

Cottingham Times

and District

Issue 290 - May 2026



Magnolia
House



MAGNOLIA HOUSE CELEBRATES ART COMPETITION SUCCESS

We are delighted to share that Magnolia House has been named the winner of Park Lane Healthcare's annual arts and crafts competition.

The competition saw residents across all seven homes take part, with this year's theme focused on spring. Residents at Magnolia House put a great deal of effort into their entry, showcasing creativity, teamwork and a real sense of pride.



A Word from our Chairman

As we step into May, it's wonderful to see the community coming together and making the most of the brighter days ahead. The warmer weather brings with it plenty of opportunities to get outdoors, reconnect with one another and enjoy everything our community has to offer.

We have a number of events planned over the coming weeks, including seasonal celebrations, themed activity days and opportunities for residents and their loved ones to spend quality time together. We are also looking forward to making greater use of our outdoor spaces, with gardening activities and relaxed afternoons in the sunshine.

For anyone interested in learning more about our vibrant community, please feel free to reach out to Lindsay Altoft, our registered manager, at lindsayaltoft@parklanehealthcare.co.uk, or visit our Facebook page for a glimpse into our daily lives.

Chris Lane, Chairman, The Park Lane Healthcare Group



Spring activities in full swing

April saw a range of seasonal activities take place across the home, with residents enjoying crafts, music and social gatherings. Easter celebrations were a particular highlight, with decorations, themed treats and visits from family members helping to create a warm and cheerful atmosphere.

Residents also took part in creative sessions, including painting and light gardening preparation, making the most of the improving weather.

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THE COTTINGHAM TIMES

1 Forge Place, South Rise, Skidby, Cottingham HU16 5UL
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Editor: Keith Teale

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Tel: 01482 840035 :: Mobile 07563 885388

Editorial and Contributions

Tel: 01482 840035

Accounts: Tel: 01482 840035

Website: www.cottinghamtimes.co.uk

E-mail: media@cottinghamtimes.co.uk

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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, it is 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 caring for the kitchen and bathroom is transformed with a softener; there is no need for harsh chemicals, scrubbing, or elbow grease; a rinse and wipe-down are all that are 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. There are no dials to set or flashing lights to look out for; it's all perfectly simple and perfectly soft.

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

Yes, indeed, it has. I am pleased to say that 2.15Kg salt blocks are now available, which makes storing and replenishing salt much easier. Salt can be delivered directly to your door or picked up from our Hull shop as required.

All the above benefits of a softener will not be at the top of most long-term softener owners lists 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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In Cottingham and District

The deadline for entries in the May 2026 "What's On" section, is no later than the 17th April.

Haltemprice Art Group

Tuesday 5th May - Along the Coast

Meetings held Tuesday evenings from 7pm to 9pm, during term time, in the art room on the first floor of Cottingham High School. (A lift is available for our use)

Cottingham Civic Hall Film Show

Thursday 7th May - The next film afternoon at the Civic Hall is with Taron Egerton as Elton John in "Rocketman". Enjoy a film and refreshments, admission £3.00. Doors open at 1.30pm.

F4 Photographic Group – Cottingham's Friendly Camera Club

Thursday 7th May - Print and image of the year. Judge: Diane Seddon (NEMPF).

Thursday 14th May - Practical Night.

Thursday 21st May - Foto Faves.

Thursday 28th May - AGM and Award Ceremony. We meet at 7.30pm every Thursday evening at Cottingham Civic Hall.

Skidby Branch of the Yorkshire Countrywomen's Association

Thursday 7th May - Marion Gamble - Coco Channel and the 60's. In the Skidby Village Hall.

Bingo Night Returns to Skidby Village Hall

Friday 8th May - 7pm - Bingo Night returns to Skidby Village Hall, Open to everyone. Free teas and coffees will be available during the interval, with donations warmly welcomed. Attendees are also invited to bring their own drinks and snacks. A grand prize raffle will be drawn at the end of the night.

East Yorkshire Embroidery Society (EYES)

Saturday 9th May in the Darby & Joan Hall, Finkle Street. 2pm for 2.30pm. Members £2. Visitors welcome from 2.15pm (£3). Anne Brookes will speak on 'Whole. Hole'. For further details contact eyesembroidery@gmail.com

East Yorkshire Embroidery Society exhibition 'The Stitches in My Soul. An exhibition of textile art'. Beverley Minster, HU17 0DN 10am to 4pm Thursday 14th May to Friday 22nd May 2026. Free entry. Items for sale.

Hull and East Riding Astronomical Society

Monday 13th May 2026 - Meeting at the Civic Hall, 1 Market Green, Cottingham HU16 5QG. 7.30 pm - doors open 7.15 pm. £4.00 per visitor. Students and under 16's free. Guest Speaker: John Chapman-Smith (Society for Popular Astronomy). Title of Lecture: "Amateur Astronomy in Salt Lake City, UTAH, USA."

Front cover: Priory Road, Cottingham.
Photo: Courtesy Paul Lakin.

Cottingham Men's Deluda Society

Wednesday 13th May - The History of Hull Grammar School, 1330 to present. Mike Rymer.

Wednesday 27th May - My Memories - Robin Russell (Member). Meetings held at the Willerby and Kirkella Social Club, 51A Main Street Willerby HU10 6BY. Meetings 1.30 pm for 2.00 pm. Cost per meeting paid at the door £4.00.

Cottingham U3A

Thursday 14th May - 'The Swinging Sixties' - Sex, drugs and rock and roll'. The decade that changed the world with local author Marion Gamble. Marion is a popular local speaker and author who keeps herself busy combining storytelling with fund raising for the Yorkshire Air Ambulance. The meeting is held at 2pm in the Darby and Joan hall, with new members welcome.

Little Weighton Gardners

Friday 15th May - 7.30pm. John Carr - Talking about "Hostas". LW Village Hall. £3 per talk. Contacts: Prue 01482 844461 and Sylvia 07714 089289.

Macular Society Hull Group

Friday 15th May - 10.30 am until 12.15. Meeting held at Sight Support Beverley Road Hull. Guest speaker will be our favourite local Author Val Wood. Always a popular meeting. Macular degeneration is an eye condition that affects central vision loss. Our group is for anyone that has this condition or caring for anyone who has this condition. All welcome for help and advice. For more information 01482 342397.

Friends of Thwaite Gardens

Sunday 17th May 11am - 4pm. Open Day at Thwaite Gardens, 57, Thwaite Street, Cottingham, HU164OX. Fabulous 'All for One Choir'. (12pm and 2pm). Guided Tree Walks. Plant stall. Cacti and Succulents stall. Bric a Brac stall. Explore the Gardens and Glasshouses. Dogs on leads welcome. Disabled parking only on-site. Refreshments (Tea, Coffee and lots of cakes). We only accept cash. Sorry no cards. £5 for non members. Members and under 16's FREE.

Arterian Singers

Tuesday 19th May at 7.30pm are holding their Spring Concert at Cottingham Methodist Church, Hallgate, Cottingham. Admission £10. Accompanied children are free. We look forward to seeing you.

Hull and East Riding New Stitchers (HENS)

Tuesday 19th May- Scrappy Pass the Parcel. Third Tuesday on the month in the Darby & Joan Hall, Finkle Street, at 7.15 pm to 9.15 pm. Website: www.hullandeastridingnewstitchers.weebly.com.

The Arts Society: Hull and East Riding

Tuesday 19th May - Jeremy Mainwaring-Burton: "The Queen Mother at The Castle of Mey". At 10.45 a.m. Lazaat Hotel, Woodhill Way, Cottingham. Non-members welcome. Guest tickets £5.00. For further details contact Membership Secretary, Andrew Frankland-Barber (tel.07843 784763).

Hull Stamp & Postcard Club:

Wednesday 20th May - Stephen Parkin on 'Edinburgh Postal History'.

Wednesday 3rd June - Dr Gwynn Harries 'A Cornucopia of Stuff'. Meetings are held in the Arlington Hall, Cottingham HU16 4DD at 1.30pm. Doors open at 1pm. Visitors and prospective members are welcome. For further details please contact the secretary at robertfmcmillan@gmail.com

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Keep Fit & Line Dancing Classes

In the Darby & Joan Hall, Finkle Street, Cottingham.

Keep fit Mondays 10am-11am or 11 15am-12 15pm chair exercises then low impact aerobics.

Line dancing Tuesdays 10am-11am beginners are welcome

Contact Janet Trew M.BATD (SB) A.BATD (JB)

01482 666794 or 07773 189990.

Alternative Aquatics

Is a local self-help group providing gentle exercise for people with back & mobility problems in warm water. On Thursdays, 4.45-6pm term-time, at Hydrotherapy Pool, Frederick Holmes School, Inglemire Lane, Hull. Cost is £52/ 13-week term. Places now available; for info or a free trial, call Karen (807072) or Steve (826873)

East Yorkshire Fly Dresser's Guild.

Enhance your fly fishing skills and experience by joining like-minded fly fishers. We are a thriving group keen to learn and share the skills you need to create flies that catch fish. The club meets on the first Tuesday of each month, July and August excepted We meet monthly (September to June) at the Conservative Club, in Beverley. All welcome - please email eyfdg.sec@gmail.com.

Rebecca's Colouring Club.

Colouring Club for adults. All materials provided. Plus tea and coffee. Just £5 entry. Every Thursday evening 7-8pm. In the Mark Kirby Hall, (at the side of St. Mary's Church), Cottingham, HU16 4DD. Email rebeccaharbottleart@hotmail.com or search Rebecca H Art on Facebook for more info.

Cottingham Cricket Club

We run three Saturday sides, a Sunday side and junior teams from U9 to U15. Cottingham Cricket Club Junior training continues all through winter. Starting at 7pm every Friday night at South Hensley School sports hall. We welcome new members at any level. In the Summer, junior training is on a Friday evening with coaching sessions for all formats during the week. For any further information please contact Matt Aked at cottinghamcc@hotmail.co.uk or on Mobile 07986 329441. We are Clubmark Accredited and all Coaches are DBS checked"

Scottish Country Dancing

Monday nights in Arlington Hall with qualified teachers. New dancers welcome 6.45 - 8.15 pm. Main class 7.30 - 9.30pm. £3 per session (first session free) including refreshments. No partner necessary. A great way to keep active and have fun. Find us on Facebook or our website, RSCDSYork.com Contact Joyce Cochrane 01482 871790 or Lynne Brooks 07834 992027.

The Cottingham Community Garden Group

The Cottingham Community Garden Group [CCGG] meet every Tuesday and Thursday from 1pm to 3pm on the Worklink site on Eppleworth Road Cottingham HU16 5YF [Far right corner past last polytunnel] - All welcome . Find us a Facebook or visit us to find out more.

Cottingham Food Bank

Cottingham Food Bank is open every Wednesday from 10am to 11.30pm. For £2.00 you will be able to select eight items from our shop style display and in addition refreshments are available in the Church hall next door. You can find us behind Zion Church, Hallgate Cottingham (access via left hand passage). All welcome.

Continued on page 11

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New defibrillator at the Darby & Joan Hall in Cottingham

The Trustees of the Darby and Joan Hall are pleased to inform you that a new defibrillator has been installed on the outside wall of the hall in Finkle Street, Cottingham, making it accessible to the hall, the Memorial Club and the wider community in an emergency.

This important addition has been made possible thanks to a generous grant from DIFEY, East Riding of Yorkshire Council. We would also like to extend our sincere thanks to Chester's Electrical for carrying out the installation, and to Mini First Aid for providing training courses to help local people feel confident in using the equipment.

We hope this facility will provide reassurance and it may one day help save a life.

Pat Collard, Secretary / Trustee on behalf of the Darby & Joan Trustees.

East Yorkshire Buses Introduces Simpler Fares, New Ticket Options and Greater Value for Customers

East Yorkshire Buses has announced a range of fare changes designed to simplify ticketing, offer better value, and introduce new flexible travel options for customers across its network.

As part of the update, some single and return fares will increase. However, the changes also bring a significantly simplified ticket structure, new products, and, in many cases, lower prices for customers travelling within and across key areas.

Simpler Zones, Better Value

To make fares easier to understand and use, the number of fare zones is being reduced.

The following zones will be withdrawn:

Hull Country Zone, Bridlington Country Zone, Coaster Zone, Caves/Gilberdyke Zone, Hornsea Zone, Withernsea Zone, and York Country Zone.

Customers in these areas will now be able to purchase the re-priced Go Anywhere ticket, with day tickets starting from just £9 — offering greater flexibility and, in many cases, lower prices.

Example changes in adult day tickets:

Customers in the Bridlington Country Zone will see a reduction from £11.60 to £9

Customers in the Coaster Zone will see a reduction from £14.70 to £9

Customers in the Hornsea Zone will see a reduction from £11.90 to £9

Customers in the Withernsea Zone will see a reduction from £12.20 to £9

Customers in the Caves/Gilberdyke Zone will see a reduction from £9.60 to £9

Customers in the Hull Country Zone will pay the same price but benefit from being able to travel further

Customers in the York Country

Zone will also benefit from simplified pricing, with the new £9 Go Anywhere ticket offering a clear and flexible alternative to the previous £12 ticket.

Additional zones being withdrawn include:

Beverley Zone and Driffield Zone. Customers travelling in these areas will benefit from great value single and return fares.

The simplified zone structure will now consist of:

Hull Zone, Bridlington Zone, Scarborough Zone, York Zone, and Go Anywhere Zone.

Exciting New Ticket Options

Alongside the simplified fares, East Yorkshire Buses is introducing a range of new ticket options to provide greater flexibility and value:

Duo Ticket – ideal for two people travelling together, offering better value than buying separate tickets

Group Day Ticket – great value for up to 4 people, making group travel more affordable than ever

20 Single Ticket Bundle – priced at £57, offering discounted travel on the £3 maximum single fare, and added flexibility for regular passengers

These new products make it easier than ever for customers to travel together and enjoy days out for less.

Stuart Fillingham, Commercial Director at East Yorkshire Buses, said:

“We are pleased to be introducing a simplified range of tickets across our network, making it easier for customers to choose the right option for their journeys.

It's particularly encouraging that customers in many areas will now be able to travel further for the same price or less, thanks to our new Go Anywhere ticket.

We're also excited to introduce new products, including our 20-journey ticket bundle, which offers a discount on regular fares and greater flexibility for frequent travellers.

Our new Duo tickets, alongside the extension of Group Day tickets across the network, provide fantastic value for people travelling together – whether with family, friends, or colleagues – especially as the days get longer and the nights get lighter.

This is our first network-wide fare revision since January 2025, and we have worked hard to hold prices for as long as possible, maintaining our usual annual review cycle while continuing to deliver value for our customers.”

Customer should visit www.eastyorkshirebuses.co.uk for more information or call our customer phone line on 01482 592929

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Cottingham Parish Council



Annual Meeting/ Awards Ceremony

Thank you to everyone who attended our combined Annual Parish Meeting & Awards Ceremony on 15th April 2026. We were delighted with the number of nominations received and are pleased to announce the following category winners:

Everyone Belongs Award

This award recognises organisations or groups that promote inclusivity and access for all, that show evidence of removing barriers and actively including marginalised groups and demonstrating a commitment to diversity in all aspects of their work. **Winner: Fitmums & Friends**

Neighbourhood Champion Volunteer Award

This award recognises an individual who actively participates in improving and supporting the local neighbourhood, who helps to make the community safer, kinder or more connected through their actions, and who shows imitative, supports the community and leads by example. **Winner: Susan Tong**

Behind the Scenes Volunteer

This award recognises an individual who consistently supports projects, events or activities without needing recognition, who provides essential support that helps others success and keeps things running smoothly, and is caring, flexible and willing to help wherever needed. **Winner: Nigel Kemp**

Stronger Together Award

This recognises projects or groups with outstanding , clear evidence of the difference they are making, that have a tangible, lasting benefit to the community and find innovative solutions to pressing local needs. **Winner: Cottingham Lights**

Active Community Award

This award recognises groups, teams or projects that actively bring people together and encourage participation in local activities, that make a clear and ongoing difference in the neighbourhood or community and that address health inequalities or work towards preventing future health issues. **Winner: The Royal Voluntary Service**

Green Ambassador Volunteer Award

This award recognises a volunteer who shows genuine care for the environment, contributes to projects or activities that help protect and improve the environment, and encourages others to be environmentally responsible and leads by example. **Winner: Fiona Nicholson**

Emerging Impact Award

This recognises newly established charities or groups making a significant early impact, demonstrating a clear vision and strong foundations for growth and showing evidence of community need and early success stories. **Winner: Cottingham Men in Sheds**

Our panel also decided to make an additional award – the Special Recognition Award. This award goes to someone who has demonstrated exceptional service, dedication, or achievement not captured in other categories. Someone who has a story that embodies the spirit of community and selflessness and shows inspirational examples of going above and beyond. **Winner: Jennifer Hodge**

Nicola Pape,

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

www.instinctivehorsetraining.co.uk



The old school dominance theory just doesn't hold up

Modern domestic management accidentally creates the very conflict people label as “dominance”. Wild horses rarely display the “dominance behaviours” people claim to see in domestic horses because their environment prevents resource conflict. Our domestic management, by contrast, artificially increases resource scarcity, compresses space, and forces horses into competition — which then amplifies Resource Holding Potential (RHP) and creates those very conflict behaviours which get mislabelled as dominance.

Old-school thinking framed horses as hierarchical, linear “pecking order” animals constantly competing for rank. They were motivated to assert control over others to become a “leader”. Sadly that’s why humans still feel the need to dominate them

Apparently displaying aggression was a natural part of maintaining rank.

This model was heavily influenced by:

- Early studies on unrelated stallions forced into captivity
- Misinterpretation of agonistic behaviour
- Human projection of primate social structures onto equids
- Training ideologies that needed a justification for coercion

It created a narrative that horses are always trying to move up the ladder, and therefore humans must “be the alpha/leader”.

However, modern behavioural science blows all of this out of the water! Current research paints a very different picture: We now know that wild horses form stable, cooperative social groups, not rigid hierarchies. That leadership is shared, context-dependent, and often based on experience. That

10 May - www.cottinghamtimes.co.uk

observable aggression is rare, brief, and usually ritualised with more posturing than real action.

We now know that social order is maintained through affiliation, not force. That horses avoid conflict because conflict is energetically expensive and risky for injury. Most importantly, Wild horses do not display chronic resource guarding or ongoing rank disputes, because their environment doesn’t create the conditions for it. Resources are everywhere.

The missing link: Resource Holding Potential (RHP)

RHP is an individual’s ability to acquire and defend a resource.

In the wild, RHP is rarely activated because their resources are abundant and spread out, no human-imposed scarcity is present. These horses can move away freely because there is no forced proximity in small paddocks. In the wild social groups are stable and self-selected for cohesion. So, the behaviours people call “dominance” simply don’t appear.

Domestic management: how we accidentally create conflict!

Modern horse keeping does the opposite of wild ecology. It tends to restrict movement. Small paddocks, stables, and limited turnout force horses into close proximity with no escape routes. Creating resource scarcity - One hay pile, one water source, one shelter, limited forage time and high-value feeds delivered in short, intense bursts.

Scarcity = competition. Competition = conflict. Conflict = mislabelled “dominance”. Incompatible horses are often forced together in limited turnout opportunities which interrupts natural foraging patterns. **Wild horses choose their social partners. Domestic horses are assigned them.**

Horses have evolved to eat 16–18 hours a day. Domestic feeding schedules creates hunger and anticipation which in turn leads to frustration and heightened RHP around food.

We humans control the routines from feeding times, training sessions, and turnout rotations, thus we create predictable high-value moments that trigger guarding behaviours which people mistake for dominance.

The list of behaviours typically on show with our domesticated horses includes chasing others off hay, blocking access to gates, lunging or biting at feeding time, guarding shelter areas, pinning ears when another horse approaches and tension around humans who deliver resources.

These are not dominance behaviours. They are resource-driven conflict behaviours amplified by management.

Wild horses don’t show these behaviours because their environment provides continuous forage, offers multiple water sources, allows free movement and they have space to avoid conflict. Wild horses choose their social partners and there are no human-created high-value moments. Their social system is cooperative, not competitive.

Horses are never dominance-driven — they’re resource-driven. When we fix the environment and the management, the “dominance” disappears.

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Kirk Ella and Willerby Short Mat Bowling Club

Welcome new members at St Andrews Memorial Hall, Beverley Rd, Kirk Ella, HU10 7QA. Mondays and Thursdays, 2 – 4 pm (Sept – April). Summer, only Mondays. Come around 1.40pm. For new bowlers, 1st session is free. Club bowls available to borrow. Bring flat soled shoes. Contacts: Ian or Brenda 01482 650157; email bgih@hotmail.co.uk; visit website: <https://sites.google.com/view/kewshortmatbowls/home>.

Cottingham & Hull Folk Dance Club

Tuesday 7pm-9-30pm at the Darby and Joan Hall Finkle St., Cottingham. No experience necessary come on your own or bring a friend for light exercise in a friendly environment everyone one welcome. For further information please contact Jan Gray on 01482 840637.

HULL OPTIMISTS Swimming Therapy Group

Come and join a friendly group of Adults and Children at Frederick Holmes School, Inglemire Lane Hull, in a warm Hydrotherapy Pool. The club is for persons with disabilities or have a fear of water, and are taught in a friendly and positive way how to overcome that fear and be safe in water and also help with their mobility. We meet in term time every Monday evenings. There are two sessions, the first between 6pm and 7pm for Children and their Carers, and the second for Adults between 7pm and 8pm. All are welcome. For further information and application details please contact:- Karen Brockwell Mobile: 07895 178218.

North Ferriby Short Mat Bowls Club

Village Hall, 50 Church Road, North Ferriby. HU14 3AA. Tuesdays and Fridays, 10am-12noon, and Thursday Evenings,

7pm-9pm except second Thursday each month. All are welcome to any session and can borrow woods if required Please bring flat soled shoes. For further information please contact Mike on 07889 007 005.

Cottingham Bowling Club

Our Indoor Bowling sessions are now in full swing, and are staged every day of the week at varying times, at our New Village Road clubhouse.

Outdoor bowling sessions will commence at the end of April, in preparation for the 2026 outdoor League season which commences in May and will see the Club enter 12 different League competitions.

New members for the Indoor and Outdoor sessions will be made most welcome and for further details please do not hesitate to contact our Recruitment Secretary Lesley Davy (Tel. 846611).

Phoenix Walkers

Phoenix Walkers invites you to join our friendly walking group .A full day out on coach to some lovely places around the Yorkshire,Lincolnshire & Derbyshire countryside.

Good boots /shoes ,packed lunch & waterproofs required .

Next walks are

May 3rd Brigsley (Lincs)

May 17th Sutton Bank(White Horse)

May 31st Helmsley

All walks have leaders and we pickup at various points in Hull & Cottingham

For more info and prices, Email phoenixwalkingclub@outlook.com

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Wordsearch - Pizza

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



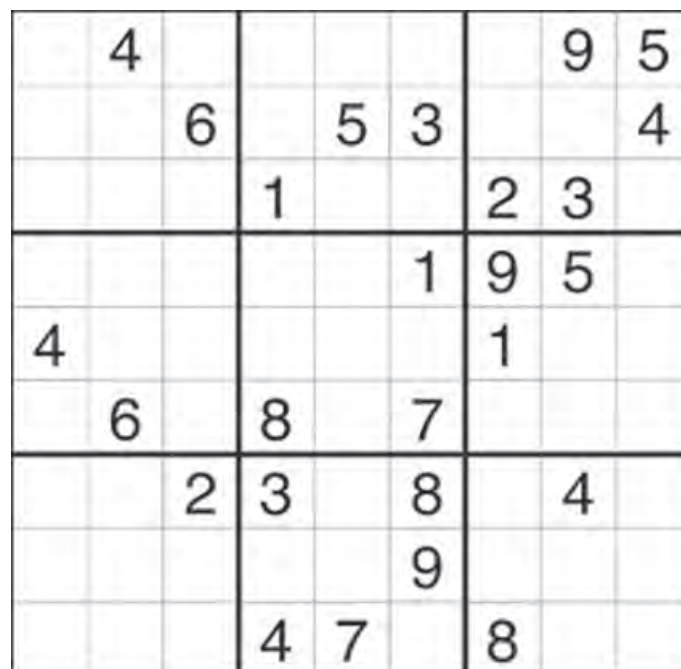
Find the words in the letters above:

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. 226

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



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MARIONOWENTRAVEL

As we head into May and the promise of long summer days, we would like to take a moment to say how much we truly appreciate your continued trust in our boutique travel agency. So many of you are not just clients, but friends—we share your journeys, your celebrations, and sometimes your challenges too, and that means the world to us.

This year seems to be flying by! Despite a milestone birthday for me, there's simply no time to celebrate—so we've planned ahead. Next year we are hosting a special *Mystery Day & Evening* event, promising plenty of fun and laughter. Our two coaches are almost full already, which is just fantastic—thank you!

Now, on to the serious business of travel... let's talk cruising!

With first-hand experience of over 180 ocean and river ships worldwide, we understand that no two ships are the same. Each offers its own ambience, style, size and level of luxury, so it's essential to find the perfect match for you. We're always adding to our knowledge wherever possible, and our latest experience is with Ponant—do get in touch if you'd like to hear more.

River cruising continues to grow in popularity, and with many options to fly from Humberside, it's an incredibly convenient way to travel. The Danube remains a firm favourite. If you're considering travelling in the height of summer—July or August—when river levels can sometimes be lower, there are often excellent late-value opportunities available.

However, if you're looking at May, June, or September sailings, it's a very different story. These months are in high demand, so booking early is key to securing the best options and value.

I'm always happy to offer a personalised river cruise presentation at a time to suit you—whether you're dreaming of the Nile, Mekong, Amazon, or the many European waterways I've been lucky enough to explore time and again.

For those who prefer ocean cruising, if you enjoy a balcony or suite, Regent Seven Seas offers exceptional all-inclusive value. As an example, we have a 14-night sailing from Barcelona to Dover on 5th July from just £295 per person, per night. Excursions & even laundry are included!

If you'd like a taste of luxury before committing, why not join us on 2nd July when we visit *Grandeur* in Holyhead? We only have a handful of places remaining, so do let us know if you'd like to join us.

Both Emma and I are incredibly passionate about touring and cruising it is one of the best ways to experience multiple cities, countries, cultures, and breathtaking scenery, all in one seamless, unforgettable holiday.

Keep an eye on our Facebook page & website blog for regular updates, or better still, call us on 01482 212525 to join our mailing list.

We look forward to helping you plan your next adventure and looking after you every step of the way—with the reassurance of 24/7 support while you are away.

We can't wait to hear from you, wherever in the world you are dreaming of travelling. **Marion & Emma x**

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02 Jul	Cruise ship Experience - Regent Seven Seas Grandeur	£ 175
05 Jul	"The Azores" 10 day guided tour scenery, culture & wildlife	£3100
19 Aug	Sailing the Dutch & Belgian Waterways—a short flight to/ from Amsterdam Ultra luxury Amadeus Star .Extra space!	£2254
07 Sep	Kent's Castle & Gardens 5 days exceptional tour	£ 855
22 Sep	India's Amritsar, Shimla & more from Humberside	£2995
16 Oct	Llandudno, Tynedale Hotel - 5 day break Dinner B&B	£ 645
Nov	Christmas Lunch on the Rails day out 25th & 26th	£ 115
28 Nov	Regent Seven Seas Grandeur Caribbean Cruise from	£POA
19 Dec	Royal Albert Hall, Kew & Windsor Castle 1 night B&B	£ 310
30 Dec	New Year in Southport - 4 days DBB with Gala Dinner	£ 549
2027	For additional tours ask about our special selection with CAB Travel	
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01 Feb	Potters all inclusive resort meals, drinks & entertainment	£ 649
16 Apr	Treasures of Egypt cruise & tour 12 days from	£3640
01 May	Isle of Man a 7 day tour including a special Viking Event	£1195
27 Aug	Isles of Scilly - a 7 night holiday call for details B&B	£1839
04 Oct	Hidden Japan small group tour only 9 places	£6390
28 Oct	Tynedale Llandudno - Holly & Mistletoe 5 days	£ 665
20 Nov	Thursford Christmas Spectacular 2 days	£ 279
05 Dec	Canterbury at Christmas - 5 days Dinner B&B	£ 599

Please do not panic if the special departure you are booked on is not shown above - we have removed those that are now full.

STOP PRESS - River Cruising 2027 on sale
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Prices shown subject to availability at the time of booking. Based on 2 sharing unless otherwise stated. Single travellers welcome please ask for prices.

Office hours for telesales: Monday to Saturday 9am - 5pm email: team@marionowentravel.com

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Phoenix Walkers invites you to join our friendly walking group .A full day out on coach to some lovely places around the Yorkshire,Lincolnshire & Derbyshire countryside.

Good boots /shoes ,packed lunch & waterproofs required .

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May 17th Sutton Bank(White Horse)

May 31st Helmsley

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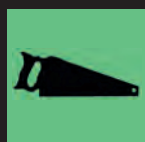
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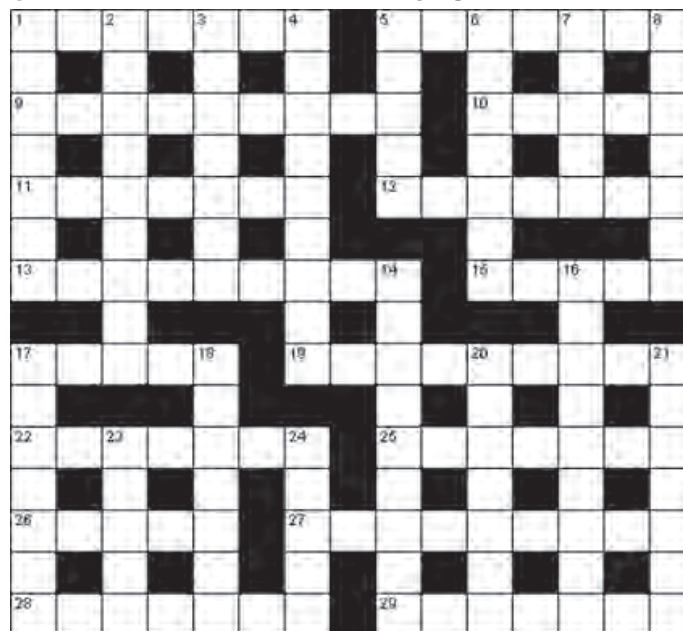
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Crossword - Solution on page 29



Across:

- 1 One who talks excessively (7)
- 5 Intimation (7)
- 9 Exclusive (9)
- 10 Markedly masculine (5)
- 11 False teeth (7)
- 12 Wiggles (7)
- 13 An aromatic ointment (9)
- 15 Kinds or sorts (5)
- 17 Legerdemain (5)
- 19 Making better (9)
- 22 Arrayed (7)
- 25 Deceive (7)
- 26 Faithful (5)
- 27 Impudent (9)
- 28 Showy (7)
- 29 Breadwinners (7)

Down:

- 1 In addition (7)
- 2 Possessing (9)
- 3 A public speech (7)
- 4 State again (9)
- 5 Concepts (5)
- 6 Small orange-colored fruit (7)
- 7 Become liable to (5)
- 8 Partridges (7)
- 14 Dry up (9)
- 16 Special advantage (9)
- 17 A childhood disease (7)
- 18 Burning sticks of paraffin (7)
- 20 Atomic (7)
- 21 Lubricates (7)
- 23 Pastoral (5)
- 24 Beautiful (slang) (5)

Crossword courtesy of www.crosswordpalace.com

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World class volleyball to return to Bridlington this summer

England will stage its first ever World Beach Pro Tour (BPT) volleyball event in Bridlington this year, with world class players travelling to East Yorkshire for the event.

Volleyball England will partner with East Riding of Yorkshire Council and local club Skyball Beach Volleyball Club to deliver the competition from Thursday 25 to Sunday 28 June.

The event follows the ongoing development of the infrastructure needed to stage top level tournaments. The NEVZA Youth Beach Championships for U18 and U20 players was held in Bridlington in 2023, as well as the 2024 NEVZA Beach England for senior players.

Spectators will be able to attend free of charge, while a selection of matches will be live streamed.

Councillor Nick Coultish, East Riding of Yorkshire cabinet member for culture, leisure said: "We are delighted to welcome this brand-new event to Bridlington and build upon our long-standing partnership with Volleyball England.

"We look forward to welcoming some of world's best volleyball players to East Yorkshire. This high-profile international event will

provide a huge tourism boost to our local businesses as well as attracting international visitors."

As hosts, a strong contingent of England players are guaranteed entry into the male and female events, with a maximum of three teams from the host country, excluding wild cards, able to enter the main draw of both the men's and women's tournaments.

A fourth team from the host country may also enter the qualification tournament provided it has enough ranking points calculated at its point of entry, otherwise the team will be placed on the reserve list.

Pete Makowski, co-founder of Skyball and Lead Coach at The Gorse Academies Trust, said: "The Beach Pro Tour is the highest level of beach volleyball competition on the world stage, contested by athletes from a multitude of countries. Having some of the top players globally in attendance is seen as an ideal chance to inspire future generations of players both across Yorkshire and the country as a whole."

Rob Payne, Volleyball England's Strategy Manager for an Ace Service said "We have shown over the last two years that Bridlington is a fantastic destination for beach volleyball and we are proud and excited to have now earned the opportunity to stage an elite level event in the town."

"With some amazing male and female players from across the globe, we hope that the volleyball community across the country is able to come out and support and make them feel welcome."

"This is a landmark moment for us in our bid to make the sport more visible in the UK and we would like to thank the FIVB for allowing us to showcase what we have to offer."

Roko Sikirić, CEV President said: "I am pleased to see that beach volleyball is gaining momentum and expanding its reach with the delivery of the first event of this calibre in England and across the whole of the UK.

"We are confident this showcase of the game will inspire many people to follow it more closely and hopefully the local youngsters will be inspired to pursue a career in the sport, thereby following in the footsteps of the highly successful Bello twins (Javier and Joaquin."

Businesses interested in partnering with the event to support it are encouraged to email competitions@volleyballengland.org for more information.

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A Personal Note from Josh (owner of Cotton Travel)

As we step into May, we just wanted to take a moment to say a big **thank you to our loyal customers** and a very warm welcome to those of you who may be discovering us for the first time. Once you have booked with us **you're always part of the family**. May is such a special time of year. It's that exciting build-up to summer the month where plans start to take shape, countdowns begin, and the promise of sunshine feels just around the corner. So, let me ask you... have you decided what this summer looks like for you yet? Because here's the thing **we never get this time back**. Life moves quickly, and those moments away, whether it's a week in the Mediterranean, a family getaway, or a once-in-a-lifetime adventure... they're the ones that stay with us forever. We truly believe in making the most of those moments. Many of you will know my motto already, but if you're new here, it's simple: **we only have one life, so live it**. The good news? You've picked a brilliant time to be thinking about it. The Mediterranean is warming up beautifully May, June and even September offer that perfect balance of sunshine, comfort and value. And then of course, July & August arrive when families take to the skies, memories are made, and those special holidays become stories you'll tell for years to come. For me personally, travel will always be a passion. Last month I was lucky enough to spend 12 unforgettable days onboard the ultra-luxurious Scenic Eclipse, a trip inspired by watching Jane McDonald explore Antarctica. I swapped icebergs for sunshine, but it was every bit as magical. Sailing from Tenerife to Barcelona, each stop brought something special. La Palma was beautifully unspoilt, Casablanca rich with culture and history, and Puerto Banús delivered that touch of glamour. But the real surprise for me? Seville. Sailing six hours along the Guadalquivir River to reach the city was something truly special, the architecture, the atmosphere, the warmth of the people... it's one of those places that just stays with you. And as a little bonus it's wonderfully flat, making it perfect to explore. We care so much about how you book your holidays. **Supporting local really does make a difference** not just to businesses like ours, but to you as a customer. When you book with Cotton Travel, you're not just booking a holiday... you're gaining a team that's with you every step of the way. From the first conversation, to check-in, to being there if anything ever goes wrong, **we're by your side 24/7**, not just 9-5. With full **ABTA and ATOL** protection, complete peace of mind, and a passionate, award-winning local team who genuinely care, you can relax knowing everything is taken care of. **Our Annual Summer Travel Show is coming soon!** We'll be welcoming some fantastic travel partners right here in Cottingham, with a fun quiz, giveaways, and a brilliant afternoon planned for everyone. It's going to be something really special, and we can't wait to share more details with you in the next edition. As always, many of you look forward to our hand-picked monthly offers and this month is no different. Just remember, they're always first come, first served... and once they're gone, they're gone! On the adjacent page is our Island-Hopping partnership with Olympic Holidays. Whether it's a quick question, a big dream, or just a cuppa and a chat, **our door is always open**. See you soon. Josh & Team Cotton!

APRIL'S HAND PICKED SPECIAL OFFERS... BOOK FAST TO SECURE YOUR PLACE.

Gran Canaria, 9th Jul 26, 7 nts, self-catering, from Liverpool, wow only £449pp!
Hotel Ambassadeur, Jersey, 20th Jun 26, 7 nts, central hotel, B&B, from Leeds, now only £829pp!
Santa Ponsa, Majorca, 5th Oct 27, 7 nts, self-catering, beachfront, from **Humberside**, only £599pp!
Majorca, Spain, 4th May 27, **21 nts**, self-catering, beachfront, from **Humberside**, Only £995pp!
Murcia City Break, 2nd Aug 26, 3 nts, room only, from Leeds Bradford, wow only £245pp!
Marrakech City Break, 15th Jun 26, 4 nts, bed & breakfast, from Manchester, wow only £209pp!
Family of 3 Deal to Gran Canaria, 18th Jul 26, 7 nts, all inclusive, from Leeds, Only £1,899 TOTAL!
Family of 4 Deal to Marmaris, 11th Jun 26, 14 nts, self-catering, from East Mids, ONLY £999 WOW!
Mexico, 1st Nov 26, 7 nts, all inclusive, popular 5 star hotel, from Manchester, only £1,299pp!
Solo Holiday to Zante, Greece, 1st Jul 26, 10 nts, self-catering, from Manchester, only £799!
Solo Guided Tour Great Rail of India, 15th Sep 26, 15 days, 6 trains/meals/trips, from Heathrow, £2449!
Lake Garda Tour, 30th Sep 26, 6 nts, meals/trips included, from Leeds, now only £999pp!
India Taj & Temples Tour, April – Nov 2027, 9 days, meals/trips incl, from Heathrow, from £1,499pp!
Virgin Islands Yacht, 13th Dec 26, 8 days, all-inclusive **5 star luxury**, from Manchester, £3,899pp
Japan Cruise & China Stay, 29th Mar 27, 9 nts, FB cruise, flights included from Heathrow, £1,965pp
Highlights of Med Cruise, 22nd May 27, 7 nts, all inclusive, direct from **Humberside**, only £1,539pp!
Highlights of European Rivers, 3rd July 2026, 15 days, all inclusive 5 star, flights included, only £3,195pp!
UK Break - Lord of the Dance in Liverpool, 2 days, 10th Oct 26, departing from Hull, half board, £179pp!
UK Break- Grassington 1940's weekend, 2 days, 19th Sep 26, departing from Hull, half board, £129pp

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Bridlington Kite Festival to return in May

Bridlington Kite Festival is to return to the town for its 11th year, over the weekend of Saturday 16 and Sunday 17 May.

The festival, suitable for all the family, has grown to become one of the most popular spring events on the East Coast.

It will be held from 10am to 5pm, on Sewerby Cliff Top, featuring kites of all shapes, sizes and colours flying over Bridlington bay.

Admission to the event is free and dogs on leads are welcome.

Some of the world's largest inflatable kites will take to the skies, from huge bears to swaying, slithering snakes, providing amazing displays for thousands of spectators. Alongside the professional demonstrations, the popular parachuting teddy bear drops will be back.

Visitors can also participate with loaned kites during supervised sessions or buy their own from the kite stalls.

There will be street food trucks and dessert stalls, with hot and cold drinks, ice cream vans, fairground rides, and other family entertainment and activities.

The nearest car parks are Sewerby Picnic Car Park, Sewerby Road, Bridlington, YO15 1ER and Limekiln Lane Car Park, Limekiln Lane, Bridlington, YO15 2LX. Visitors are advised to download the MiPermit app in advance to pay by card.

Visitors are advised that several road closures will be in place in Sewerby village throughout the event.

Visitors can also arrive via the land train, which runs between Sewerby Hall & Gardens and Bridlington Leisure Centre every half hour.

Councillor Nick Coultish, East Riding of Yorkshire Council cabinet member for culture, tourism and leisure said: "We're proud to support this festival, which is a landmark event on the East Riding coast and draws thousands of visitors to Bridlington. We highly recommend residents and visitors attend and participate in the festivities."

Bridlington Kite Festival is organised by East Riding Council's Visit East Yorkshire Events Team. It is one of the biggest annual events organised by the council and helps to boost the East Yorkshire economy. The event is held in partnership with The Northern Kite Group, whose members provide kites and musical kite routines.

More information about Bridlington Kite Festival, including road closures, can be found at www.bridlingtonkitefestival.co.uk or on facebook at [@BridlingtonKiteFestival](https://www.facebook.com/BridlingtonKiteFestival).

Registration open for popular Bridlington Beach 5km and Fun Run

Bridlington Beach 5km and Fun Run will return on Saturday, 5 July after four successful years.

The run will take place on Bridlington South Beach and follow a similar route along the beach and coastline, however this year, due to more favourable tide-times, the run will take place on firmer sand.

This event is an exciting annual addition, arranged by East Riding of Yorkshire Council's Coastal Services team and the Bridlington Road Runners.

Price to enter the 5K will be £15 and all participants will receive

18 May - www.cottinghamtimes.co.uk

a T shirt, water bottle and a medal.

Fancy Dress is optional for both races and there will be a trophy up for grabs for the 'best dressed.'

The 1km Fun Run will start at 10am on the Bridlington South Beach.

The 5km race will start at 10.30am on the Bridlington South Beach.

Registration is open from now until, Wednesday, 1 July.

Competitors will run south from an area of beach near the lifeboat slipway and finish back in this area in front of Richie's Café.

Spectators will be able to watch from the beach or from the promenade area and there are trophies up for grabs for the first place male and female in both races.

The event can accept runners entering on the day, however, there are a limited amount of race numbers available.

Councillor Nick Coultish, East Riding of Yorkshire Council's cabinet member for culture, leisure and tourism, said: "We are thrilled to welcome back the Bridlington Beach 5km and Fun Run after a successful first four years.

"With the New Year inspiring many to begin their Couch to 5K journey, we're calling on all new runners and resolution-makers to come and give it a go.

"Whether you're an active runner or just looking to spectate along our beautiful coastline, we encourage everyone to participate and come together in this celebration of fitness and fun.

"The event promotes a healthy lifestyle and is suitable for all ages and abilities."

The price to enter to Fun Run is £3, to register visit: The Bridlington Beach Fun Run 2026 - The Entry Point

The price to enter the 5km race is £15, to register visit: The Bridlington Beach 5K 2026 - The Entry Point

For more information please contact: coastal.services@eastriding.gov.uk

To see the latest updates, race countdown, previous years photos and running success stories, visit the Facebook page ([@bridlingtonbeach5k](https://www.facebook.com/bridlingtonbeach5k)).

This event is licenced by the Trail Runners Association and held under UKA rules.

Jock's Lodge - Update

From Skidby towards Bentley, works have continued to lay the new road surface on the southbound side of the carriageway. Kerbing has been installed around the new lay-by along with the new vehicle restraint system. Streetlights have also been powered up in this area. The new pedestrian crossing is progressing as new road surfacing has been laid along with the new tactile paving.

Between Bentley village and the A1079, there has been a lot of progress on the new road which takes traffic underneath Bentley Bridge towards the new roundabout on the A1079. This has now been surfaced ready for traffic next week. You can read more about this traffic switch in the traffic management section further down this newsletter.

On top of the new Bentley Bridge, the road surface has been installed along with the new vehicle restraint system. More trees and hedges have continued to be planted in this area of the scheme.

The new concrete vehicle restraint barrier has now been installed around the existing Jock's Lodge bridge on the A1079.

On the old A164, all old infrastructure has been removed. This includes the vehicle restraint system, streetlights and footway kerbs.

At the Morrisons/Victoria roundabout, works have continued to widen the footways as part of the upgraded cycle footway crossing points around the roundabout.

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The Registration of a Trust on the Trust Registration Service (TRS)

The Trust Registration Service (TRS) is an online system operated by HM Revenue and Customs (HMRC). It maintains a register of trusts and ensures compliance with UK legal and tax obligations.

If someone has passed away and you are acting as a trustee, executor, or administrator of their estate, the responsibility for registering a trust may fall on to you.

There are two main types of trusts that may require registration on the TRS:

- Taxable Trusts
- Non-Taxable Trusts

Taxable trusts are those that have a liability to pay UK taxes, such as Income Tax or Capital Gains Tax.

Non-taxable trusts, while not liable for tax, may still need to be registered depending on their purpose. It is important to determine which category your trust falls into, as this affects the registration requirements.

Responsibility for registering a trust typically lies with the trustee. However, the process can also be completed by an authorised agent, such as a solicitor, legal advisor, or by a third party like an accountant acting on your behalf.

In many of our cases, trusts arise when assets are placed into trust following a person's death. These trusts often need to be registered to ensure transparency and compliance with HMRC's regulations.

Registering a trust can seem quite complex, particularly during what is often a difficult time. If you need assistance or have questions about the TRS, seeking professional guidance can help ensure the process is handled correctly, while meeting all HMRC requirements.



Contact Keeley Hunt on 01482 323123 for any help with registering your trust!

East Riding Libraries appoint first Young Poet Laureate

East Riding Libraries are pleased to announce that they have appointed Elspeth Snelling as the first ever East Riding Young Poet Laureate.

Following a competitive selection process, Elspeth was chosen by East Riding of Yorkshire Council's library team for her passionate voice, innovative approach to poetry, and her commitment to engaging and inspiring communities through words.

Designed to develop an early-career creative aged 18-25, the Young Poet Laureate scheme appoints a talented poet as an official representative of East Riding Libraries.

The scheme will provide six months of artistic development, including three months of mentorship with the current East Riding Poet Laureate, Cassandra Parkin, followed by a further three months under the guidance of the incoming 2026 Laureate.

Throughout her tenure, Beverley based Elspeth will receive tailored support to refine her craft, develop her confidence, and

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expand her reach as a poet.

In addition to personal mentorship, Elspeth will have the opportunity to design and lead poetry workshops, perform her work at public events, and collaborate with established poets.

Elspeth will play a vital role in shaping the future of poetry across the East Riding, using her unique voice to connect with and inspire people of all ages.

Councillor Nick Coultish, cabinet member for culture, leisure and tourism at East Riding of Yorkshire Council, said: "We are incredibly proud to appoint Elspeth as the first East Riding Young Poet Laureate."

"Nurturing creative talent is an important part of our cultural offer, and this scheme gives young people a unique platform to develop their voice and share it with our communities. Elspeth's passion and originality shone through during the selection process, and I'm delighted to see her inspire others across the East Riding."

On her appointment, Elspeth said: "I am incredibly honoured and excited to have the opportunity to share my love of poetry with others across the East Riding."

"Language is how we make sense of the world around us, how we connect with others, how we understand ourselves. As East Riding Young Poet Laureate, I want to expand people's horizons when it comes to poetry."

To find out more about East Riding Libraries' Poetry Programme, visit: [Festival of Words](#).



Sunday 15th June

HAPPY

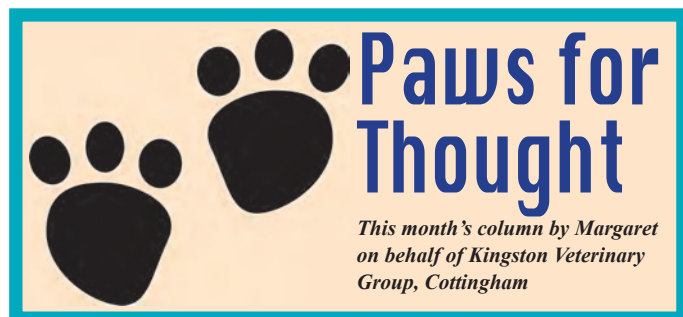
Father's Day

Roast & Dessert

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www.cottinghamtimes.co.uk - May 19



Slugs and Vodka!!!

I'm often asked where I get my ideas for the articles and the answer, they usually come to me very early in the morning or extremely late in the evening. It's surprising what you hear, apart from the clicking of keyboard keys, at these times. Fox cubs playing or a vixen calling her cubs make the most astounding squawking noise... a bit like a peacock.

Foxes! Most owners let their cats out during the day but how many of us let them out at night? I used to until I saw the foxes in my garden. Some say it's a myth that they prey on cats and only go for chickens but now they are becoming increasingly more urban and are no longer afraid of humans, can we be absolutely sure? With dangers in mind, these come to our pets come in all sorts of guises.

Take for instance pesticides. It's the time of year to enjoy our gardens (weather permitting), planting new shrubs, bedding plants and ... laying bait for the little critters who intend on eating what is available... SLUGS. Slug bait is highly toxic and yes, I found that out at an early stage with my previous dog, Teal whilst I was on holiday one year. She ate enough to have killed her within hours but it was the quick thinking of the friend who was looking after her that saved her life. Rushed through to KINGSTON VETS Park Street surgery where the duty vet and nurse were waiting, she was given the expert knowledge, care and attention which was needed to save



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her life. There are many dangers that can be avoided like storing the slug bait out of reach and the clear labelling of intentionally lethal items.

Did you know that flea treatment for dogs can be highly toxic in cats? A sad case I came across whilst working at another vets a few years ago confirmed this. A lady accidentally applied dog treatment to two of her cats after inadvertently placing them in the wrong packets. Sadly, one of the cats died within hours. Miraculously, the other survived but not until after going through a distressing spate of convulsions plus a lot of intense treatment and aftercare (thank goodness for Pet Insurance).

It's not the time of year for anti-freeze but I'm sure we all store the odd can or two in the garage as a dog admitted to KINGSTONS Park Street surgery, discovered. Rushed in by her panic-stricken owners who were unsure of how much she had drank, the team got to work straight away, knowing that time was not on their side. She was taken immediately into theatre where the vets and nurses made her vomit which then was inspected, along with her coat, under ultra violet light to see if the anti-freeze was visible.

On contacting the Poisons Unit in London, imagine their amazement when one of the main antidotes is VODKA! This was not to be given intravenously (straight into the vein) but a specific measured amount was to be mixed in with her food numerous times during the day. (Please be aware it can only be given under strict medical supervision). This was going to be one very happy dog! Over the next few days whilst in intensive care, samples of her blood were taken and tested to see if the antifreeze had started to progress into her internal organs. Thankfully it hadn't and after three days at KINGSTON, dog and owner were reunited. With the patients taste in fluids having changed, the Vodka will hopefully be out of reach.

Please also don't forget the lovely rabbit. Yes, there are also poisons around that can be fateful to them in the disguise of plants. Now, if you have a bunny who has the run of the garden(such as my two, see pic) please be careful of your plants. Apart from them destroying everything in their path, some can be fateful such as the chrysanthemum . If you saw my garden, all my plants are in tall pots although sometimes it doesn't seem to stop Domino who I found once sitting in an actual pot. Luckily, my plants are all safe but very tasty!

If you have any worries at all about your pet having eaten something strange, please do not hesitate to call KINGSTON VETS. It is better to be safe than sorry.

AND FINALLYTALI...

This is more about a walk around Cottingham I did with Tali and discovering how lovely the village is. Living 3 miles outside of the village, I usually drive through it but this time I walked in. What a lovely time we had, discovering all the little pathways that lead behind the houses and over the beck. A bonus was bumping into some lovely people and their pets who I remembered whilst working at the surgery. *Until the next time*

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Wildlife Photographer of the Year returns to Sewerby Hall and Gardens next month

The Wildlife Photographer of the Year exhibition will feature some of the most exceptional nature photography taken from across the globe and will be returning to Sewerby Hall and Gardens on Saturday, 9 May.

The world-renowned exhibition, now in its sixty-first year and on loan from the Natural History Museum in London.

The exhibition shines a light on powerful and fascinating images that capture hidden animal behaviour, spectacular species and the breathtaking diversity of the natural world.

Using photography's unique emotive power to engage and inspire audiences, the images share stories and species from around the world, encouraging a future of advocating for the planet.

The competition attracted over 60,000 entries from photographers of all ages and experience levels from 113 countries and territories. Entries were judged anonymously at the Natural History Museum in London, based on their creativity, originality, and technical excellence by an international panel of industry experts.

The People's Choice award was announced last month. This year's winner was Josef Stefan with Flying Rodent, a photo of an Iberian lynx playfully throwing its rodent prey in the air. To see more, visit: Nuveen People's Choice Award | Wildlife Photographer of the Year | Natural History Museum

Councillor Nick Coultish, cabinet member for culture, leisure and tourism at East Riding of Yorkshire Council, said: "The Wildlife Photographer of the Year exhibition is a powerful reminder of the beauty and fragility of our natural world.

"We are proud to present this iconic exhibition at Sewerby Hall and Gardens, where it invites visitors to connect with wildlife in a meaningful and thought-provoking way."

'Wildlife Photographer of the Year' will run until Sunday, 19 July.

Standard admission charges apply, Sewerby Hall House is open daily from 11am to 4.30pm with last admission at 4pm.

For more information, visit: [Wildlife Photographer of the Year](#).

Perennially popular Pub to Pub Walk returns in summer to benefit local good causes

The much-loved Pub to Pub Walk, hosted by Dove House Hospice will once again return to the local area on Saturday 6th June, aiming to raise awareness and proceeds for the hospice and other local causes across Hull and East Yorkshire.

Starting at the Wetherspoon Sanctuary Bar at Hull University Students' Union, based within the University of Hull, the walk encourages supporters to dig out their walking boots and join the hospice to enjoy a challenging point to point route of just over 11 miles. The route takes in areas of East Yorkshire's beautiful country,

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historic villages including Cottingham and Skidby, urban areas and rural heritage stops, giving walkers chance to stop off for a well-deserved pint in six pubs along the way. Refreshment stops included are: Wetherspoons at Sanctuary Bar, Goodfellowship Inn, Cross Keys in Cottingham, Skidby Lakes Golf Club, the Half Moon and the Duke of Cumberland.

Dan Clipson, Senior Fundraiser at Dove House Hospice said, "We are blown away by the continued success of our Pub to Pub Walk. The event is fantastic fun for everyone involved and has become a social staple in the calendar for many of our supporters. We have some great pubs on board to help make our walkers' experience memorable and the route is challenging but achievable for both experienced walkers and amateurs alike".

Registration for the walk costs £20.00 with walkers being asked to raise at least £30.00 in sponsor money for their chosen causes. Each walker will also receive a limited-edition Pub to Pub Walk t-shirt and goodie bag. Participating charities include Dove House Hospice, RSCPA Hull & East Riding, fitmums and friends, Hull University Students' Athletic Union, Special Stars Foundation, Age UK Hull & East Yorkshire and Hull Women's Aid.

To sign up, visit: www.dovehouse.org.uk/pubtopubwalk.





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Why Sicilian Wines Deserve Your Attention

As summer approaches, our tastes naturally shift toward wines that feel lighter, brighter and more refreshing. It's the time of year for open windows, long evenings and food that doesn't demand too much and the wines we choose should match that mood. Few places do this better than Sicily

For a long time, Sicily's reputation had been shaped by bold reds and fortified wines but today it feels far more refined. The whites are now more about lift and precision whilst the reds favour elegance over weight. Native varieties such as Grillo, Catarratto, Carricante, Nero d'Avola and Frappato are driving this shift, producing wines that feel both distinctive and effortlessly drinkable.

The whites in particular have a real sense of energy. Grillo, once primarily used in the production of Marsala, has come into its own as a dry white with real presence. Naturally suited to Sicily's heat, it holds onto freshness with citrus, stone fruit and a gentle saline edge on the palate. The Grillo, Rupe Secca (£10.49) is a particularly good example, offering notes of green apple, guava and mango with a subtle hint of vanilla spice. There is a lovely weight to it but it never loses its shape, making it a compelling alternative to Pinot Grigio or even some New World whites. Santa Tresa's Grillo Viognier (£12.50) is also worth looking out for with the minerality and freshness of the Grillo perfectly complementing the intensity and body of the Viognier, resulting in a crisp and zesty organic white.

Catarratto, although widely planted, can be impressive. In the right hands it is clean, lightly perfumed and more complex than you expect with a distinctive saline lift. The Catarratto Pinot Grigio from Fedele (£10.69), a blend of 60% Catarratto and 40% Pinot Grigio at just 11% alcohol, is an easy, everyday wine that still delivers plenty of interest. Citrus and tropical notes complement a crisp, zesty freshness and a touch of stony minerality, giving it far more character than its modest appellation might suggest.

At the other extreme, the Cortese's Vanedda Bianco (£18.95) shows just how far these native grapes can be pushed. Made from Catarratto and Grillo, this wine is a more textured, almost nostalgic in style with a short period of skin contact and time spent ageing in large oak botti (traditional Italian oak barrels). There is real weight and structure here, but freshness balances it, giving the wine both richness and length. Produced in small quantities and inspired by older Sicilian winemaking traditions, it is a reminder that alongside the island's bright, easy drinking whites, there is also room for wines with greater depth and individuality.

Nero d'Avola remains Sicily's most important red grape. Named after the town of Avola in the island's southeast, it is Sicily's most important red grape and, at its best, strikes a balance between richness and approachability. The Nero d'Avola, Rupe Secca 2024 (£10.75) captures that beautifully. Full bodied and generous with ripe plum fruit, a touch of peppery spice and those soft, rounded tannins that often draw comparisons with New World Shiraz. There is a creamy, almost plush texture to it, but it never feels overdone. Instead, it manages to be both powerful and composed, making it as appealing on its own as it is with food.

Frappato shows a completely different expression, bright and vibrant with vivid red berry fruit, gentle floral notes and soft tannins. It is the kind of red that benefits from a slight chill, bringing out its freshness and making it incredibly versatile at the table. I promise you, Frappato is the perfect red wine to pair with fish! The Frappato Terre Siciliane from Feudo di Santa Tresa (£11.99) is a lovely example. Vibrant in colour, packed with red berries and subtle sweet spice with a smooth palate lifted by lively acidity.

Then there is Nerello Mascalese, the driving force behind Etna Rosso, a highly regarded, volcanic red wine produced on the slopes of Mount Etna, bringing a more structured and nuanced style, that often draw comparisons with Pinot Noir for their finesse. The Nostru Nerello Mascalese from Cortese at £14.49 is a particularly elegant example, offering notes of redcurrant, Morello cherry and blackcurrant, underpinned by a subtle earthiness and that unmistakable volcanic minerality. It is medium bodied with a fine, silky texture, bright acidity giving it energy and a finish that lingers with hints of dark chocolate and spice. Intense yet delicate, it shows just how compelling Sicily's reds can be when power gives way to precision.

Sicilian wines bring together history, place and freshness in a way that feels both effortless and distinctive. What makes them particularly compelling is not just their quality, but their sense of identity. Sicily is no longer a region to overlook, but one to actively seek out.

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Bodegas Gougenheim Pinot Noir

This delicious Argentinian Pinot Noir is soft and light with elegant spiced raspberry flavours, silky tannins and well balanced acidity

On offer at £ 11.99 per bottle

**All wines are available from The Cellar Door and www.houseoftownend.com*



Martial Arts World Masters to gather at East Yorkshire venue

Bridlington is set to host one of the largest martial arts and self-defence seminars in the United Kingdom on Saturday 16 and Sunday 17 May, at Bridlington Spa.

The gathering of Martial Arts World Masters brings together leading practitioners from around the globe, offering participants the chance to learn a wide range of martial arts styles and techniques, under one roof.

The event caters to all levels from complete beginners to experienced martial artists. Sessions are designed to inspire, challenge and develop skills in a supportive environment.

This year's seminar is a fully inclusive event, welcoming individuals and families of all ages. Visitors can take part or spectate, making it a perfect opportunity for newcomers to experience the energy and discipline of Martial Arts.

Event Highlights include training sessions led by internationally recognised masters, workshops suitable for all ages and abilities, and a broad mix of martial arts styles on offer. Participants or spectators can book in advance or attend on the day.

Councillor Nick Coultish, East Riding of Yorkshire Council cabinet member for culture, leisure and tourism said "It's great to see this event returning to our region, showcasing the variety and richness of martial arts."

"We encourage residents and visitors to take part and watch outstanding grand masters from around the globe in action at Bridlington Spa."

More information or to book a place can be found at facebook.com/BridMartialArts, by calling Stuart Hicken at 07730 562913 or emailing gmsstuarthicken@outlook.com.

Humber Teaching NHS Foundation Trust leading the way with digital NHS App pathway

Humber Teaching NHS Foundation Trust has received funding from NHS England to introduce new features that will let patients manage their appointments and visits directly through the NHS App in future. NHS England has asked the Trust to lead this work, chosen as the first organisation to implement these features on behalf of 11 other Trusts also using the SystmOne Electronic

Patient Record (EPR). The learning from this project will be shared nationally with all SystmOne organisations.

Currently in the development stage, it forms part of the Wayfinder programme, an NHS England initiative already used across Primary Care and many Secondary Care services. The Trust currently uses Accurx to communicate with patients, but Wayfinder will allow key information to appear directly in the NHS App. This supports the NHS 10-year plan, which aims for all NHS Trusts to adopt a digitalfirst approach.

Once fully operational, Wayfinder will allow patients to do:

- View past and upcoming appointments and visits in the NHS App

- Receive appointment notifications, updates and documents
- Cancel, amend or book appointments (where appropriate)

All information will be taken directly and securely from the Trust's EPR, meaning it will always be up to date, accurate and requires no manual input or duplication.

By improving visibility of appointments and enabling digital communication, Wayfinder helps reduce missed appointments and improves patient experience and accessibility. It also supports more efficient clinical and administrative workflows.

Wayfinder will be more than an appointmentmanagement tool. It is an NHS England digital service that will give patients access to key information about their secondary care referrals and elective care through the NHS App or NHS website.

Having Wayfinder within the NHS App in future will make it easier for patients to manage appointments and communicate with services at any time. It provides clear, timely information and allows patients to complete questionnaires that update their records instantly. This will ultimately help NHS Trusts stay informed, reduce missed appointments and late arrivals. It will also enable quicker cancellations and rescheduling which ultimately improve waiting times and clinic utilisation.

Lee Rickles, Chief Information Officer at Humber Teaching NHS Foundation Trust said, "We are really pleased to have been chosen for this opportunity by NHS England. As a Trust we are committed to a digital-first approach and how this aligns to the NHS 10-year plan. This introduction will support patient experience as well as equip our clinical staff with up-to-date information to support decisions and care."

The Trust has committed to keeping other SystmOne organisations updated on progress when work begins. They will share documents, processes and learning to support their future onboarding, with updates provided through a planned monthly meeting.



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www.cottinghamtimes.co.uk - May 23

Classic Cars with Dave Turner

Rootes Magnificent S.111 Minx

A reputation for producing strong, rugged and straightforward vehicles was well established in the mid 1950s by the Rootes Group that by then consisted of Hillman, Humber, Singer, Sunbeam, Commer, Karrier, Vulcan and Perkins.

Transatlantic styling had already influenced the Rootes cars flavour by the time the "Audax" (Latin for bold) range was launched with the Sunbeam Rapier in 1955. This car and the subsequent Hillman and Singer additions to the range bore a strong resemblance, albeit slightly toned down, to the contemporary Studebakers as these were all the product of the Lowey Design Studio in the US. In this way what were the Rootes Groups mundane family cars were given a touch of US glamour. Rootes Group were busy playing 'badge engineering' before BMC adopted the practice.

The Series 1 Hillman member of this range appeared in May 1956 as a saloon and convertible while a 5 door estate arrived in June 1957. These came in "Special" (basic) or De luxe and were followed by a Series 11 version in September 1957. Rootes seemed to enjoy regular updates and a Series 111 Minx duly arrived 12 months later. This new models claim to fame was the introduction of a larger 1494cc engine replacing the 1390 version that had been inherited from the old Mk V111 from



the preceding range. It was identified externally by a new one-piece grille and inside by a revised facia layout. Like several cars owned during the 1960s this S.111 Minx began life in an overseas country, in this case Malta. It apparently moved to the UK during March 1961 when it was given its UK registration 85 BXO in London. Being a De Luxe version it had a less austere finish than the "Special" and in the UK it would have cost £751 when new in 1958.

Having already experienced the qualities of these well made Rootes Series cars (at least seven by this time) it was no surprise that running this example confirmed their reputation as being a sturdy family car having decent performance (top speed in the mid 70s) combined with pleasant looks and extremely durable running gear. Admittedly the simple solid structure resulted in them being a little heavier than contemporary cars of the same size and by this time their weakness of rotting front wings had not really been a problem, but that was to come later! Inexpensive running costs can be illustrated by notes made at the time - a clutch plate and release bearing pad cost £5.57p, a bottom hose 45p and a steering drag link £1.50.

In retrospect the only item that was anything but perfect was the slightly sloppy column gear change but even that got better with experience.

the Rootes Group

With the S.111A of September 1959 came a floor gear lever as standard while the S.111B (September 1960) had a hypoid rear axle replace the previous spiral bevel pattern and at the same time the full width grille was changed from chrome plated steel to alloy. Having become a confirmed Rootes admirer, a 111B seemed ideal for everyday use, and so one of the later examples to be made, 6739 AT that began life in Hull during June 1961, went into the Turner garage. S.111Bs came in four choices, the basic Minx saloon (formally called Special) at £722



and the De Luxe version for an extra £43. For this the buyer got a bit more bright work and other small extra trim details. Then the Estate Car version came in at £858 and the Two Door Convertible was the most expensive at £872. A total of 58,200 S.111Bs were made in its ten months of production. Numerous extras for the 111B included two-tone colours at £14, radio £18 10s, heater £12 15s, and separate front bucket seats £14. Much more significant options were the overdrive on the transmission or the Smiths 'Easidrive' automatic gears. These Hillmans were quite heavy cars as they were of a less sophisticated but more rugged construction than many of their contemporaries, their top speed of 78mph and thirst of around 27mpg reflecting this. Driving them conveyed the impression of being solid and almost bullet proof. Later in life their main drawback was that of rust and because they were simply straightforward and unpretentious work horses they were discarded to the point at which now there are very few left.

Having thoroughly enjoyed and perhaps been a little



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surprised by the pleasant running of a Hillman Minx S.111B for a while, the chance of acquiring an example of the subsequent S.111C proved too tempting to resist. Made from August 1961 for only two years, the 111C was just identifiable from its



predecessor in a few subtle ways. For example the provision of a larger 1592cc engine led to the "1600" badges on the doors where previously had been a "Minx" script. Slightly more noticeable was the single plated strip along the waistline, previously a pair of strips contained a filler strip of contrasting colour.

At the same time, much of the bright trim was deleted, and the pattern of the bumpers was visibly lighter, all this suggesting that Rootes were trimming down the cost of the overall Minx package. In fact, the price of the new 111C was the same as that of the standard version of the old 111B, around £40 less than the old De Luxe version. The 111B was to be the last of the Series Minx, a completely new car was ready to be its replacement. However, there was apparently still quite a demand for a Minx at this level so the de-trimmed 111C was created, the intended new car that was noticeably larger, and therefore more expensive was in turn launched as the Super Minx at £854.

The 111C featured the same comfortable soft pleated Vinyl seats as before, along with the handbrake mounted conveniently between the drivers seat and the door and retained the superbly smooth gear change. Different was the more lively performance from the larger engine, now providing a top speed around 80mph, although fuel consumption of these heavy Hillmans was never a strong point, down to 25mpg on occasions. It was happy to cruise at 70, at which it was slightly more economical returning around 30mpg. They did weigh almost a ton and a contemporary road test described the steering as having a "woolliness" which with the quite firm suspension made the car handle like a bigger car.

Features regarded as mandatory today were still regarded as "extras" back in 1961, so such necessities as a heater, radio, screen washers, and a clock cost an additional figure, while less essential options included a fog lamp, bumper over riders, white wall tyres and a two colour finish. Almost generally forgotten these days, were the many suspension and steering joints that required regular greasing, on the 111C these amounted to no less than 18 every 1000 miles!

Our red and white example began life in June 1962 registered 3413 WF in the East Riding, many of the extras mentioned were fitted, taking the price up from its basic of £712 to around £772.

- Illustration 1. 1958 Hillman Minx S.111 De Luxe*
2. 1960 Hillman Minx S.111A Estate Car
3. 1961 Hillman Minx S.111B De Luxe
4. 1962 Hillman Minx S.111C De Luxe



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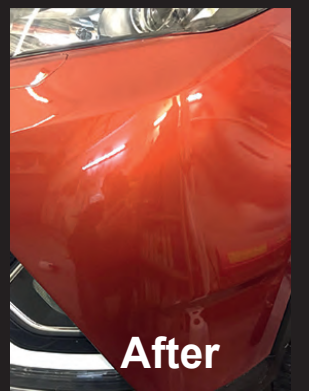



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Before

After

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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 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.

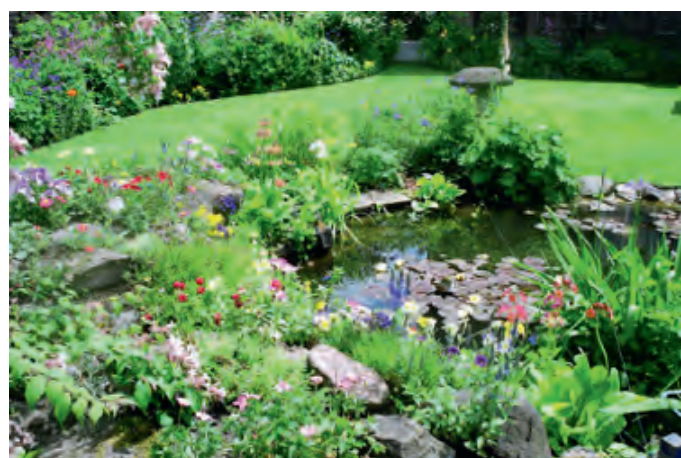
Instead of peat, which is excavated and can devastate the local wildlife and eco system, has been replaced with a 100% sustainable source, coir. Made from coconut husks, the coir is better for the environment and better for the plant as it protects the roots from over saturation making healthier plants. The roots and coir are kept together by biodegradable netting, which protects the roots, and means you won't be coated in mess.

26 May - www.cottinghamtimes.co.uk

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 low 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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www.cottinghamtimes.co.uk - May 27

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FREE PARKING

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- P.A.U.L. brain injury
- Duck & Dip !
- Food stall
- Ice cream van
- ★ Face painting

★ **Spot the ball**

- * Bottle Tombola
- * Bouncy castle
- * KIDS Games
- * Cakes & Savoury
- * Craft Stall



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www.wauldbysoap.com

Your Stars for May 2026

By Kay Gower

Aries (Mar. 21- April 20)

The planets in May advise you to slow down and reassess - don't rush decisions mid-month. In love, clarity replaces confusion but only after the 20th. Financially things look steady but avoid impulse spending.

Taurus (Apr. 21- May 21)

Confidence attracts opportunities especially around your birthday. Your social life thrives. New connections—or rekindled ones—bring unexpected joy. Emotionally, you're learning to set better boundaries.

Gemini (May 22-June 21)

A reflective few weeks before your birthday season begins. You may feel more introspective than usual. Tie up loose ends. Short trips bring new ideas and inspiration.

Cancer (June 22-July 22)

You will be under the influence of Venus mid-month so all opportunities to enjoy yourself should be snapped up. You could meet someone special around the 21st..

Leo (July 23-Aug 22)

Recognition or progress at work is likely mid-month. Be mindful of ego clashes and possible jealousies, try to stay diplomatic. Difficulties around 19th. Romance may have to take a backseat.

Virgo (Aug 22 – Sept. 23)

The focus is on routines and health. Small daily changes bring big results. Work may feel demanding, but you're building something solid. Don't neglect rest.

Libra (Sept. 24 -Oct. 23)

The next few weeks will bring change emotionally and financially. You may be dealing with shared resources or deep conversations. A time to let go of what no longer serves you.

Scorpio (Oct. 24 - Nov. 22)

Relationships will take centre stage all month. Whether romantic or professional, partnerships will change. Communication is key—honesty strengthens bonds.

Sagittarius (Nov. 23 -Dec. 21)

A full moon at the end of the month will open your eyes to a number of new opportunities for your growth and happiness. Grab and hold on to each one.

Capricorn (Dec 22.- Jan. 20)

The focus this month will be on financial and material security. There may be opportunities to increase income or make a wise investment. Treat yourself after the 18th - but try to stay within budget.

Aquarius (Jan 21 - Feb 19)

Home and family issues come into focus. You may feel the need for quiet —use this time to recharge. Emotional conversations bring healing.

Pisces (Feb. 20-Mar. 20)

It takes quiet courage to move through life while carrying more than others may ever see. During May, there will be space for softness where there has been strain, and peace where so much has been carried alone.

DadFest will return to East Riding of Yorkshire this year

DadFest is returning to South Cliff Holiday Park, Bridlington, this May after a successful event last year.

Organised in partnership with East Riding of Yorkshire Council and Rewilding Youth, DadFest is a unique 'Festival of Fatherhood', offering a weekend full of activities for dads and children.

The unique festival, which was created by The Dads' Network CIC, is for dads, father figures, male carers and their children of all ages, winning 'Best Small Event in the UK' by the National Outdoor Events Association in 2025.

The event focusses on children and their fathers, or father figure, spending quality time in nature, building bonds and making new friends.

A range of activities, run by qualified leaders, will include archery, camping, storytelling, bat walks, kids disco, den building, trampolines, star-gazing, water rockets, high ropes,

lots of beach games, Forest School activities.

This year the event will take place Friday, 15 May to Sunday, 17 May and all activities over the whole weekend and camping are all included in the ticket price.

DadFest is also home to the Regional Dad Dancing Championships, with one dad going home as the Yorkshire Champion.

Councillor Nick Coultish, cabinet member for culture, leisure and tourism at East Riding of Yorkshire Council, said: "It's a pleasure to welcome DadFest back to South Cliff Holiday Park in 2026. This unique festival gives dads and children the chance to connect with nature while enjoying fun activities that help develop new skills and strengthen family bonds.

"I had the privilege of taking part in the last DadFest and was hugely impressed by how well organised it was and by the wide variety of activities on offer. My daughter and I had a fantastic time, and I'm delighted to see the event return."

DadFest organiser and founder of The Dads' Network, Ian Blackwell, is excited about this year's DadFest: "DadFest started in Devon in 2014 and we ran our first DadFest in Bridlington in 2025. We are really pleased to be bringing our small, award-winning festival to East Yorkshire in partnership with East Riding Council and Rewilding Youth.

"The festival will also be bringing the renowned 'Yorkshire Dad Dancing Championship' - a hotly contested dance off by grooving dads, much to the sheer embarrassment of their kids. The winning dad in Yorkshire will take home the bragging rights as the Yorkshire Champ and will get free tickets to The World Dad Dancing Championships in Devon in September, along with a fetching trophy for the mantlepiece."

A small number of discounted tickets will also be available to low-income families, if interested please email: info@thedadsnetwork.org to enquire.

For more information and to book online, visit: www.eryc.link/dadfest.

Crossword solution from page 14

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

Sudoku Answer from page 12

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

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Success for local skater from Cottingham

Cohen Buffey from Cottingham high School qualified to take part in the star class series, which consists of three competitions where he skates against the top 64 west European skaters.

The first competition was in Germany and Cohen had a bit of a mix bag of races some good some not too good. The second was racing in Italy where Cohen struggled to stay on his feet and this was a real low point for him.

The third competition was held in the Netherlands where Cohen showed his ability gaining two personal records in the 500m then taking the silver medal in the 1000m placing him 3 overall out of all 3 distances.

This put Cohen in 9th position out of all three competitions giving him a qualifying position to take part in the Europa cup final in Budapest skating against the top 12 western European skaters and the top 13 Eastern European skaters. Cohen says he is thrilled to be skating with Europe's best.

www.cottinghamtimes.co.uk - May 29



Youth Brass Band launches in East Riding

East Riding Music Service, in partnership with East Riding of Yorkshire Brass Band, is launching a Youth Brass Band. Young brass musicians of all abilities, from Year 3 upwards, are invited to join.

This follows a successful Brass Blast Day at the Hexagon Music Centre, which saw brass players join together to make music. 25 children, from beginners to advanced, joined 20 members of the East Yorkshire Brass Band.

Merlin Joseph, executive director of children, families and schools said: "The young brass players thoroughly enjoyed the Brass Blast Day. I'm excited that we are now launching the East Riding of Yorkshire Youth Band, and brass musicians are invited to sign up and get involved."

Rehearsals take place fortnightly at the Hexagon Music Centre, Coltman Avenue, HU17 9LP from 16.15pm to 17.45pm.

Find out more about East Riding of Yorkshire Youth Band and the range of ensembles available at: https://www.eastridingmusicclub.co.uk/our_offer/music_groups/ensembles.html

To apply to join, contact schools.music@eastriding.gov.uk for an application.

Cottingham Open Gardens Returns this June to Support Dove House Hospice!

The much-loved Cottingham Open Gardens event is set to return this summer, raising vital funds for Dove House Hospice and bringing the community together for two inspiring weekends.

On June the 14th and 21st, 2026, talented and passionate residents from across the Cottingham area will open their gates to the public, offering visitors a rare opportunity to explore a diverse collection of gardens from carefully curated landscapes to charming hidden gems. Whether you're an experienced gardener or simply looking for a relaxing day out, the event promises plenty of inspiration and enjoyment.

Every ticket purchased will directly support Dove House Hospice, helping to provide compassionate care for people living with life-limiting illnesses, as well as vital support for their families. Events like this play an essential role in ensuring the hospice can continue offering its services free of charge to those who need them most.

Tiffany - Community Fundraiser at Dove House Hospice, said:

"Cottingham Open Gardens is such a special and well-loved event that brings people together from across Hull and East Yorkshire. It's always wonderful to see the community come out in support of the hospice while enjoying the creativity and dedication of our local gardeners.

30 May - www.cottinghamtimes.co.uk

We're incredibly grateful to everyone who takes part by opening their gardens their generosity helps ensure we can continue providing vital care and support to local patients and their loved ones. Many of the gardens also offer delightful extras, including plant sales and refreshments, so there's truly something for everyone to enjoy. It's a fantastic way to spend a day out while supporting a great cause."

As well as exploring beautiful outdoor spaces, visitors can enjoy a welcoming and friendly atmosphere throughout the village, with opportunities to meet gardeners, pick up tips and inspiration, and connect with others in the community.

Event programmes, which include details of participating gardens and locations, are available to purchase from the Dove House shop in Cottingham.

For more information, please contact the fundraising team at fundraising@dovehouse.org.uk or call 01482 785743.

Spring COVID-19 vaccination programme launches across the North East and Yorkshire

The NHS in the North East and Yorkshire has commenced its spring COVID-19 vaccination programme, enabling eligible people to book appointments for a seasonal boost to their protection.

The spring dose is being offered in line with Joint Committee on Vaccination and Immunisation (JCVI) guidance to help maintain protection against severe illness, as immunity from previous vaccinations naturally reduces over time. Those eligible include:

People aged **75 and over**

Older adults living in **care homes**

Individuals aged **6 months and over with a weakened immune system.**

While the NHS will invite people to come forward for their spring COVID-19 vaccination, there is no need to wait to book. Millions of appointment slots will be made available between now and the end of June for those eligible in the North East and Yorkshire.

Dr Hamish McLure, Regional Medical Director for NHS North East and Yorkshire, said:

"Now that we're well into spring, it's vital that those at highest risk come forward for their COVID-19 vaccination. The protection offered by previous doses reduces over time, and topping up now will help safeguard the most vulnerable.

"You do not need to wait for an invite to book if you're eligible – just visit the NHS website, use the NHS App or call 119 to get an appointment in your diary."

Last week as part of the Covid-19 Inquiry, a report by Baroness Hallett cited one study which estimated that by March 2023, Covid vaccines had saved the lives of 475,000 people in England and Scotland.

If you are eligible for both an RSV vaccine and a COVID-19 vaccine you can now book an appointment to receive these at the same time in some locations.

For more information about the COVID-19 vaccine, visit www.nhs.uk/covid-vaccine.

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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

Skin Problems:-

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

Internal:-

High Blood Pressure, Palpitation, 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:-

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

Women's Problems:-

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

Ears, Eyes, Nose and Throat:-

Otitis, Tinnitus, Sore Throat, Hay Fever, Pharyngitis, Rhinitis, Sinusitis, Ear Infection, Viral Infection, Eye Problems, etc.

Cancer and Tumour:-

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

Addictions:-

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Herbgarden is situated at 10b Well Lane, Beverley, HU17 9BL. Just 20 yards round the corner from the La Perla takeaway.

For further information and appointments, telephone 01482 888152, or call in at The Herbgarden, 10b Well Lane, Beverley, HU17 9BL.

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