



Cottingham Times

and District

Issue 260 - November 2023



COTTINGHAM LIGHTS

Magnolia House



A word from our chairman

We are edging closer and closer to our favourite time of the year but before we reach the festive period there is still lots on going on at Magnolia House to keep everyone entertained until then.

Our residents also enjoy being kept in the loop with what their family members are getting up to, which is why every week, our residents look forward to receiving their weekly family newsletter thanks to Famileo. The app allows family members to share photos and news with their loved ones and ensure they never miss any special moments.

Despite most of our activities now taking place indoors, our residents have been up to lots to keep themselves busy, including cake making, painting, and visits from friends and family outside the home. However, our firework display at 6:30pm on Sunday 5th November is a spectacle not to be missed!!

If you want more information about Magnolia House, please contact our registered manager Lindsay Altoft, who will be happy to help:

lindsayaltoft
@parklanehealthcare.co.uk
Chris Mitchell, Chairman,
Park Lane Healthcare

FRIENDLY SNAKE?!!

Our residents put on a brave face during a recent visit by Monty the snake. Part of the family at Furry Friends Animal Therapy, Monty was very friendly and loved interacting with all our residents. Due to the visits being a popular event in the activities schedule, we try and organise regular visits and love welcoming back the animals.



THE FABULOUS FIONA



We recently welcomed the fabulous Fiona, who sang lots of our favourite songs from the 50's, 60's and 70's! It was wonderful to hear our residents joining in with many of the songs bringing back some magical memories from over the years.

Fiona is a fabulous female vocalist, and we cannot wait to welcome her back soon!

Residential Care ~ Respite Care ~ Dementia Care

Magnolia House, 42 Hull Road, Cottingham, East Riding of Yorkshire, HU16 4PX T: 01482 845038



THE COTTINGHAM TIMES

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www.cottinghamtimes.co.uk - November 3



Cottingham Little Theatre presents...

We are delighted to announce that our November production is the iconic play *'The Ladykillers'*, adapted for the stage by Graham Linehan (of Father Ted fame). This is a play that CLT have longed to perform, and with the energy and enthusiasm of our cast and crew, led by Director Adele Williams, this iconic British classic promises entertainment and intrigue, with plenty of laughs along the way.

Set in the King's Cross area of London in early November 1956, the play is both atmospheric and evocative of days gone by. Louisa Wilberforce, an elderly widowed lady, lives in a house which has been bomb damaged during the Second World War, and which has never quite recovered! The impecunious Louisa decides to rent out one of her rooms. Cue the charming 'Professor' Marcus, who explains to Louisa that he is a musician in need of rehearsal space for his quintet. Readily agreeing to this, the hapless Louisa has no idea of what is about to unfold. Professor Marcus's eclectic group of 'musicians' have matters other than music on their minds and Louisa comes to find herself unwittingly involved in their exploits.

If you have seen the film, then you will be intrigued to see how the action transfers to the stage. This has been a huge challenge, but with Steve Waterson's ingenious design and with the hard work and dedication of the building team, the set itself is a sight to behold!

We are also delighted to announce that because of unprecedented expressions of interest for tickets, we have added a matinee performance on the afternoon of Saturday 25th November at 2pm. We hope that as well as being able to meet demand, some of our loyal audience members may prefer the matinee rather than having to venture out later in the day. The evening performances are on Thursday 23rd, Friday 24th or Saturday 25th of November, at 7.30pm. Tickets will be on sale from 28th October and will be available to buy from the lovely and supportive team at Barker's Newsagents on Hallgate in Cottingham. Alternatively, you can book via the ticket hotline on **07955 138061** or email your request to 1920clt@gmail.com

We would urge you to get your tickets early, given the interest that has already been expressed. May we also take this opportunity to thank all the members of the audience for their support at all our performances this year and in the past. Your loyalty is much appreciated! New audience members are always guaranteed a warm welcome.

N.B. Tickets for the February Murder Mystery *'Who Killed the Caretaker?'* will be on sale to members of the audience at each of the performances of *'The Ladykillers'*. Details of the May production of *'Cheshire Cats'* will also be publicised at this time.

4 November - www.cottinghamtimes.co.uk



In Cottingham and District

The deadline for entries in the December "What's On" section, is no later than the 18th November.

Cottingham Local History Society

Wednesday 1st November - Cottingham House and Gee family - Annual Stamp Lecture - Pat Elliott and Peter McClure.
 Wednesday 6th December - Elephant and Tritons. The Kirkbys and Sykes and the making of the Sledmere Estate - David Neave. In the Civic Hall. Doors open 7.15 pm, meeting starts 7.45 pm. Members £2.00; Non-Members £4.00. Contact Chairman Peter McClure 845734.

The Hull Stamp and Postcard Club

Wednesday 1st November - In the Arlington Hall, Cottingham (at the rear of St. Mary's Church) at 1.30 pm. The President, Daphne McMillan, is showing what we do, 16 Frames, 16 Themes. This is to inform prospective collectors of the many interesting ways a collection can be formed.
 Wednesday 15th November. Members are invited to bring along their 'sideline' collections.
 Wednesday 6th December - Bill Barrell, popular collector and dealer, is bringing some of his International Gold Medal collection of Great Britain Postal History and Line Engraved stamps. We are inviting members of other clubs to join us as well as anyone who may be interested. This is a meeting not to be missed!

The Hardy Plant Society - East Yorkshire Group

Thursday November 2nd - Sarah Owen Hughes - Secrets of Soil. A closer look at what makes soil so important. Meet at 7.30 Lund Village Hall, YO25 9TF. Guest welcome.

Yorkshire Countrywomen Skidby branch

Thursday 2nd November - 7.30pm in Skidby Village Hall. The topic is The importance of Keeping Diaries with Sally George. A fascinating subject which will very interesting. Further details, contact Celia 01482 841370.

Arterian Singers

Christmas season rehearsals start 7th November at 7:30 in Cottingham Methodist Church, Hallgate. New members are welcome to join our friendly choir.
 The Christmas Concert is on 12th December in St Mary's Cottingham, at 7:30. Our theme is 'A Georgian Christmas'. For further details please contact Hilary Andre on 848958 or 07979 652976.

Beverley Gardening Club

Tuesday 7th November - Un-natural gardening - Peter Williams. In the St. Mary's Parish Hall, Beverley at 7.45 pm and entry from 7.15 pm.

Haltemprice Art Group

Tuesday 7th November - Monochrome to Colour
 Tuesday 14th November - Perspective with David
 Tuesday 21st November - One picture for everyone
 Tuesday 28th November - Still Life
 In the Skidby Suite at the Cottingham High School, Harland Way, between 7.00 pm and 9.00pm.

**Front cover: Cottingham Lights.
 Photo: Paul Lakin.**

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Cottingham Bowling Club

Are you interested in playing Carpet Bowls? We have sessions most days, times when you can play can be found on our website cottinghambowlingclub.weebly.com. We are holding a Flower Arranging demonstration in the club house on 8th November at 2pm admission £5 refreshments included. Or you can ring L. Davy 846611.

Cottingham Men's de Luda Society

Wednesday November 8th - Paul Schofield - Hurrah for Hullywood.

Wednesday 22nd November - Robin Russell - More Memories. In the Willerby and Kirkella Social Club, 51a Main Street, Willerby HU10 6BY. We meet at 1.30 pm for 2.00 pm. Cost per meeting (paid at the door) is £4.00.

Hull Alpha Probus

Club for retired or semi-retired people meeting on alternate Thursdays - new members welcome. Contact the Secretary on 01482 348270 or 07542 959314

9th November at 12:30 Lunch meeting at King William IV with Quiz

23rd November at 10:15 Coffee meeting upstairs at Kristoff's

Cottingham u3a

Thursday 9th November 2023 at 2 pm in the Darby & Joan Hall. There will be a talk on Cancer Research, which will be followed by the usual tea/coffee and biscuits. For further information on becoming a u3a member, or queries, visit www.u3asites.org.uk/cottingham.

St. Michael's Church, Skidby

Friday 10th November - Beading Workshop for Christmas. Make a Christmas Decoration or even two! 7.30-9.00 p.m. in St Michael's Church, Skidby. £12 per person including light refreshments and all materials. Tickets from Jeanette Williams 01482 845323 or Denise Fish 01482 845427.

Friday 24th November - Fun Christmas Wreath Making Evening to be held in Skidby Village Hall. Are you interested in making a Christmas Wreath for your door? 6.30-8.30 p.m. Tickets £20 including tea/coffee and mince pie. Materials and instruction provided but please feel free to bring your own decorations if you wish. Tickets from Jeanette Williams 01482 845323 or Denise Fish 01482 845427. Please book by 20th November.

East Yorkshire Embroidery Society (EYES)

Saturday 11th November - meeting commences 2.30pm in the Darby & Joan Hall, Finkle Street, Cottingham. Our speaker will be Rachael Anderson, free motion embroidery artist - Drawing with threads. Visitors welcome, admittance 2.15 to 2.30pm, entry £3.

Cottingham Catholic Women's League

Monday November 13th - Mass for deceased members. We meet in the Garden Room at the Holy Cross RC Church, Carrington Ave at 7.30pm.

The Arts Society Beverley

Wednesday 15th November - Jacky Klein - Splendours and Secrets of the Royal Collection. AGM. At the Mercure Hotel, Willerby at 10.30 am. Please be seated by 10.20 am.

East Yorkshire Association of the National Trust

Thursday 16th November - An illustrated talk by Colin Bradshaw, entitled 'Flight over Beverley: Beverley from the air 1925-2022'. Cottingham Civic Hall, 7.30 p.m. Non-members are welcome.

Continued on page six

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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 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.

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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.



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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. 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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What's On - Continued from page six

The Macular Society Hull Group

Friday 17th November at sight Support Beverley Road Hull 10.30am until 12.15pm. Guest speaker Liz Meach from Hull Talking Newspaper. The Macular group is for anyone living with central sight loss .All welcome refreshments available .For more information contact Sight Support 01482 342297.

East Yorkshire Woodturners

Tuesday 21st November - 7pm, Skidby Village Hall, (doors open 6.30pm): Demonstration by professional woodturner Chris Fisher, from Chorley, Lancs. Chris is known as 'The Blind Woodturner'. He lost his sight in 2008 over the course of four weeks. After rehabilitation to learn how to do everyday activities and coming to terms with being blind, in 2014 Chris took up woodturning, and in 2018 became a full-time self-employed woodturner. In July 2019, he became the first blind woodturner to be accepted onto the Register of Professional Turners (RPT) and has been featured several times on BBC TV. Non-members are welcome (£5.00 entry) - no need to book in advance. For information about the Club, please contact Amanda Barker, 07792 117539, or visit the Club's website: <https://eastyorkshirewoodturners.org.uk>

Hull and East Riding New Stitchers (HENS)

Tuesday November 21st - Christmas Practical - Stained Glass Windows. Meetings held on the third Tuesday of the month at The Darby and Joan Hall, Finkle Street Cottingham, HU16 4AZ, 7.15pm-9.15pm. For further information contact Jean Ellis 845415. www.hullandeastridingstitchers.weebly.com.

The Arts Society, Hull and East Riding

Tuesday 21st November - An illustrated lecture by Tyler Butterworth - "A Bit of a Carry On". At 10.45 a.m. Mercure Grange Park Hotel, Willerby. Non-members welcome. Guests £5.00. For further details please contact Membership Secretary, Maureen Jones, tel. 01482 869886.

The East Riding Flower Club

Monday 25th November - Will welcome Ian Lloyd, a well known and respected National Demonstrator, to our next meeting. He has chosen the title 'Christmas Present' and all are welcome. The demonstration commences at 2pm in the Cottingham Civic Hall, and refreshments will be served from 1pm which gives us an opportunity to catch up with friends old and new before the exciting demonstration starts. This is a wonderful chance to prepare for the upcoming Festive Season. Tickets £15 for non-members.

Skidby Village Hall

Sunday November 26th - Christmas Craft Fair, 12.30pm - 5pm at the Skidby Village Hall. Followed by the village lights switch on event. Visit www.skidbyvillagehall.com for more information or find us on Facebook at [@SkidbyVillageHall](https://www.facebook.com/SkidbyVillageHall).

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.

Skidby Village Hall

Coffee Mornings - join us for a cuppa and a chat, all welcome! Light refreshments on sale, every Friday, 10am - 2pm. Visit www.skidbyvillagehall.com or [@SkidbyVillageHall](https://www.facebook.com/SkidbyVillageHall) on Facebook for updates and information.

Continued on page eight

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Winter season now under way at Sewerby Hall and Gardens

Sewerby Hall and Gardens has now entered its winter period, which means free entry to the grounds from 6 November until Friday, 22 March, 2024. (Charges will apply during the October half term holidays).

The gardens, Clock Tower Café and the zoo (where admission charges apply) are open daily. The house itself is open at weekends.

Visitors can download QR codes in the house, zoo, and gardens to hear talks by the education officer and the curator, and to see films, and hear talks by the zookeepers. They can also download two free mobile apps: Love Exploring and What Was Here to follow games and trails during their visit.

During the half term holidays, 'Spooky Sewerby' will see a week of activities and events on a Halloween theme from 28 October until 5 November. Details of all events are on the Sewerby Hall and Gardens website.

Sewerby Winter Woodland will return from 8 – 22 December, with an all-new spectacular

display of lights, sounds and special effects, to bring the grounds to life for a great evening out this festive season. This year's event will feature a new route and a new theme – a chance to embark on a Magical Christmas Rescue, along with a host of cheerful festive characters. Tickets must be bought online in advance and are available now on the Sewerby Hall and Gardens website.

For full details of the facilities available, events, and opening times, and to buy event tickets where appropriate, visit www.sewerbyhall.co.uk.



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www.cottinghamtimes.co.uk - November 7



Welcome to our section of the *Cottingham Times* that keeps our residents updated with local news.

Councillors/Wards

Please find below a list of our 11 Parish Councillors and the wards they represent:

Millbeck Ward: Cllrs Kevin Casson (ERYC Ward Cllr) & Julia Marten

Priory Ward: Cllrs Darren Graves, Kate Harr, Lesley Kemp & Mark Ward

Castle Ward: Cllrs Alex Duke (ERYC Ward Cllr), Ros Jump & Jill Stubbs

Croxby Ward: Cllrs Carolyn Cantrell (ERYC Ward Cllr) & Paul Cantrell

Contact numbers can be found on all the Parish noticeboards and the Parish Council website

Recruitment

We are seeking an experienced Administrative Assistant for 15 hours per week to provide high quality support for the busy Parish Office, please see the Latest News section of our website for more information or call 01482 847623.

McMillan Coffee Morning

On 29th September Cottingham Parish Council and The Civic Trust held a Macmillan Coffee Morning at the Civic Hall and raised £366.10. Thank you to all of you who came, baked and volunteered to make the morning a huge success.

Safeguarding Children & Young People

If you are ever concerned that a child is in immediate danger, please call the police on 999. Safeguarding children and young people is the responsibility of everyone. If you are a professional, young person, carer, family member or a member of the public and you are worried about a child or young person, who has or may be likely to suffer significant harm, you can contact the Safeguarding and Partnership Hub (SaPH), the front door to Children's Social Care. If you are a young person, family member, carer, or member of the public and you want to discuss a child that you are worried about, or make a self-referral you can contact the Safeguarding and Partnership Hub (SaPH) during office hours on: (01482) 395500 - Choose 'Option 1' and a social worker will be able to talk through your worries with you and discuss what happens next. If you have a worry about a child outside of office hours, the Children's Emergency duty Team (CEDT) operates to respond to emergency situations from 5pm until 8:30am Monday to Thursday and 4.30pm until 8:30am on a Friday and at weekends and bank holidays. CEDT responds to emergency situations that are unable to wait until the next working day. These will relate to children's safeguarding, potential placement, or family breakdowns and any other Children's Services statutory work. Your call will be taken by a Lifeline operator. The social worker will then make the decision if an intervention/additional information is needed that evening, or the situation can wait until the following morning when a children's social work team or the Safeguarding and Partnership Hub (SaPH) will follow-up with the person sharing the information the following day. You can contact the Children's Emergency Duty Team on: (01482) 393939. The sooner the staff have information about any concern the sooner a situation can be addressed. All conversations are in the strictest of confidence.

Nicola Pape

Nicola Pape, Clerk to Cottingham Parish Council
deputyclerk@cottinghamcouncil.org
Tel: 01482 847623

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 the second Thursday each month. All are welcome to any session especially those who just want to have a go. Newcomers can borrow woods and play in stocking feet if need be. For information please contact Mike on 07889 007005.

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 01482840637 or Keith Alexander on 01482 509751.

Cottingham Tennis Club (off Hull Road)

Are you interested in getting fit and making new friends? We are a friendly club looking for new members at all levels of playing ability including absolute beginners. We have excellent facilities including five all-weather artificial grass courts. We offer both social and competitive tennis supported by a dedicated coaching team. Pay to play is also available. Booking via our website. Please view our website or contact Matthew Fletcher on 07814 495931 for more information.

Christ Church Cottingham

Coffee Mornings 9am-1pm Monday to Thursday, full cafe menu and all proceeds for the Ukraine Aid Effort. 31a Endyke Lane HU164QD. www.cccottingham.org.uk for more detail.

Christ Church Cottingham Play Cafe

Family cafe environment with play area and reduced cost cafe menu. Every Thursday 9am-1pm, all welcome. All proceeds to support the Ukraine Aid Effort.

Cottingham Badminton Club

Badminton Tuesday/Thursday evenings, 8.00pm while 9.30pm. Cottingham High School. £3 per session. No booking required, just turn up and play. Fun and friendly. Open to all levels and abilities. Steve Baker 07795680912/870906.

Cottingham Cricket Club

Run four Saturday sides, a Sunday side, a Ladies team and junior teams from U9 to U15. Our indoor winter net training will be held at Hymers College, 6-9pm on Wednesdays starting in January. This is for all junior (Hardball) and Senior teams. We also have indoor Softball training for girls and boys aged 7-14 at Sirius Academy North. This is held on Saturdays 12.30 -2.30pm starting in January. In the Summer, junior training is on a Friday evening and Senior training during the week. For any further information please contact Rob Rhodes at cottinghamcc@hotmail.co.uk We are Clubmark Accredited and all Coaches are DBS checked"

The Cottingham Community Garden Group

Meet every Tuesday and Thursday from 1pm to 3pm on the Worklink site on Eppleworth Road Cottingham HU16 5YF. All welcome

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:- Chris Hart on 07763 756345.

ASBESTOS RELATED DISEASE

GRAHAM & ROSEN: SUPPORTING YOU AND YOUR FAMILY

Debbie Schofield is a specialist solicitor at Graham & Rosen solicitors with many years of experience dealing with Asbestos Disease compensation claims. Debbie explains how Asbestos Diseases can happen and how compensation can be claimed:

“As one of the UK’s major ports, in the decades following the war years, Hull received thousands of tonnes of raw asbestos through its King George Dock, destined to be used in building materials and insulation across the country for the railways, for shipbuilding and repair, in chemical factories, power stations, homes and other premises.

Asbestos is a fibrous mineral. It was considered to be highly useful because of its thermal and acoustic properties and so was used extensively. It was often used as a fire-retardant in buildings, for the insulation of pipes to maintain temperature or to absorb noise.

Unfortunately, asbestos is also highly toxic and can cause serious lung disease many years later if its fibres are inhaled. (It is important to note that asbestos is not considered a health risk if it is left intact and inhaling asbestos fibres will not necessarily cause health problems.)

Lung diseases caused by asbestos include:

- Asbestos related pleural effusion
- Pleural thickening
- Asbestosis
- Mesothelioma (a form of lung cancer)
- Lung cancer

Where asbestos related lung disease is developed, compensation and benefits may be payable, even if the former employer no longer exists.

For mesothelioma sufferers, it may be possible to obtain compensation to fund treatments which are not available on the NHS such as immunotherapy which can prolong life expectancy.

Asbestos claims are complex, and it is important to instruct a solicitor with many years’ experience of handling such claims to obtain the best outcome as quickly as possible.”

Debbie Schofield has over 20 years’ experience of dealing with asbestos claims, most of which have been for clients in the Hull and surrounding areas. She is probably the most experienced solicitor based in East Yorkshire in this field and her local knowledge is second to none. She is passionate about helping people to obtain the compensation they deserve and has secured compensation to fund private treatments for mesothelioma clients.

For free, confidential advice about asbestos compensation for you or a member of your family please contact Debbie Schofield at Graham & Rosen. Home and hospital visits are available.



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Meet the East Riding's new gritters!

Elvis Spreadley, Meltem John, Double Snow Seven, Snowy Tribbiani and Sleeter Levy have joined the East Riding's gritter gang.

The five new gritters were rolled out today (Friday 13 October) and now join East Riding of Yorkshire Council's fleet of lorries in keeping the area's roads safer in winter by clearing snow and preventing ice from forming.

Their new names were chosen from dozens of suggestions made by members of the public throughout the year on social media.

Nine-year-old Cory Small of Driffield chose the name Snowy Tribbiani – after the character Joey Tribbiani from the hugely popular 90s comedy Friends – at this year's Driffield Show.

The new lorries were launched at an event in Beverley.

They have now joined the rest of the fleet, making 21 lorries in total:

Sprinkles; David Plowie; Gritney Houston; Gritney Spears, Spreddie Mercury; Maureen Gritman; Nicole Saltslinger; Basil Salty; Roger Spreaderer; William Wilberfrost; Gritty Gritty Bang Bang; Thaw Enforcement; Spreddie Flintof; Freezy Ride; Er Ner Sne; Snowbe-Gone Kenobi

The names were first launched in 2018, with Snowbe-Gone Kenobi joining the gang last year.

Councillor Paul West, the council's cabinet member for environment and transport, said: "I want to say a big thank you to all residents who suggested names and especially those who came up with the chosen five, they are genius.

"It's all a bit of fun but it makes our gritters more visible. I really hope people will spot the gritters out on the roads and smile and wave at our drivers.

"The whole winter team does a massively important job each

year, many of them working evenings and nights, to make sure our roads are clear and safe."

The gritters operate during the colder months, between October and April, out of the council's depots across the East Riding, including sites at Beverley, Carnaby, Hedon and Market Weighton.

The council has a team of over 60 gritter drivers, working on a shift system, being called out when they are needed.

Hull Savoyards present "Robin Hood: or the Merry Men and the Maid"

Hull Savoyards' Amateur Operatic Society are thrilled to unveil our latest show - "Robin Hood: or, the Merry Men and the Maid." This new adaptation of the classic tale combines the heroics of Robin Hood with the wit of Gilbert and Sullivan. Written by two members of the society, this is a world premiere production!

The show opens in Locksley Village where we find Maid Marian who has become secretly engaged to Robin Hood, the notorious outlaw. Unbeknownst to Marian (her father) has arranged her marriage to the villainous Sir Guy of Gisbourne. On being coerced to consent to this Marian and Robin plot to elope from the famous golden arrow contest in disguise, but Robin is betrayed and all is lost... or is it?

With all your favourite characters from the legend (and even some Morris dancing), this show is a guaranteed delight for both seasoned theatregoers and newcomers alike.

1st December 2023 at Bricknell Ave Methodist Church – 7.30pm

2nd December 2023 at Cottingham Civic Hall - 2.30pm And 7.30pm

9th December 2023 at Walkington Village Hall – 7.30pm.

Hull CHA Rambling Club

We are a friendly walking club established in 1911 whose members enjoy walking on the

Yorkshire Wolds, Howardian Hills, North Yorkshire Moors, Yorkshire Coast, occasionally into

Lincolnshire, and we walk throughout the year.

Travel by coach to the starting point. Fare £13.

We pick up at Bilton, Holderness Road, Hull City Centre, Beverley Road, Greenwood Avenue and The Green, Cottingham.

We have one walk planned for November.

12th November: Kilnwick Percy Hill / Warter to Wetwang.

Places **must** be booked in advance.

For further information and to book a place on the coach please contact Joint Rambles' Secretaries, Sue O'Leary on sue@sueoleary.co.uk or telephone 07767420646 or Pauline Borger on paulineborger48@gmail.com or telephone 07929 933 323.

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

Like us on Facebook: The Hull CHA Rambling Club

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The Santa Express is coming to Bridlington!

This festive season for the first time ever, the Coastal Services team at East Riding of Yorkshire Council are offering the chance to climb on board the Santa Express landtrain and meet festive driver "Noel", who will check that all passengers are on the "Nice List" and get them ready for a magical journey to the North Pole.

But Santa's cheeky elf "Tinkley," has been up to his mischievous tricks again. Mrs Claus will need everyone's help to find all of Santa's hidden presents before Christmas Eve. Will the passengers be able to complete the mission and help save Christmas?

Once at the North Pole, passengers can write and decorate their very own Christmas wish to display on their tree at home, make some magical reindeer food, or even visit "Mrs Claus's Kitchen" to purchase a festive drink or snack.

And no visit to the North Pole would be complete without a visit to the big man himself... Santa Claus!

Kirsty Salisbury, general manager, Coastal, said: "We are so excited to be able to add something brand new, magical and exciting to Bridlington during the run-up to Christmas! This will be a fabulous experience for young and old alike, and we can't wait to launch the Santa Express!"

Tickets are priced at £10 per person and go on sale online on Tuesday, 26 September at 9.30am. From that time, visit eryc.link/santaexpress. All children aged 2-12 will receive a present from Santa.

The Santa Express will run on 25 and 26 November, 2 and 3 December, 9 and 10 December, 16 and 17 December, 22, 23 and 24 December. It will run at 10am, 12.30pm and 3pm every day, apart from 24 December when it will be running at 10am and 12.30pm only.

The council's Coastal Services team are proud to be supporting the RNLI with this event, and will donate £1 from every ticket sold to the charity.



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Wordsearch - Autumn

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



Find the words in the letters above:

Acorn, Apple, Bird Migration, Blowing Leaves, Blustery Day, Canning, Chestnuts, Chilly, Cold, Crops, Equinox, Fall, Farming, Feast, Frost, Halloween, Harvest, Haystack, Hickory Nuts, Longer Nights, November, October, Orange Leaves, Pie, Pumpkin, Rake, Red Leaves, Scarecrow, School, Season, September, Shorter Days, Squash, Sweet Potatoes, Thanksgiving, Turkey, Windy, Yellow Leaves.

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

Sudoku No. 196

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

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

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MARIONOWENTRAVEL



As the nights draw in it seems everyone is thinking of getting away to warmer climes. Our Indian summer lasted well and this seems to be the case throughout Europe too. Who would believe we have had wild fires in

Corfu & Tenerife in October? Next summer we are getting more bookings than ever for Northern Europe hoping for "just nice" summer temperatures.

Susan as I write is cruising the rivers Saar, Rhine & Moselle, whilst I have just this morning waved Emma off with a group sailing on Fred Olsen's lovely Borealis to the Mediterranean. It will be fun next week me flying solo. As you read this we are now all back at our desks!

We have a coach tour next year to Norway, many clients have cruise but this tour allows you to immerse yourself deep into the country rather than concentrating on the coastal areas. 70% of the seats are now sold, if you want to join me book now! Carl & I promise you an adventure.

For those wishing to Stay closer to home, our Ireland tour went on sale last week. We have only 5 rooms available.

The Isle of Man is steeped in history, has good beaches, so much open countryside and wonderful train journeys. Our coach tour is a little longer giving you more time to explore and enjoy the island.

Jersey & Guernsey need little introduction & are popular.



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07 September - includes the air show £899

We offer all hotels around the Island call for details.

Guernsey is also popular ask for details : Travel from your door £35

Price per person 2 sharing Solo's don't delay we have a great offer for you.

NOVEMBER we see Black Friday, if you have holiday ideas do pick up the telephone and talk to us. This last week we have booked clients who have been waiting for a Vietnam & Cambodia offer. They have been in our diary for a good few months and it has paid off saving them £2200 per person.

Last month I took a small group from Hull on the overnight ferry to Holland. We travelled around by train & ferry visiting the Weddon Isles. Train travel is incredibly cheap and reliable and we will now be passing on tips on how to get around when we make your bookings.

We offer fabulous tailor-made itineraries. Seen a trip you fancy? Call us and we will turn your idea into your perfect holiday. Our first hand travel knowledge is vast and the world map in the office is covered with visit pins which amazes our clients. Myself & Emma are Canadian Specialists and as a team along with most states of the USA, we have visited Australia, New Zealand, Asia including India, Vietnam & Cambodia, the list goes on...

When you call into our office take a look at our map!

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08 Dec	APT TRAVELMARVEL River cruise, Rhine & Moselle	£POA
2024 Special departures are being added regularly		
18 Jan	Boundary Mills January Sales just for the day	£ 25
26 Jan	The Tynedale's Big Weekend, enjoy an 8 course tasting menu, a black tie casino night & more, 4 days	£ 375
23 Feb	A great little break to Scotland relaxing & inclusive 4 day break Guided tours of Sterling & Glasgow	£ 395
16 Mar	Northern Cyprus 7 nights tour now on a waitlist	£1357
15 Apr	Cornwall's wonderful gardens. 5 nights dinner B&B Inc. Llanhydrock, Eden, Lost Gardens & much more	£ 995
10 May	Malvern Flower Show & gardens 3 days on sale soon register your interest now	£ tba
04 Jun	Round Britain D Day 80th Anniversary cruise 13 nights full board, Optional travel to the port	From £1149
06 Jun	Norway—a great adventure on our coach 12 days	£1999
06 Jul	Douro River Cruise All inc. fly from Humberside 7nts	£2235
17 Jul	Isle of Man 6 nights dinner B&B + comprehensive sightseeing of the island. 4* Mannin Hotel Douglas.	£1195
27 Jul	Jersey with Emma 7 nts flying from Humberside or (2 centre with Guernsey please ask for details.)	£ 899
28 Jul	ABBA Voyage - 2 days inc. seated ticket & overnight	£ 225
07 Sep	Ireland's South West Corner, 8 nights dinner B&B following the Wild Atlantic Way it is a super itinerary	£1415
24 Oct	Regent Seven Sea's Splendor 7 nights all inclusive luxury as seen on the TV	£POA
09 Nov	Northern Belle luxury train to Edinburgh for the day	£ 440
14 Nov	Thursford Christmas Spectacular 2 days	£ 259
25 Nov	Holly & Mistletoe at the Tynedale Llandudno - 5 days	£ 535
30 Nov	Thursford Christmas Spectacular 2 days	£ 259
Jan 25	NORTHERN LIGHTS 5 days full board & activities	POA
17 Nov	South African Safari, 7 nights all inc. from your door	£2899
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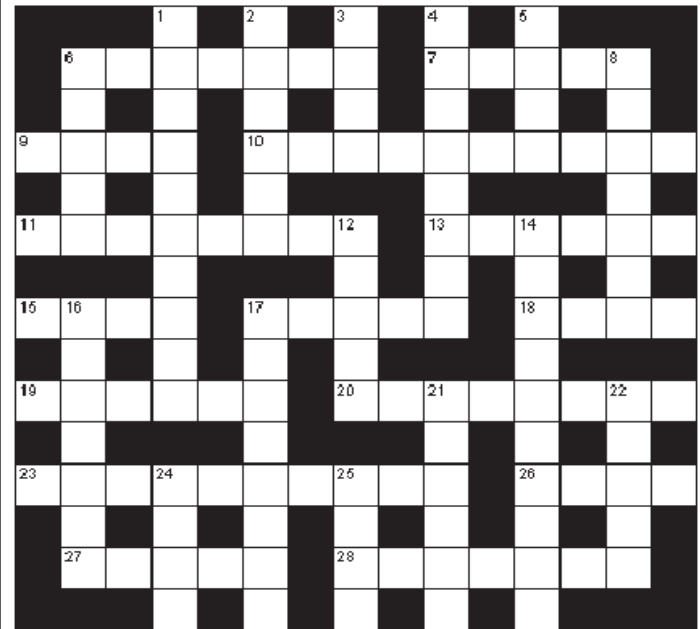
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Crossword - Solution on page 29



Across:

- 6 Harmful (7)
- 7 Deplume (5)
- 9 A coffin stand (4)
- 10 Write out a speech (10)
- 11 False teeth (8)
- 13 Rubble (6)
- 15 Pocketbook (4)
- 17 Caper (5)
- 18 Indolent (4)
- 19 Purchased (6)
- 20 Nagging (8)
- 23 Hostility (10)
- 26 Journey (4)
- 27 It travels on rails (5)
- 28 Laboratory flasks (7)

Down:

- 1 All (10)
- 2 Speech-giver (6)
- 3 A three-tone Chadic language (4)
- 4 Weekly TV series are this (8)
- 5 Sound from a contented cat (4)
- 6 Liquorice-flavored seeds (5)
- 8 A light-hearted joke (American slang) (7)
- 12 Locations (5)
- 14 The leading sheep in a flock (10)
- 16 Notion (7)
- 17 Craftsmen (8)
- 21 Leased property (6)
- 22 Slides uncontrollably (5)
- 24 Not fake (4)
- 25 Missile (4)

Crossword courtesy of www.crosswordpalace.com
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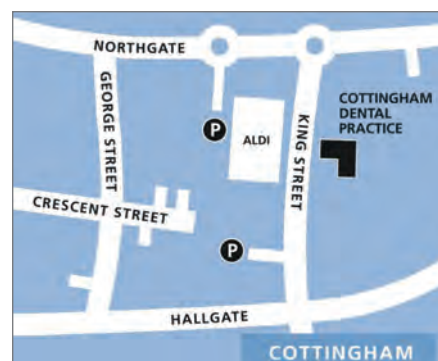
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East Riding Archives now living in a virtual world

At East Riding Archives, the first steps towards virtuality are being taken with a new 'Archives 360' virtual tour of their public spaces and conservation workshop. Based at the Treasure House in Beverley, the Archives' physical face-to-face service is currently closed for the Treasure House transformation, so the new online tour will help users maintain a connection with the service by enabling them to interact with the space in a virtual sense.

Visitors to the East Riding Archives website can navigate the immersive experience, based on Google Street View, by interacting with clickable 'hotspots', where they can learn about ongoing heritage projects, discover online local and family history resources, and stay up-to-date with service news.

Archivist Sam Bartle said: "The 'Archives 360' tour offers an intuitive way to find and access the various resources and service news that remain available to customers, such as digital archives and the 'What Was Here?' app and website, and it also gives an opportunity for us to work on new experiences, such as augmented reality."

East Riding Archives carries out a huge amount of outreach and engagement work beyond its public research space, and the tour enables its virtual visitors to discover and learn more about this.

Archivist Hannah Stamp said: "We currently have a number of community heritage projects in progress, including 'Travellers and Settlers', and the 'Archiverse' based around Minecraft. The online tour lets users learn more about the work we're doing here, and gives them an opportunity to discover current and upcoming online exhibitions as well."

The virtual tour was created using 360-degree panoramic images captured by specialist photographers, approved by Google Street View and, to enhance the ambience of the tour, a group of volunteers were recruited to act as still-life models in the room.

Hannah Stamp added : "A huge thank you goes out to those volunteers, who approached their roles with such enthusiasm that they were able to remain rigid and motionless for up to half an hour!"

The 'Archives 360' tour can be found on the East Riding Archives website under 'Archives Online', or by following this link:

<https://www.eastridingarchives.co.uk/archives-online/archives-360/>

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 As I have aged, I have realised how important it is to find a dentist and keep my teeth!
 I contacted Castle Park Dental Care online, (after much research to find the right practice with a female dentist). I then ignored their calls. They gently coaxed me into visiting the practice for a cup of coffee and a chat. Special thanks to Gail x
 I decided I should at least have a first appointment, which I did with Ozge. She was amazing, listening to all of my fears through tears and also helped me with monitoring my breathing, (I hold my breath through fear) and helping me with breathing exercises to relax.
 Today I have been back to visit Ozge, after deciding to have the two required fillings in one session. I opted from the laser treatment, so no injections or aggressive drilling. I was astonished it was pain free! Throughout the treatment Ozge explained exactly what she was doing, showed me the instruments she was using and continued to monitor my breathing, stopping when I needed a minute.
 For some this will be a long post, (so you will not have reached the end of it, I am sure). But, for those with a phobia of dentists it will be a short post, as you are looking for the answer, where I can find a dentist who will understand and support me.
 I hope my post can help you create your own positive experiences with Castle Park Dental Care.”

I am now on the road to recovery in terms of my dental health, and equally creating new and positive experiences with a fantastic dentist. Thank you so much Ozge and Katie (Dental Nurse) x.
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We would like to retract the testimonial that we provided in our advert in the August 2023 issue of the Cottingham Times. It incorrectly attributed the treatment to Ilay Maden instead of Chris Branfield. We apologise if this may have caused any confusion or misunderstanding.

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Josh Cotton, (founder)

It's that time of the month again, where I write to you amazing readers, who so far have consistently supported our amazing **one stop travel shop** on Hallgate. Of which, I am very thankful for, due to the demand, we have expanded our team to 6 and that's not something I

thought we would be doing so soon, in other news as temperatures now drop, the desire to escape to warmer climates is on the rise, cruising remains very popular and our **dedicated cruise centre** is seeing a rise in appointments, dare I say it, Christmas is on the horizon too, if you are unsure of what gift to get your loved one, I may have just the thing for you. We have launched our **gift vouchers**, starting from just £25 they are the perfect gift, the team has also been busy decorating a new section of the window, which is jam packed with xmas gift ideas, such as afternoon teas, musicals and spa breaks, we really do have something for everyone, for those of you who would love some **winter sun**, we have plenty of offers available from the Canaries to Cuba, Benidorm to Barbados, there's plenty of bargains to be had, why not pop in and have a cuppa with us! We have some **great events** coming up too, naturally myself and the team would love to see you at one, it's an open invite for all, find details of the events below;

RIVER CRUISE TUESDAYS (14th & 21st Nov)

Join us to talk about river cruises & receive an **exclusive 5% discount*** on these two dates only.

CRUISING SATURDAYS – (11th & 18th Nov)

Join me with some bubbles in our cruise centre & discover the best hot off the press cruise offers, **they're not to be missed!**

GOLF HOLIDAY MEET & GREET (Sat 9th Dec 12-4pm)

Join us at Cottingham Golf Course, In partnership with Caria Golf Holidays, **you'll find us in the club house!**

SPECIAL SKI EVENT (Wed 22nd Nov 11-3pm)

Join us to talk or learn all things winter fun & ski holidays, with one of our suppliers joining, **expect on the day discounts!**

And here is this months installment of temptation with our **smashing specials!**

WINTER WARMERS!

Madeira, central hotel, flying from Leeds, 10 nights, 14th Jan 24, half board, £499pp

Lanzarote, adults only, flying from Leeds, 14 nights, 5th Dec 23, self catering, £595pp

Benidorm, central hotel, flying from East Mids, 14 nights, 07th Jan 24, half board, £650pp

Jamaica, 4 star hotel, flying from Birmingham, 7 nights, 2nd Dec 23, all inclusive, £1295pp

SOLO HOLIDAYS

Skala, Kefalonia, 3 star, flying from Leeds, 7 nights, 4th May 24, bed & breakfast, £519!

Salou, beachfront hotel, flying from Manchester, 10 nights, 23rd Sep 24, half board, £685!

Olu Deniz, Turkey, flying from East Midlands, 7 nights, 23rd Oct 24, all inclusive, £719!

HUMBERSIDE DEPARTURES

Nessebar, Bulgaria, historic old town, 7 nights, 17th Jun 24, bed and breakfast, £589pp

Northern Lights Tour, 4 days, 29th Feb 24, reindeer camp, husky & snowmobile ride, £979pp

Jersey, 4 star central St Helier hotel, 7 nights, (25th May to 21st Sep), prices from £989pp

Cruise & Stay in Majorca, 7nt all inc cruise & 7nt half board hotel, 21st May 24, £1795pp

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No-fly Brazil & West Indies, dep; Tilbury, 18th Jan 24, **42 nights**, wow from only £1999pp

Danube River, fly from Manchester, 7 nights, 29th Apr 24, full board plus, £1089pp

Nile River, fly from Manchester, 7 nights, 12th Dec 24, all inclusive, french balcony, £1799pp

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**NATIONAL
HOLIDAYS**

We work very closely with National Holidays and this month will feature some fantastic trips departing directly from **Cottingham**! Extra space has been added, but it won't last long, so **be quick and secure your seats!**

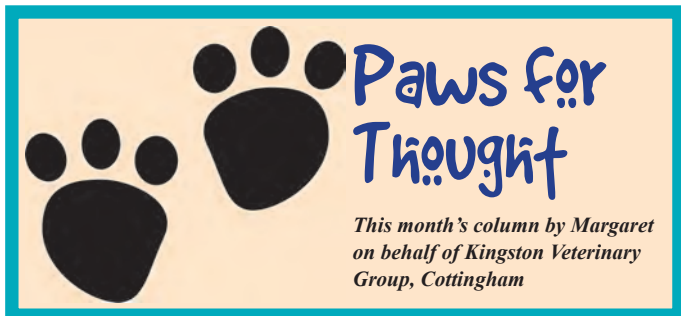
Date	Tour name	Number of days	Highlights	Cost
24 th Nov 2023	Bosworth Hall & Christmas Markets	4	<ul style="list-style-type: none"> 2-for-1 bar Excursions to Birmingham, Stratford upon Avon & Royal Leamington Soa 	From £209pp
02 nd Dec 2023	London Christmas Shopper & a night on the Town	2	<ul style="list-style-type: none"> Free time in London for shopping & sightseeing 	From £139pp
22 nd Dec 2023	Christmas in the Austrian Tyrol	8 days	<ul style="list-style-type: none"> Torch-lit walk through Oberperfuss Guided tour of Innsbruck Excursion to Rattenberg Horse drawn sleigh ride on Boxing Day 	From £999pp
27 th Dec 2023	Bournemouth & New Forest Twixmas Special	4	<ul style="list-style-type: none"> 2-for-1 Bar Light entertainment every evening Excursions to the New Forest & Salisbury 	From £199pp
20 th Jan 2024	Strictly Come Dancing – Live in Birmingham	2	<ul style="list-style-type: none"> Ticket to Strictly Come Dancing Visit to Birmingham 	From £189pp
4 th Feb 2024	Wintersun in Benidorm	29 days	<ul style="list-style-type: none"> Excursions to Valencia, Alicante, Murcia, Denia, Javea, Guadalest & Altea Market Hotel activities & entertainment 	From £1549pp
28 th March 2024	Downton Abbey Behind the Scenes Exclusive	2	<ul style="list-style-type: none"> Exclusive visit to Highclere Castle Copy of <i>The Earl & the Pharoah Book</i> 	From £199pp
18 th April 2024	Andre Rieu & his Johann Strauss Orchestra – Live in Liverpool	2	<ul style="list-style-type: none"> Ticket to the Andre Rieu concert at the M&S Bank Arena En-route visit to a place of interest 	From £219pp

**Single rooms are available on request and will have a supplement.*

Call us on the number below to book or pop in for a cuppa with one of the team, who would be more than happy to help and see you in-store 😊

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Happy Visit

Let's go for a walk " you said, "Let's stop off at the park" you said.... But what is this? Sniff, sniff, sniff. I recognise this door WHOA, WHOA, NOOOOOO!!!

If we were able to read our dogs mind, how many can you imagine this is what they will be thinking? Quite a few, going on the response of the owner entering. Saying this, there are the odd one or two who are quite happy to go in but there are plenty who aren't. Who can blame them as the only time they enter the surgery is for an appointment.

So what can KINGSTON do to make it a Happy Place? Going back a few years to a previous practice I used to work for, we were privileged to be able to take our dogs to work. My previous girl Tammy, would quite happily sit in her basket behind the reception observing all around her but she also had her uses. Apart from being a blood donor (did you know Kingston is a pet blood bank and are always looking for donors) for the surgery, she also acted on the odd occasion as a 'meet and greet'.

If any dog came into the surgery who was slightly apprehensive, then Tammy was there showing the way and keeping them calm. Unfortunately, KINGSTON do not have 'helpers', so as a practice what can they do? Many years ago,



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I remember sitting at my desk when I heard a little commotion outside. On opening the door, there I was greeted by a gorgeous little Westie who was obviously wanting to come in. Unbeknown to the person who was walking him, this little chap was trying to get in for his daily biscuit treat which we happily gave him as he passed our door. His owners were away at the time and the relative looking after him was not aware of this so trying to get him to pass the door was quite a challenge. Every day after that, we saw the little chap.

After lock down, we were met with this problem on a daily basis. It was especially the puppies who had not been socialised due to restrictions so eventually when it was lifted, the world was a scary place. That's when we encouraged any owner to pop in if they were passing, to sit for a short while in the waiting room, we gave their dog a treat and off they'd go. No appointment, no scary room to go in, no prodding and poking, just a treat.

How simple is that. I was even known (as some receptionists still do) to actually sit on the floor with them, if they were still nervous. As I got older, it was not the getting down but the getting up that was a struggle much to the amusement of the owners. Maybe that's another article on joints? So please, if you have a nervous / hesitant dog who doesn't like going into the surgery, please give KINGSTON a call, mention about a 'happy visit' and ask when it would be convenient to pop by. Usually they are across lunchtime when it is not so busy. They do not charge as it is not an appointment, so what more can you ask to make your time more useful when you do have to come in, stress free.

AND FINALLYKINGSTON....

Yes, you read that correctly. Since I left, I'm now sitting on the other side of the fence. No longer having the luxury of the odd staff discount (although Tali is insured), I am like any other pet owner and watching what is spent on them. I don't blame anyone shopping around, after all we don't buy in one shop if it's cheaper elsewhere. What I do have is the fortunate luxury of seeing behind the scenes of KINGSTON and witnessing first hand. The practice is under one big umbrella namely IVC.

Now, I do understand you'll be thinking "big companies, no compassion" but it is not the case. Think of it this way, a bigger company is able to invest in up to date technology ie: MRI scanner, CTI scanners, blood machines and any advanced technology. They also invest in their staff making sure they have the most up-to date knowledge of advanced surgical procedures by yearly training and believe me, it is becoming more advanced by the day. I am not saying small practices are in any way less advanced or offer less compassion as working and training the long hours they do, just shows their empathy but what I am saying is yes shop around, ask questions, read about the practice and what they have to offer but also look at the wider picture.

Until the next time

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ON THE GRAPEVINE



WITH ROY WOODCOCK

Confusing world of buying a bottle of wine

Whether it's searching for the perfect accompaniment to a special meal at home, or perhaps trying to find the apt gift to satisfy the "bring a bottle" memo at a party, new research has highlighted how confusing many of us find picking the perfect bottle of wine.

When it comes to marching up and down the wine aisle, a quarter of adults (23%) admit they find it a rather stressful experience. More than half (51%) feel there are too many options available, while 46% don't know how to identify a good bottle from a bad bottle.

The new research by Lidl, who are running a festive wine tasting in the dark event series, also reveals over a quarter (27%) still assume premium labels are better quality, nearly 1 in 3 (31%) find "wine etiquette" snobbish and more than 1 in 10 find it intimidating, adding further confusion to the wine buying process.

With all the options on offer, it appears we are creatures of habit. More than half (51%) of the nation tend to stick to what they know, and nearly a quarter (23%) have their own "go-to" bottle. Price also comes into the equation, as 45% default to whether the wine is on offer or discounted, 49% choose based on where it comes from and one in five (18%) decide based on the look of the label alone.

Many people see the world of wine littered with unwritten rules – in fact, the wine rules we are most likely to break are serving white wine only to accompany a fish dish (43%), drinking rose just in the summer months (39%), drinking champagne only from a flute (35%), red wine shouldn't be chilled (31%) and avoiding ice in wine (30%).

The average price we spend on a bottle of wine is between £7 and £8. However, hosting a Christmas party (44%) or when gifting someone else (56%), are the occasions when we're likely to push the boat out and spend more on a bottle of vino.

* The founder of Cloudy Bay, David Hohnen, has released a new Sauvignon Blanc brand in collaboration with the Marlborough Grape Growers Co-operative that aims to "redefine" the category.

The new brand, Marlborough Heartland, is a new venture that embodies the spirit of Marlborough's vineyards and the ethos of its growers. It's a partnership that sees a return to the original heartland of Marlborough, something which David Hohnen has been longing to do for years, he said.

The co-op's farmers have vineyards throughout the Marlborough heartland, in the lower valleys of the Wairau, Awatere, and Waihopai. The combination of careful plot selection and precision winemaking creates this intense and flavourful style, bursting with zesty gooseberry and lime notes, it claims.

Marlborough Heartland Sauvignon Blanc 75cl launches in 419 Sainsbury's Supermarkets retailing for £12.50 a bottle.

* UK specialist retailer Majestic has expanded its own label "Chosen by Majestic" range, which was introduced in June as a tier below its established "Definition" range, as it refreshes the range and bolstering its fine wine options.

The "Chosen By" range, which initially featured 11 wines from Europe, has been expanded with the addition of "winter warmer style" richer whites and savoury reds the retailer said, comprising five reds and three whites. Additions include a Chardonnay, Corbières from Maison Jeanjean, a Viognier, Zinfandel, a fruit-forward Chianti from Piccini, and a Côtes du Rhône.

A Malbec from Mendoza, by Grupo Peñafior is also being added to the range, landing before Christmas.

The range, which at sub-£10 sits below the retailer's Definition range, was introduced to include customers' favourite wine styles, regions and varieties and provide a more "affordable option". It includes Majestic's first own label Greek white wine, a blend of Malagousia, Roditis and Assyrtiko from the Kintonis family, and an Austrian Gruner Veltliner made by Winzer Krems, along with the existing Muscadet, Vinho Verde, Picpoul de Pinet, Rioja Crianza, Valpolicella Superiore and Beaujolais Village, a fizz and rosé.

"We have a range of customers who love classic wines (Bordeaux, Corbières, Côtes du Rhône, and Chianti) as well as those who like bold new styles (Zinfandel and Malbec), so there is something for everyone in the range," a spokesman said. "All wines have been benchmarked extensively against the market, and our buyers were heavily involved in tasting and blending to ensure quality and value for money for our customers."

* Aldi has launched its new autumn/winter wine range, describing it as "the most affordable yet" with almost 90% of the 145 wines being under £10.

Julie Ashfield, Managing Director of Buying at Aldi UK, says: "This new seasonal wine range is our biggest yet and includes some great value alternatives to other competitors in the market. This means shoppers can get fantastic quality wines at accessible price points throughout the autumn and winter – just in time for Christmas."

And Mistress of Wine, Sam Caporn, says: "Aldi's new range showcases a huge array of affordable delights from eclectic blends as seen in the Australian Chardonnay and Grüner Veltliner, to the deliciously unusual South African Fernão Pires or the soft and easy Gamay Rouge. There really is something for every palate, purse, and occasion."

BEST BUYS



Chateau Beard La Chapelle Saint Emilion

Where: Sainsbury
When: Now, until November 21
Why: An incredible value for money Saint-Emilion Grand Cru, a rising star within the appellation and definitely a Chateau to follow in the coming years. With a mix of blackcurrant and vanilla aromas lifted by a fresh note of aniseed, this opulent wine is well-balanced with layers of rich black fruit flavours and a long mineral finish that is silky smooth.

£18 (was £20)



La Terrasse Chablis

Where: Sainsbury
When: Now, until November 21
Why: SWith great acidity, elegant tones of green apples and citrus flavours which are accompanied by a long, lingering finish. Enjoy this wine chilled on its own as an aperitif or alternatively try with lightly grilled fish, seafood risotto or goats' cheese.

£13 (was £16)



Toscana Rosso

Where: Aldi
When: Now
Why: A region responsible for producing first-rate wines, this garnet red from Tuscany boasts appealing aromas of spice, red and black cherries, with notes of dark plums, mulberries, and a twist of dark chocolate on the finish. Whilst this tippie is priced at just £9.99 a bottle, some wines from the illustrious and venerable region go for a whopping £169.99.

£9.99



Chardonnay & Grüner Veltliner Blend

Where: Aldi
When: Now
Why: An unusual blend, this unique and juicy wine offers subtle aromas of peach, vanilla, and lemon posset with spicy oak notes on the finish. With well-balanced acidity and an attractive dry, medium-bodied palate, it's sure to surprise and delight.

£9.99



ArtERY Live bring Mambo Jambo in concert to Cottingham and Willerby libraries

This November, East Riding Libraries will be hosting more events by ArtERY Live, thanks to funding from Arts Council England.

ArtERY Live bring the best in live performance, including dance, drama, music, and poetry into the East Riding every year.

Councillor Nick Coultish, portfolio holder for culture, leisure and tourism, said: "These events will be great fun across a range of venues in the East Riding, and demonstrate again that libraries are books and more! It's great news that this extra funding from Arts Council England is enabling us to work again with ArtERY Live and bring a variety of events to the East Riding."

Mambo Jambo in Concert

Acoustic Roots duo Mambo Jambo are a unique two-piece with their joyous mash-up of sounds from roots, folk, world, & jazz, plus their own compositions. With Frankie on sax, vocals, clarinet, flute, guitar and spoons plus other percussion, and Pete

on guitar, vocal, ukulele, tres (traditional Cuban guitar), banjo, accordion and suitcase!

Pete and Frankie have been gathering admirers at shows and festivals the length and breadth of the country.

The events are most suitable for music lovers aged 10 and up. Light refreshments will be available at the interval and are included in the ticket price.

Mambo Jambo will be at:

Cottingham Library and Customer Service Centre

9 November, 2023, Start Time: 5.15pm

Willerby Library

23 November, 2023, Start Time: 7pm

Tickets for all events are available now at: <https://www.bridspa.com/whats-on-venues/> go to 'libraries events'

Tickets can also be booked on 01482 392699. Tickets may also be available at the performance venue – contact the venues direct for more information.

The Phoenix Walkers

Phoenix Walkers are an adult walking group, who have a coach ramble every fortnight on a Sunday from Feb to Dec.

Autumn is now upon us, what better time to get out and about with friendly like minded people, and enjoy some brilliant walks. A full day out, bring a packed lunch, stout shoes/boots and a waterproof. We finish our walk at a pub/cafe before going home and dropping you off at your pick-up point to end a brilliant day

Our next walks are:- Nov 5th Brantingham

Nov 19th North Dalton.

All walks are risk assessed and have leaders

A Walk 7-10 miles; B Walk 5-7 miles. £12 per person /seat

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Motoring - with Roy Woodcock



A small car with a big difference - that's the new DS 3. Roy Woodcock reports . . .

If you're in the market for a new small SUV that's a little out of the norm and fancy being cosseted with a little luxury, then the DS 3 could be the car for you. It has oodles of personality, bags of premium features and an eye-catching design.

Not for nothing are the DS initials interpreted as Different Spirit or Distinctive Series. The first DS made its debut at the 1955 Paris Motor Show, strutting its stuff like a fashion show model on the catwalk.

This is the haute couture of the motoring world, so it's very apt that the French car company unveiled the new DS 3 at the start of Paris Fashion Week before its world premiere at the most recent Paris Motor Show.

It certainly turned a few heads during the week it spent on East Riding roads and I really enjoyed every minute driving the car.

DS is now part of the giant Stellantis group and this car shares its underpinnings with a variety of other SUV siblings from the likes of Citroen, Peugeot and Vauxhall. That said, it's dressed inside and out in the most distinctive way.

The DS 3 was originally launched as the Citroen DS 3 in 2009 before being rebranded when the DS division became more independent. Interestingly, the company has outsold Lexus in Europe since 2020 and that's a measure of where it stands.

More recently, previous iterations of the car have been branded as the DS 3 Crossback - this latest, much better, model simplifies things even further by dropping the Crossback name.

The car is now offered with a choice of two petrol engines (a 1.2-litre offering either 99 or 128 horsepower) and one fully-electric powerplant and five trim levels. Diesel is no longer an option.

Entry-level Performance Line models get Alcantara upholstery, rear parking sensors, climate control and a 10.3-inch infotainment screen loaded with connected tech. Stepping up to Performance Line+ nets you LED headlights, a navigation system, keyless start and larger alloy wheels while a small jump to Rivoli trim brings leather upholstery and a glitzier body with extra chrome trim.

Added just last month and available for delivery in November, is the DS 3 Esprit De Voyage, based on the Rivoli specification, but with added individual design touches, inside and out.

Finally, at the top-of-the-range, the Opera specification

24 November - www.cottinghamtimes.co.uk

gets all the tech DS can cram into it, with a wireless phone charger, heated and massaging front seats, a heads-up display, reversing camera and some more sophisticated safety tech.

Only the entry-level model has the lower-powered 1.2-litre engine fitted as standard (with the more powerful 128bhp version as an option) - all other versions, including the Performance Line + model tested here, come with high-power engine, mated to an eight-speed automatic gearbox. It delivers a 0-62mph time of 9.2 seconds and a top speed of 124mph.

There are three driving modes, Normal, Eco and Sport, and out on the road the car handled really well; smooth in operation, quiet and holding the corners well. Economy is in the mid-40s mpg. From the outside, the DS 3 looks the part. It won't be mistaken for anything else thanks to a bold front end with a large grille, a usefully lofty ride-height, and a distinctive kick in the window-line on the car's profile.

The car's party-piece - the flush-fitting door handles pop out when you unlock the car - is a really nice touch, while the facelifted DS 3 stands out thanks to its pair of vertical LED strakes on either side of the grille.

Things are just as interesting inside. The interior is a cacophony of tactile materials and geometric shapes with key features controlled by touch-sensitive diamond-shaped "tiles" rather than buttons. It looks unlike anything else on the market and although certain operations take a little time to get used to, these differences are what sell the car to me.

Space-wise, perhaps the rear seats and boot are a little disappointing, but this DS 3 is a fun car and one that stands out from the crowd. Prices start from £25,940.

For more information visit www.dsautomobiles.co.uk.



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How to Do it For East Yorkshire: A new one-stop shop for community groups

A new website has been launched to help community groups easily access information and resources that can help them deliver community activity and develop their organisations.

East Riding of Yorkshire Council's regeneration and funding team have designed How to Do it For East Yorkshire as a one-stop shop to make it easier for existing and developing voluntary community groups to access advice and support.

The online platform is now live, providing a gateway to a wealth of information from reputable national and local sources, including the Government and the council.

As well as providing answers to many frequently asked questions, such as how to set up an organisation, establish effective governance, manage events and secure licenses, the site will help organisations put themselves in a better position to secure external funding.

It will also encourage users to provide feedback and suggestions for additional content they would like to see included.

Councillor Anne Handley, leader of East Riding of Yorkshire Council, said: "Volunteers form the backbone of thriving communities, making substantial contributions to the local economy.

"How to Do it For East Yorkshire will be an invaluable resource for community groups, simplifying access to funding, and empowering them with the knowledge and guidance they need to grow.

"Whether you are just setting up, organising a public event or want advice for your social enterprise, the How to Do it For East Yorkshire website is the place to start."

For more information, visit howtodoitforeastyorkshire.org or email the Local Growth Team at localgrowth@eastriding.gov.uk.

Kirk Ella and Willerby Short Mat Bowling Club

Our venue is: St Andrews Memorial Hall, Beverley Rd, Kirk Ella, HU10 7QA (opposite the Police Station).

Bowling is every week on Mondays and Thursdays, 2 – 4 pm (Sept – April). Everyone is requested to turn up at around 1.40pm, so that people can help with setting up the bowling equipment, pay their subscription fees and get refreshments organised. At 3pm there is a refreshment break, of tea/coffee and biscuits which is free of charge.

New Members are very welcome to our Short Mat Bowling Club. The 1st bowling session is free. If people are new to bowling, we have bowls that can be borrowed free of charge. People are asked to bring a pair of clean flat soled shoes (these shoes should ideally have rubber soles e.g. trainers or deck shoes). We have Club Members who are willing to show new people how to bowl and explain the rules.

If you require further details, then please phone Ian or Brenda on; 01482 650157 or email us at: bgih@hotmail.co.uk.





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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 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.

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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 your garden furniture to protect over the Winter

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. 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 2023

By Kay Gower

Aries (Mar. 21- April 20)

A wish will be fulfilled before the end of the year. Let go of some self-imposed rules and you will be heading towards some happy times. Romantic matters are highlighted around the full moon on the 27th.

Taurus (Apr. 21- May 21)

Embrace your inner perfectionist this month, Taurus. It's an excellent time to get organised and tackle those lingering projects. Just don't get lost in the details.

Gemini (May 22-June 21)

All things associated with emotion will make an appearance when the planet Venus begins its transit through your solar 5th house from 9th November to early December. Your intuition is your superpower this month so trust those gut feelings and let your dreams guide you.

Cancer (June 22-July 22)

The past is gone and can't be changed and that's that. The planets urge you to pursue your true path, tie up any loose ends and November will lead you into that new lease of life you've been looking for.

Leo (July 23-Aug 22)

Change is on the cards. Look forward to a future that you are uniquely equipped to make the most of. This month has the potential to be quite enchanting in some ways.

Virgo (Aug 22 - Sept. 23)

Around the time of the full moon on the 27th things will suddenly become easier. Now is the time to cut away certain bonds connected with the past that have held you back.

Libra (Sept. 24 -Oct. 23)

Strong social trends dominate and you have what it takes to make a good impression in all social settings of which there could be many. The planet Venus transits your first solar house all month, this will be a good time for a romance or a friendship that could bring much joy into your life.

Scorpio (Oct. 24 - Nov. 22)

Once they set their mind on accomplishing something most Scorpio individuals can achieve anything they desire, (especially around the 18th). Single Scorpio's should be circulating as much as possible this month as they could meet someone new.

Sagittarius (Nov. 23 -Dec. 21)

November has your social calendar jam-packed, Sagittarius. This is the month you'll be shining brighter than the full moon. Pack your bags and set off on an impromptu journey.

Capricorn (Dec 22.- Jan. 20)

Your mission this month will be to find peace with who you are, take pride in your thoughts and talents, and to stop incessant worrying. Avoid pointless discussions or arguments especially around the 27th.

Aquarius (Jan 21 - Feb 19)

Your plans for this month are good especially if you can avoid rushing your fences, allow things happen naturally especially around the 14th.

Pisces (Feb. 20-Mar. 20)

In a mad world of technology and rush, never stop listening to your intuition or believing in your dreams. In our darkest moments dreams provide a ray of hope.

Sea angling championship celebrates 30th anniversary on East Riding coast

The stunning East Riding of Yorkshire coast will once again welcome anglers from the UK and overseas as they take their place at the 30th Paul Roggeman European Open Beach Championship.

The three-day beach fishing competition will take place from Friday 1 March to Sunday 3 March 2024, stretching from the north end of North Marine Promenade, Bridlington, to Pilot Jetty at Spurn Point.

Tickets are now on sale and are fixed at last year's prices. Advance tickets are always in high demand with anglers visiting from across Europe, and as this is the event's 30th anniversary, it is anticipated that tickets will sell out quickly.

There will be exceptional prizes and fishing equipment to be

won, and competitors will be able to pick up valuable experiences, tactics, skills and techniques while enjoying a fun-filled weekend meeting new and old friends.

Exhibitors will be on hand to offer expert advice and great offers on their products.

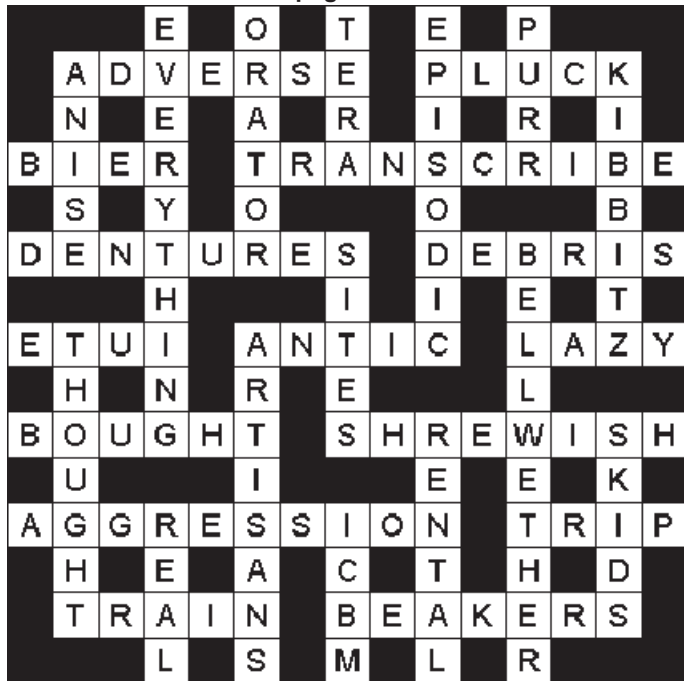
The popular Flattie Bash warm-up event will take place on Friday, 1 March, kick-starting a full weekend of angling. This catch-and-release event will be held between Fraisthorpe and Hornsea, with fishing times between 10am and 2pm. Tickets cost £10 per person (cash only) with registration taking place on the day at Hornsea Floral Hall from 7am to 9.15am.

"We are proud to welcome this prestigious angling competition back to our beautiful coastline and I'm am sure it will prove to be as popular as ever and a great success.

"This event generates around half a million pounds for local businesses, helping to keep our high streets thriving."

For more information about the competition and to book tickets, visit the European Open Beach Championship website or Facebook page.

Crossword solution from page 14



Sudoku Answer from page 12

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

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New East Riding bus service improvements to launch in November

New improvements to six bus services are to launch as part of a new scheme to boost the East Riding's public transport network to support both urban and rural communities.

East Riding of Yorkshire Council is to fund new evening and weekend bus services, extensions to existing routes, to help local passengers and strengthen the network.

Some services have already started or will start operating on 5 November, including:

New Friday, Saturday evening and Sunday services on the Goole Town Bus network,

New Friday, Saturday evening and Sunday services on service 747 between Pocklington, Full Sutton, and York,

A new Sunday 361 service between Goole and Scunthorpe, Friday, Saturday evening and Sunday 55 Services between Hull, Brough, Gilberdyke, and Goole,

An additional weekday service 143 between Withernsea and Beverley.

A new Saturday service between Allerthorpe, Melbourne, Aughton and York.

The improvements are the result of the council being awarded £2.28 million in funding from the Government over two years, running from September 2023 to September 2025.

The Department for Transport announced £160m Bus Service Improvement Plan Plus funding for local authorities across the UK in May.

The funding can only be used to support, enhance, or start new bus services and introduce fare initiatives.

As a result of the award, the East Riding of Yorkshire Enhanced Bus Partnership board has approved a programme of service enhancement to support local passengers and improve the frequency and scope of the current transport services already available.

The bus partnership is made up of the council, local bus operators and other stakeholders.

The new services were announced at an East Riding of Yorkshire Enhanced Bus Partnership Forum event held at Bishop Burton College, near Beverley, on Friday 13 October.

Councillor Paul West, the council's cabinet member for environment and transport, said: "Thanks to this Government funding and thanks to the work of the partnership, we've been able to support the bus network with these six new services.

"We really hope these new and more frequent bus services will be a big difference to local passengers."

The partnership is due to announce more service improvements beginning in January, including services in Bridlington and Beverley, and further enhancements to rural bus routes.

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New cutting-edge VR treadmill for neuro patients at Castle Hill Hospital

Patients recovering from brain injury at Castle Hill Hospital now have access to new state-of-the-art Virtual Reality (VR) equipment to aid their recovery.

An innovative multi-directional treadmill system aims to transform the way patients engage in physical exercise by providing a fun and captivating experience that stimulates real-life challenges.

Whether it's navigating a bustling city street, trekking through a scenic mountain trail, shopping at a supermarket, or even participating in a friendly sports competitions, the treadmill can replicate these experiences within a safe and controlled environment.

Castle Hill Hospital is believed to be the first hospital in the country to begin using such a system for neuro-rehabilitation.

Dr Abayomi Salawu, Consultant in rehabilitation medicine says:

"We are excited to introduce this technology to our patients. Physical activity plays an important role in the recovery process, and this treadmill offers a unique and effective approach to rehabilitation. By transforming traditional exercises into immersive and enjoyable activities, we aim to motivate our patients and make their recovery journey both engaging and successful.

"One of the key advantages of the VR multi-directional treadmill is its ability to simulate various scenarios that patients may encounter in their day-to-day lives, like a trip to the shops or a walk in the country. The VR multi-directional treadmill is a ground breaking addition to the hospital's comprehensive range of therapies for people with acquired brain injury who need help with both their physical and mental rehabilitation.

"The advanced technology harnesses the power of virtual reality to create an immersive and interactive environment for patients, and by combining the benefits of movement with the engaging elements of gaming, this novel approach aims to motivate patients while promoting their physical well-being and coordination."

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Also used to create scenes within the movie industry, the multi-directional treadmill boasts numerous features designed to enhance the patient experience. With its advanced motion sensors and responsive control systems, it can adapt to users' movements, providing an unparalleled level of freedom and fluidity.

Patients aren't required to wear any special shoes. Instead, textile overshoes are used, that are worn above regular shoes. They can walk, jog, or run in any direction, challenging themselves at their own pace while being guided by the virtual reality experience.

Additionally, the system incorporates real-time feedback and progress tracking, enabling the medical staff to monitor patients' performance and tailor their rehabilitation plans accordingly.

In an effort to ensure that the technology reaches as many patients as possible, Dr Salawu plans to collaborate with various medical specialists, who can leverage the VR treadmill to design specialised exercise programmes.

Dr Salawu continues:

"We are dedicated to pushing boundaries of medical innovation and providing the highest quality of care to our patients. The treadmill represents a significant breakthrough in-patient rehabilitation, offering a different and exciting approach to physical rehabilitation that promotes engagement, motivation, and overall well-being. We are collaborating with software specialists to create bespoke VR apps with local flavour and content to use with the treadmill"

The team on Castle Hill's Complex Rehabilitation Ward are aiming to start using the equipment with patients

when the bespoke VR apps are ready, and look forward to witnessing the positive impact this state-of-the-art technology will have on patients' recovery from brain injury.

Maureen Hunter Singers present 'Christmas Voices'

The choirs are well into rehearsals for their 'Christmas Voices' concerts, to be staged this year in the Bricknell Avenue Methodist Church, Hull, on Saturday 9th December at 3.00 p.m. AND on Sunday 10th December also at 3.00 p.m.

There is free car parking at the Kelvin Hall Sports Pavilion, a short walk from the church in Bishop Alcock Road (HU5 4RR).

The programmes of both senior and junior choirs, and that of a variety of soloists and ensembles, will be chosen to provide 'something for everyone' – with the ultimate aim of sending our audiences away full of seasonal joy. This year we'll be including Maureen's very first male voice group - the Mentones!

Tickets (priced £9.00 including refreshment) are available from Mr. Paul Newman, 102 Carr Lane, Willerby, HU10 6JX (Tel: 01482-655318), or via Choir members.

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Bjorn in Bridlington

Björn Ulvaeus, Songwriter, Producer, Entertainment Entrepreneur and founding member of ABBA has been announced as the keynote speaker for The Business Day at Bridlington Spa on Friday 7 June 2024.

Björn Ulvaeus is set to captivate and inspire delegates as the keynote speaker at The Business Day at Bridlington Spa as he talks about the creation of ABBA Voyage, leadership, entrepreneurship, Artificial Intelligence (AI), Technology, Innovation, Meta Data and the complexity of business in the music industry. This eagerly anticipated event will bring together more than 650 regional and national business leaders, for an unforgettable day of insights, creativity, and knowledge sharing.

Björn Ulvaeus, a true luminary in the world of music and entertainment, has delighted and touched the hearts of millions across the globe with his extraordinary talents. As a founding member of ABBA, he played an instrumental role in shaping the sound of a generation and leaving an indelible mark on the

music industry. His creative genius and ability to connect with audiences have earned him accolades and a place in the pantheon of music legends.

Björn said “I look forward to being a part of The Business Day at Bridlington Spa where I’ll be talking about ideas, innovation, and collaboration.”

Stephen Parnaby OBE, The Business Day Event Director said “We are honoured and ecstatic to welcome Björn Ulvaeus to The Business Day as our keynote speaker. His contributions to music and culture are unparalleled, and his presence will undoubtedly elevate The Business Day to new heights. Delegates will have the opportunity to gain first-hand insights from a true visionary; his keynote address will be the highlight of the day.”

Mark Lonsdale, General Manager, Bridlington Spa and Producer of The Business Day said “Bridlington Spa is renowned for attracting major names to the region and I am delighted that Björn will be gracing the stage of our Edwardian Theatre as our keynote speaker.

“Delegates can look forward to a thought-provoking and inspiring address that will delve into Mr. Ulvaeus’ experiences, insights, and observations from his remarkable journey in the entertainment industry. With a career spanning decades, Björn will share valuable perspectives on creativity, collaboration, innovation, and the power of music to transcend boundaries.”

The Business Day is aimed at business leaders as an inspirational day with guest speakers, breakout sessions and networking opportunities. Delegates will have the opportunity to engage in dynamic discussions, networking, breakout sessions and more, all aimed at fostering innovation, collaboration, and growth within business. The inclusion of Björn Ulvaeus as the keynote speaker adds an extra layer of prestige and excitement to the event.


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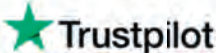
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Melanie Watson of Skidby Livery Stables with the latest of her monthly articles

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Nero has gone home!

Following a huge process to help this very complicated young horse learn how to feel differently about all aspects of life with humans, Nero has finally gone home.

I wrote previously about the huge impact imprinting has on horses when hand rearing a foal is not done sensibly, Nero was all caught up in that vicious circle.

He arrived into my care as a very dangerous individual back in July. None of the dangerous behaviours he displayed were his fault, he had no way of knowing that what he was doing was unwanted. He came with a nervous disposition, running over you, running at you and running through you!

He was hard to stable as he immediately spun around barging straight back out over the top of you. He had a big history of barging through field gateways. As a grown up 4 year old, standing at 16.1 hands high, all he knew was that he had been experiencing changes with humans. They were rejecting him! However, imprinting meant that humans represented maternal nurture, safety and a need for closeness. Over the last couple of years, humans had been trying to push him away which had made him very conflicted and had only served to increase his need to stay close, all mixed in with anger, conflict and rage. He resented the changes. This situation is where so many people find themselves with hand reared horses- they turn into aggressive individuals and very many are lost along the way.

Teaching him to become a ridden horse was only part of his journey with me. Changing his feelings about life with humans was simply the biggest part. Encouraging him to become more independent and more confident in himself and in whatever environment he was asked to be in or face. One of most important protocols to implement (without causing anger), was a cue from us that there was no reinforcement to find in our presence out in the fields. I taught him a space signal- he stays there, we stay here. By sheer repetition, he learned to move away from us and go back to grazing while we worked on the land. He would immediately come flying up then stop a few feet away, think about it and eventually move off and do something else.

34 November - www.cottinghamtimes.co.uk

Leading him safely required us to put up a protected contact space between us. He stayed 4 feet away from us while we led him in and back out again.

I encouraged his seeking system in the stable by always having a handful of pony nuts hidden somewhere inside for him to go and find. This stopped him turning back on us and barging his way out. Over time, this has worked a treat! It stopped his predictable and dangerous habit and he became so calm and content inside as a direct result. He would go find the nuts, we could get out safely, he would be happy and we would be safe. His stress at the stable door stopped, his need to escape stopped and he would just relax and eat from his haynet while taking a normal calm interest in what ever was happening on the yard.

We trained 4 steps of “Go back” at the door, always rewarded with a handful of nuts so that this became a conditioned response to our arriving to halter up and come back out quietly. He learned to stay back with us with the door wide open, no longer needing to charge his way out. He would wait quietly and be asked to join us coming out politely.

These 4 protocols changed so very much with him over time. Emotionally he was no longer conflicted. He was calm, happy and had clarity over the behaviours we wanted – no more confusion, frustration, anger or worry.

Clicker training is a marvellous tool when used correctly with horses. Hand feeding a hand reared horse would send most professional trainers into a melt down as the biggest “No No” ever. I understand that completely and I agree that humans needed to disassociate themselves from being a food giver. However, marker training done well requires the horse to always understand that the food only comes contingent to them performing a behaviour we want and that the food comes to them- they do not move towards the food. It’s a huge task at first and must be made so simple for them to grasp the concept without frustration or conflict. Once in place its fantastic and a game changer for horses. We can shape all the training moves incrementally, with calmness and clarity and he loved it. Using traditional pressure training on a horse like him is why so many are lost along the way because they hate it, fight it and it escalates rage.

Over time he learned to have me alongside him and behind him with long reins on. Eventually he learned to wear a rider ontop of him and had clarity over all the forwards and flexion movements with clear cues in place. He learned about putting his own bridle on himself, not us forcing it on him. He was calm to saddle up. He learned to stand himself up in position for mounting, all done with clicker training. He learned about roads and traffic. He learned about being ridden with another horse and bit by bit this lovely young horse was successfully started under saddle.

His owner came to work with us and learn about how to use this form of training with him. She successfully rode him out and learned all about the clarity needed for ground handling.

As of yesterday, Nero is now back home in Wakefield. I’m not quite sure how I feel! I’m delighted of cause but oh boy, am I going to miss him! He was an all-encompassing project which took me way longer than any “normal” horse to achieve the results we needed. A safe, calm, and no longer conflicted young horse.

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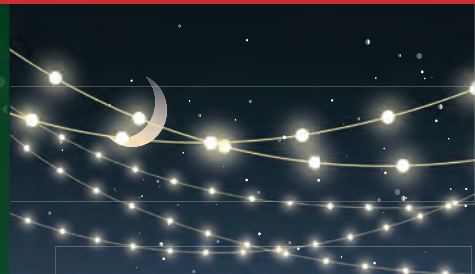
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