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Issue 230 - May 2021



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The Manor House



A word from our chairman

Welcome to this little haven of news and views from The Manor House care home! Spring has certainly sprung in the charming village of Little Weighton, where we are proud to share the wonderful community spirit.

Never has that community spirit been more special to us than over the last year. Local people have rallied around the carers at The Manor House, from the Clap for Carers displays of solidarity, to home baked scones being delivered to the home for residents and staff to enjoy.

Together with the extraordinary hard work of Leanne, our manager, and all her team over the past twelve months, The Manor House remained COVID free throughout the pandemic! We have also ensured that the residents in our care have been able to live their lives as normal and continue making new memories. There is so much of the fabulous activities on the home's Facebook page – their commitment and energy never fail to amaze me!

As the world begins to open back up and things return to normal, we are very much looking forward to opening up our doors once more and seeing our friends and neighbours again.

To find out more about the fabulous care and facilities at The Manor House, call home manager Leanne on 01482 848250, and she will be happy to help.

*Chris Mitchell, Chairman,
Park Lane Healthcare*

News from The Manor House, Little Weighton



The Manor House – the rural retreat

Everybody has seen the popular daytime property television show, A Place in the Country, where city dwellers pack up their belongings and decamp to some rural idyll. At The Manor House, we know exactly what all the fuss is about – we don't need Nicki Chapman or Aled Jones to sell it to us!

At The Manor House, we are fortunate to be situated in the beautiful village of Little Weighton, just a couple of miles outside Cottingham.

The Manor House is a largely purpose-built care home, set in its own extensive and well-maintained gardens where residents and visitors are able to spend time in the great outdoors, and enjoy the fresh air.

The rolling hills of the East Yorkshire countryside surround The Manor House, allowing residents to benefit from views of England's green and pleasant land all year round.

There's no denying the benefits of living in the countryside, the benefits to mental and physical health are well documented, just ask Nicki and Aled!



As salons reopen, and the rest of the country queues to get their hair done, residents at The Manor House have been able to skip to the front of the line as care assistant Caroline brought along her trusty scissors and hair dryer. Caroline was able to make every one of our residents feel special and confident with a new do, perfect for the new season. She also offers a welcoming ear, talking to each resident and listening to their words of wisdom and stories of times gone by. One resident said: "I love getting my hair done by Caroline. She always makes sure that I am happy with my new hair style and takes the time to really make me feel pampered and relaxed. Talking to Caroline is so easy as well, I love it when she brings her scissors in!"

Masterchefs

To celebrate the season finale of Masterchef, our residents channelled their inner Gregg Wallace and John Torode by taking on The Manor House kitchen. Taking a Paul Hollywood classic recipe, our residents turned butter, sugar, flour and currants into delicious hot cross buns. Once the challenge was completed, everyone sat down with a cup of tea and a freshly baked bun, ready for enjoying.

The process of baking is an excellent way to keep both the body and brain active as it involves weighing, measuring and mixing ingredients and stimulating smell and taste.



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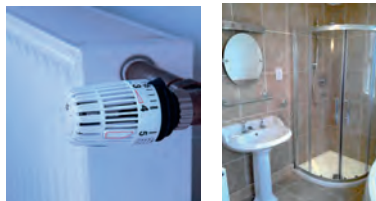
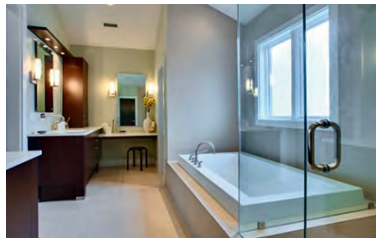
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Dog Exclusion Zones come into force on four East Riding beaches on 1 May

East Riding of Yorkshire Council's Coastal Services team are reminding all dog walkers that the annual dog exclusion zones on Bridlington, Hornsea and Withernsea beaches will come into effect from Saturday, 1 May and will

remain in place until 30 September, 2021.

Download a map of the dog exclusion zones by visiting: eastridingcoastandcountryside.co.uk/coast/beaches

The four beach areas affected by the dog exclusion zones are:
Bridlington north beach – from the north pier to a line extending east from Limekiln Lane.

Bridlington south beach – from the south pier to a line extending east from Kingston Road.

Hornsea beach – from Headland View to a line extending east from Sands Lane.

Withernsea beach – from the steps to the north of the slipway at Seaside Road to the steps opposite Memorial Gardens.

The areas of the promenades in Bridlington, Hornsea and Withernsea adjacent to the beach exclusion zones carry a restriction requiring owners to keep their dogs on leads in those areas.

Outside the restricted areas, dogs are still welcome, along miles of beaches - all the council asks is that dog walkers clean up after their animals and are considerate of other beach users.

Council officers will carry out regular patrols of the beaches and promenades and any owner found breaking the rules will receive a £75 fixed penalty notice.

Officers will also be patrolling other areas to make sure owners clean up after their dogs.

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Yorkshire Country Women's Association announce first meeting

Yorkshire Country Women's Association, Skidby Branch have announced that their first meeting of 2021 will be held on Monday September 6th in the Village Hall at the usual time of 7.30pm

They are looking forward to seeing all members after Covid restrictions and welcome new members, please contact Celia Parnaby 01482 841370 for more details.

Front cover: Yarn Bombing on Finkle Street, Cottingham. Photo: Paul Lakin.



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£2.3million road improvement scheme aimed at preventing potholes is underway

Work is underway on a £2.3million road improvement scheme across the East Riding which will help to prevent potholes.

East Riding of Yorkshire Council's highways maintenance team began work on its annual road surface dressing scheme as part of essential works being carried out on 6 April 2021.

Over the next five months, the highways crews will upgrade road surfaces at 207 locations.

Around 13,000 tonnes of stone chippings will be laid on 67 miles of road, from A roads to unclassified routes.

This year's surface dressing programme has been extended to incorporate some urban sites that were delayed from last year due to the COVID 19 pandemic.

Continued on page 11

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£1.2 million improvement scheme planned for busy A164/B1232 roundabout

East Riding of Yorkshire Council is developing a £1.2 million scheme to improve the A164 junction with the B1232 at Willerby, also known as The Ketch roundabout.

Queues are often formed on the approaches to the roundabout, particularly on the B1232 from Willerby as motorists wait to turn right onto the A164 towards Beverley. Traffic is forecast to increase in the future with new housing to be built in the area.

To address these issues, the council is designing a scheme to help manage traffic flows and reduce congestion at the junction. The scheme includes the installation of traffic lights on each arm of the roundabout (except Albion Lane), and widening and re-marking of the carriageway to allow more room for traffic to travel through the junction.

The scheme has been developed following in depth discussion with local ward members, after concerns were raised by local residents about the existing traffic issues.

The majority of the funding for the scheme comes from developer contributions secured from local housing developments when planning permission was granted.

Work is likely to start on site in early 2022 and will take around six months to complete. The construction process will be managed to minimise disruption to motorists where possible, although the works may cause some delays to journeys.

When complete, it is anticipated that the scheme will improve overall traffic flow through the roundabout by balancing the demand on each arm of the junction. The council will then consider whether a more significant, longer-term option is required to help manage the future predicted increase in traffic volumes along this key route.

Councillor Chris Matthews, portfolio holder for strategic property and infrastructure, said: "I am delighted that ward members and officers have worked together to agree a much needed improvement scheme for this key junction on our highway network. Motorists will certainly benefit when the works are completed.

"We would like to apologise to any motorists who are caused by delays to their journeys when the work gets underway."

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East Riding of Yorkshire Council is seeking an individual to serve as a reserve Independent Person to act on those occasions when the Independent Person is either unavailable or unable to act.

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Whilst the position is voluntary, payment of an allowance and the reimbursement of reasonable travelling and subsistence expenses will be available to the successful candidate.

More information about the workings of the standards committee can be found at <https://www.eastriding.gov.uk/council/committees/standards-committee>

If you would like to be considered, please send a CV, to arrive no later than 12 Noon on Monday, 31 May 2021 to standards@eastriding.gov.uk or to Mathew Buckley, Monitoring Officer, East Riding of Yorkshire Council, County Hall, Beverley, HU17 9BA. All applications will be treated in the strictest confidence. Any enquiries may be addressed to Mathew Buckley, Monitoring Officer on (01482) 393100.

PLEASE NOTE: In accordance with the Localism Act, you must also be independent of the Council and should not: be, or have been within the last five years, an elected or co-opted Member or Officer of East Riding of Yorkshire Council or any of the 168 Town and Parish

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www.cottinghamtimes.co.uk - May 7



Yarn Bombing decorates Finkle Street

The recent knitting and crocheting that has appeared around Finkle Street is called Yarn Bombing. Which is like a form of graffiti, just with yarn.

My friend and I thought about it just before Christmas; we wanted to brighten up January. I asked a few of my regular customers, my ladies at my knit and natter, and the crochet chat groups. Along with the knit and natter group at St Mary's Church, who I asked to knit or crochet me some squares. Then Lockdown 3.0 happened, meaning it was all postponed, but not one of the ladies knew what I was planning, yet they were all willing to help me by making squares.

I put all the squares together, measuring and checking we had enough and 'bombed' in the dark just in time for re opening my shop, in April.

It was lovely that people popped into the shop asking what it

was all for, my reply being 'just to make you smile'. I even noticed that someone had added to it and placed a beautiful blanket on a bench too. This made me smile. I love the community spirit.

It is like the Angel project at Christmas, the poppies for the centennial, I just love the way everyone is willing to help without even knowing what the end result will be.

I am hoping to do something yearly, as this was so well received. So watch out for my call for squares.

Pictures courtesy of Paul Lakin.



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Philip Evans is an Associate Solicitor at Graham & Rosen with 23 years' experience. Philip specialises in Tax and Trust work and he is a full member of the Society of Trust & Estate Practitioners.

Many clients are worried about paying Inheritance Tax. One way to save tax is to give money away. A little-known rule concerns "gifts out of surplus income".

Ordinarily if you have surplus income it would accumulate in your bank account and you could end up paying IHT on this at 40%. But the surplus income exemption means that you can give away this income and it will be immediately exempt from IHT, without having to wait 7 years like most lifetime gifts.

There are some special rules about this exemption. First, you can only give away income. This includes your salary or pension, interest,

dividends and rental income. Secondly, any gift must not affect your usual standard of living. Thirdly, you must intend for the gifts to continue into the future.

With many taxpayers not being able to spend money on holidays or eating out, they may have surplus income. This could be given away.

Common uses of the surplus income exemption are to pay a regular standing order to your children or grandchildren, to pay school

fees, or to contribute to a relative's pension scheme.

There is no limit on the amount of surplus income you can give away. So if you received a large bonus or an unexpected dividend payment then this could be given away free of tax. Also the amount given away can vary from year to year.

You must keep careful records to claim the exemption and we can advise you on this.

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East Riding Theatre to launch 'Name a Seat or Brick' Fundraiser

As East Riding Theatre prepares to install brand new theatre seats, the registered charity is thrilled to announce that it has launched a 'name a seat or brick' fundraiser.

Many will recall the 45-year-old seats without which ERT could not have opened its doors for the first time in 2014. The condition of these has sadly deteriorated over closure to the point that they have unfortunately become unfit for purpose. This has left the theatre with no option but to replace them prior to reopening.

For £200, a seat will display a name or dedication of your choice. Or, for £50, £100 and £150 you can include a name on a three-inch, six-inch and twelve-inch brick on the theatre's 'yellow brick wall' in the entrance foyer.*

Putting a name or message on one of ERT's seats or bricks is:

- a perfect way of commemorating someone special
- a unique and lasting birthday or anniversary gift
- a personalised token of your appreciation for a loved one
- a proud expression of your or your business' support for East Riding Theatre

Theatre Manager, Sue Kirkman said: "It is with some sadness we say goodbye to our familiar old seats, their arrival to ERT in 2014 (a story in itself) symbolises the community spirit on which ERT is built and on which it continues to rely." Along with the theatre as a whole, the old seats were restored with the help of 80 volunteers and local businesses who kindly donated their goods and services.

"When we reopen we want our audiences to be reminded of the quality of ERT's shows and the standards we aim to uphold right across the evening. From the moment they enter ERT to the moment they head home, we want people to feel comfortable and at ease. Our audience is the most vital part of our future and it's paramount that they can sit back, relax and finally enjoy a show in-person again."

*Names will appear on a seat or brick for a period of 5 years.

If you'd like to sponsor a seat or a brick, they will be available from Monday, 19th April 2021 at: eastridingtheatre.ticketsolve.com/products/regular

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Potholes - Continued from page five

Surface dressing is carried out every year by the council between April and August, as a quick and economical way of repairing, maintaining and extending the life of a road.

The work involves spraying hot, bitumen on to the road, spreading chippings on top, and then using a roller to press them in.

The process actively reduces the risk of potholes forming as it seals the road and stops water from entering and damaging the surface. It also improves skid resistance for vehicles.

Surface dressing is carried out during the spring and summer months as it requires warmer temperatures for the bitumen and chippings to take effect.

Residents and motorists notified in advance

Signs will be placed on all roads involved in the surface dressing a week before the work takes place.

Disruption to traffic will be kept to a minimum, but 20mph speed limits will be in place to protect both the travelling public and the council's workforce. We apologise for any delays to journeys these repairs may have for residents.

Loose chippings are recycled

After the surfacing dressing is complete, any loose stone chippings left behind won't go to waste. Mechanical road sweepers are used to collect up all the loose chippings, which are then stored.

Every two years the council hires a giant industrial washing and grading machine to clean all the loose chippings so they can be recycled and reused on the roads the following year.

The process recycles more than 7,000 tonnes of chippings and saves around £60,000 of council tax payers' money.

Adam Holmes, head of infrastructure & facilities at East Riding of Yorkshire Council, said: "We have a trusted track record of delivering innovative schemes to help our residents and businesses. This scheme allows us to continue to improve roads across the East Riding which are in need of repair. We understand that potholes are a nuisance to our residents, so we hope this work can help to treat the roads which require the work most. We'd like to apologise in advance for any inconvenience these works may cause, but look forward to the improvements the scheme will provide"

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

Find the words in the letters above:

Artichoke Hearts, Asiago, Asparagus, Bacon, Banana Peppers, Basil, Bell Peppers, Black Olives, Broccoli, Crust, Eggplant, Feta, Garlic, Goat Cheese, Gouda, Green Olives, Ground Beef, Ham, Jalapenos, Monterey Jack, Mozzarella, Mushrooms, Olive Oil, Onions, Oysters, Parmesan, Pepperoni, Provolone, Ricotta, Salami, Sausage, Shrimp, Spinach, Tomato Sauce, Tomatoes, Zucchini.

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

Sudoku No. 166

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

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

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18 Nov	Harewood house & Christmas Market	£ tba
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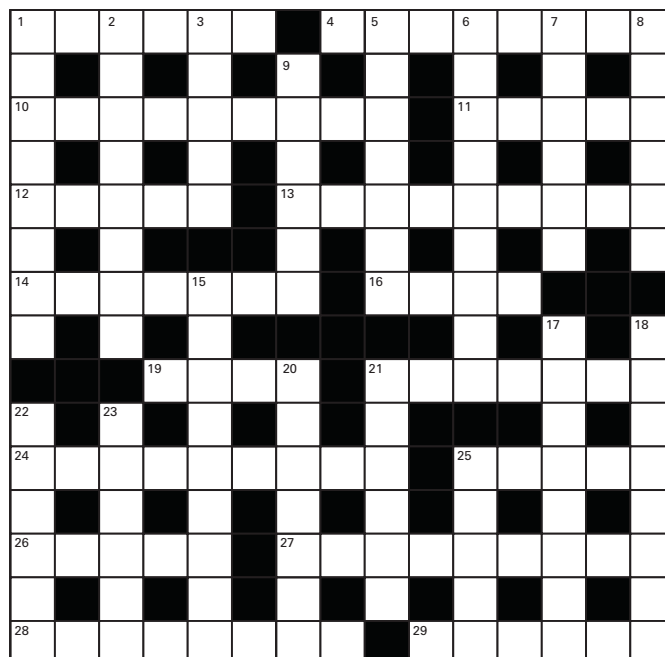
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Crossword - Solution on page 29



Across:

1. A rational motive (6)
4. Familial heritage (8)
10. Accuses (9)
11. A round wooden rod (5)
12. Strong feeling of anxiety (5)
13. Poured through a funnel (9)
14. One of New York's baseball teams (7)
16. A Great Lake (4)
19. Barge (4)
21. Lend honor to (7)
24. Knight (9)
25. Dismay (5)
26. Latin for "Earth" (5)
27. Hexagonal cells (9)
28. A hotel for travellers (8)
29. Different ones (6)

Down:

1. Train companies (8)
2. Evident (8)
3. Female organ (5)
5. The central theme (7)
6. Ransoming (9)
7. JFK's assassin (6)
8. Tune (6)
9. Work periods (6)
15. Exonerate (9)
17. Refute (8)
18. Course of study (8)
20. A conjunction that introduces 2 alternatives (7)
21. Submerges (6)
22. Malt whiskey (6)
23. Terminates before completion (6)
25. Until now (2 words) (5)

Crossword courtesy of www.crosswordpalace.com
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www.cottinghamtimes.co.uk - May 15



Multi-award winning schemes will reduce flood risk to thousands of homes and businesses

The Anlaby and East Ella Flood Alleviation Scheme (AEEFAS) and Cottingham and Orchard Park Flood Alleviation Scheme (COPFAS) have officially opened at a combined cost of over £40 million. Together these multi-award winning schemes will reduce the risk of flooding to over 8000 properties.

In combination with the £14 million Willerby and Derringham Flood Alleviation Scheme (WADFAS), in 2016, the schemes reduce the risk of surface water flooding to over 14,000 properties in the Hull and Haltemprice area. The projects delivered by East Riding of Yorkshire Council (ERYC) in partnership with the Environment Agency and Hull City Council are amongst the largest flood alleviation schemes of their kind in the country and have gained prestigious awards and commendation from industry bodies.

AEEFAS is funded through £16m Flood Defence Grant in Aid (FDGiA) administered by the Environment Agency, and £5.1m from the Governments Local Growth Fund (LGF) secured by the Humber LEP as part of the Government's commitment to the Northern Powerhouse. COPFAS was funded through £14m FDGiA and £5m Local Growth Fund, secured by the Humber LEP and part of the Government's commitment to the Northern Powerhouse, as well as a £0.9m land contribution from Hull City Council.

Following significant flooding in 2007, the council embarked on a series of detailed flood modelling studies across the East Riding. A hydraulic modelling study was completed for the Hull and Haltemprice area to establish the key flood mechanisms and identify a solution in the form of a suite of major flood alleviation schemes.

AEEFAS has been delivered in three phases and includes a new flood storage lagoon capable of storing up to 115,000 cubic metres of water constructed on the site of the former Sydney Smith School. Flood water is diverted away from residential areas in the West Ella Valley and into the lagoon through a series of newly constructed interconnected watercourses, upgraded culverts and a stormwater tunnel. This 1.5km long tunnel was constructed using two 17-tonne tunnel-boring machines. The scheme also utilises an existing storage lagoon alongside Beverley Road to provide additional floodwater storage.

Phase 1 works were undertaken by principal contractor PBS Construction. Phase 2 works were taken on by principal contractor Colas-SIAC Ltd and sub-contractor Humberside Excavations. Phase 3 works were carried out by principal contractor NMCM Plc and sub-contractors Active Tunnelling Limited.

COPFAS is split into two phases. Phase 1 consists of a large floodwater lagoon constructed in the Orchard Park area. The lagoon temporarily stores water diverted away from residential property through a series of flow control structures and a 500m long siphon. A new fishing pond and wildlife area has been created as part of the scheme to enhance the amenity value of the neighbourhood. Phase 1 works were completed by contractor Jacksons Civil Engineering.

Phase 2 consists of a series of 9 interlinked flood storage lagoons along Westfield Road and Eppleworth Road in the Raywell Valley, Cottingham. Together both phases of COPFAS have the capacity to store over 330,000 cubic metres of floodwater. Phase 2 works were completed by principal contractor Esh Construction.

The storage areas will be dry for the majority of the time, only filling during times of extreme wet weather. This allows for multi-purpose amenity use in the form of sports pitches in the case of the lagoon constructed on the former Sydney Smith School site. Other lagoons will remain as agricultural land. Both schemes have already operated as designed over the winter of 2019/20 and again during Storm Christoph earlier this year, to reduce flood risk to thousands of residents in the Hull and Haltemprice area.

Councillor Chris Matthews, East Riding of Yorkshire Council's portfolio holder for strategic property and infrastructure, said: "It's a real credit to the council's staff and our partners that these two award-winning flood defence schemes are operational."

"We understand how much flooding can have devastating impacts on our communities so schemes such as COPFAS and AEEFAS are essential to reduce the consequences of future flooding in the East Riding."

Stephen Parnaby OBE, Chair of the Humber LEP, said: "We're extremely pleased work has been completed on these two important flood defence projects, which the Humber LEP supported through the Local Growth Fund."

"Communities across the Humber continue to be affected by flooding and we are very glad to see both flood alleviation schemes completed and begin to help protect residents and businesses across Hull and East Yorkshire."

Dean Hamblin, Environment Agency senior flood advisor, said: "It's fantastic to see these two award-winning flood alleviation schemes completed. East Riding has done a superb job developing these three innovative flood storage schemes, better protecting thousands of homes from flooding and making the area more resilient to climate change."

"Flood storage areas are a key defence against flooding in Yorkshire and worked to great effect during Storm Christoph in February where they helped reduce the impact of flooding to thousands of people by storing floodwater and slowing the flow through towns and villages. They also provide vital habitats for wildlife, and green spaces for communities to enjoy."

"The schemes form a key part of the £200 million package of work being delivered in East Yorkshire and Hull to reduce the risk of flooding to more than 50,000 homes and businesses."

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Quality Water is our Business

Hard Water Horrors ?

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

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

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

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

Cleaning and care for kitchen and bathroom is transformed with a softener; no need for harsh chemicals or scrubbing and elbow grease; a rinse and wipe down is all that is needed.

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

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

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

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

flashing lights to look out for, its all perfectly simple, perfectly soft.

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

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



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You'll love your sparkly, shiny, limescale-free taps, no scrubbing necessary!



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Hard Water Soft Water
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Hard Water Soft Water
Soft water will keep your towels and laundry looking and feeling like new.



Hard Water Soft Water
Enjoy a shiny, limescale-free kettle

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



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ON THE GRAPEVINE

WITH ROY WOODCOCK

Wines of the Languedoc-Roussillon

Slightly strange, I know, but I want to write about some wines that you can't actually buy in this country, right now. Hopefully that will change soon but the important point is that it gives me a chance to write about a region whose wines I really love.

It may come as a surprise if I say that my favourite French wine region is the Languedoc-Roussillon. And while it may not have the immediate glamour, say, of Bordeaux, Burgundy or the Rhone, I would argue it has a claim to be the most important.

To explain why, it's necessary to explain a little of the complicated way wines are classified in France (and the rest of the EU).

As a way of maintaining quality and consistency, wine is classified in two product categories - they are either a PDO (Protected Designation of Origin), which means they are "produced, processed and prepared in a given geographical area, using recognised know-how", or PGI (Protected Geographical Indication), which, to confuse matters even more is usually referred to as an IGP.

Broadly speaking, it means a product closely linked to the geographical area in which it is produced, processed or prepared, and which has specific qualities attributable to that geographical area.

Each EU country has its own quality categories which correspond to both a PDO and a PGI; in France the former is AOC (Appellation d'Origine Contrôlée) while the latter is VDP (Vin de Pays). It's those AOC and Vin de Pays terms that you are most likely to see on the labels of the wines you buy.

So, back to the Languedoc . . .

The PGI/IGP category is further sub-divided into geographical areas and the IGP Pays d'Oc covers the Languedoc-Roussillon, one of the largest wine-growing areas of France, producing the majority of the country's IGP wines; hence the argument that it is the most important.

The Pays d'Oc spans an extensive area running from the Pyrenees along the Spanish border to the Camargue. It runs parallel with a 200-kilometre stretch of the Mediterranean coastline yet also extends inland over rolling hills and mountain foothills.

This 120,000-hectare swathe of vineyards fosters a variety of weather patterns and soil types, that unleashes huge potential for a selection of classic, native varieties. But when you combine them with an eclectic choice of 58 permitted grapes, the possibilities are endless.

Some of the varieties such as Riesling or Gewürztraminer may seem counter-intuitive, whilst others - like Tempranillo and Nielluccio - are a long way from home. All of them, though, have been given the chance to express themselves freely by the region's creative winegrowers, under the watchful eye and stringent palates of the custodians of the Pays d'Oc IGP designation.

The traditional southern varieties that are Grenache, Carignan, Syrah, Viognier and Rolle (aka Vermentino), which double up as appellation mainstays, feature both as stand-alone varieties and in red, white and rosé blends, again ramping up the region's diversity.

Of those just mentioned, it's Carignan that I really have a soft spot for, ever since I visited the Fitou wine region, and more specifically the village of Tuchon, as the guest of the local wine co-operative.

Carignan is traditionally the signature grape variety in Fitou, although today it shares prominence with Grenache. For almost a century Carignan was regarded as a high-volume, cheap wine, or as a variety to be blended with more "noble" varieties to provide freshness. Under the Pays d'Oc IGP label it is possible to discover its potential, with rare fine wines coming from old vineyards and some new plantations.

While Grenache gave fruit and sugar, Carignan was known for its tannins and acidity. This acidity which was regarded for so long as being a disadvantage is today recognised as offering attractive vibrancy. Carignan even has its own fan club. I'm a member.

Styles can range from vibrant wild berry fruit and a crunchy character to intense spice, blue-black Cassis fruit, rich black chocolate and amazing acidity.

So, to those wines not yet on sale in the UK . . .

You WILL find many examples of Languedoc wine on our shelves but there's a current campaign by the Pays d'Oc to promote them generally to demonstrate the diversity found across the region and as a result I was sent three samples to taste. The hope is they will become available in the future.

Old Star Carignan Noir, from the family winery run by Olivier Coste is an example of 100 per cent Carignan. The fact that it's not a blend is relatively rare but is what makes it so special. Aromas of dark stewed fruit and spice make it delightful to drink on its own or with hearty, rustic, meals. Currently it costs 8 euros in France.

Les Jamelles Le Beillon is another example of a 100 per cent Carignan red wine and a step up in class (it currently sells for 19.95 euros). It offers an exquisite variety of aromas and flavours: dark fruit (blueberry, blackberry), floral notes (elderflower) and a spicy finish (pepper) with a delicate hint of menthol. Stews or venison dishes would be a perfect match.

Finally, I tried a biodynamic Syrah - Secret De Lunes, which was a revelation. Very aromatic, it offered a lovely freshness, fruit notes mixing with subtle toast aromas. This wine, currently selling for 9.8 euros, would go well with red meats, either grilled or with a sauce.

I do hope we see these wines on UK shelves in the future; in the meantime do look out for some Pays d'Oc wines already on sale.



BEST BUYS


Katie Jones "L'Histoire" 2019, Fitou

Where: Majestic

When: Now

Why: Katie Jones moved from the UK to live and work in Languedoc many years ago. But it wasn't until 2008 when she took the plunge and bought her first vineyard. Several vintages later, and Domaine Jones is producing exceptional wines. In this one, expect notes of wild berries, rosemary and thyme, and an elegant structure. Partner this characterful red with slow roasted lamb rubbed with rosemary and garlic

£11.99 (£9.99, if bought as part of a mixed six)


Old Vines Carignan

Where: Cellar Door, Melton (House of Townend)

When: Now

Why: Here's an example of 100 per cent Carignan that I spotted at House of Townend's Cellar Door in Melton (or via their website). From 80 year old vines, it really is quite special with lush fruits and soft integrated tannins.

£8.99


Morrisons The Best Cahors Malbec

Where: Morrisons

When: May 5 to June 1

Why: Big but not scary, red, that's warm and welcoming with loads of bramble fruit flavours and a touch of spice.

£6 (was £8)


The Botham All-Rounder Chardonnay

Where: Waitrose

When: From May 5 to June 1

Why: I could say I was bowled over by this (yes, it is that Botham), but I won't. But at this price it is a decent enough Australian-sourced Chardonnay (and there's a similarly-branded Cabernet Sauvignon on offer at the same price).

£5.99 (was £7.99)



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

www.instinctivehorsetraining.co.uk

Instinctive Horse Training with Melanie Watson

Part 2 of my article covering the complex issue of Separation Anxiety in horses

In my first article on this huge subject of separation anxiety in horses, I covered the reasons as to why this emotional state happens to some individual horses. I explained the causes and where it can all stem from. In this part 2 article, I am covering what separation anxiety looks like. The observable behaviours and the predictors which will likely elicit this unwanted emotional state in a horse.

What does separation anxiety in horses look like?

Suffering horses show inconsolable grief. Their behaviour can become extremely manic and has the potential to become very dangerous for not just the horse. Horse owners and handlers have to deal with this situation and can put them in the line of fire.

The observable behaviours related to separation anxiety will become obvious if a suffering horse is ever left on its own or if changes in its immediate environment predicts that it is likely to be left on its own. The horse will quickly become over threshold and its brain and body will immediately be filled with **adrenaline and cortisol**. Adrenaline raises the heart rate and evokes primal freeze, flight or fight emotions. Cortisol is the stress hormone which drive the horse into primal behaviours to find safety. In this heightened state of fear driven arousal, the horse will be displaying abject fear behaviours.

Inside a stable or in a small confined area, the suffering horse will boil over emotionally as its threshold or tolerance level is reached. Manic behaviours will come to the fore. The horse will start rushing around and around inside that space looking for a way to escape. It is very likely that it will charge at the door, rearing up at the door and trying to jump out. If a human is caught up inside this situation then it is very likely that he will be crushed at the door, squashed against the walls, trodden on or even kicked out at. In this moment, the horse will only ever perceive you as a threat to its wellbeing. You will not exist to that horse as anything other than to be avoided or got rid of. Getting a head collar on in that moment in time in



order to try to remove the horse is a huge risk to the human.

Unfortunately suffering horses will soon learn to associate us humans with forcing imprisonment and denying them access to the one place it feels safe- its bonded partner horse or herd. They could develop avoidance behaviours where they will not be caught.

Separation stress will elicit vocalisation. The horse will start to whiney and call out at the top of their voices, reaching out to any other horse for reply. This may still happen even while surrounded by unbonded horses if their friend of choice is removed.

In a field, an inseparable horse will suffer an emotional melt down if its friend is taken away or if it perceives that the human will be trying to remove him from that environment.

Its grief will be exhibited with the same behaviours as described above with confinement in a stable. That suffering horse will try hard to re-join its friend. In this heightened state and left on its own in a field, it may well try to run through or jump the gate or the fencing. It will start to pace the fence or gallop around the field.

If a human is trying to lead the suffering horse away from its friend, then be prepared for rearing, striking out with its front legs, spinning, pulling back, reversing, being dragged or even being run over. In this heightened state, hurting itself or hurting you will not be a consideration. The fact is that being left alone is so aversive to that horse that come what may, it will try to find its way back to the company of another horse or its bonded partner.

In extreme circumstances, experiencing separation can lead to an emotional system called Rage – this is the very last place on earth we would wish our horse to visit. **Resource guarding** their pal can mean that this suffering horse could **turn aggressive** to any human approaching. It could charge at you with ears pinned back and do anything to stop you gaining access to the other horse. Equally it may learn that it needs to control that other horse so as to never allow it to become caught by a human. In this case you will be witnessing **herding behaviours**. Mostly humans would perceive and label these horses as dominant and dangerous. It is common to have these horses labelled as bullies and as being nasty, whereas in actual behavioural terms, that horse is just trying to control its environment so that it can feel safe.

In this article, I have taken some of the observable separation anxiety behaviours to the extremes, but mark my words- it is a very common occurrence worldwide.

There may well be gradual indicators in behaviour to alert you of the emotional state of your horse. **My advice is to listen to your horse.** There is never unwanted behaviour for no reason and every single behaviour is telling you something. **Separation anxiety problems can be helped** and changes can be made developing calmness in situations and on their own, willingness to check in with you and want to stay with you, confidence in their own skin and build mutual trust within your relationship.

It requires a very well thought out plan of campaign

The training is slow and you must be patient. Every day you will be setting up the training in small increments, a little longer in separated duration or a little further away from the “safe” place. It requires the use of **systematic desensitisation and counter conditioning**. Operant training with positive reinforcement and target training will come into the mix once a degree of emotional shift has occurred. **This is the role of a horse behaviour consultant** to mentor you through all the specifics, explain all the relevant terminology thoroughly and plan how you can manipulate your own environment to set up training

For help and advice, contact me for a Video call Behaviour Consultation. My role is to help horse owners be able to help their horses.

Visit my website www.instinctivehorsetraining.co.uk for more information about myself and my behaviour modification training expertise.

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You are not alone

Choosing a pet can be an emotional decision. Pets we had as a child, pets we know through family and friends, or those we see in the media can all influence our decisions.

The UK is a nation of animal lovers, 95% of dog owners, 93% of cat owners and 91% of rabbit owners say that owning their pet makes them happy. Sadly, being loved doesn't always translate to good well-being and recent research shows that many pets are not having their 5 Welfare Needs met (ENVIRONMENT . . . living in a suitable place, DIET . . . having the right type and amount of food, BEHAVIOUR . . . being allowed to show normal behaviour, COMPANIONSHIP . . . living by themselves or with other pets and HEALTH . . . staying healthy). Understanding their needs before getting a pet is the best start but the report also shows that 21% of current owners had done no research before taking on a pet and over a quarter of owners (26%) were unaware of the Animal Welfare Acts, which outline the five Welfare Needs. For eg:

1.3 millions dogs ..13% are not walked every day, 1.9 million dogs ..19% are left alone for 5 or more hours every day, 55% of owners rely on past experience to train their dogs with 12% of dogs have had no training at all..67% of cat owners with 2 or more cats provide only 1 or no litter trays at all..43% of cats live in a

multi-cat household which can cause stress.. 25% of rabbits are kept in inadequate housing condition, providing no hay which is their main daily food..49% of rabbits live alone despite needing the companionship of their own kind.....THE LIST GOES ON.

FACT...Sadly, did you know that the main reason for euthanasia under the age of 3 years is due to behavioural problems? I am afraid that during 2020, mainly due to the pandemic, more and more problems are being seen such as separation anxiety. The most common scenario being, March 2020 when we saw the beginning of lockdown. People were sadly confined within their own four walls unless they were fortunate to not be furloughed. Perfect time to get a puppy, kitten or even a rabbit, home all day, nowhere to go so the little one has all the attention given. What an ideal scenario..... untilthis year.

Thankfully lockdown is easing, places to go, people to see, going back to work but hey, what about that little family member who has had all your undivided attention and maybe not only you, but also other members of the family? Suddenly, some are are plunged into a solitary quite life, day in day out. Now, for the older pets, this will seem idyllic with no hustle and bustle and plenty of time to snooze but for the younger ones, maybe turning 1 year old or slightly older, is very different, who will entertain them? Many responsible owners will stand by their pets and meet it with a challenge but I am afraid there is a minority who feel they have had their fun, had something to play with and now the stress related separation anxiety has raised its ugly head, they cannot be bothered and turn to the devoted rescue centres who are rapidly filling up.

Please be patient with your furry friends, time is of the essence and treating this behaviour cannot be rushed. If you are facing a problem of any degree, please believe me you are not alone as I have found out with Tali whilst I was off for only 10 ten days, do not hesitate to call any one of our 6 surgeries where a Qualified Nurse will be happy to help in either discussion or point you in the right direction. We also have a link on our website, to an excellent video called 'HAPPY HOUNDS FOR LIFE'. This a 15 minute video showing how to settle your new dog and also offers further advice on all aspects of training. We are also not forgetting cat owners, who have come through our doors with their pets showing stressed related symptoms too. As I said, we at KINGSTON are always happy to help and you are not alone.

Sadly...I just wanted to tell you all that my little rabbit, Potter, who featured in last months article, sadly passed away after a short illness. This was so upsetting not only to lose him but also after we successfully bonded him with his mate, Sabrina. Needless to say they had two very happy months together. As for Sabrina? She is quiet and slowly coming out of her shell butwatch this space.

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

My plant eating, tissue thieving, hole digging, newspaper shredding, gorgeous girl who keeps me on my toes is doing absolutely fine. Like I mentioned she did wonder why, after having 10 days of my sole attention, she was suddenly on her own again for short spells during the day whilst I came to work, but thankfully this has been her way of life for the past three years and she soon got back into the swing of things. What I have realised more recently with the weather as glorious as it is, what a sun worshipper she is. The garden, hall, lounge wherever the sun is laid, she is there. What a life.

Until the next time.....please stay safe.

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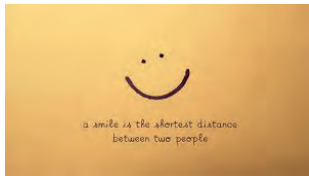




"The Tooth and Nothing but The Tooth"

by
Chris 'Dr. Smile Maker' Branfield

National Smile Month



Hello again, I hope that you are safe and well. The sun has been out all week and it's lovely. Makes it easier to smile! Continuous learning has changed. Instead of gadding about all over the place it's online now. It's OK. It's easier to organise, less time away, less expensive, less

environmental impact, but it's not the same. It just feels a bit lonelier I suppose than live group learning.

National Smile Month

From May 17th it's national smile month. It's organised by the Oral Health Foundation (www.dentalhealth.org/national-smile-month). It's about highlighting oral health and things you can do to improve. There seems to be more and more scientific evidence every day to show that good oral health has general health benefits and poor oral health is linked to cardiovascular disease and stroke, diabetes, Alzheimer's and even infertility.



Oral Health For All and "Teeth Are For Life"

The Oral Health Foundation is an independent charity (not for

profit) dedicated to improving oral health and wellbeing around the world. For more than 45 years they have continued to provide expert, independent and impartial advice on all aspects of oral health directly to those who need it most.



They work closely with governments, dental and health professionals, manufacturers, the dental trade, national and local agencies and the public, to achieve their mission of addressing the inequalities which exist in oral health, changing people's lives for the better.

Formed in 1971, the concept of preventive dentistry and the benefits which could ensue from it, were then very new and being practiced by only a small proportion of the dental profession. The founding fathers of the Oral Health Foundation wished to see the preventive message that 'Teeth are for Life' spread as widely as possible, with the aim of improving the overall oral health of everyone. Have a look at the website. There is a load of information and top tips. For National smile month there are features such as:

Rate my plate; Cleanse your cupboard; The Great British Brushathon; Sharing your smile around the UK; Oral health education for children and the Dental Buddy programme.

Close To Our Hearts

At Castle Park Dental we share the same ethos. Minimally invasive, preventive dentistry is the core of what we do. Improve oral health, improve general health and wellbeing from physiological to psychological. Also, with my work with Dental Mavericks charity we are in some small way trying address oral health inequalities (www.dentalmavericks.org)



Just Something To Share

When I find something good, I like to share. Well, my wife bought me some natural deodorant after a friend bought her some. People must think we stink. It's all natural and loads of organic stuff, no nasties and alcohol free. It even comes in a cardboard thing so no plastic. It's called 'ku.tis'. We bought ours from Beverley refill shop near the Angel pub. It doesn't wreck your clothes and really does the job well as nobody has offered me any deodorant since.



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 28 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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Motoring - with Roy Woodcock



The push towards persuading all of us to go electric when we go motoring is gathering pace; witness the new all-electric Mazda MX-30.

Roy Woodcock reports . . .

Mazda is joining the electric revolution with its battery-powered MX-30 compact SUV. At a glance it's very similar to the Japanese brand's more conventional CX-30 but with rearward opening back doors, lashings of environmentally-friendly features and superb all-round handling the MX-30 will get the neighbours talking.

With zero emissions and fine performance, the MX-30 is set to carve out a niche for itself as a keenly-priced family car that competes with the best of its electric rivals. That said, the price went up £500 before I got the chance to put the test car through its paces.

Blame it on the Government - which that very day lopped £500 off its previous £3,000 electric vehicle sweetener grant. Which must mean the Whitehall mandarins reckon we don't need as much tempting to turn to plug-in power as we used to, hoping to turn a trickle into a charge.

Initially, four trim levels will be offered with the line starting from £26,045 which, in the current EV world, is highly competitive.

The range will top out with high specification GT Sport Tech models costing from £30,345 with mid-grade Sport Lux versions sitting in the middle at £28,045.

For the time being Mazda is also offering the MX-30 in First Edition specification priced from £28,445 and these come with adaptive LED lights at the front, more at the rear, a satin finish side panel in the trim as well as an eco-friendly interior that can be found on all versions with grey or man-made leather seat upholstery made from recycled plastic bottles.

All versions have a high equipment list that includes a reversing camera, cruise control, sat nav and a heads-up display as standard.

The MX-30 has a city-friendly range of up to 165 miles on a full charge and in everyday use Mazda says it should be capable of around 124 miles before needing to be plugged in.

That's similar to what can be expected from the electric version of the MINI and the Honda-e and Mazda says its research indicates that most drivers travel less than 30 miles on a daily basis.

Recharging from a fast charger can be done up to 80 per cent of battery capacity in 36 minutes. A full charge from a home charging point will take around five hours.

Each model comes with a Type 2 AC charging cable and a socket for DC rapid charging and the car's recharging point is situated on the rear offside wing.

On the road it is as complete a family car as can be imagined and the Sport Lux model we tried was showing an available range of 116 miles at the start of our drive.

Fifty six miles of good motoring took the car's battery capacity down to 45 per cent and the remaining range to 58 miles with the onboard trip computer revealing we could have added a further 16 miles to our range had we not been using the climate control system.

The MX-30's systems can also be hooked up to a smartphone app for remote use and monitoring and give information about all aspects

of operation including how long it will take to recharge as well as allowing for journey routes to be loaded and for the car to be pre-heated before you get in.

It's all very civilised and makes the MX-30 as well equipped as some EVs costing almost twice as much.

Performance data reveals a 0 to 62 acceleration time of 9.7 seconds from the car's 145 horsepower powertrain, with a maximum speed of 87mph.

Boot capacity ranges from 366 litres to 1,171 litres with the rear seats folded - and that's much more than that of the electric version of the MINI or the Honda-e.

The MX-30 we sampled sat on 18-inch alloys and its SUV-like styling was embellished with body protection running from bumper to bumper and around the wheel arches and sills.

It's a stylish take on design and the MX-30 feels a real driver's car with precise steering, quiet running embellished by a faint "real car" noise from a sound generator and regenerative braking allowing for single pedal use.

The regeneration settings - which boost the car's range by putting power back into the battery under braking - are controlled via paddle shifters either side of the steering wheel and offer two levels to help get the best out of the electric motor.

Other handy features include an auto-hold function for the electronic parking brake which is sited on an elevated central control panel above a sizeable device storage area complete with two USB ports and a 12-volt outlet.

An 8.8-inch widescreen display screen sits at the top of the dashboard with a secondary seven-inch colour touchscreen to control the ventilation settings sited aft of the gear lever on the central console.

There's also a seven-inch TFT display contained in the instrument panel to give the driver extra information about the car's status and performance.

The cabin is designed to seat five in some comfort and the MX-30's "freestyle" doors are something of a wow factor.

Mazda had a similar arrangement on its RX-8 rotary engined sports coupe some 10 years ago but the set up on the MX-30 is much more practical. With specially-designed hinges that prevent the rear doors opening independently, the front doors of the MX-30 open to an angle of 82 degrees allowing the back doors to be released to an 80 degree angle.

As such there is easy access to either the front or back seats with a wide, pillarless opening with rear seat entry helped by a clever folding mechanism which moves the front seat forward at a single touch.

And while the rear side windows may be on the small side there is an adequate view out and the whole interior has a high class feel.

Safety systems include blind spot monitoring, rear cross traffic alert, lane keeping and emergency braking as well as a driver attention monitor.

Realistically, there is little missing and for a car that is little bigger than a Ford Focus a whole lot has been included with considerable style.

The MX-30 is a car for the modern age - electric, well equipped and packed with panache yet one that handles so sweetly it cannot fail to leave a smile on your face.

* More information: www.mazda.co.uk



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Reminder for businesses to check if eligible for Restart Grant

East Riding of Yorkshire Council is reminding businesses across the county to check if they are eligible for a Restart Grant.

The grant scheme supports non-essential retail, hospitality, accommodation, leisure, personal care and gym businesses with a one-off grant.

It is intended to help businesses that are predominantly reliant on delivering in-person services for the general public to reopen safely as set out in the roadmap.

Continued on page 30

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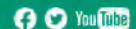
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www.cottinghamtimes.co.uk - May 25



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



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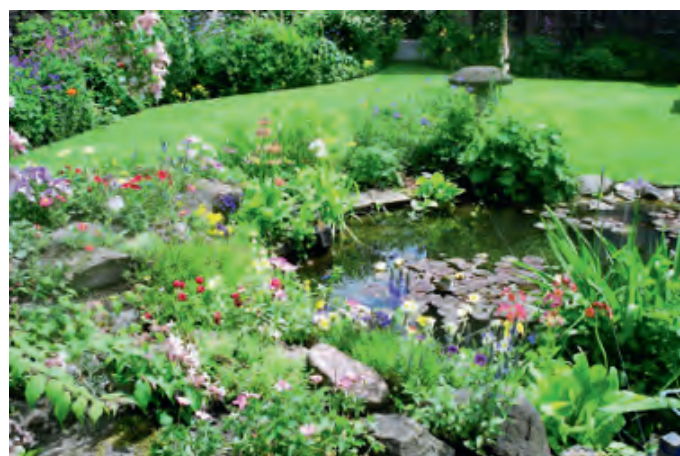
recycled bottles, the containers can be put straight into your recycling bin when you're done. And there will be no white bits from the polystyrene littering your garden.

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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Your Stars for May 2021

By Kay Gower

Aries (Mar. 21- April 20)

A wish will be fulfilled before the end of May. Let go of some self-imposed rules and you will be unstoppable. You can look forward to some happy times and personal success.

Taurus (Apr. 21- May 21)

This is one of the best times to think about self-employment. Sometimes things just slot into place and this could happen to you now. Back your own hunches.

Gemini (May 22-June 21)

Everything can change in the blink of an eye. But sometimes months may go by without much change at all. This month, you have a great deal of say in the matter of 'change'. May brings the revival of a dream.

Cancer (June 22-July 22)

You may not believe you have mystical powers, but that won't stop something strange from happening in your life. A secret wish will be answered.

Leo (July 23-Aug 22)

Good news. Your finances receive important planetary protection, so do your best to feather your nest while it lasts. Choose your friends carefully and leave alone those who seem determined to be awkward.

Virgo (Aug 22 – Sept. 23)

Use this month to build upon your emotional strength. Try not to take what others say too seriously - it will throw you off balance. Listen for the validity in their comments by all means, but stay focussed on what you know is right for you.

Libra (Sept. 24 -Oct. 23)

Your ideas are as good as gold. There will also be new financial opportunities coming down the pipe for you so be prepared especially on or around the 9th. A winning attitude brings success.

Scorpio (Oct. 24 - Nov. 22)

If there are setbacks then perhaps it would be sensible to go with the flow, there isn't much point in trying to recover a situation that in all honesty is lost. Focus on what you can achieve, but perhaps it won't be until late May when things become clear.

Sagittarius (Nov. 23 -Dec. 21)

There are no guarantees that there will be a time when you'll feel secure enough to do all the things your heart wants. So do them now. This is a great time for new beginnings.

Capricorn (Dec 22.- Jan. 20)

Be confident in your approach and expect to succeed. There may be a stop/start feel to some days in May, but charge your way through and refuse to accept second best in anything.

Aquarius (Jan 21 - Feb 19)

A last minute decision could work in your favour. Mid month and early June are exciting times for you, moves and plans made now will lead to great things.

Pisces (Feb. 20-Mar. 20)

Strangely you may be overtaken by a deep sense of nostalgia. What's set this off is likely to have been too much focus on the past. Try to keep memories in perspective. In reality, the only place you should be looking now is to the future. It's good.

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Crossword solution from page 14

1	R	E	A	S	O	N		H	E	I	R	L	O	O	M
	A	P		V		S		S		E		S		E	
10	I	M	P	E	A	C	H	E	S			D	O	W	E
	I		A		R		I		E		E		A		O
12	W	O	R	R	Y										
	A		E				T		C		M		D		Y
14	Y	A	N	K	E	E	S								
	S		T		X						N		D		S
22	S		A												
24	C	A	B	A	L	L	E	R	O			A	P	P	A
	O		O		P		T		W		S		R		A
26	T	E	R	R	A										
28	H	O	S	T	E	L	R	Y							

Sudoku Answer from page 12

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



Cottingham Tigers Kit Launch

Cottingham Tigers are proud to reveal their brand-new playing kit for the 2021 season.

The kit has been developed in conjunction with Stag Sports and has been made possible by the development of a series of sponsorship agreements with local partners. These include Dennis Butler Ltd, KFM Recruitment, Petrotech Services, Up the Cream, City New & Used Office Furniture and a significant 2-year deal with Atropa Pharmacy to be the club's new principal sponsor for 2021 and 2022.

Under the terms of the two-year deal, this will be the first time all playing shirts from the Under 5s to the open age team have been sponsored by the same company. Atropa Managing Director Bryn Smales said: "We are delighted to be sponsoring Cottingham Tigers and look forward to working with chairman Paul Parkin and vice chairman Anthony Broadbelt and their hard-working committee to support the health and wellbeing of the club's players, officials and the wider community."

"At Atropa, we're all about bringing people together and we believe in giving something back to our local community by supporting projects and sports teams that can showcase our name and align with our values."

Cottingham Tigers Club Secretary, Jonny Compton said: "2020 was a difficult year for everyone with society now starting to rebuild and community sport set to play a key role in not only the physical recovery from Covid impacts, but importantly contribute to creating improved mental health for all involved."

"Cottingham Tigers are looking to seize the opportunity to play their part and build on the excellent junior infrastructure already in place by recruiting at all age groups and re-establishing an open age team. This has only been possible with the support of our sponsors, in particular the partnership framework being developed with Atropa."

Bryn Smales added: "Financial support is vital for local clubs like Cottingham Tigers where young people are the future. As the junior section continues to go from strength to strength, it's great to see the re-launch of the open age team and we wish everyone connected with the club the very best of luck for the new season."

If you are interested in joining Cottingham Tigers in any capacity then in the first instance please contact club chairman, Paul Parkin on 07711 056523 or email: chairman@cottinghamtigers.co.uk.



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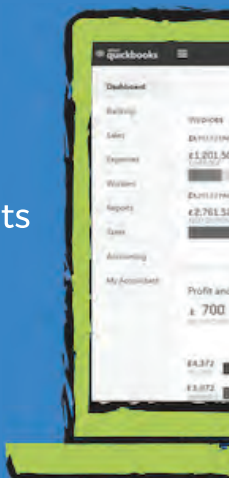
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Continued from page 25

One-off grants of up to £6,000 are available for non-essential retail businesses, and up to £18,000 for hospitality, accommodation, leisure, personal care and gym business premises.

The Government has asked councils to obtain further information from businesses as part of the grant scheme. Therefore East Riding of Yorkshire Council has contacted all businesses who have previously been awarded a Local Restrictions Support Grant (closed businesses) to obtain supplementary information and an application is available for other eligible businesses that are registered for business rates. All applications will be subject to a number of fraud checks which the Government requires councils to undertake ahead of payments being processed.

The council started making payments from Thursday, 15 April 2021.

For details about how to apply for the grant, or for more information about who can claim this funding and any exclusions that apply, visit: <https://www.eastriding.gov.uk/business/coronavirus-grants-for-businesses-and-charities/restart-grants/>

Gillian Barley, head of revenues and procurement at East Riding of Yorkshire Council, said: "The council recognises how important the payment of the Restart Grants is for individual businesses and restarting the economy. We are now making payments and encourage businesses to visit our website to check whether they are eligible for this payment."



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2021
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