

Cottingham Times

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Issue 226 - November 2020



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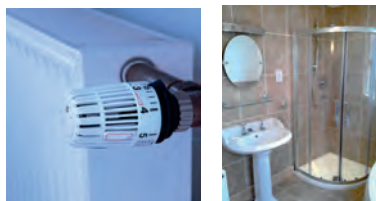
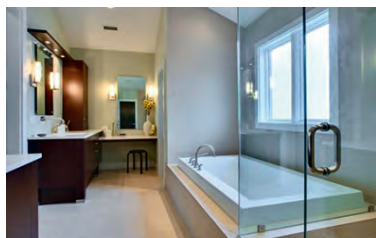
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New GP service to cut down unnecessary visits to Hull's Emergency Department

A new GP referral service will be trialled at Hull Hospitals this winter to prevent patients having to make unnecessary trips to A&E.

Hull University Teaching Hospitals NHS Trust is opening a new Acute Care Navigation Hub at Hull Royal Infirmary as part of a four-week trial.

GPs taking part in the trial will be able to use the hub to discuss patients 24 hours a day, seven days a week instead of sending them to Hull Royal Infirmary's Emergency Department (ED) for assessment.

Stacey Healand, the trust's project lead for the Acute Care Navigation Hub, said: "GPs will be able to ask our experts in

specialties like elderly medicine, respiratory or orthopaedics for advice about their patients in a single phone call, at any hour of the day or night.

"We are hoping this new hub will prevent around 60 patients having to make unnecessary trips to ED by giving their GPs immediate access to the information, support and expertise they require.

"We expect this new system will give patients a far better experience, sparing often elderly people the inconvenience of having to come out in the cold and wait in our Emergency Department for long periods of time. We want to see if we can use the hub to turn emergency, unscheduled care into scheduled care at every opportunity."

The new hub is part of the range of measures being introduced by the trust this winter to ensure patients continue to receive the best possible care over winter when pressure on services could increase because of the pandemic, bad weather and seasonal illnesses like flu, RSV and norovirus.

A new winter ward, additional nurses, admin and portering staff and three new additional wards behind Hull Royal's tower block to support, assess and treat patients with respiratory illnesses or suspected Covid-19 are also among the measures.

Opening on November 2, the hub will run for four weeks initially. Results will then be analysed and if it proves a success, the hub will be extended to all GPs using our hospitals.

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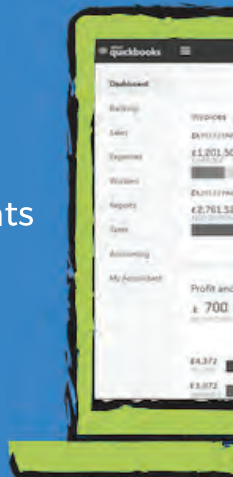
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Front cover: Cottingham Lights looking down King Street.
Photo: Paul Lakin.

Hull care home plays 'Hull Fair' after COVID cancellation of annual attraction

A care home in Cottingham brought in the carnival games, coconut shies and candy floss as it hosted its own version of Hull Fair.

Magnolia House, a residential care home for up to 94 people on Hull Road, usually takes residents out to the annual event, which is one of Europe's largest travelling funfairs. This year, the fair has been cancelled due to COVID restrictions.

Carers at the home wanted to ensure residents didn't miss out on the fun and spectacle, so made plans to host their own fair at the home, including hook a duck, tin can alley, a traditional sweet stall, and decorating the lounge to give it a carnival atmosphere.

The activities co-ordinator also located some videos from previous years showing the rides to play in the background as residents enjoy the fun.

The Magnolia House took place on 7 October to coincide with the dates on which Hull Fair would have taken place.

Sarah Carter, activities coordinator at Magnolia House, said: "It's important to us that the residents feel part of the local community and get to enjoy fun and stimulating activities. Hull Fair is one of the highlights of our social calendar, and we were hugely disappointed that it has had to be cancelled this year.

"However, we came up with a plan to bring the fair to the residents and had a fantastic day of activities planned. Although no one actually went on the helter skelter or the waltzers, there were plenty of fairground-themed games and treats.

"We'd like to say a big thank you to Debbie's Sweet Cabin, from which we purchased the traditional sweets for the residents. We know that the delicious sweets are one of our residents' favourite things about the fair and we're glad they didn't miss out."

Marlene, 88, said: "I liked the fair day a lot, we got plenty little treat bags. I enjoyed the music in the background, it made it feel real! Once you hear the music you know you're at Hull fair."

Doreen, 86, said: "You always have fun and a laugh!"

Pam, 88, said: "I was pleased I won on the name the teddy."

Magnolia House, is rated "good" by the Care Quality Commission.

The Consortium Academy Trust is recruiting Governors

The Consortium Academy Trust is a family of primary and secondary schools based in the East Riding and Hull. The academies who are part of our multi-academy trust include Croxby Primary, Cottingham High School and Sixth Form College, Hessle High School and Sixth Form College, Holderness Academy and Sixth Form College, Howden School, Keyingham Primary, Penshurst Primary, Winifred Holtby Academy and Wolfreton School and Sixth Form College. We believe in putting our children and young people first and that everything we do has that as its goal.

We currently have a number of vacancies across our local governing boards, including, locally to you, at Croxby Primary. When recruiting governors, we look for individuals who can commit to attending five meetings a year. Prior to each meeting, documents are sent out to read beforehand and digest.

Governors are then expected to arrive at each meeting ready to discuss the information and it is therefore helpful if you have a keen eye for detail. The governors' role during meetings is to ask questions about the data that has been presented, and they should be ready to challenge the school's Leadership Team.

Most importantly, governors should be enthusiastic and motivated by a desire to make a positive difference to the lives of our young people.

If this sounds like something that would interest you, please contact Gilly Stafford, Clerk to the Trust, for further information email gilly.stafford@consortiumtrust.co.uk.

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Celebrating Clean Air Day with East Yorkshire's cleaner, low-emission buses

To celebrate Clean Air Day, bus company East Yorkshire is highlighting its commitment to creating a cleaner, more environmentally fleet.

Over the past two years, East Yorkshire has invested in 27 brand new ultra-low emission buses, each meeting the highest Euro 6 environmental standards, helping to keep our air clean and free from pollution.

In total, East Yorkshire now have 80 buses meeting Euro 6 standards, including seven new National Express coaches.

The eight newest buses are also bike-friendly, with each being able to carry bikes safely on board to allow commuters to extend their journeys sustainably.

Area Director Ben Gilligan commented: "While using public transport is already better for the environment than using a car, we have a role to play in making our buses as clean as possible.

"Each new bus replaces an older, less efficient bus, giving long-term benefits for passengers and wider communities."

Clean Air Day, this year was held on Thursday 8 October, and highlighted the impact air pollution has on our lives. Pollution causes up to 36,000 deaths each year in the UK and poor air quality causes heart and lung diseases.

Ben Gilligan continued: "In the early months of lockdown, traffic levels dropped significantly, creating cleaner air and fewer emissions. However, with more people back at work, colleges and schools, traffic has now increased to near pre-Covid levels.

"By swapping to the bus, passengers reduce their carbon footprint while reducing congestion and creating a quicker journey for everyone. By working together we can keep emissions low and all feel the benefits."

Measures are in place on all buses to keep travelling on the bus safe, including enhanced cleaning, driver protection screens and the requirement to wear a face covering on board. Extra buses are being used on busy routes and capacity limits ensure social distancing is possible in on board.

The new buses are on the Hull to Cottingham Services 104/154, East Rider X46/X47 buses between Hull and York, and on local services in Scarborough.

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Emergency cash still available for residents affected financially by Covid-19

Residents urged to apply for funds to help them pay for essentials

East Riding residents who are in need of financial help as a result of the Covid-19 pandemic are being urged to apply for cash funds from East Riding of Yorkshire Council.

The council has been given an amount of funding from central government to help support those residents most in need whose income has been reduced because of the coronavirus.

The new Emergency Assistance scheme has been running since August, but funding is still available and those who need help are being urged to apply now.

The money can be used towards essential items such as food and toiletries, gas and electric bills, nappies for children, and also travel costs to work or pre-booked hospital appointments.

Eligible applicants must have experienced a reduction in their income of at least 20% which is the result of COVID-19 and do not have savings available to afford essential items.

Councillor Lyn Healing, portfolio holder for community involvement and council corporate services at East Riding of Yorkshire Council, said: "We know Covid-19 has had a major

effect on many residents' finances and there are people out there who need financial help.

"We've been given this funding specifically to help residents who need a hand paying for essential items or towards travel costs.

"I would urge them to please get in touch with the council and find out if they are eligible to apply for these funds, because we really do want to help."

The council already runs its own separate emergency assistance scheme, where it can support residents who have had an interruption to their income and need financial help.

Emergency assistance may be awarded to an applicant who is aged over 16, has their main

residence within the East Riding of Yorkshire Council boundary and does not have the resources to meet their or their family's immediate short-term needs.

To apply or get more information on the Emergency Assistance scheme, including terms and conditions, visit the website www.eastriding.gov.uk/living/emergency-assistance or call the council's benefits contact centre on 01482 394799.



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Cottingham Parish Council



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

• Word from the Clerk

I didn't expect to still be talking about Covid in November, but unfortunately the second wave seems to have arrived. After reopening to the public again in September we did, regretfully, take the decision to reclose the office in October when the Government clarified that if home working was possible then this should be undertaken. At the moment there are no plans to reopen this year though the situation remains changeable.

You can still contact us via email and telephone (01482 847623)



Matthew Kay, Clerk to Cottingham Parish Council
clerk@cottinghamcouncil.org

VE Day-75th Anniversary

It may seem strange to be talking about an event that took place in June at this time, but that is the nature of 2020! The Parish Council commissioned a beautiful bench, part funded with a grant from East Riding Council, to commemorate the 75th Anniversary of VE Day and all those from Cottingham who served in WW2. We had hoped to have the bench in place for VE Day but, unfortunately, the factory making the bench had to close due to lockdown. Better late than never though and the bench is now in place in the Memorial Gardens.



Millbeck Ward & Cllr Mike Harness

In August long standing Cllr Mike Harness, sadly, made the decision to resign from the Parish Council due to ill health. Mike was an active Councillor being both the Deputy Chairman and the Chair of the Personnel Committee during his tenure. The Parish Council would like to take this opportunity to thank him for his hard work. There is, therefore, a vacancy on the Parish Council which will be filled via an election after East Riding Council have received the required number of signatures from electors calling for an election. Due to the current circumstances this election will not take place until May 2021. Further information will be provided for anyone who wants to stand for election closer to the time.

Crimewatch

It's good news on the crime front in Cottingham. The long running upgrade to Cottingham's CCTV system is nearing completion. The village will soon have the latest HD camera's covering the village centre along with ANPR camera's. The police presence in the village is also due to increase with a dedicated Cottingham officer due to be recruited. Humberside Police also have a community alert system which is designed to keep you informed on the latest crime issues in the village.

To sign up please visit www.mycommunityalert.co.uk

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PERSONAL INJURY IS NOT ONLY PHYSICAL

Many people who bring a personal injury claim are primarily concerned with the physical injuries caused by the accident. Over time, however, they may realise that they are also suffering psychologically. In fact, some people find that their psychological symptoms have a more significant impact on their lives than their physical ones – not surprising considering the traumatic nature of many accidents.

Accident victims may not know at first that they can claim compensation for psychological injury and emotional suffering, yet it is widely accepted that psychological injuries can be just as serious as physical injuries. If you have been in an accident, it is always best to consult primarily with your doctor about any mental health issues you are experiencing, but do not forget to let your solicitor know too.

Where there are physical injuries, even if not serious, an accident victim is entitled to include psychological effects in their claim even though they are less than a psychiatric illness. Whether or not there are physical injuries, compensation may also be claimed where a recognised psychiatric illness, such as depression or post-traumatic stress disorder, is diagnosed and medical evidence shows

that this has been caused by the accident. Where there have been no physical injuries, a claim for a recognised psychiatric illness can be brought if it is caused by a person being involved in a life threatening accident, and sometimes where the illness is due to witnessing a terrible accident to a loved one.

We are increasingly asked to advise on potential claims for occupational stress. Although it is common to feel stressed at work from time to time, and this may be particularly relevant in the current Covid-19 situation, the fact that an employee is suffering stress at work does not automatically lead to compensation. We use the word 'stress' in ordinary speech but to succeed in a 'work-induced stress' claim it is necessary to prove, by a report from a medical expert witness, that the worker is suffering from a recognised

psychiatric illness which has been caused not just by the work (although you do need that) but by negligence by the employer.

If you are thinking of bringing a personal injury claim, it is important not to underestimate the psychological impact of your accident and to explain to your solicitor all the effects of it. This area of law is complicated, and instructing a personal injury specialist is crucial. In addition to representing our clients in their bid to obtain proper compensation for their injuries and financial losses and expenses, our personal injury team at Graham and Rosen aim to help our clients receive the treatment they need to maximise recovery from an accident which was someone else's fault.

Isobel Edmondson, who lives in Cottingham, is a trainee solicitor at Graham and Rosen. She attended Cottingham High School and Sixth Form College before attaining a first class degree in law from the University of Hull and a Distinction in her Professional Practice Course at Leeds.



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A time to reflect at St. Mary's Church, Cottingham

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Remembrance on Armistice Day

Wednesday 11 November 10 am - 4 pm

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All are welcome to come in for a while during these times, but please wear a mask.

There will be no public wreath laying on Remembrance Sunday this year. A private service will be held before the date which will be filmed and made available on St Mary's Facebook page and YouTube channel.

Cottingham Calendars by John Dewing now on sale at Best Wishes and The Old Lamp Room

John Dewing who has taken many of the excellent photographs featured on the cover of the *Cottingham Times* over the past fourteen years, has produced an A4 full colour calendar for 2020 with a marvellous selection of Cottingham Views.

The calendar costing £5, is now on sale at Best Wishes, King Street, Cottingham, and the Old Lamp Room on Cottingham Railway Station.

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Cottingham Raises over £2000 for Local Charities

It has certainly been a challenging year for the causes chosen by Cottingham's Co-op Member's Local Community Fund for 2019/2020.

Despite not having as many opportunities to promote their work, Cottingham Village Trust, Friends of Croxby and Skidby Village Hall will receive over £2000 between them for their projects.

The funds raised by Co-op Members across the village will go a long way to helping towards improving stage lighting and equipment at the Civic Hall, purchasing computers for Croxby students and decorating Skidby Village Hall.

Many thanks to all the Co-op members who made this possible.

As a Co-op Member, when you buy selected Co-op products and services, 2p for every £1 spent goes into your membership account to spend at Co-op or donate to charity. Co-op then contributes the same to a fund for like-minded community organisations and causes.

You can select a local cause to support by visiting your membership account online. If you don't select a cause, Co-op will share the 2% you raised equally between the three causes in your community.

The new round of local causes for 2020/21 will be announced in Autumn 2020 and Co-op Members can choose the cause they want to support, either online or by asking in the Store.

In these uncertain times the community's continued support is fantastic.

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12 November - www.cottinghamtimes.co.uk

Wordsearch - Through the Looking Glass

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

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

Find the words in the letters above:

Alice, Beetle, Boat, Brooch, Carpenter, Chess, Daisies, Dinah, Elephant, Fawn, Frog, Garden, Gnat, Goat, Golden Crown, Guard, Haigha, Hatta, Hill, Humpty Dumpty, Jabberwocky, Kitty, Lion, Looking Glass, Oysters, Pawns, Poetry, Rattle, Red King, Red Knight, Red Queen, Rose, Shawl, Snowdrop, Soldiers, Squares, Tiger-Lily, Train, Tweedledee, Tweedledum, Umbrella, Unicorn, Violet, Walrus, White King, White Knight, White Queen.

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

Sudoku No. 162

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

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

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MARIONOWENTRAVEL

We are open for business as usual over the telephone whilst November & December are our quietest months in our office and therefore the decision has been taken to drop to 2 days Tuesday & Thursdays for visitors 10am to 2pm as most of our business is conducted over the telephone. Appointments are always available outside of these days by prior arrangement. Tuesdays & Thursdays appointments are appreciated but not necessary although we do operate a track and trace system for all visitors.

Thursdays we have our Virtual Coffee Mornings at 11am, with the exception when we have a tour (26 Nov). Please ask for a link if you wish to join me.

Today's breaking news as I write is that travel corridors are starting to re-open. I am delighted that the Canaries are now open as these are the most popular destination for winter sun. If you are looking to book many tour operators are now becoming flexible with their booking conditions allowing you to change further down the line if the situation with entry changes. It is so nice to have a holiday to look forward to. If you are pondering on making a booking don't hesitate to telephone we will be happy to talk you through your ideas, guide you as to what is possible and keep you up to date with changes along with protocol for your destination.

Our face book page shows updates of what is new and where we have been out and about. October we had a tour to Shropshire staying in a super hotel with great food. Everyone felt very safe and it was nice to enjoy new sights along with good company for a few days. For those wanting a taster of getting out and about we enjoyed a scenic day to Ravenscar including afternoon tea at the Raven Hall Hotel. We will be adding more day outings in the coming weeks whilst our new tour additions to next years programme are our Somerset Explorer and the Isle of Wight both selling well.

It is hard to believe that next month Christmas will be upon us. If you are stuck for a present then why not give the gift of travel it can be anything from a day outing, a luxury break or an adventure in a far flung destination. Many of us have had our wings clipped in 2020 so why not push the boat out in 2021? For example spending a couple of days in Venice flying one way and travelling aboard the Venice Simplon Orient Express the other. For travel in March we have a super offer at £2888 per person. Dates are available year round please ask.

We book all holidays with all tour & cruise operators. Our wealth of first hand knowledge travelling around the world by land, sea & air allows us to make your travel simple & hassle free leaving you free to relax and look forward to enjoying your holiday. We continue to monitor the protocol required for travelling to & from countries to ensure you know what to expect. All you need to do is pick up the telephone and we can get your next holiday booked. It is always good to talk and we look forward to creating your special memories when we book your next holiday whether a break in the UK or a far away holiday to a corner of our world. Lets get back to exploring our world and enjoy wonderful adventures.

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19 Jan	Boundary Mills for the January Sales day outing	£ 20
24 Jan	Burn's Night in Scotland 5 days very inclusive	£ 349
20 Mar	Devon & Cornwall National Trust - 6 days half board. A few places due to now a larger coach.	£ 665
27 Apr	Bakewell + Peak Rail afternoon tea day outing	£ 55
03 May	Somerset Explorer 5 days staying at the Smith's on the Prom in Weston Super Mer (solos + £30)	£ 495
16 May	Well Dressing in Derbyshire day outing to Etwell	£ 30
23 May	Llandudno - 5 days at the lovely Tynedale Hotel right on the Prom - amazing food, half board 4 seats	£ 495
10 June	Rhine cruise to Switzerland via P&O from Hull. Sailing from Amsterdam to Basel—10 nights from	£1795
23 Jun	Tenby & South Wales 7 days super itinerary DBB	£ 720
02 July	Wonders of Iceland 9 night cruise from Liverpool aboard Fred Olsen's Borealis from your door from	£1649
04 Aug	East Lancs Railway day outing, sumptuous lunch	£ 75
05 Aug	The Edinburgh Tattoo -70th anniversary & Kynren 4 days, great seats for both shows.	£ 499
10 Aug	Fred Olsen taster cruise 1 night ocean view cabin	£ 139
18 Sep	Georgia & Armenia - fully escorted tour 12 days. Solo's welcome we have 3 rooms for just £250 extra	£1899
31 Oct	Isle of Wight, Victorian Christmas. A very special tour of the island house DBB Bourne Hotel, Shanklin 6 days	£ 649
03 Dec	Thursford Christmas Spectacular 2 day best seats. Dinner B&B at the Links. Limited seats	£ 195
05 Dec		

We have regular pick up points for our tours but optional travel from your door is available please ask for details



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For bookings & info Tel: 01482 212525 www.marionowentravel.com

Sorry for the inconvenience our office door for visitors at 23 Portland Street, HULL, HU2 8JX is only open as below.

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 - 4pm : Tues & Thurs 10am to 2pm visitors welcome.

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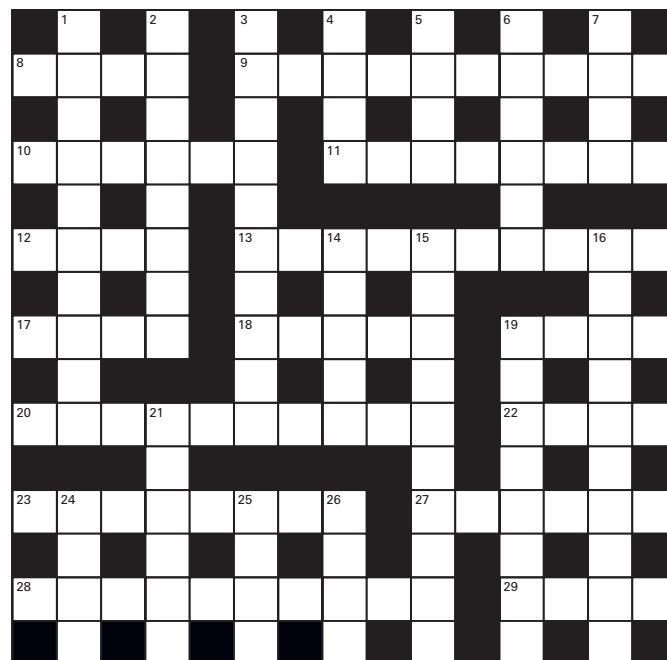
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Crossword - Solution on page 29



Across:

8. Dwarf buffalo (4)
9. Bonuses (10)
10. Woods (6)
11. Tinny (8)
12. Italian greeting (4)
13. Fire _____ Week (10)
17. Drift (4)
18. Make use of (5)
19. Moves (4)
20. Stammerers (10)
22. Fifty-seven in Roman numerals (4)
23. Tailless (8)
27. Blending (6)
28. Profession (10)
29. Singer Fitzgerald (4)

Down:

1. Liquor (10)
2. A gate hangs from this (8)
3. Where you were born (10)
4. Riffraff (4)
5. Small biting fly (4)
6. French for "Ticket" (6)
7. A beautiful and graceful girl (4)
14. Exhilarate (5)
15. Enrolment (10)
16. In a compliant manner (10)
19. Collections of stars (8)
21. Constellation "The Bull" (6)
24. _____-Cola (4)
25. Loose sleeveless cloaks (4)
26. Wicked (4)

Crossword courtesy of www.crosswordpalace.com
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Quality Water is our Business

Hard Water Horrors ?

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

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

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

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

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

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

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

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

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

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

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

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



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



Hard Water Soft Water
Maintain the efficiency of your water-using appliances including your washing machine and dishwasher.



Hard Water Soft Water
The water from your shower will be free-flowing rather than a mere dribble.



Hard Water Soft Water
Save up to 12% on water heating bills and maintain boiler efficiency.



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



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

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



For more friendly, unbiased advice and information, just call **Dave Parry** at:

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In the Kitchen



Toad in the hole, with Swiss chard & mustard cream sauce

- Preparation time: 20 minutes
- Cooking time: 40 minutes
- Total time: 1 hour. Serves: 4

Ingredients

- 454g pack 8 essential Waitrose Pork Sausages, pricked with a fork
- 2 essential Waitrose Red Onions, peeled, trimmed and cut into 6
- 120g plain flour
- 2 essential Waitrose Medium Free Range Eggs, beaten
- 100ml whole milk
- 100ml carbonated natural mineral water
- 400g Swiss chard, thinly sliced
- 1 tbsp olive oil
- 100ml single cream
- 2 tbsp wholegrain mustard

Method

1. Preheat the oven to 230°C, gas mark 8. Arrange the sausages and onions in a shallow ovenproof dish. Cook for 20 minutes until cooked through.
2. Meanwhile, place the flour in a bowl, making a well in the centre, and whisk together the eggs and milk in a jug. Gradually whisk the egg mixture into the flour until you have a thick batter. Gently stir in the water and pour into the hot pan of sausages, return to the oven for a final 20 minutes until golden and puffed up.
3. Meanwhile, gently fry the chard with the olive oil, adding a couple of tablespoons of water to the pan to encourage it to wilt, until the leaves have softened and the stalks have started to become transparent. Just before serving, stir in the cream and mustard, and serve with the toad in the hole.

Cook's tip Need a meat-free option? Use vegetarian sausages. Roast them with the onions and a little oil, adjusting the cooking time in step 1, until cooked through.

16 November - www.cottinghamtimes.co.uk

Winter warming lentil soup

- Vegetarian. • Total time: 35 minutes • Serves: 2

Ingredients

- 1 tbsp oil
- 1 essential Waitrose Carrot, diced
- 1 essential Waitrose Onion, chopped
- 1 red chilli, finely chopped
- 150g Lentils
- 700ml Cooks' Ingredients Vegetable Stock
- 400ml essential Waitrose Passata
- 195g can Sweetcorn, drained
- 1 essential Waitrose Courgette, diced
- ½ x 25g pack chives, chopped

Method

1. Heat the oil in a large pan, and fry the carrot, onion and chilli for 4-5 minutes. Add the lentils, stock, passata and sweetcorn, bring to the boil, cover and simmer for 25 minutes.
2. Stir in the courgette and chives, and cook for a further 3-4 minutes.



Sweet jacket potatoes with vegetable chilli

- Vegetarian.
- Total time: Ready in 55 minutes

Ingredients

- 2 sweet potatoes
- Olive oil spray
- 200g pack Waitrose mixed romano peppers, seeded and sliced
- 1 red onion, sliced
- 395g can essential Waitrose red kidney beans in chilli sauce
- 20g essential Waitrose extra mature grated cheddar

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Method

1. Preheat the oven to 190°C, gas mark 5. Bake the sweet potatoes for 50-55 minutes or until tender.
2. Meanwhile, spritz a frying pan with olive oil and cook the peppers and onion for 5 minutes until softened. Add the beans, cover, and simmer gently for 10 minutes.
3. Using a sharp knife, split the potatoes and spoon in the chilli mixture. Scatter over the cheese to serve.



Beef bourguignon pie

- Preparation time: 20 minutes
- Cooking time: 2 1/2 - 3 hours
- Total time: 3 - 3 1/2 hours. Serves: 4 - 6

Ingredients

500g braising or stewing steak
1 tbsp plain flour
1 tbsp olive oil
200g pack smoked bacon lardons
2 cloves garlic, peeled and crushed
200g shallots, peeled and halved
200g button mushrooms
2 tbsp tomato purée
200ml red wine
400ml beef stock
320g pack puff pastry sheets
1 medium Waitrose British Blacktail
Free Range Egg, beaten

Method

1. Preheat the oven to 180°C, gas mark 4 and have a large casserole dish with a lid ready.
2. Toss the steak in the flour until well coated, and then season with salt and pepper. Heat the olive oil in the casserole dish over a medium heat and fry the meat until brown all over. Remove from the pan using a slotted spoon and set to one side.
3. Keep the casserole dish on the heat and add the bacon lardons and crushed garlic. Fry for 2-3 minutes until the bacon is crisp, then add the shallot halves and mushrooms, and stir to combine.
4. Stir in the tomato purée, red wine and beef stock, then return the steak to the pan. Bring the mixture to the boil and use a wooden spoon to scrape the bottom to get all the flavours into the filling. Cover with the lid and bake in the oven for 2 1/2 - 3 hours.

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5. When the filling is cooked, transfer into a large pie dish and allow to cool briefly. Turn the oven up to 200°C, gas mark 6.
6. Cut a large circle out of the puff pastry just big enough to cover the pie dish. Lay the pastry over the filling and crimp the edges onto the dish. Pierce a hole in the centre for steam to escape and glaze the pastry with beaten egg before baking for 20-25 minutes until golden brown and crisp on top. Serve with mash and fresh veg.

Vanilla cheesecake with blueberry compote

- Vegetarian
- Preparation time: 30 minutes, plus cooling and overnight chilling
- Cooking time: 20 minutes
- Total time: 50 minutes, plus cooling and overnight chilling
- Serves: 10

Ingredients

50g unsalted butter, melted, plus extra for greasing
150g digestive biscuits
2 x 280g tubs Philadelphia full fat soft cheese
100g icing sugar, sifted
200g Greek yogurt
300g whipping cream
1 tsp vanilla bean paste
2 x 150g packs Waitrose Blueberries
2 tbsp maple syrup
1 cinnamon stick

Method

1. Preheat the oven to 150°C, gas mark 2. Grease and line the base and sides of a 20cm springform tin with baking parchment. Put the digestive biscuits in a freezer bag, seal, then bash to crumbs with a rolling pin. Pour into a bowl and mix with the melted butter. Press into the base of the tin and bake for 15 minutes. Set aside to cool.
2. Beat the soft cheese, icing sugar, yogurt and a pinch of salt together with a wooden spoon. In a separate bowl, use a balloon whisk to whisk the whipping cream and vanilla paste to soft peaks, then gently fold the cream through the soft cheese mixture. Pour onto the cooled base and chill for at least 4 hours or ideally overnight.
3. Meanwhile, heat 1 pack blueberries in a pan with the maple syrup and cinnamon. Bring to a simmer and cook gently for 3-4 minutes, until the berries burst. Tip in the other pack and take off the heat to cool to room temperature, then chill. When ready to serve, discard the cinnamon stick and spoon over the chilled cheesecake.

www.cottinghamtimes.co.uk - November 17

ON THE GRAPEVINE

WITH ROY WOODCOCK

Enjoy a glass of Mulled Wine during Bonfire Night

I'm going to apply a little rocket science to the column this week... if only to come up with a few suggestions for what you might be drinking come Bonfire Night celebrations. Now these may be a little more muted this year because of the Covid restrictions, but even if you're confined to your own family and your own back garden there's still an opportunity to light up the night sky with some fireworks and lighten your own mood with a glass of wine to match the season.

Mulled wine will be the choice for many and I certainly won't refuse a glass that might be coming my way; just remember, if you are making this most traditional of winter warmers make sure you warm it gently rather than boil it, or all the alcohol will evaporate.

I'm sure I given a recipe for mulled wine before and most, it has to be said, are variations on a theme; but here's another you could try: Bottle of red wine (Cabernet Sauvignon, Pinotage or Carménère would work well), 60g/2oz demerara sugar, 1 cinnamon stick, grated nutmeg, an orange halved, dried bay leaf and 60ml/2fl oz sloe or damson gin or port (optional).

Put the wine in a saucepan with the orange, sugar, bay leaf and the spices. Heat gently until the sugar has dissolved. Taste to see if you want the wine sweeter, and add more sugar to taste. Take off the heat and stir in the added alcohol if you are using it.

Strain into heatproof glasses and serve at once.

Once the fire gets going and the rockets are lighting up the night sky, then what better to wash down the burgers, hot dogs, pulled pork sandwiches or chilli con carne than a ripe, full bodied and satisfying red wine?

You're looking for something with a touch of spice or smokiness and my first port of call would be a bottle of Shiraz or Syrah (it's the same grape, just labelled differently depending on country of origin).

Often described as the classic barbecue wine, choose a bottle of this and the chance of getting a smoky dimension to your wine is very high indeed. And if you like this wine you should also investigate the lesser-known Carménère, from Chile, which exhibits wonderful peppery spiciness, deep dark flavours and a chocolaty richness.

South African Pinotage is always a good bet; classic examples are full-bodied with lots of oakiness, while Grenache (Garnacha in Spain), a leading grape variety of Chateaufort-du-Pape, is another that will win you over with its spicy power.

It's definitely worth reading the labels closely when choosing wines for occasions such as this - essentially you are looking for wines that have been matured in oak barrels, picking up cinnamon and clove flavours along the way. But it's not just red wines that can deliver a hint of smoke on or around November 5.

The classic French white Pouilly Fumé, made from 100 per cent Sauvignon Blanc grapes, is the obvious one - Fumé means "smoked" in French and good examples have a pungent smell often likened to gunflint.

This is a wine you'll only get from the Loire Valley in France and it's characteristic smokiness is to do with the terroir - the grapes being grown in a flinty soil called silex. It's a wine I absolutely adore.

Looking further ahead (well not that far!) and looking for some gift inspiration, then it's worth checking out the world's oldest wine club - The Wine Society. The arrival of a box in The Wine Society's smart livery is sure to bring festive cheer to any lucky recipient.

Membership is often described as the "golden key to a treasure trove of wine" and for anyone who enjoys wine, membership really is a no-brainer. The one-off joining fee of £40 (which comes with a £20 credit towards your first purchase) will very soon be re-paid as the prices are often cheaper than the high street.

Ranging from £22 to £145, this year's line-up covers all budgets and tastes and you can rest assured that each gift has been carefully sourced by the society's buyers for its superb taste, authenticity and provenance.

At the lower end of the price scale, I tried (and loved) the society's Bellini Case (£22.50), which comes with a bottle of the society's own-label Prosecco and two, 250ml, bottles of fruit nectars - one rhubarb and one peach - which can be added to the fizz for the ultimate in cocktail indulgence.

Peace juice and fizz are the classic ingredients for making a Bellini (often my choice for making Christmas morning special), the idea of adding rhubarb was new to me, but it worked - striking the perfect balance between tart and sweet.

A Champagne and Chocolates gift box pushes the boat out a little bit more (£49) while the ultimate might be what's called the Christmas Tidings Case (£142) - a 15-bottle case includes ten reds and whites, an apple-fresh Prosecco, indulgent tawny-style Port, a glorious dry sherry, the society's own aromatic London Dry Gin and a classy Speyside Scotch whisky. Price includes UK delivery.

For more information visit www.thewinesociety.com



BEST BUYS

**Greywacke Pinot Gris 2016/17**

Where: Roberts & Speight, Beverley
When: Now, while stocks last
Why: I've been a fan of wines from New Zealand winemakers Greywacke ever since I attended a tasting organised by Roberts & Speight with Greywacke winemaker Kevin Judd, formerly of Cloudy Bay. It's worth pushing the boat out for this superb luscious and off-dry wine, a wonderful cocktail of soft sweet figs, poached pears and quince, and a hint of mulling spices and almond crumble.

£18.99 (was £19.99)

**La Perriere Pouilly-Fume**

Where: Waitrose
When: Now, until November 3
Why: A good example of this wine; Sauvignon Blanc grapes, but this is a world apart from those Sauvignons we're used to from New World locations. There is also a lovely fruit concentration and refreshing citrus acidity, as well as the classic flinty notes.

£12.79 (was £16.79)

**19 Crimes Red Wine**

Where: Tesco
When: Now, until November 5
Why: I know I've recommended this before and I have to say I saw it even cheaper elsewhere during October (too late to mention last month and the offer has since finished), but this is still a decent price. An Australian blend that honours the history and culture of those transported Down Under.

£7 (was £9)

**Baron de Ley Rioja Blanco**

Where: Waitrose
When: Now, until November 3
Why: If you've never tried a white Rioja then this is a great opportunity. Bright, clean, and pale gold in colour with slight green highlights. This is a "young" wine; crisp and fruity, tangy, almost crunchy with orchard fruit flavours.

£6.99 (was £8.99)



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

www.instinctivehorsetraining.co.uk

An essential piece of Young Horse Training

Young horses are no different than very young children when it comes to learning about life, boundaries, social interaction and its acceptable behaviours. They have not yet learned to control emotion driven impulses. Life should be filled with inquisitiveness and exploration. Learning life skills through rewarding experiences rather than punishing ones. They will be quick to frustration, as are children, when working out what is or what is not wanted or being asked of them. Learning how to handle their impulses and accept the boundaries being taught, is one big section in development.

I see a lot of young horses who, for whatever reason, cannot stand still. This is a skill which can take a long time in us all, animals and pets being no different. Calmness comes with the patience learned from good experience and lots of repetitions. If that young horse, who cannot stand still, is on a rope from its handler then there is inevitably rather a lot of tugging and pulling back on the rope to gain or regain control. (Negative reinforcement)

Take that rope off and you have no chance of training them to stand still when asked or to remain calm and relaxed.....or do you?

If you decide to take the "Clicker or Marker" training route then it certainly is possible to train them to stand in such a way, with the added bonus of being able to build in a voice cue for stand too.

I have recently had 2 young horses in...Rainy (a Shire horse yearling) and Fifi (a 2 year old Sports horse). Both young horses displayed all the usual, innate behaviours of any young horse and at their arrival time neither had a handle on patience nor the information as to how to stand quietly and calmly when asked to do so.

Using a marker noise at the precise second in time an animal does something you would like repeating, followed very quickly by a reinforcer of high value to the individual (small pieces of apple or carrot, a few pony nuts etc. for horses) it is possible to train still feet and build in a calm mind.

One way is to use a mat of some description. A bit of carpet, a car mat or piece of rubber matting.....anything visual and, or, tactile.



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The secret is in the timing of course and a sound knowledge of this form of training but it is worth its weight in gold. Once the "stand still on a mat" is developed that mat can be taken anywhere you would like the horse to learn to stand quietly and calmly. <https://youtu.be/LJ6F9gF3Mlg>

Later on in a horse's training, that mat could be placed next to a mounting block - when training quiet rider acceptance work..... backing and mounting. Slowly introducing equipment like clippers is another great use. Farrier work on their feet. I have included 2 videos here of problem foot handling

1-<https://youtu.be/NJ-DxjzVXTs> Farriers refuse to work with Merlin anymore because he body slams them, swings at them and slams the feet back down.

2-<https://youtu.be/SuRVbfC9I9c> At the 5-day point in training and I have Merlin lifting his own feet and holding them up himself. I was able to remove his hind shoes the day before- safely!

There are 100 ways of utilising this one facet of the diamond which is Clicker/marker training. The horse is in complete control and is free to leave at any time- which is the empowering reason why they choose to stay.

Because that station point has been built on a solid, reward based history, the young horse feels great about standing quietly un-held and will be far more willing to participate in any quiet stand-still type training. This is a great example of Positive reinforcement training. Take a look on my YouTube site for mat training/stationing videos and all the various ways we use it. https://www.youtube.com/channel/UCIxIkqnrA0QVko_VOabiTZg
<https://www.instinctivehorsetraining.co.uk>



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Just a Receptionist?

When we are asked what we do for a living and we reply a receptionist (I am speaking on behalf of all of our team), it is more often than not followed with the comment “ Oh, just a receptionist?”. This one small and may seem to some, insignificant comment, can be no further from the truth. This month's article, is written by Geri, our lovely receptionist based at the Beverley Road branch and gives more of an insight into our day

“The role of a Veterinary Receptionist is very varied and we do not know what is going to greet us or how the day will unfold. The day commences with general house-keeping and ensuring all clinical rooms and reception are fit for purpose. This has been made double fold with COVID 19, having to sanitise and cleanse after every visit. There is just one receptionist at the branches and at Beverley Road it is me! Once the rooms are ready, the phone lines open at 8:30 am and I deal with the constant variety of calls including making appointments (some maybe urgent which I have to work on my own initiative and prioritise), taking requests, handling queries on prescriptions (yes, we do have a varied knowledge of medications and ailments which grows over the years), acting upon urgent tasks from the Vets whilst



answering the door to our inpatients for the day of surgery and clinic.

The phones do require constant attention as you never know what the call may be, this may be an emergency that needs urgent treatment, registering a new client, processing prescription requests or making payments. No, we are not surfing Google when we are busy tapping on the keyboard!

We do not close for lunch and so we maintain cover at all times which continues all afternoon, much the same as the morning. In addition, I try to use lunch time to file important documents, make appointments that the vet has requested, arrange our pet ambulance if necessary whether that be to bring a patient in for an appointment or to quickly bring us any important drugs or equipment plus dealing with any pet insurance queries that may have arisen. Remember, this is just one person doing all of this!

It is really hard for us at the moment to provide all of those extra cuddles we use to give to your pet as social distancing is now in place to keep us all safe, however, we are always here to provide a smile and service you and your pet will be proud of knowing you're in great hands. Our smiles and cheery voices start as the phones line open at 8.30am until the last call at 6pm. Our ethic is to be the same to the client who rings at the end of the day just as they would have been greeted at the beginning even though we have worked a 10 hour shift (and this is 4 times a week).

This year has been strange to say the least and Covid-19 has hit us hard, mentally and physically with our well being been challenged. Please be mindful that we are here to help, we are very knowledgeable and are always available to answer any queries you may have. Just like every other workplace we have had possibly more than triple our workload (or at least it feels like it) on a daily basis and it is very hard to juggle everything at once with one pair of hands. However, we manage because we are multitasking goddesses of the administration world and with cups of tea and biscuits by our side anything is possible.”

AND FINALLY . . . TALI . . .

Phone fixed, plants intact and no more chewing in sight. All is well? Not quite! Recall or lack of, is left to be desired. An enjoyable play on the park, throwing a ball, bringing it back to be swapped for another is most probably every dogs owners dream...until...lead time. This is the moment Tali changes breed from a Labrador to a working Border Collie who thinks it fun to herd a solitary sheep (that being me). Going round and round circling about 2 metres away, makes home time a lengthy process. This called for drastic measures and it was back to basics with the training this weekend. With one of our nurses to give me tuition, we headed for a training session on one of the enclosed fields you can hire. I am pleased to say by the end of the session, I was actually able to hold Tali's collar to put the lead on. Have we conquered it.... not quite. Afterall, Rome was not built in a day.

Stay safe...until the next time.

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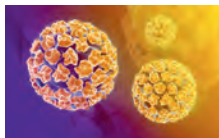
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"The Tooth and Nothing but The Tooth"

by
Chris 'Dr. Smile
Maker' Branfield

Mouth Cancer Action Month



Hello again, I hope that you are safe and well. We have made great strides in getting back to as close as normal as we can in terms of seeing people and treatments. Feedback continues to be great and people are appreciative that we are here to help in a safe way. It's been hard work but worth it.

Be Vigilant

Recently, everything has been about Covid-19. However, we must not forget our general health and other health issues. Some of this has been side lined in healthcare for a while because of the pandemic emergency. November is Mouth Cancer Action Month.



A few statistics

- Last year, 8,337 people in the United Kingdom were diagnosed with mouth cancer.
- This means that 23 people in the UK are diagnosed with mouth cancer every day.
- Mouth cancer is the 15th most common cancer in the UK.
- In men, mouth cancer is the 10th most common cancer in the

UK, with around 5,454 new cases a year.

- In women, mouth cancer is the 16th most common cancer in the UK, with around 2,666 new cases a year.
- Most mouth cancers occur in the tongue. These make up around one in three cases for men and women.
- Mouth cancer is strongly associated with age. More than three in four (76%) mouth cancers are diagnosed in those over the age of 55.

So What Causes It Then?

Most cases of mouth cancer are linked to tobacco and alcohol. Cigarette, cigar and pipe smoking are the main forms of tobacco use in the UK. However, the traditional ethnic habits of chewing tobacco, betel quid, gutkha and paan are particularly dangerous.

Alcohol increases the risk of mouth cancer, and if tobacco and alcohol are consumed together the risk is even greater. Over-exposure to sunlight can also increase the risk of cancer of the lips.

Many recent reports have linked mouth cancer to the human papillomavirus (HPV). HPV is the major cause of cervical cancer and affects the skin that lines the moist areas of the body. HPV can be spread through oral sex, and research now suggests that it could soon rival smoking and drinking as one of the main causes of mouth cancer. Practicing safe sex and limiting the number of partners you have may help reduce your chances of contracting HPV.

You Are What You Eat

Over a third of mouth cancer is attributed to a poor diet lacking in vitamins and minerals. So, non-processed fruit and vegetables are very important. Vitamins and plant chemicals help prevent oxidative stress in the body. As a bit of an aside we encourage Vit D3 and Vit K2 to improve the immune system and bone metabolism/healing when we do dental implants. Vitamin D3 is a strong antioxidant and can mop up free radicals that are linked with cancer.



I was on a course a short while back presented by a French general surgeon and pain specialist. He said that 65% of health care workers in France were vitamin D deficient. Wow! I think some of this is due to hospital workers not getting any daylight. So supplements can help, especially in the winter months regarding vitamin D.

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What Should We Be Looking Out For?

Mouth cancer can appear in different forms and can affect all parts of the mouth, tongue and lips. Mouth cancer can appear as a painless mouth ulcer that does not heal normally. A white or red patch in the mouth can also develop into a cancer, as can any unusual lumps or swellings. It is important to visit your dentist if these areas do not heal within three weeks.

I hope that you can get back to having your dental examinations and any other examinations that you usually have for that matter. **Look after yourselves and eat well.**

Until next time. Take care and be good.

Chris

Chris Branfield is Principal Dentist at Castle Park Dental Care, Castle Villa, 28 Castle Road, Cottingham, telephone 01482 772550. He has been in dental practice for 27 years and has a special interest in Life Changing, Pain Free Dentistry with Dental Implants, Teeth Straightening and Cosmetic Dentistry. And, not only that Chris is founder member and trustee of Dental Mavericks charity- ending the daily dental pain of Moroccan kids. For more patient success stories and Chris' Humanitarian work go here now www.castleparkdental.co.uk.

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Christmas presents made easy this year

The Swanland Heritage Centre (next to Christ Church, opposite the pond) has a selection of calendars, with views from around the village, books and notelets ready to sell to you. One of their committee members, Ian Macfarlane, has edited a delightful book of recollections of village life as it was a hundred years ago, Down Memory Lane by Elizabeth Dyson, including many photographs from that time. This is being published as you read this newsletter, with thanks to financial assistance from McCarthy & Stone, at £5 per copy. Calendars cost £6 (basic) and £8.50 (appointments).

After nine months of closed doors, the Centre will open from 10 - 12 am each Saturday until 19th December specifically to sell these items. If you wish to order items in advance or to visit the centre to browse or research, then please call one of the numbers below to make an appointment - for only one person at a time (or two from the same household), wearing masks. For further details on this or anything about the Centre, or to order items, please contact Yvonne Dumsday yd@swanland.info, 634863 or Ian Macfarlane ian@maceng.karoo.co.uk; 632800 or any committee member (see swanlandheritage.info/index.html).

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Steve Richards

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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:-

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

Muscular, Neurological, Skeletal and Vascular:-

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

Internal:-

High Blood Pressure, Palpitation, 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:-

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Cancer and Tumour:-

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Motoring - with Roy Woodcock



Volvo has added a plug-in hybrid to its compact XC40 SUV.

Roy Woodcock tries one for size . . .

It's difficult not to be impressed by Volvo's XC40 compact SUV - whichever model you ultimately choose. And don't be mistaken that compact equals small - the XC40 is big in every respect; space, class, safety, performance, looks. It ticks all the right boxes.

You'd probably expect no other from a car that has picked up a raft of worldwide awards since it first appeared some three years ago, including being named European Car of the Year for 2018. Now, with plug-in hybrids added to the range for 2020 and first deliveries of the all-electric P8 model scheduled for early next year, the story is almost complete.

October saw first UK deliveries of the XC40 hybrid T4 model with a sub £40,000 price tag, which means it avoids the £325 Vehicle Excise Duty surcharge. I'm testing the more expensive T5 version unveiled earlier in the year, which had the distinction of being the first plug-in hybrid car in the premium compact SUV segment. Both use a 1.5-litre petrol engine and an 80hp electric motor. However, the T4's engine makes less power than the T5 - meaning total output for the T4 is 211hp, while the T5 makes a healthy 262hp.

It's worth pointing out that there are also petrol-driven XC40s, which start from £24,965 on the road, and mild hybrid versions, but, since August, no diesels as Volvo continues to fulfil its commitment to phasing out of diesels for environmental reasons.

The plug-in models are named Recharge and that is the key to how you view this car. Volvo say it can be driven up to 28 miles in electric-only mode, although my week with the car in "real world" conditions brought that down to around 23 miles. So if your daily journey is in that ball park, or you have access to charging facilities while at work, for instance, this car begins to make sense.

When it comes to charging the XC40, it's very straight forward and can be completed via a standard three-pin plug or fast charge cable - the latter option will see the car's battery fully charged in just two and a half hours. It takes an hour longer if using the three-pin plug.

Of course, because this is a hybrid, there are no worries of what happens if battery power runs out - the petrol engine kicks in. But if you do keep up a regular charging regime, the official WLTP figures are impressive - CO2 emissions from 47g/km and a combined fuel efficiency of 139.4mpg. Elegant, clean, modern design are hallmarks of the XC40's interior. It uses the same innovative Sensus touchscreen control system as Volvo's other new-generation models. The

innovative system's nine-inch screen allows you to easily control the car's major functions from a single interface.

The system operates like a smartphone or tablet, with full pinch, zoom and swipe functionality. Its unusual portrait design also helps it display its information in a logical tiered order, while its large size ensures the onscreen menus and moveable icons are not crowded and are easy to select.

Other features include a great sound system, full smartphone connectivity, sat-nav, climate control, rear parking sensors, heated seats and steering wheel and a whole range of safety options.

Just under £5,000 of options was added to my test car, taking the price to £47,005, and these included park assist systems, 360-degree parking camera, wireless phone charging, and a tilt and slide sunroof.

Clever design has positioned the battery between the front seats so it doesn't impact on interior space at all. Back seat passengers can stretch out with lots of leg, head and elbow space and the storage options throughout the car impress, too, with a boot capacity that ranges from 460 litres to 1,336 litres with the rear seats dropped down - this is the same as any other XC40 model.

So the new arrival looks the business and features all the first class creature comforts we have come to expect from Volvo, but how does it handle when put to the test? The answer is very well indeed.

Out on the open road it accelerates effortlessly through the gears and cruises with ease at national speed limits.

The road holding is ultra-grippy and the steering is also nicely weighted with ample driver feedback. You can switch through various drive modes called Hybrid, Individual, Power, Pure and Off Road that alter the way the car reacts.

Power certainly proved the most fun when driving through faster country lanes and the sharp bursts of acceleration help make light work of overtaking slower moving farm traffic.

The car is nicely insulated against most road surface, engine and wind noise, but when pushed on the three-pot engine lets out quite a raspy note which actually adds further to its appeal.

When driving, it is possible to save the EV charge for when it may be required and also the high voltage battery is recharged when you press the brake pedal or when coasting.

There is a "B" setting for the gearbox and in this mode, the electric motor is activated to brake the car when you take your foot off the accelerator and this also charges the battery.

All in all, this latest XC40 is another outstanding addition to the company's portfolio. It looks impressive, is packed with technology and delivers on the performance front too, making it quite the all-rounder.

More information: www.volvocars.com.

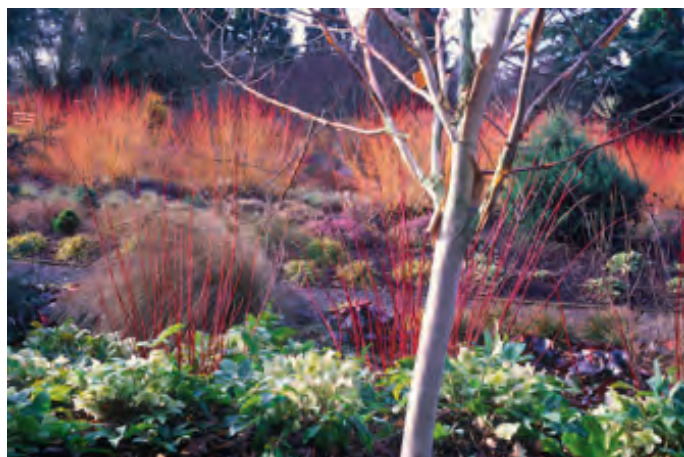


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www.cottinghamtimes.co.uk - November 25



What will winter bring this year? The weather has been remarkably unpredictable over the last few months making it impossible to make any garden plans. What we do know is that November is sure to have a few sunny days where we can get out into the garden and tidy everything up ready for the spring. Plus when the days are dark and dreary we can cheer our gardens up with bursts of colour. There's something especially valuable about shrubs which flower in winter. Seeing these delightful and resilient flowers putting on a show through short, dark days and taking frost, rain and snow in their stride lifts our spirits and encourages us to get outside. Many can also be cut for indoor winter posies, and many are fragrant.



Houseplants

At this time of year it's nice to add colour to your garden and your home with flowers and foliage. There's nothing better for brightening up an indoor environment than a well-grown houseplant and they are available in a vast range of forms from tiny gems suitable for the smallest windowsill to rampant growers for the largest hallway. They offer lush foliage, beautiful blooms and interesting forms. Some thrive in damp bathrooms, others need a sunny spot, so make sure you choose a houseplant that will tolerate the conditions in which it is to grow. Ask our staff for advice on the best choice. Once you've made your purchase, take care when transporting houseplants to protect them from cold, drafts, wind or excessive heat. Failure to do so can lead to plant deterioration or even death, and the effects may not fully show themselves until some time after you've bought it.

Once your new houseplant is safely home, you need to

26 November - www.cottinghamtimes.co.uk



care for it correctly to ensure that it remains in pristine condition – and this largely depends on how well it is watered. Too little or too much watering can cause problems.

Overwatering: Giving too much water can be as dangerous as under watering. The roots not only require moisture but also air, so overwatering leads to the forcible removal of air from the potting compost so the houseplant's roots are killed by suffocation.

Best Practice: Watering little and often is the best advice, taking into account the growing environment and the seasons. Watering from below is the best approach as some plants can suffer from rotting or sun scorch if water is directed onto their stems, root systems or foliage.

Drainage:

The best method is to stand the pot (which must have drainage holes in the bottom) on a suitable sized saucer into which a small amount of gravel has been placed.

Fill the saucer to about 1/3 of its depth with water and leave the plant standing for 30 minutes.

10 Jobs for this month

1. There is still time to plant Spring blooming bulbs for the early part of November
2. Transplant trees and shrubs
3. Prune evergreens to shape
4. Cover strawberries two inches deep with straw or hay
5. Increase feed and provide plenty of fresh water for the birds
6. If you haven't already feed your lawn with a fall or winter feed
7. Rake leaves from the lawn and compost them
8. Drain your hoses and put away over winter
9. Finish weeding and tidying up beds
10. Clean up and cover you garden furniture to protect over the Winter

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If all the water has been taken up you can repeat the operation until uptake stops, then any surplus water should be tipped away but of course retaining the gravel.

Pests & Diseases

Healthy Habit: Plants that are well-fed and watered are less likely to suffer from pests and diseases, so prevention is always better than cure. However, keep a look-out for common houseplant pests. Pick off any visible pests from



the stems, leaves or soil, clean leaves with water and use a chemical spray available from our garden centre, or try an organic or biological control.

Throughout the year Coletta and Tyson Garden Centre has everything you need for your garden and home including indoor and outdoor furniture. Plus they have just extended their gifts department which now includes clothing accessories, chocolates, teas and nibbles. It's a great place to shop for that perfect gift. Of course we can't forget their fantastic pets department where they have

aquatics, reptiles & small animals which are great to come and visit and with their great pets specialists on hand if you think you've found your perfect pet they can help you sort out everything you need to house your pet in the most comfortable way.

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Your Stars for November 2020

By Kay Gower

Aries (Mar. 21- April 20)

A change you've been wanting will happen quickly and decisions will be a more intuition-based. You know when you're on the right path because it feels comfortable.

Taurus (Apr. 21- May 21)

If it's worth having then it's worth working for, but sometimes those who are doing the work are not always the ones who get to enjoy the "having." Mid month, you rectify an unfair situation.

Gemini (May 22-June 21)

The future unfolds in an interesting way but perhaps it's not the way you expected. You are much better equipped than you realise, if you improvise you could turn the next couple of weeks into a very lucky time.

Cancer (June 22-July 22)

The heart speaks a language that at times can be difficult to understand, perhaps there is a fear of moving forward. Trust your intuition to guide you, you won't go far wrong.

Leo (July 23-Aug 22)

Leave decisions until after the 15th, only then will you be sure of what you want. November brings something to a crunch point but in a positive way.

Virgo (Aug 22 - Sept. 23)

If you find yourself drowning in an emotional quicksand the rope that will become a lifeline will come in the form of laughter. Also, remember the rule of quicksand: Be still, don't panic.

Libra (Sept. 24 -Oct. 23)

You are usually the first to strike a balance, create a compromise and negotiate a plan that everyone is more or less happy with, but not this month - or even next. Over the coming weeks it will be important that 'things' happen your way - and they will.

Scorpio (Oct. 24 - Nov. 22)

You are not the type who will ever suffer from buried anger — it's right on the surface where you can effectively do something about it. Channel any angry feelings into exercise, and you'll get a wonderful workout this month.

Sagittarius (Nov. 23 -Dec. 21)

This month, especially after the 15th there is the likelihood of something unexpected happening. Unusual people or experiences come from out of the blue. Strangely, you might find yourself enjoying it all.

Capricorn (Dec 22.- Jan. 20)

You enjoy a good puzzle just as long as you have all the pieces. There may be something unusual happening this month and it may take some figuring out. Before you start, make sure the end result will be worth your while.

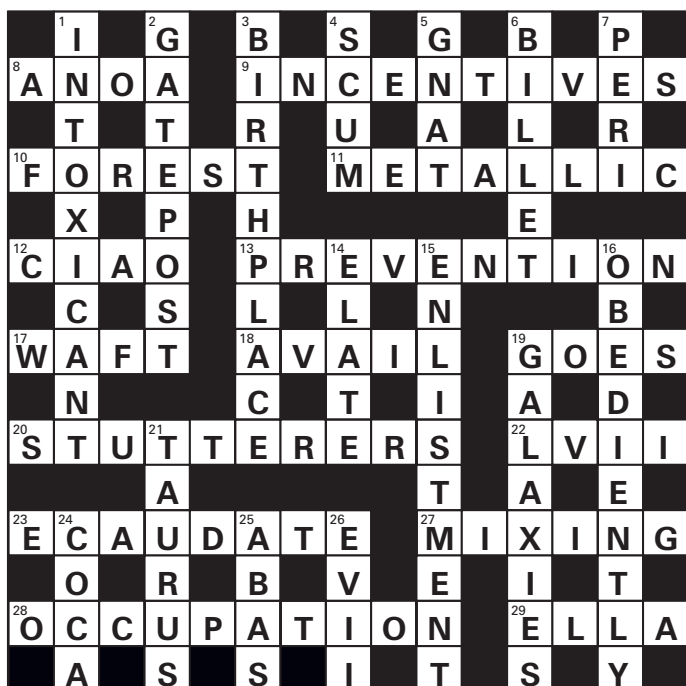
Aquarius (Jan 21 - Feb 19)

Past mistakes have left the building so shut that door and lock it. You should be in good spirits for most of November, mix and mingle and look forward to the positive future you are creating.

Pisces (Feb. 20-Mar. 20)

Your imagination is so powerful that it can conjure up vivid mental pictures both weird and wonderful. To stay on the bright side of the street surround yourself with happy people and positive thoughts.

Crossword solution from page 14



Sudoku Answer from page 12

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

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Yorkshire Water sniffs out new recruits

Two highly trained springer spaniels will help Yorkshire Water reduce leaks in the region.

The water company is looking to reduce leakage by a further 15% by 2025, reducing waste and saving customers money on their bills. In order to do so, it has introduced several innovations to its leakage team – including the trial of a smart water network in Sheffield and partnering with CAPE SPC to pilot the use of sniffer dogs, who will help to locate leaks in rural areas.

The dogs will look to improve the speed and accuracy of leak detection by surveying around 4km of pipeline per day. The dogs will search for specific scents that are associated with treated clean water, including chlorine used in the water treatment process.

Martyn Hattersley, head of leakage operations at Yorkshire Water, said: “We’re looking forward to working our new team mates, Denzel and Kilo, during the trial as they help us to locate losses from large diameter pipes in rural areas and reduce water being lost by underground leaks.

“These leaks can often go unnoticed for longer than we would like as the water remains underground. In rural areas the dogs from CAPE will sniff out the leaks we can’t see above ground.”

For more information on Yorkshire Water’s plans to reduce leakage through innovation, go to: <https://www.yorkshirewater.com/about-us/what-we-do/innovation/>.

Come and see Cinderella this Christmas at Cottingham Civic Hall

Cottingham Civic Hall is planning to have its Christmas pantomime this year, offering seven performances over three days, on December 18th, 19th and 20th. There are more performances than usual to allow for as many people as possible to come, while following the covid prevention regulations.

So, keep these dates free, be ready to come to the ball with Cinderella. We will let you know on the Civic Hall website, www.cottinghamcivichall.com when tickets are available and how to book.

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