lunch a superb 3 course meal & coffee	£ 40
27 Dec	Warner's Nidd Hall TWIXMAS 4 days half board	£ 323
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May 19*

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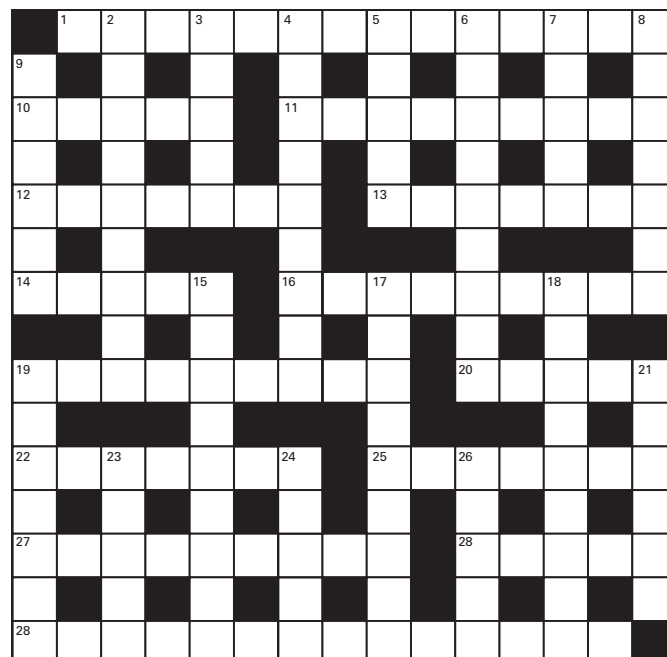
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Crossword - Solution on page 46



Across:

1. Congressman (14)
10. Fruit or computer company (5)
11. A woman priest (9)
12. Unfathomable (7)
13. Accomplish (7)
14. Model of excellence (5)
16. Indigestion (9)
19. First (9)
20. Ascend (5)
22. Instigates (7)
25. Chattering (7)
27. Grease or oil (9)
28. Dissonant sound (5)
29. Abattoir (14)

Down:

2. An abnormal condition of the lungs (9)
3. Genus of rhubarb (5)
4. Burial chamber (9)
5. Nigerian monetary unit (5)
6. An appreciation of beauty or good taste (9)
7. A valley in France (5)
8. The time zone for New York (7)
9. Hunting expedition (6)
15. Comes with thunder (9)
17. Crocodile (9)
18. Heat, water and electricity (9)
19. Spears of frozen water (7)
21. Pleaded (6)
23. Asp (5)
24. Should or must (archaic) (5)
26. Type of drum (5)

Crossword courtesy of www.crosswordpalace.com
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Cottingham family of speed skaters win medals in Holland and Sheffield

Family of ice speed skaters from Cottingham, Mum (Shannon) aged 40, Savi Buffey aged 10 and Cohen Buffey aged 8, who all take in part ice speed skating, both Long-track and short-track.

They all took part in the Long-track British Championships on the 24-25 of March over in Holland, due to the UK not having a 400m oval. They managed to come away with six medals between them.

Savi achieving Bronze in the 500m, 1000m and the sprint start. Cohen who was the youngest competitor achieved Bronze in the sprint start. Cohen was last year's 700m Bronze medalist. Shannon came away with a bronze

medal in the 5000m and a silver in the 500m. Shannon is three times 5000m British bronze medalist.

Savi and Cohen then went on to compete in the short track ice speed skating Championships in Sheffield on the 30-31 of March. Savi managed to achieve the overall Bronze medal after a few falls.

Long-track is skated on a 400m oval and is skated in lanes with two people at a time using timings to determine the outcome. They also use Skates that are cut lower than short track skates and they have blades that are on a hinge.

Short-track is skated on a 111m oval and is skated in groups without lanes and skaters jostling for positions. Short track speed skates have fixed blades.

Pictured left: Savi in Long-track Championships.

Below: Cohen pictured in the Long-track Championships.



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www.cottinghamtimes.co.uk - May 15

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Summer cookery at the Cottingham Adult Learning Centre

Go along to the Cottingham Adult Learning Centre this Summer for a series of three hour cookery courses in our dedicated kitchen.

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New for June are Experience Days. Spend a day with our tutor combining cooking, baking and presentation skills, in the ultimate cookery experience. Boost your confidence in the kitchen and develop your culinary skills and knowledge of cooking to create masterpieces in your own kitchen!

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Booking is essential and courses are for learners aged 19 years and older.

Cottingham Adult Learning Centre, Hallgate, HU16 4DD, Tel: (01482) 842329.

Pictured below: Antonia and Brad Eyres on a breadmaking course at the Cottingham Adult Learning Centre on Hallgate



16 May - www.cottinghamtimes.co.uk



Beef & portabella mushroom lasagne

- Preparation time: 10 minutes
- Cooking time: 45 minutes
- Total time: 55 minutes. Serves: 4

Ingredients

Butter for greasing
2 tbsp olive oil
275g pack Waitrose Portabella Mushrooms, sliced
1 onion, finely chopped
1 carrot, finely chopped
2 cloves garlic, crushed
400g pack Waitrose Aberdeen Angus Beef Mince 10% Fat
500g passata
1 x 28g Knorr Beef Stock Pot
300g pack essential Waitrose Fresh Lasagne Sheets
350g tub fresh Waitrose Four Cheese Sauce
1 tbsp grated Parmigiano Reggiano

Method

1. Preheat the oven to 190°C, gas mark 5 and butter a medium-sized baking dish. Heat 1 tbsp of the oil in a large frying pan over a medium heat. Add the mushrooms and fry for 3–4 minutes, then remove from the pan and set aside. Add the remaining oil to the pan and fry the onion and carrot for 3–4 minutes, then add the crushed garlic and fry for another minute.

2. Add the beef mince, stirring over a medium-high heat for 3–4 minutes until browned, then add the passata and stir through the Knorr Stock Pot.

3. Cover the bottom of the baking dish with a single layer of lasagne sheets. Spoon on a layer of meat sauce, then a layer of four cheese sauce and scatter over some mushrooms. Arrange a layer of lasagne sheets on top of the mixture and repeat the layers to the top of the dish, finishing with a layer of lasagne sheets topped with the remaining cheese sauce and a sprinkling of Parmigiano Reggiano.

4. Bake for 30–35 minutes. Cover with foil towards the end, once the top is golden brown. Allow to stand for a few minutes before serving.

Make individual portions of the lasagne in small pie dishes. They look really appealing and you can freeze them too. Simply defrost completely before heating through in the oven.

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Cottage pie with cauliflower cheese topping

- Preparation time: 15 minutes • Cooking time: 1 hours
- Total time: 1 hour 15 minutes. Serves: 4 - 6

Ingredients

- 1 onion, roughly chopped
- 1 large carrot, roughly chopped
- 2 tsp rosemary leaves
- 2 tbsp olive oil
- 400g Waitrose Hereford Mince Beef
- 150g red split lentils
- 2 tbsp tomato purée
- 1 Oxo Rich Beef With Onion & Rosemary Stock Pot
- 600ml boiling water
- 500g floury potatoes, such as Maris Piper or King Edward, peeled and cut into large chunks
- 1 medium cauliflower, cut into florets
- 100ml crème fraîche
- 100g mature Cheddar cheese, grated

Method

1. Preheat the oven to 200°C, gas mark 6. Place the onion, carrot and rosemary in a food processor and pulse until finely chopped. Heat the olive oil in a large saucepan and add the mixture and gently cook for 6 minutes, until softened but not coloured.

2. Add the mince beef and mix with the vegetables, cooking for 2 minutes until browned and breaking up with a wooden spoon. Add the red lentils and tomato purée and cook for 1 minute. Mix together the stockpot and water and stir into the pan. Cook gently for 20 minutes without a lid, until the lentils are tender.

3. Meanwhile, place the potatoes in a large saucepan and cover with water. Bring to the boil and cook for 10 minutes then add the cauliflower and cook for a further 7 minutes until the potatoes and cauliflower are very soft when pierced with a knife. Drain well and return to the pan with the crème fraîche, cheese and a pinch of salt and mash together until you have a creamy yet coarse mash.

4. Spoon the beef and lentil mix into a 35x25cm ovenproof dish then spoon the mash on top leaving it quite rough for a crispy crust. Bake for 25-30 minutes until golden, crusty and bubbling.

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Martha's Carrot cake traybake

'A sprinkle of crunchy walnut brittle on top of moist carrot cake jazzes up an old favourite!'

- Preparation time: 25 minutes
- Cooking time: 35-40
- Total time: 60-65 minutes. Serves: 12-15

Ingredients

- 150g soft dark brown sugar
- 150g golden caster sugar
- 300ml sunflower oil
- 3 medium Waitrose British Blacktail Free Range Eggs
- 300g plain flour
- 1 tsp bicarbonate of soda
- 1 tsp baking powder
- 1 tsp ground cinnamon
- ½ tsp ground ginger
- ½ tsp salt
- 300g carrots, grated
- 100g walnuts, chopped
- For the topping:
- 100g full fat cream cheese
- 30g unsalted butter, softened
- 200g icing sugar
- 100g chopped walnuts
- 100g caster sugar

Method

1. Preheat the oven to 170°C, gas mark 3. Line a 23cm x 33cm tray with baking parchment.

2. In a large bowl, whisk the sugars, oil and eggs together until smooth. Slowly add the flour, bicarbonate of soda, baking powder, cinnamon, ginger and salt, and continue to beat until well mixed.

3. Stir in the grated carrots and chopped walnuts until they are evenly dispersed. Pour into the lined tin and bake for 35-40 minutes or until golden brown and a skewer inserted comes out clean. Allow to cool in the tin for 20 minutes, then cool fully on a wire rack before icing.

4. To make the icing, use an electric whisk to blend the cream cheese and butter together. Add the icing sugar in a few separate additions until it is all combined, then whisk on high speed for 5 minutes until the mixture is thick, pale and light.

5. For the brittle, arrange the walnuts on a baking tray lined with baking parchment and place the caster sugar in a saucepan with 2 tbsp of water. Simmer over a medium heat until the sugar has dissolved, then turn the heat up and boil until it turns a dark amber colour. Carefully pour the hot caramel over the nuts and leave to cool completely before breaking up and blitzing in a food processor to create chunks of brittle.

6. Spread the icing over the cooled cake and sprinkle the brittle over the top before slicing into squares.

www.cottinghamtimes.co.uk - May 17

ON THE GRAPEVINE

WITH ROY WOODCOCK

Don't let your wines oxidise

Some people don't manage to finish the whole bottle of wine once they've opened it (yes, I know, it surprised me, too!) Which begs the question, how long can I keep the remainder? The problem, of course, is that once opened, you are exposing the contents of the bottle to the "enemy" - oxygen - although initially, exposure to the atmosphere can improve how the wine tastes; hence those exhortations to "let the wine breathe".

Left too long, however, the oxygen will oxidise the wine, which is a chemical reaction that will affect how it looks, tastes and smells.

Red wines will probably look a deep brown colour, whites more a golden brown; it may smell and taste bit like sherry and certainly will taste stale.

The secret, then, is to keep the wine untainted, either by removing the air from the bottle or by stopping the air getting to the wine.

There are many gadgets out there that claim to do the former; either by using a small pump device and rubber stopper or by going the whole hog and buying an electric version. The latter's the sort of thing you might find being used in a bar or restaurant but, quite frankly, at home it's not really ever going to justify the cost.

An effective bottle stopper that really does achieve a decent seal is probably the best bet and should ensure the wine will be drinkable for three or four days. But here's an idea . . . if you plan on only drinking a small amount of wine occasionally then two empty half bottles with screw caps are perhaps the best and cheapest way of preserving wine.

Take a typical 750ml bottle, pour it slowly and smoothly so as to minimise any oxygen getting into the bottle and fill to the brim. Immediately seal the bottle with its screw cap. This wine will keep almost as well as the unopened larger bottle.

Now pour yourself the required glass. Pour the remaining wine into the other half bottle and close it off with its screw cap. You now have half a bottle that can be drunk anytime in the future, and a half bottle that can be drunk over the next few days.

One thing to remember when preserving wines, is that all methods are improved by keeping the bottles upright (it reduces the amount of surface area that can interact with oxygen).

Keeping an opened wine (red and white) in a fridge will slow down any oxidation reactions which means the wine will oxidise slower.

But try to avoid keeping the wine in the fridge door as you want to keep the wine as still as possible to stop mixing wine with oxygen. But don't forget to take red wines out six to eight hours before drinking to warm up.

* Pinot Noir sales rocketed following the release of the 2004 film *Sideways*, a gentle comedy about a near alcoholic wine-writer who takes his soon-to-be-married best friend on a road trip through California's wine-growing region and introduces him to his favourite wine (Pinot Noir) along the way.

I loved the film and always hoped for a sequel, but not as much as I love the wine. Pinot Noir makes some of the world's greatest wines; after all it's not only the principal red grape in the vineyards of Burgundy but also as one of the three main grape varieties used to produce the very best Champagne.

Because it is thin skinned and early to ripen, Pinot Noir is often regarded as a difficult to grow grape; therefore its wines are generally more expensive than the average. But they certainly repay whatever you've had to part with by delivering an immensely pleasurable drinking experience.

Noticeably paler than, say, a Cabernet Sauvignon, Pinot Noir has intense perfume and flavour and is incredibly food friendly. Nothing better in my opinion than some of those classic French dishes, such as coq au vin and boeuf bourguignon, with a glass of Pinot - truly sublime. But it's also one of the red wines that does work well with chicken and fish dishes, where perhaps we would normally be reaching for a bottle of white.

All of France's great Pinot Noir wines come from Burgundy's Cote D'Or although, in common with most French wines, you're unlikely to see mention of the grape variety on the label. Instead they'll be labelled according to the village or even vineyard of origin, which is daft in my opinion and has contributed to the growth in popularity of New World Wines over Old World.

We like to know what we're drinking, after all.

Today, Pinot Noir has strayed far from its Burgundian roots and is planted in regions around the world - you'll find it in California, New Zealand, Australia, Chile, Spain, Germany and Italy and, along with Sauvignon Blanc, New Zealand has really become known for producing excellent examples of wine made from this grape.

Perhaps a little lighter and more fragrant than Pinot from Burgundy, these New Zealand wines are truly worth exploring. I just can't get enough of them.



BEST BUYS

**Mount Difficulty Pinot Noir**

Where: Waitrose

When: Now, until May 14

Why: From some of the oldest vineyards in Central Otago in New Zealand's rugged South Island; the vine age giving this Pinot extra complexity and concentration and makes it worth pushing the boat out for. But this is a decent saving, so worth trying now. Dark fruits of the forest dominate the aroma and these are underpinned by lifted floral and black cherry, balanced with sweet aromatic spice notes.

£19.99 (was £25.99)

**Escarpment The Edge Pinot Noir**

Where: Waitrose

When: Now, until May 14

Why: Coming slightly down in price, this Marlborough, New Zealand, Pinot is still one of the best examples you'll find. Full bodied in style with great backbone and a long lingering finish. An immediately accessible wine, which will improve over the next two years.

£11.99 (was £14.99)

**Mont Gras Reserva Pinot Noir**

Where: Waitrose

When: Now, until May 14

Why: I've gone to Chile for this one and I have to say I would still describe it as an elegant wine. Really smooth and easy to drink on its own or with food.

£6.99 (was £9.39)

**Adobe Chardonnay Reserva**

Where: Roberts & Speight, Beverley

When: Now, while stocks last

Why: I also love unoaked Chardonnay and this example from one of Chile's pioneering organic and biodynamic wine producers doesn't disappoint. A clear, bright pale yellow colour in the glass with aromas of lime and grapefruit and notes of tropical fruits.

£7.99 (was £8.49)

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Newcastle : £85pp : Sunday 14 July : 2 days

Lincoln : £79pp : Sunday 4 August : 2 days

Liverpool : £85pp : Sunday 25 August : 2 days



Concorde, Castles & Code Breakers

Thursday 6 June : 5 days : £399

DOOR to DOOR

- Four nights' dinner, bed & breakfast.
- Admission to the Imperial War Museum Duxford.
- Entrance & guided visit of Rockingham Castle.
- Entry to Bletchley Park.
- Excursions & free time in Lincoln, Cambridge & King's Lynn.

Your Hotel: Huntingdon Marriott Hotel ****

The Lake District

Monday 24 June : 5 days : £379

DOOR to DOOR

- Four nights' dinner, bed & breakfast
- Visits to Leyburn, Hawes & Skipton
- Excursions to Keswick, Grasmere & Kendal
- Scenic drive including visit to Ulverston

Your Hotel: Shap Wells Hotel ***+

Explore the Isle of Man

Thursday 8 August : 6 days : £499

DOOR to DOOR

- Five nights' dinner, bed & breakfast.
- Return ferry crossing.
- Train journey from Douglas to Port Erin.
- Full day guided tour of the island.
- Free time in Douglas.
- Excursions to Port St. Mary & Castletown.

Your Hotel: Chesterhouse Hotel ***

Forest of Dean & Brecon Beacons

Monday 19 August : 5 days : £409

- Four nights' dinner, bed & breakfast.
- Visit to Tintern Abbey.
- Entry to Chepstow Castle & Museum.
- Guided tour and tasting at Hillside Brewery.
- Return rail journey.
- Full excursion programme.
- Live entertainment in the hotel.

Your Hotel: Bells Hotel ***

Devon Delights

Monday 26 August : 5 days : £429

- Four nights' dinner, bed & breakfast.
- Visits to Bideford & Barnstaple.
- Excursions to Lynton, Lynmouth & Woolacombe.
- Day in Paignton.

Your Hotel: Best Western Tiverton ***+

Picture Perfect Constable Country

Sunday 8 September : 5 days : £419

- Four nights' dinner, bed & breakfast.
- Admission to the Beth Chatto Gardens.
- Guided tour of Constable Country.
- Entry to Audley End House.
- Full excursion programme.
- Free use of the hotel's leisure facilities.

Your Hotel: Best Western Marks Tey Hotel ***+

A Real Tonic in Winchester

Thursday 12 September : 5 days : £459

DOOR to DOOR

- Four nights' dinner, bed & breakfast.
- Admission to Winchester Cathedral.
- Tour of the Bombay Sapphire Gin Distillery.
- Entry to the Milestones Museum & Mid Hants Railway journey.
- Entry to Arundells House, Garden & Exhibition Room.
- Full excursion programme.
- Free use of the hotel's leisure facilities.

Your Hotel: Norton Park Hotel ****

The Broads Explorer

Monday 16 September : 5 days : £409

- Four nights' dinner, bed & breakfast.
- Steam train ride with cream tea.
- Cruise on the Norfolk Broads.
- Visits to King's Lynn, Cromer & Sheringham.
- Free time in Norwich & Ely.
- Access to the hotel's leisure facilities.

Your Hotel: Dunston Hall ****

Idyllic Isle of Wight

Monday 7 October : 5 days : £379

- Four nights' dinner, bed & breakfast.
- Admission to Osborne House.
- Visits to Ryde & Shanklin.
- Optional excursion to the Needles (admission charges may apply).
- Entertainment in the hotel.

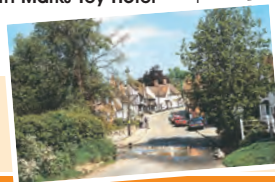
Your Hotel: Trouville Hotel ***

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O.A.P.

The first rays of sunshine break through the curtains signalling a new day has begun. With great gusto I leap out of bed...well, maybe a bit of exaggeration going on there and it is more like sit on the edge, stretching my legs so that my knees are prepared for the long day ahead. How many of us have aches and pains that were not there a few years ago? Sadly, this comes with age and I am sure there is not one person, over time, who does not experience an odd twinge or two.

So how do we cope with change? There are many groups and associations giving sound advice, on exercise and supplements to take which don't stop the process but help to slow it down. This is all very useful to us but what if we cannot voice our pain, voice that we are a bit forgetful or voice that our appetite is not as it used to be?

Our family pet (like baby's) rely on us when they are young, to guide and nurture them into adult hood and it is human nature to think that this difficult stage is over...BUT...one of our most treasured possessions is so relying on us be their voice, that sometimes, it may go unnoticed and be thought of as "just old age".

First thing to remember, ageing is not a disease but a gradual decline in the delicate inter-relationships between the body systems, which predisposes them to acquired change. Symptoms of age-related change can be subtle and may go unnoticed so no matter how insignificant a change may seem, it is better to seek advice rather than wait and see if the condition worsens. Recognition of even the slightest change in a pet's habits ie: activity level, appetite or behaviour may be the sign of an



underlying condition and simply not attributed to "old age".

Elderly pets may become quite fussy about what they eat and this can be mistaken for anorexia. How often are we faced with a large meal and just cannot finish it all? Like us, smell and taste sensations are reduced with age, so it is important to see how your pet responds to the food. Try feeding highly aromatic diets or warming food to body temperature, prior to serving, to enhance palatability also reducing the size of the meal and making them more often. As pets age, their digestive system often becomes less efficient, so a good quality, highly digestible diet is desirable. Also, like us, obesity is commonly observed in the ageing pet due to a reduction in metabolism, so it is important to feed your pet fewer calories than it had when younger and it is crucial to pay attention to your pet's teeth and gums - particularly if it is refusing or having difficulty eating. There is also an increased incidence of constipation which may be alleviated, in part, by increasing the fluid content of their food.

Surprisingly, ageing pets can become less interested in grooming and, while this can prove a large problem in cats, ageing dogs may require help to keep clean and well groomed. A gentle touch is required here as I discovered with my late dog, Tammy, who at the tender age of 15 yrs, developed arthritis. She didn't like her legs being groomed which was most difficult as she was a Cross Bearded Collie with long hair, so the easiest way round the problem was to have her clipped short. Over exercising arthritic pets may possibly accelerate the condition so moderate exercise is encouraged to keep the joints flexible and maintain muscle tone. You could also try Hydrotherapy...after all, swimming is good for our joints.

Now I do not like to admit that I am at the age when forgetfulness can be for some an everyday occurrence. Thankfully it is not in a serious way but more like popping into a shop and coming out without the very thing I went in for. As we age, some of us may sadly develop Alzheimers, Dementia or you may even know of a loved one with this serious debilitating disease. Ageing dogs often suffer a decline in cognitive brain function and may be less mentally alert. This may be mistaken for "old age" stubbornness but it is important to realise this impairment can be disorientating for the older pet, just like in humans, and effect their behaviour so therefore patience, time and social interaction alongside veterinary advice, is required as your pet ages. We at KINGSTON are now offering appointments at our Park Street surgery with one of our qualified nurses, Emily, which steers towards the elderly pet. The 30 minute appointment will involve a blood pressure check, urine test plus a questionnaire for you to complete to enable Emily plan the best way forward for your pet. You are their sole companion but more importantly their voice so please remember the earlier you seek veterinary advice, the more likely it is we will be able to help your treasured companion enjoy their pensioner years.

AND FINALLY... TALI...

Well, I am delighted to say she has improved, only slightly but it is there. Perseverance on teaching her calm when greeting people has greatly helped. It has been hard work, don't get me wrong, but I can slowly see an improvement. What I have noticed is that she loves carrying a ball around and remarkably this stops her from jumping up (and stealing things) so much so that I had a lovely afternoon in the garden playing catch with two of my grandsons with Tali acting as ball girl. Her love of tennis balls has now overtaken her love of treats which, as all Labrador owners know, it is so easy for them to pile on the weight. I have also noticed her keenness of sniffing things out and wonder if this comes from her father (an ex drug detection dog) so after a quick search on the internet I have found there are Scent workshops for dogs. What better way to tire her as well as exercise but to use the brain. Well here goes.....

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"The Tooth and Nothing but The Tooth"

by
Chris ' Dr. Smile
Maker' Branfield

Keeping up with the Digital Age

Hello again, I hope you are well. Well, as I write it is nearly Easter and the sun is out. Hope it's a nice long weekend. We all need a good rest from time to time. These last few years has seen a lot of fast moving changes in the way we live. Most of this is due to the digital age. Some of these changes are good, some not so good. Social media is good to connect with friends and family but can put pressure on kids growing up. Sometimes it's good to escape by just turning off your phone, eh?.

Dentistry Moves On

In 2012 we at Castle Park Dental Care went away from conventional film with xrays and onto digital. This makes things quicker and more convenient. It also gets rid of the need for liquid fixer and developer that ultimately need to be disposed of. We hung on until 2012 because up until then there was no gain in terms of quality of the x-ray images, which is important for diagnosis. Once the quality became on a par with film, with scope for improvement, we took the plunge and have not looked back. It's better for the environment, now gives more consistent results and gives a much reduced radiation doses, up to 90% less.

To get a 3D scan we used to have to send people to hospital for a conventional CT scan (a day trip to Leeds). This gave a very large image with a relatively high radiation dose. Then we couldn't read the data and had to send off to a different company to make sense of it.



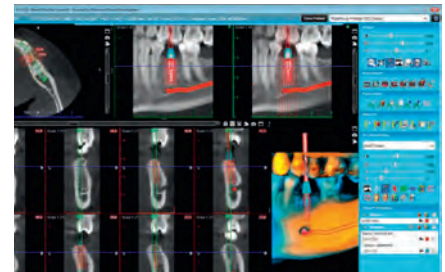
2D X-Ray 1

This took time and was expensive.

With the newer Dental Cone Beam CT scans we can get smaller, more specific images and the dose is reduced by loads. Also, they come with software that we use to view them and make accurate measurements. This reduces cost by about 75%. That's why we have one and use it on a regular basis

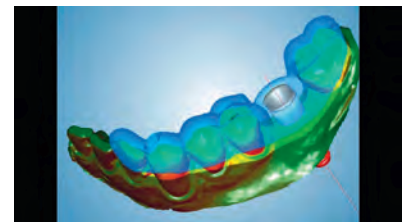
Why 3D?

Normal x-ray images show detail in just 2 dimensions. Most of the time this is enough but for more detailed diagnosis and treatment planning we need 3D. It is



useful when things are superimposed. Examples of this include seeing exactly where a nerve is in relation to a wisdom tooth. Another example is planning implants. A normal 2D X-ray will show bone height but not how thick it is.

We can now use digital technology to design and 3D print an implant placement guide after virtually planning the implant placement using the software. This can mean more minimally invasive procedures with faster healing and less discomfort. It also makes restoring with crowns etc. an easier process.



So, 3D planning can really improve, diagnosis and planning and, most importantly **SAFETY**. I bet that's got your pulse racing! I know, I am such an anorak.

Europe Here I Come

Next month I'm off to Holland and Belgium with a mate doing a bit of a World War 2 motorbike tour. A bit after that, I'm off to Slovenia to an international Medical laser conference. Last year it was a great learning experience and I was one of the invited speakers. I'm looking forward to updates on Laser Dentistry, the most gentle dentistry on the planet.

Until next time. Take care and be good.

Chris

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

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Research shows that people who carry on learning through life report higher wellbeing and a greater ability to cope with stress. East Riding of Yorkshire Council's Cottingham Adult Learning Centre is encouraging local residents to try something different and grow their skills with a series of Free Try and short courses running during June.

Sara Arnold, group manager, said: "Give adult learning a try and grow your skills as you make new friends, get creative or just do something to help you relax and unwind after a long day at work! The choice of subjects ranges from photography, mindfulness and Spanish to self-esteem and confidence building."

Booking is essential on all courses and Try courses are popular, so hurry to book your place at www.eastriding.gov.uk/learn, call/visit the Cottingham Adult Learning Centre, Hallgate, HU16 4DD, Tel: (01482) 842329.

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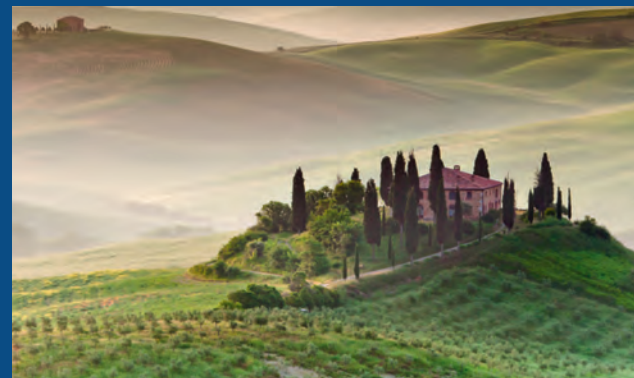
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This year has gone by quickly. It's already May so let's make the most of the summer and get the garden ready. The bright sunshine of April is promising a good start to the summer months with plenty of sun ahead so it's time to get your garden ready. 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 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 a revolutionary new summer bedding pack. We developed this new bedding to make planting bedding cleaner and more environmentally friendly by getting rid of the polystyrene containers. The packs of our bedding plants are now 100% recyclable. Made from

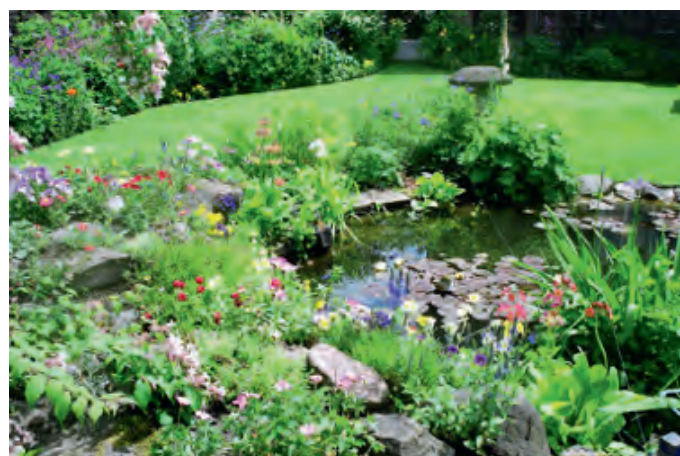
recycled bottles, the containers can be put straight into your recycling bin when you're done. And there will be no white bits from the polystyrene littering your garden.

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.

Attract Wildlife with Plants

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.



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.

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Make a Wildlife Habitat

Making a wildlife habitat can be easy. Buy a birdhouse or a bee hotel for your 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.

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.

Create your own culinary herb garden that looks almost too good to eat!

Try planting a selection of tasty herbs valued as much for their ornamental appeal as their flavour. From sage to thyme, rosemary to clipped bay and flowering chives, combine herbs valued for their ornamental beauty to produce long-lasting displays as well as regular pickings for the kitchen.

There are no hard and fast rules about creating herb gardens, but successful designs often define the space using brick pavers, dividing-up the area with small paths to provide easy access for picking.



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At Hairs & Graces we like to keep up to date with the latest styles and trends. Taking inspiration from the catwalks translating these styles into the everyday... we are currently seeing a lot of the soft pastel colours or natural colours with an edge to them. From deep

auburn to ice blondes. Colours are more tone full now than ever before!

Colours no longer just cover as one, you can create dimension and movement using different tones and techniques. The classic set of highlights can be used to create different looks with the use of tones to give colours more movement and flow.

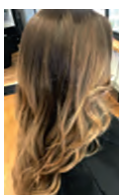


A full head colour is so much more than it was before, you can use this to have soft differences within you colour, using colour blocking and blending tones to give the appearance of natural light and shade.

The ombre is still around, however, now over time it has changed and transformed from being blocked colours into the more natural balayage, sombre or smudges, this is something that can be made unique and can be created with different tones, lightening and use of colours to shade in areas.

We use a lot of natural contouring at Hairs & Graces this creates a more textured feel to your haircut. It's easier than ever before to achieve your desired look. Using a range of treatments, from toners (starting from £5), flashes (from £15) or more structured colour/ highlights with the addition of the new Wella Plex range we can create looks with as little or no damage.

Wella plex is a revolutionary new product that is placed inside colours to help renew the hair and is designed to help rebuild the inner part of the hair (£15 for Wella Plex). We can use a range of techniques and products to create different styles and colours. We offer a range of quick fixes off our dry bar menu, from braids to a simple ponytail (From £6).



News from the salon...

Nicky moved the salon two years ago in July from Willerby Square to the heart of Hallgate Cottingham, in order to give all our clients (new and existing) more space to relax and unwind. Step inside for a truly unique experience. You will feel fabulous after with our fun, friendly, down to earth team to create bespoke looks for you! We welcome everyone to come for a complimentary coffee and a consultation, to work with one of our stylists to create your signature style. We have longer appointment times booked to help you feel more comfortable and relaxed. We also help you find your perfect products to help you to re create your style at home!



Coming soon...

We will soon be offering Indian Head Massage with Nicky. There are several physical and mental benefits from Indian head massage. From the relief of muscle stiffness, circulation improvement to lifting moods and improving alertness and concentration, these are just a few of the many benefits. This is a treatment will be available from June onwards (bookings taken now)

Look out for our apprentice Natasha who is progressing onto her level 3 and will be offering affordable new prices as a graduate stylist from August/September.

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Inside the salon...

Feel refreshed with an Indian Head Massage available in salon! Get 50% off your first Indian head massage!

Other salon offers...

30% OFF your first Colour service (skin test required 24-48 hours before service)
Or

Get 50% OFF your first cut and blow-dry!
First Wella Plex treatment £10

Quote Cottingham times to receive discount.

*T&C apply not in conjunction with any other offer, new clients to the salon only * Limited Time Offer.

Your Stars for May 2019

By Kay Gower

Aries (Mar. 21- April 20)

It's going to be an interesting month for you, one you'll remember well. The next 4 weeks bring the resolution of old conflicts and the birth of new dreams. You're very attractive and will be asked to make a commitment soon. Only you can decide what will make your life richer.

Taurus (Apr. 21- May 21)

Using your talents this month will bring financial good fortune especially on the work front so advance and achieve - retreat, and you'll be watching someone else achieve. Your choice.

Gemini (May 22-June 21)

The good news this month is that your mind is in brilliant form and you'll come up with some original ideas that could improve your working life. You'll also become aware of your own well-being, trying out a new health regime will lead to a new and healthier you.

Cancer (June 22-July 22)

Don't be reluctant to share your feelings with others. If you need any financial backing especially on or around the 18th May, give or take a day or two, don't think twice about asking for it.

Leo (July 23-Aug 22)

This month it will be up to you to be able to distinguish the difference between a pipe dream and a genuinely sound opportunity. Make sure you get plenty of "quiet time" to think everything over.

Virgo (Aug 22 - Sept. 23)

You may go through a lot of money this month but if you can stay focused you'll be able to bring in quite a lot too. You can achieve an enormous amount at this time because you'll put your heart and soul into whatever you do.

Libra (Sept. 24 -Oct. 23)

May finds you full of optimism for new enterprises and plans. Don't take on more challenges than you can meet especially during the first week. This could, in fact, be a very productive month, but only if you can keep your expectations within reasonable bounds.

Scorpio (Oct. 24 - Nov. 22)

Something which has been hidden may come to light or skeletons in the cupboard could be revealed. On another note, be careful you don't accidentally throw away something of sentimental value

Sagittarius (Nov. 23 -Dec. 21)

Jupiter, the planet of good fortune goes retrograde. If you think this can't be good, think again. Jupiter is the ruler of wealth, abundance and good times. When a planet reverses (note, Jupiter isn't actually going backward, but it appears that way from our earthly position — hence "retrograde") it doesn't necessarily mean our fortunes will reverse. You may have delays in some areas until Jupiter moves direct mid August, but even those delays will be beneficial.

Capricorn (Dec 22.- Jan. 20)

During this month your observations open the way for opportunities of all kinds. New responsibilities could be offered Just say yes and try something different.

Aquarius (Jan 21 - Feb 19)

This month will be a time for expressing your desires and feelings, and openly displaying the love you feel for others. Your fun-loving or dramatic side is accentuated. Sports, games, and all creative activities are also well starred.

Pisces (Feb. 20-Mar. 20)

A sparkling opportunity to indulge your creativity emerges mid month and others will be more than receptive to your ideas. Someone from your past is likely to seek you out.

The Phoenix Friendship Club seeks new members

Do you want a better social life, don't be alone, come along to the PHOENIX FRIENDSHIP CLUB. We are the Hull Branch of the NCDSW (the National Council for Divorced, Separated and Widowed).

We meet at the Lair Club on Anlaby Road, Hull every Wednesday evening at 8.00 pm till 11.00 pm throughout the year.

The club is non-profit and we have a singer on two Wednesdays, followed by a disco on another Wednesday, followed by a social and quiz night on the other night with food. We also have meals out and trips away, bowling nights and many more events.

We have about 80 members with a mix of ages and have a dress code of smart casual. But please note we are not a singles dating club, but a friendship club.



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Sudoku Answer from page 12

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

So if you fit the criteria come along one Wednesday evening (bring a friend if you are not sure). Contact George Pearson 07831 883480, 07825 735841 or June 07762 842882. We look forward to seeing new members.

Thwaite Gardens Open Day Sunday 19th May 11am to 4pm

The Friends of Thwaite Gardens will be holding their Annual Open Day on Sunday 19th May between 11.00 am and 4.00 pm.

There will be a variety of plants for sale, Tea and Cakes, Tombola, a Tree walk from 11.30 am to 2.00 pm. You can also explore the glasshouses and gardens.

The 'All for One' choir will be singing at 1.00 pm.

'Friends of Thwaite Gardens' Members free (Please show card). Non members £3; Accompanied Under - 16's free.

Thwaite Gardens, 57 Thwaite Street, Cottingham, HU16 4QX.

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Local Beekeeper Neil Gower Continues his quarterly review of the Beekeeping world

Let's get planting

In the February article I started to address the issue of planting a 'bee friendly' garden. This had emanated from a number of studies that addressed the long term decline in bees and pollinators, and identified that private green spaces had started to make a difference. The response has been greater than anticipated with many people stopping me to tell me what seems to work in their own garden, and as the decline is reversible we can all play a part in affecting, what is dramatically being described by Scientists as 'the sixth mass extinction on earth'.

In February I touched on spring bulbs, trees and some shrubs. As we move into late spring our thoughts should turn to summer flowering annuals and perennials, as well as vegetables and herbs which not only look good but also have culinary benefits. My research has identified a fairly long list in each category from which anyone can pick and mix if they wish to do so, and should also cater for those who just want to fill a window box or try container planting.

Bee friendly perennials include:- Hollyhocks, Salvia, Verbena, Foxgloves, Aquilegia, Daisies, hardy Geranium, Sedum, Allium, Geum and Scabiosa.

There are so many annuals to choose from so I have picked a selection in Sunflowers, Aster, Sweet Pea, Nasturtium, Lobelia, Calendula/Marigold, Cornflower, Corncockle and Borage. Most of the large seed companies also sell packets of seed selections aimed at attracting bees and butterflies into your gardens which will work just as well if space is limited.

Herbs and vegetables have the added benefit of being edible, so by attracting pollinating insects it is well documented that the yield is increased by around 20%. This group includes Lavender, Rosemary, Thyme, Dill, Chives, Peas, Runner Beans and you can even grow potatoes in patio containers.

For completeness, I will conclude with a few shrubs for those of you who may be looking to add some longer term

form to their gardens. Those not mentioned in February include Potentilla, Forsythia, Weigela, Ribes and Berberis.

Whilst it is not intended to be an exhaustive list, this information might just give an indication to those of you not sure about attracting pollinators some easy ideas.

To those of you interested in creating a bee friendly space, it is also worth providing a water source as all pollinating insects need to drink. This need only be a small container with a handful of gravel in the bottom, to provide a landing space, topped up with water. No bee friendly garden is complete without one.

An early start.

To be an effective beekeeper you have keep good records. You refer to these when reviewing a colony, checking on some new technique you may have tried out or just assessing your beekeeping year. As well as recording the details of each hive, I also make reference to the temperature and general weather condition at each inspection. From my notes I know that we had snow on the ground in mid March 2018 with freezing temperatures, meaning it remained very cold for the remainder of the month, and it was just after Easter in April when spring finally arrived. My notes for the beginning of this beekeeping year read quite differently with the bees being very active by mid March with lots of pollen being delivered into the hives, a sure sign that the queen is laying eggs. Temperatures of 15 degrees and above meant high activity levels in all the colonies and I had carried out my first hive inspections by the third week in March. This is much earlier than normal.

All bar one colony had made it through the winter, and this had perished due to a mouse invasion when the metal guard I'd placed across the entrance fell off. By the time I spotted the problem the mice had eaten their way through several frames of honey and left the bees with no food. My mouse guards will be mounted far more robustly from now on.

Over the past 12 months I've relocated some of my hives and I now have them spread across multiple sites as a precaution against the vandalism encountered last year. I can use the additional space to set up some dedicated queen rearing facilities, so that all my hives are equipped with the best queens, and I'll write about this later in the year.

At this time of the year I'm normally concentrating on building my colonies up and managing swarms, but this year we have the added issue of the Asian Hornet to consider.

Any Asian Hornet nests that were not destroyed last year will have yielded a new queen who will now be emerging to seek out a new nest site and start laying eggs. It's the start of a new beekeeping season with one more challenges to keep an eye out for.

In the August edition, I hope to report on the experiment I carried out last year in providing extra brood space on one colony, and keep you updated on the Asian Hornet situation.

In the meantime I hope the information I have provided on "bee friendly" gardens is of use, and brings colour and enjoyment to your planting spaces.

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JJ's Smart Repairs are now offering cost-effective, exacting colour matching on body repairs

JJ's Smart Repairs who are based in Station Road, Cottingham, are now offering cost-effect, exacting colour matching on body repairs which they undertake using the SONNE range of colours manufactured by HELLA.

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JJ's Smart Repairs offer a collect and delivery service, and its location, close to the Cottingham Railway Station on Station Road, means it's feasible for some people to drop off their car on the way to work, catch a train, and then collect it again on their way back after work.

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Hole of Horcum from Levisham Station

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

Nat Park - North York Moors

County/Area - North Yorkshire

Author - Andy Chaplin

Length - 8.5 miles / 13.8 km

Ascent - 700 feet / 212 metres

Grade - easy/mod

Start - OS grid reference SE817910

Lat 54.308074 // Long -0.745833

Postcode YO18 7NN (approx. location only)

Walk Route Description

Apart from one climb out of North Dale from beside the North Yorks Moors Railway this is an easy circular walk on well defined paths. It offers some wonderful scenery and the chance to see steam trains in operation on the North Yorks Moors Railway,

The start is Levisham Station (grid ref. 817910), which despite its name lies quite some distance west of the village of the same name. There is a £2 suggested donation to the NYMR for all day parking. However, further back along the road at the information sign (grid ref. SE821917) there is some space for those not prepared to pay this modest charge. After parking cross the railway and take the road north-west and then north along Newton Dale past the Grange (grid ref. SE812918). The road is gated and locked at both



ends so is generally very quiet for walking.

Continue along the Hardigate Road past Kale Pot Hole and Gallock Hill to Raper's Cottage. The "main" road doubles back on itself towards the gated exit at Raindale Head but keep walking north towards Newtondale Halt (grid ref. SE835948), which is a good place to sit and wait for a train to pass through at this request-stop station. Carry on north until Pifelhead Wood (on your right across the beck and tracks) ends then cross on the footbridge (grid ref. SE843953).

Go through the woods and climb up at the side of Havern Beck. This climb is short and steep. There is a drop down to your right towards the beck but the path has been cut into the hillside and is easy to follow. As the path reaches the top there is a view of a small waterfall and the hairpin bend at the Hole of Horcum is visible at the end of a path that makes towards it over the moorland.

Just before reaching the road take the Tabular Hills Walk (grid ref. SE849940) west then south west on an estate track that passes barrows at the start of the track and then gives good views into the Hole of Horcum. The track then crosses Levisham Moor to Dundale Pond (grid ref. SE826918) where there is a 5-fingered post which directs you westwards towards Levisham station. Shortly afterwards continue straight ahead at the next signpost and after you leave the wall, which has been on your left hand side, take the path on your left down the side of the hill towards the road leading back to Levisham station.

The path cuts off the corner of the road (if you didn't park there) then continues down via the road to the station parking where there are not only trains but also toilets and a refreshment kiosk. What's not to like? The nearby Horseshoe Inn at Levisham is walker-friendly although you will be required to leave you boots at the door before sampling the wares.





New Rules Regarding Employee Payslips

by Nick Robinson of Yorkshire Accountancy

As we close out one financial year and enter a new one, employers will find that they need to be aware of new rules regarding employee payslips going forward.

What's happening?

With effect from 6th April 2019 two new sets of regulations came into force which will have a big impact on the way employers perform their payroll function. The Employment Rights Act 1996 (Itemised Pay Statement) (Amendment) Order 2018 and the Employment Rights Act 1996 (Itemised Pay Statement) (Amendment) (No. 2) Order 2018 have been implemented to provide greater rights for employees. In particular they aim to achieve the following:

Ensure that all workers receive a payslip - Whilst you could be forgiven for thinking that anyone earning money is receiving a payslip, this has not actually been the case.

This change in law will predominantly affect sole traders and those who identify as self-employed for tax purposes. It is also likely to affect workers in the so called 'gig economy', who provide services for companies without being classed as an employee and who, up until 6th April 2019, would not have been entitled to receive a payslip.

There is no demand for paper payslips and it is perfectly acceptable to provide electronic payslips. The important things are that;

- a) A payslip is given
- b) It is received on or before pay day

Provide a clearer breakdown of earnings – Employers already providing an itemised payslip are less likely to feel the effects of this particular amendment, however, those who have previously shown only a total cash sum will have to make some big changes. Going forward, where a person's payments vary by the number of hours worked, a full breakdown of the number of hours worked to amount to that specified cash sum must now clearly be shown on the payslip. This applies whether your worker is on the payroll or paid under invoice.

If the adjustment relates to hours that have not been worked, there is no need to show an hourly value. Examples of this would be holiday pay, unpaid leave, leaver reductions etc.

The good news is that the majority of accounting software used by employers will already have this functionality available and so no major upgrade of computer systems is likely to be necessary.

These new regulations are limited to Great Britain and so do not apply to Northern Ireland, though it is largely expected that employers will look to take an all-encompassing approach and implement them across the UK.

Is there a bigger picture?

These changes form part of the Government's 'Good Work Plan' which followed an extensive review of current employment practices and seeks to overhaul employment law in the biggest shake up seen in decades.

And so there is much for both employers and employees to consider during this period of Government evaluation and overhaul with employers needing to ensure that they are up to speed with new regulations before they are bought in, and employees being sure to take advantage of hard fought improvements to their working life.

Key dates – May 2019

- 1 May – Due date for payment of Corporation Tax for period ended 31 July 2018
- 3 May – Deadline for submitting P46 (Car) for quarter ending 5 April 2019
- 7 May – Deadline for VAT returns and payments of Accounting Quarter period ending 31 March 2019
- 19 May – Monthly deadline for postal payments of CIS, NICs and PAYE to HMRC
- 22 May – Monthly deadline for electronic remittance of CIS, NICs and PAYE to HMRC
- 31 May – Give a P60 to all employees on your payroll

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

Telephone – 01482 845750

Email – nick@yorkshireaccountancy.co.uk

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

www.instinctivehorsetraining.co.uk

What is clicker training?

Clicker training is a **marker training protocol** based on proven science and is evidence based. The click, whistle (or any bespoke noise), is paired up with a reinforcer. Something which is of high value to the horse. This bespoke noise is called the **bridge signal**. It bridges the desired behaviour or emotion with a reinforcer. In the case of a horse it could be scratches or food. When the bespoke noise is made, the horse learns to work out exactly what it has just done which will then illicit the treat. Any behaviour shaped with a high value reinforcer is highly likely to be repeated. Therefore, a money bonus at work- especially an unexpected one, is very likely to feel great and shape you to keep up the good work you are doing!

Positive reinforcement has been used in Marine mammal training for decades. It is the basis of all good zoo training across all species for cooperative care. The zoo animal is free to leave at any time and is rewarded for staying and allowing certain veterinary and husbandry procedures to occur. The dog training world adopted this practice years ago too- us horsey folks are just slow off the mark!

How does clicker training work with horses?

Any animal can be clicker trained so horses are no different.

Clicker/marker training uses the **positive reinforcement (R+)** part of something called the Operant Quadrant- where you add something of high value to reward a behaviour. Operant conditioning (the work of B F SKINNER) are all the choices we have to use in order to shape future behaviour. All 4 parts are effective training choices but the three below risk potential emotional fallout which destroy or erode trust or cause actual fear.

(a) **Pressure on, pressure off is Negative reinforcement (R-)**, where the horse learns how to stop you doing something it does like and finds aversive, annoying or irritating.

(b) **With-holding something the horse values is Negative Punishment (P-)**, where the horse feels punished by your action but there is no touch involved.

(c) **Striking, hitting, feel a whip, spurs, harsh hands on a bit etc all fall into Positive Punishment (P+)**, where you add something which feels painful and punishing to the horse.

All these choices are the life and experiences we bring to the table when



we are training, interacting with and caring for our horses in their daily management. Using clicker training with horses creates a wonderful way to communicate and brings positive associations to his world he shares with you.

Can anyone clicker train their horse?

If you decide to become a positive partner by using R+ (adding positive reinforcement) then there are new skills to be learnt. Shaping any future behaviour means we need to break it down into many tiny parts: - which progressively develop into the whole end game behaviour desired. The skill is to set the horse up to succeed, give him choice, let him experiment to find out exactly what he got clicked for and then to gradually build it up. These tiny steps are called approximations. The more small slices you can create during training, the easier it is for the horse to learn what we are wanting in actions. **This process is called behaviour Shaping.** It is both us and the horse who need to learn to problem solve therefore careful thought must be used as to how best plan the training from start to finish.

First and foremost is **the default behaviour of head straight and not mugging** which must be trained from the off. People go so very wrong with clicker training horses if the foundations are not correctly established. There are possible pitfalls if you do this wrongly. Horses can get over excited (**arousal**) so care must be taken to ensure that each stage of training is introduced properly and with thought. Once calmness, head straight, no mugging and no over arousal is in place we then move the training on to the next stage. **Target training.**

What is target training horses?

Target training is when the horse touches a part of his body to your hand or to an object. Usually started with nose targetting, the horse touches his nose on an object you hold where you click the very second he touches and then reinforce with food. You can eventually teach him to follow a target for things like leading training or loading into a horse box. We teach foot targetting so that horses lift their own feet up for care procedures on cue. We teach hip targetting so that horses line themselves up at the mounting block. We teach recall to a hand target so that catching in the field is easy and the horse comes to a call cue with enthusiasm. These are just a few applications of the training – there is a whole massive world of training applications to bring to your table if you decide to learn the art of training using behavioural science.

Remember one really important rule! This is that every **behaviour has a function** to the horse. These behaviours can be observed and described in detail. They may be fear based, where the horse is avoiding something or somewhere (**avoidance behaviours**). They may be fear based, where the horse needs to leave somewhere he feels unsafe. (**escape behaviours**) They may be driven by **separation anxiety** from their bonded horses. Your horse may be in pain! He may be behaving in ways against your wish list because he simply just cannot do your bidding. Obviously none of the above are good scenarios so look into how you can help your horse feel safe, be pain free and find calmness instead.

Don't use labels! Labelling your horse with words like stupid, awkward, lazy, fizzy, arrogant, being a bitch, crazy, etc. None of these are helpful. Try instead to look at exactly what is happening and find out what the horse is trying to gain by the behaviours. Forcing horses into a place he feels emotionally compromised is only ever going to be destructive. Horses do not lie! They tell the truth and their behaviours reflect that truth.

I am an Equine Behaviour Specialist. I understand why horses do what they do and why. I can be reached for behaviour consultations and training plans via my website www.instinctivehorsetraining.co.uk or via my social media page www.facebook.com/instinctivehorsetraining.

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If you want someone to act on your behalf in financial or medical decisions, you'll need to give them Power of Attorney over your affairs. You can only set up a Power of Attorney while you still have the ability to weigh up information and make decisions for yourself, known as 'mental capacity' - so it's worth putting a plan in place early on.

When should I make a Power of Attorney?

You should consider creating a POA in these situations:

- You are going to holiday in another country for a long stretch of time.
- You want to guarantee someone you implicitly trust has control over your affairs.
- You have a health condition which could eventually impair your mental soundness.
- Your employment makes you travel out of country for extended periods.
- You are a member of the military and are being stationed overseas.
- You want your spouse or a family member to control what medical treatments you agree/disagree to if you are unable to express your wishes.

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- Explaining the different ways attorneys can be authorised to make decisions, including on their own, or jointly with others.
- Helping you nominate replacement attorneys in case your original attorneys are unable to act.
- Drafting how your wishes ought to be expressed to ensure they cater for all eventualities and are capable of being carried out.
- Including any specific wording which may need to be included to enable funds held by banks and building societies to be managed on your behalf.
- Advising whether a separate lasting power of attorney may be necessary to protect your business interests.
- Considering whether there is anything about your personal circumstances which means that a lasting power of attorney may not offer you all the protection you need, such as where you have property or assets abroad.
- Advising how a lasting power of attorney may be used where assets covered by the lasting power of attorney are owned jointly.
- Reviewing the things you need to do to prevent your application for registration being rejected by the Office of the Public Guardian.
- Preventing the validity of your lasting power of attorney being challenged by arranging for a doctor to assess your mental capacity in the event of deteriorating mental health, if necessary.

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Our Fees

Whilst we appreciate that everybody has unique circumstances, we believe that it is vital our potential clients understand the standard fees we charge. In all instances we will provide tailored quotes, but also realise that one of the biggest reasons that the public are reluctant to engage with solicitors is the fear of unexpected final bills.

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Standard Mirror Will (joint Wills)	£170+VAT
Witnessing of Will	£25.00+VAT
Storage of Original Will	£25.00+VAT per will
Codicil	£75+VAT
Deed of Variation	£250+VAT

Probate Services

Application for Grant of Probate - starting from	£1000+VAT+Disbs
Court Fee (payable to the Court and not us)	£215.00 (no VAT)
Additional copies of the Grant	£0.50 (no VAT) each
Check and Send Service	£250+VAT
Estates of high value	POA
Certification of Will (single)	£10

Power of Attorney

Application for lasting Power of Attorney for Health & Welfare	£250+VAT
Application for lasting Power of Attorney for Property & Financial Affairs	£250+VAT
For both of the above LPA's	£400+VAT
For married couple who require both LPA's each (total of 4)	£800+VAT
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Certification of LPA (single)	£10

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Meet, Greet & Eat

FREE legal Advice Clinic with Caroline and team on Saturday 4th May 2019 from 10-12. Teas, coffees and freshly baked scones provided with our compliments





“Taking the soft option

Quite often the questions we get asked from customers are not about if they should have a Water Softener, they often have already been convinced they should have one by friends or relatives; but practical ones such as; “we would love to have a softener, but they are great big ugly things that have to go in a utility room aren’t they?” or “aren’t they very complicated and fiddly to use?” or “don’t you have to lift huge bags of salt?”.

We take great delight in explaining to customers that whatever pre conceptions they may have had about Water Softeners of old, that modern, efficient, compact and well designed Water Softeners are now available that can often fit conveniently in any kitchen, they can be fitted, neat and tidy, in a few hours by our skilled fitters with no fuss. Approximately the size of a computer tower unit the softeners are stylishly designed to fit in the minimum possible space and on our free no obligation site survey we will discuss the various options and possibilities depending on the specific plumbing and kitchen layout in the customer’s home.

Are they complicated to use? Well, they used to be, with dials and meters and plugs and sockets and programmes to input, but although this type of softener is still available, worry not! there are modern, simple, eco friendly units that are kinetically powered by the water, these units are pre-programmed and the only attention they need is topping up with salt every now and then.

Softeners of old tended to be of the type that required to be filled from large 25 kilo bags of Salt Tablets or Granules and this could be difficult for some customers, I am pleased to say that whilst as stated above this type of softener is still available, modern compact Water Softeners take compact, handy sized salt blocks that are easily stored and convenient to use.

The comfort benefits of soft water for bathing, hair washing, and soft, fluffy laundry are well known to Softener owners and it is often this as much as the cost savings, protection of appliances and pipe work and even the easier cleaning that they enthuse about to family and friends.

Water softeners work 24 hours a day to protect your home from limescale and provide beautifully soft water as well as saving you money, with more efficient and longer lasting appliances, and make the chore of cleaning the shower screen a breeze!

Please give me a call if you have any questions; we offer a free no obligation site survey- testing water hardness, customer requirements and checking the plumbing to recommend the best solution.



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Road safety cycle scheme for Syrian refugees in the East Riding launches for 2019

An award-winning cycle training scheme for refugees in the East Riding has got back on the road for 2019.

Thirty refugees from Syria who have settled in the East Riding to escape the civil war in their country are being given training in cycling skills and road safety to help them navigate the roads in their new country.

And they were all presented with reconditioned bikes and safety gear including helmets and hi-vis vests at the end of their first training day, on Wednesday 10 April.

The scheme is led by East Riding of Yorkshire Council’s road safety team and the Refugee Council, working in partnership with Cottingham charity R-evolution and Safer Roads Humber.

The aim of the project is to provide the refugees with transport and the knowledge to get around the East Riding safely so they can travel to education and employment, and also to help them integrate into the local community.

The refugee cycle project was first launched in spring 2018, when 40 refugees were put through the first course.

Recently, the second induction of refugees attended a day-long event at R-evolution’s base in Cottingham, where they were given training and information including:

Road safety advice for cyclists,

Basic vehicle maintenance checks,

Information for car users, such as applying for a driving licence, insurance and road tax.

David Butt, assistant road safety officer at East Riding of Yorkshire Council and project leader for the scheme, said: “It was a brilliant day. Some of the refugees don’t have their own transport, so it was a real pleasure to give them the training and then present them with the reconditioned bikes so they can get around the East Riding.

“They really appreciated it. The children’s faces lit up when they got their bikes, it really made their day.”

Tomasz Glinski, partnership manager and social integration coordinator at the Refugee Council, said: “For refugees who have only recently arrived in the UK and are just beginning to rebuild their lives here, it is so important there are opportunities for them to become a part of their community.

“Through our bicycle project we have seen people go from strength to strength, gaining confidence in having learnt new skills and meeting new people.

“Many of the refugees we work with have never ridden bikes before and may not have access to good transport, so being able to ride a bike can be vital, as well as a great way of exploring their new communities.”

The cycle course will run until 18 June, when the refugees will take part in a challenge ride around the Beverley area as part of Cycle4life week with the council’s road safety team.

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Urgent call for volunteers to help lonely older people

A charity is urgently appealing for new volunteers to help isolated older people who live alone in Cottingham.

Contact the Elderly, a UK charity solely dedicated to tackling loneliness and isolation among older people, has been providing monthly social gatherings for the over 75s in Cottingham since 2012.

The charity is making an appeal for new volunteers to come forward in the community. The group currently welcomes nine guests each month but needs additional volunteers to allow for the social gatherings to continue.

The Cottingham group requires a group coordinator to help organise the monthly gatherings, drivers to accompany the older guests from their home to the tea party as well as hosts, who can invite a small group of people into their home for tea, cake and conversation once or twice a year.

Lucy Ellyard, who has been volunteering as driver for over three years for the Cottingham group, has stepped in temporarily as group coordinator to help organise the monthly social gatherings.

Lucy said: "I enjoy meeting up for tea with our guests and the other volunteers each month. We are lucky to be supported by regular and reliable drivers, together with a number of hosts who welcome us into their homes. The elderly members of our group are entertaining company and are always very grateful for our help and hospitality."

Contact the Elderly's Development Officer, Deb Meynell, said: "For older people who live alone, Sundays can be particularly long and difficult. The monthly events make a real difference to the lives of an isolated older person, but we need a group coordinator to help organise our monthly events. It would be a shame for this vital service to fold due to the shortage of volunteers in the area."

She added: "The coordinator is essential to the running of the group as they will not only be setting up events for the year but liaising with the drivers and hosts to make sure that everything runs smoothly at the tea parties. We also need volunteer drivers and hosts so if you can spare

a few hours a month to help your local community, we'd love to hear from you."

If you are interested in becoming a volunteer for Contact the Elderly, call 0800 716 543 (freephone) or email deb.meynell@contact-the-elderly.org.uk.

First steps to finding friendship after losing a partner

Withdrawing socially is normal after losing a partner. But when the time feels right to join in again, local friendship group Loyal Beaver Branch Oddfellows, say they can help make those daunting first steps a little easier to take.

Steve Duke, Branch Secretary, for the Loyal Beaver Branch, said: "Wanting time alone or to stay in is only natural following the loss of a partner, and the time it takes to feel ready to step out and meet people again is a very personal thing. It can be a matter of weeks for some, or possibly years for others. Our advice is to take it one step at a time and to do it when it feels right."

With over two centuries of experience in offering friendship and support to its local members, the Beverley based Branch of the Oddfellows is no stranger to supporting people through difficult times.

Steve Duke continued: "When you've lost someone it can be hard to muster up the courage to join in and meet new people again. We understand how daunting it can be as you probably did a lot of things as a couple. Sustaining friendships can seem hard after a loss, but over time the people around you will be a crucial part of helping you to cope moving forward."

"There are so many wonderful things to get involved with locally. We'd recommend coming along to our Lunch & a chat on 8 May at 12.00 noon at Gilbertdyke Garden Centre as it's a great first event for those who would like to meet new people. We've seen many supportive friendships form within our group, especially between other widows



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and widowers because they just know what each other is going through. If you have transport problems we may be able to pick you up & bring you back, just ask?"

If you've recently lost a partner and feel ready to start socialising again, Loyal Beaver Branch of the Oddfellows shared the following advice:

- **See what events are on locally.** Don't go for anything overly ambitious at first, but events such as coffee mornings, interesting talks, or something linked to a hobby, are perfect.

- **Ring ahead so you know what to expect.** Many groups, such as the Oddfellows, will arrange for someone to meet you on the door, or pair you with a friendly regular. You could always bring a friend or family member along with you to give you some support.

- **Just give it a try.** If it's not for you, then don't go again. You've nothing to lose.

To have a chat with somebody ahead of trying out an event, or to receive Loyal Beaver Branch's latest events diary, contact Steve Duke on steve.duke@oddfellows.co.uk or call 01482 860537 (we use caller screening for unknown callers, so please follow the instructions & if in we will pick up & answer) after 8.00am. For information on the Oddfellows and further advice on socialising again after losing a partner visit www.oddfellows.co.uk/firststeps.

Seventh Heaven for Cottingham Para Swimmer Owen Garsides

Cottingham's S14 Para Swimmer Owen Garsides competed in the National Junior Para-Swimming championships at Liverpool Aquatic Centre on 2nd-3rd March.

Owen competed with 116 swimming hopefuls from across the country.

Swimming a total of 7 races and winning 6 silver medals and 1 bronze.

Silver 100m Freestyle; Silver 50m Freestyle
Silver 100m Backstroke; Silver 100m Breaststroke
Silver 100m Fly; Silver 200IM
Bronze 200m Freestyle and 3 new personal best times.



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

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Free compost giveaways for East Riding residents

Around 5,000 bags of compost are to be given away free to residents in the East Riding next month.

East Riding of Yorkshire Council's annual compost giveaways will be held at nine sites across the area over two weeks, starting in Driffield on Friday 10 May.

Residents are invited to go along to their local event to collect two free 15kg bags of compost per car.

All the compost being given away has been recycled from the food and garden waste East Riding residents have put in their brown bins.

Paul Tripp, head of streetscene services at East Riding of Yorkshire Council, said: "We've been running our popular compost giveaways for many years as a 'thank you' to residents for their fantastic efforts in recycling their waste.

"The East Riding now has the highest recycling rate in England for the second year running and that's down to the support of residents.

"It's great to see the recycled waste from brown bins going to good use and returning to people's gardens as compost."

All cooked and uncooked food, peelings, plate scrapings, bones, meat, egg shells, grass cuttings, hedge trimmings, small branches, leaves, flowers and weeds which residents place in their brown bin all get recycled into quality compost.

The compost giveaways start at 4pm at each site, except the Beverley and Carnaby events which start at 10am.

The bags of compost will be placed in vehicles by council staff and the giveaways end when all the bags have been handed out on a first come first served basis.

Residents are asked not to queue at the venues beforehand or they may be turned away for safety reasons.

The dates for the compost giveaways are as follows:

Saturday 11 May 10am – Beverley, Beverley council depot, Annie Reed Road, off Grovehill Road and Beck View Road, HU17 0LF.

Wednesday 15 May 4pm – Preston, South Holderness School (Technical College), HU12 8UZ.

Saturday 18 May 10am – Carnaby, council depot, Carnaby Industrial Estate, Lancaster Road YO15 3QY.

Monday 20 May 4pm – Withernsea, Pavilion Car Park next to East Riding Leisure Withernsea, Station Road, HU19 2QA.

Tuesday 21 May 4pm – Hornsea, Broadway Car Park, HU18 1PZ

Wednesday 22 May 4pm – Elloughton, Brantingham Park rugby ground, HU15 1HX

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Need a map? East Riding Libraries and Customer Services in Beverley can help

East Riding Libraries and Customer Services are now able to assist customers in the creation of Ordnance Survey maps, suitable for a variety of uses including planning and building regulations applications.

All small building or extension projects need detailed mapping of the property or site to submit to the planning authorities. East Riding Libraries and Customer Services staff have been trained to assist in the production of these maps, which are available immediately in either pdf or printed format.

Customers simply bring in the address of the property they require a map for. Staff will then produce it for the customer to check before it is downloaded, emailed or printed. Both site and location plans can be produced in scales ranging from 1:200 to 1:2500. Boundary lines can be drawn onto the map and addresses, a north point and scales are added before it is produced, ensuring that any digital copies are ready to be uploaded to the local planning portal.

This competitively priced digital service is fully assisted by professional library and customer services staff, with cash and card payment options available.

This new service is available now at Beverley Library and coming soon to other sites.

Drop in, or contact the number below:
Beverley Library – 01482 392750

HULL PHILHARMONIC ORCHESTRA

Saturday 11 May, 7.30pm

Soloist: **Timothy Ridout**

Conductor: **Andrew Penny**

KERRIN TATMAN: **Fantasy for
Viola and Orchestra**

WALTON: **Two Pieces from Henry V**

WALTON: **Viola Concerto**

BRAHMS: **Symphony No.1 in C Minor**

MEET THE ARTISTS 6.30PM

Kerrin Tatman and Timothy Ridout talk to
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Cottingham Day – Sunday 7th July 2019

AMATEUR PHOTOGRAPHY COMPETITION

**For Cottingham residents,
schools and organisations.**

JUNIOR Competition – Title NATURE

Age Groups:- A – 6 to 9 yrs, B – 10 to 12 yrs, C – 13 to 15 yrs, D – 16 to 18 yrs.

ADULT Competition – Title – ARCHITECTURE

The maximum number of prints to be entered is three.

Junior Competition (under 19's) – Free entry.

All entries to be A4 size prints.

Label on the back to include – Title, name, Age Group,

DOB and Age (as at 07/07/2019).

Adult Competition – non-returnable entry fee £1 per photograph.

All entries to be A4 mounted print with a maximum 35cm x 25cm mount.

Label on the back to include Title, name and building details (name / where?).

All photographs and entry forms to be presented on Saturday 22nd June 2019 between 10am and 12 noon at Cottingham Methodist Church.

For more information and entry forms:-

Email: photo@cottingham-methodists.org.uk

Website: www.cottingham-methodists.org.uk

Local shops: The Photo Shop (King Street) and Barkers (Hallgate).

Venue: Cottingham Methodist Church – 12 noon to 5pm.

Sponsor: The Photo Shop (King Street) for all your photography printing.

The organisers reserve the right not to accept any professional entries

Hull CHA Rambling Club

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

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

We pick up at Bilton and on Holderness Road, then Hull City Centre, Beverley Road and Beverley.

Pick up in the City Centre is **8.30am** during the Spring and Summer months.

All walks are with leaders.

The 'A' walk - a fast paced 10 to 12.5 miles

The 'B' walk - 7-9 miles

And usually a 'C' walk - around 5 miles and a gentler pace.

Sunday 12th May

South Newbald -Goodmanham - Sancton

Sunday 26th May

Speeton- Buckton- Bampton Cliffs -Thornwick Bay -Flamborough - Sewerby

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

Pauline Borger on Pauline.borger223@btinternet.com telephone 07929933323

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

Find us on face book. Hull CHA Rambling Club

You will be very welcome.

Phoenix Walkers

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

Then why not 'Put your boots on' and join Phoenix Walkers. We are a very friendly walking group with walks on alternate Sundays in picturesque areas of Yorkshire, Lincolnshire and Derbyshire.

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

Two levels of Walks

A Group 8-10 miles

B Group 5-7 miles

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

Sunday 5 May Hepworth

Sunday 19 May West Ayton

For further information and pick up times please ring Sid&Sue 01482 701325. email phoenixwalkingclub@outlook.com

Wykehykers Walking Club – New Members Welcome

Our 44th season is underway with planned fortnightly Sunday trips to picturesque locations across Yorkshire, Derbyshire and Lincolnshire. Choice of guided walks of around 4 and 8 miles often with further option to simply enjoy a day at leisure at our planned destination.

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

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

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Royal British Legion (Cottingham Branch) seeks new members

Your local Cottingham Branch of the Royal British Legion, are looking for new members to join this worthwhile charity, which was started in the early 1920's to help, support members of the armed services and their families, who gave their time, and in some cases their lives for us, to be able to enjoy the life we have today.

You don't have to have been in the services to join. We meet once a month on the first Thursday of the month, in the Memorial Club, Finkle Street, Cottingham, at 7.30 pm. Everyone is welcome. We look forward to meeting you. Contact Allen Shores, Secretary on 01482 841604.



Swanland Village Association would like to thank the hundreds of folks who have supported the live shows and the films that they have brought to the Swanland Village Hall over the last winter.

We shall be choosing new events for the 2018-2019 season so keep reading this magazine to be well informed as to what delights are being prepared for you. One such has already been confirmed so please mark in your diaries now that the inimitable Flossie Malavialle will be returning - due to popular demand - on 23rd November for (we think) her ninth appearance in the Village Hall.

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

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

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

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

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

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

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

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

Problems and Diseases commonly treated by TCM

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

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Internal:-

High Blood Pressure, Palpitation, Obesity, Ashma, Brochitis,



Headache, Dizziness, Migraine, Nausea, Vomiting, Gastritis, Colitis, Indigestion, Peptic Ulcers, IBS, Diarrhoea, Edema, Diabetes, Constipation, Haemorrhoids, Colds, Flu, etc.

Men's Problems:-

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Women's Problems:-

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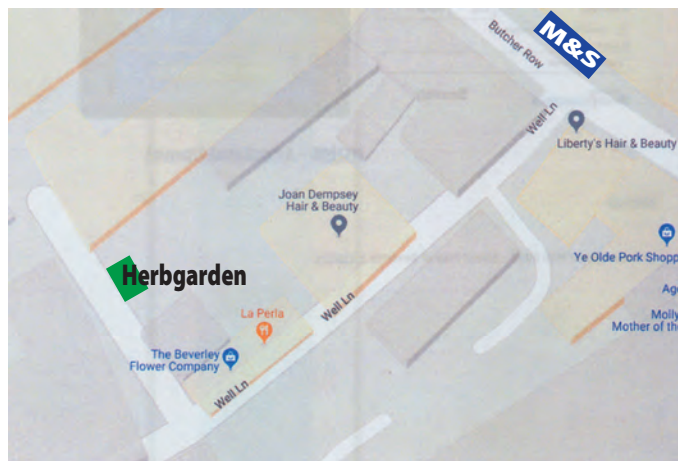
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New 'green grants' to encourage environmental activity

City Health Care Partnership Foundation charity is offering a new type of grant for groups who are working to protect the environment, tackle climate change and educate young people about how they can help to save our planet.

Green Grants of up to £10,000 will be awarded to voluntary and community organisations for projects that aim to achieve one or more of these objectives:

- Reduce waste
- Reduction in use of plastics
- Reduction in CO2 emissions (such as sustainable or green travel projects)

- Education projects for young people to encourage greener behaviour

- Wildlife preservation/protection projects

- Using less water – projects to preserve or reuse water

The deadline for the first round of grants is 1 July 2019; application forms and guidance notes can be found at www.chcpcic.org.uk/chcp-services/chcp-foundation/pages/green-grants; you can also email chcp.foundation@nhs.net or phone 01482 976926 for more information.

City Health Care Partnership Foundation is the charitable arm of City Health Care Partnership CIC (CHCP), a leading co-owned health and care provider of NHS services in Hull, the East Riding, Knowsley, St Helens and Wigan. As a 'for better profit' organisation, profits are reinvested into our services, communities and colleagues. The Foundation is run by staff volunteers.

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Want to help us train puppies to become assistance dogs?

Canine Partners are looking for volunteer puppy walkers who can help us train our puppies from eight weeks old until they are 12-14 months old.

Being a puppy parent is a highly rewarding, challenging but fun opportunity, as it enables you to:

- Learn puppy training skills
- Attend our puppy classes with other puppy walkers
- Meet like-minded dog lovers
- Play a vital part in transforming the life of a person with disabilities

Socialising a puppy is absolutely crucial to prepare them for the wider world.

Your puppy will live with you at your home until it is ready to start advanced training. During this time, you will train the puppy with the support of our expert trainers who will teach you the fundamentals of puppy socialisation.

We are on hand for 24 hour emergency support and help.

To become a Puppy Parent, you will need to:

- be aged 18 or over
- be at home most of the day, and not work full time
- have a secure, dog-friendly garden
- have suitable transport and be willing to take the puppy to different places for socialising and training
- be willing to make a long term commitment to being a puppy parent
- have the stamina to manage an active puppy
- be available for home visits and attend training at one of our puppy classes

To apply to become a puppy parent, please fill in the enquiry form on our website. <https://caninepartners.org.uk/get-involved/volunteering/puppy-parents/>



Weekly Classes held at:
Darby & Joan Hall, Finkle Street,
Cottingham
Monday 5.30 pm and 7.30 pm
and all Bank Holidays

For Membership details Ring Theresa on 823032

Crossword solution from page 14

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



Reducing Anxiety

Anxiety is an emotion that we all experience on occasion. However, if a person experiences it too frequently then it is a sign that a problem is on the horizon and needs to be addressed.

An over abundance of anxiety is a concern. But there are natural methods for coping with the prevalence of this emotion. Here we explore the most effective natural cures for anxiety.

Too Much Anxiety:

Anxiety is something we all suffer from time-to-time. It is a normal response to a situation that is stressful and difficult to cope with.

If you are experiencing irritability, restlessness, poor concentration or find yourself growing impatient very easily It helps to become familiar with the most effective natural cures for anxiety.

Bodywork for Relief:

Bodywork is an excellent natural way of releasing tension and anxiety in the body and the mind. To help you to relieve stress, let go of muscle tension, sleep better and to feel more relaxed try massage therapy or shiatsu. You can also explore other methods of bodywork to reduce the level of anxiety you feel.

Mind and Body Techniques for Relief:

Techniques that engage both your mind and body can also provide an effective cure for anxiety in a natural way. Examples of those include meditation, yoga and tai chi. There are also mind/body exercises that you can do. Getting plenty of physical activity is also a natural anxiety cure as it reduces stress, gives you more energy and provides relaxation. What you might want to do is to try a variety of mind/body techniques and then choose the ones that are most fitting to your lifestyle and schedule.

Tai Chi is a series of slow, graceful, deeply relaxing and yet dynamic movements that creates greater flexibility and suppleness to the whole body, improving posture, balance and co-ordination.

People who practice Tai Chi regularly find stress levels reduced and better nights sleep.

Yoga Stress Reducing

Stress management utilizing awareness, centring and breathing techniques and through movement, deep relaxation and meditation.

Also used for healing in conjunction with other therapies.

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