

Cottingham Times

and District

Issue 215 - October 2019



STEPHEN RICHARDSON
PLUMBING, HEATING & GAS SERVICES LTD

01482 840 877
07779 887 769



Ensure you're ready for the coming months.

Ask about our new boiler installation & don't forget to service your boiler.



Contact us for professional advice on all your plumbing and heating needs.

www.srichardsonplumbing.co.uk
srichardsonplumbers@gmail.com

Unit 2D Station Road
Cottingham, HU16 4LL



Home...

it's where the heart is.

Magnolia
House



From the moment you first walk through the door, you'll know you've found the right care home for you or your loved one! Magnolia House, in the leafy suburb of Cottingham, is a wonderful, five star residential home for the elderly.

Residential Care ~ Dementia Care
Respite Care ~ Day Care

With a genuine 'home from home' atmosphere, relaxing environment, tasty, nutritious food and beautifully landscaped, extensive gardens Magnolia House values the importance of elderly care whilst offering a whole new lifestyle with unrivalled services. Our dedicated activities co-ordinator organises a variety of leisure pursuits, therapies, entertainments and outings to stimulate, inform and brighten the day for everyone.

Call us or drop in for a chat over a cup of tea!



NEW! Lovely, beautifully appointed double rooms now available for those couples wishing to remain together for a break, respite or permanent care.

Stylish décor • Elegant rooms with en suite

- Bespoke and individual care plans
- 24 hour care and support

Magnolia House • 42 Hull Road, Cottingham,
East Riding of Yorkshire, HU16 4PX

T: 01482 845038

www.parklanehealthcare.co.uk

Park Lane
HEALTHCARE

making new memories

THE COTTINGHAM TIMES

1 Forge Place, South Rise, Skidby, Cottingham HU16 5UL
Telephone: 01482 840035 :: Mobile 07563 885388

Editor: Keith Teale

Published Monthly by: The Cottingham Times

Enquiries: Advertising

Tel: 01482 840035 :: Mobile 07563 885388

Editorial and Contributions

Tel: 01482 840035

Accounts: Tel: 01482 840035

Website: www.cottinghamtimes.co.uk

E-mail: media@cottinghamtimes.co.uk

Cottingham Times is a totally independent publication.

The views expressed in the Cottingham Times are not necessarily those of the editor. Copyright of the entire magazine contents is strictly reserved on behalf of the Cottingham Times and the authors. No part of this magazine may be reproduced in any form without prior written consent of the Cottingham Times.

Disclaimer

Whilst every effort is made to ensure the accuracy of the dates, event information and advertisements, events may be cancelled or event dates may be subject to alteration and the Cottingham Times can accept no responsibility for the accuracy of any information or claims made by advertisers included within this publication.

Notice to Advertisers

Trades Descriptions Act 1968. It is a criminal offence for anyone in the course of a trade or business to falsely describe goods they are offering.



**EAST RIDING
ELECTRICAL**
Domestic, Commercial and
Industrial Electrical Contractors



- Full/part re-wires
- Fuse boards replaced
- Extra sockets & lights
- Security alarms
- Smoke detectors
- Electric heating
- Electric heating
- Electric showers
- Immersion heaters
- Fault finding & repairs
- Safety checks



Contact Us:
Tel: **Anlaby 01482 571222**
Email: info@eastridingelectrical.co.uk
Web: www.eastridingelectrical.co.uk





**Bridget
FREER**

07541 009321
bridget@bridgetfreer.co.uk

clinical hypnotherapist

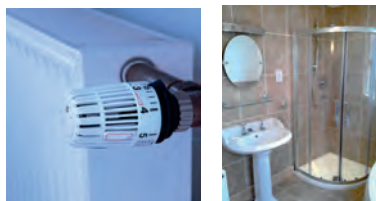
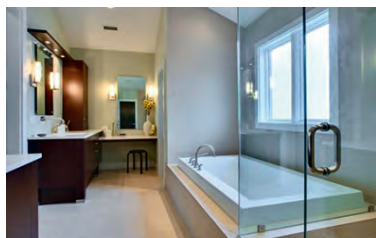
Lose weight with a
Virtual Gastric Band

Smoking: Stress: Phobias

www.bridgetfreer.co.uk

Williams Plumbing & Heating

(Established over 35 years)



**Plumbing - Heating -
Bathrooms - Tiling**

Full Bathroom Installations

• Tiling • Electrics • Building Alterations • Joinery

Central Heating

• Full Systems • Boiler Changes

Plumbing and Gas

• Gas Fires • Servicing to all Gas Appliances



**Accredited Worcester
Bosch Installer**

Tel 882552 Mobile 07721 366343

PAINTER & DECORATOR

25 YEARS EXPERIENCE

QUALITY WORK

TEL: 01482 876743 (COTTINGHAM)

**DAISY
DECOR** *

ALL WORK CONSIDERED - NO JOB TOO SMALL
ALTERNATIVE TEL NUMBER: 07929 216172

Looking for Window Blinds?

All Types of Blinds Supplied - Vertical / Roller / Venetian / Roman



Conservatory
Specialists

**5YR
Guarantee**
ON ALL
PRODUCTS

UKBlindsdirect
www.ukblindsdirect.com
info@ukblindsdirecthull.co.uk

ALL blinds Measured & Fitted **FREE**
Call us for a no obligation quotation
01482 840238

**Great service
Great prices
Great value**



Call 707 800
Ask for : Sally, Chloe,
Katie or Linsey or
pop in at
97 King Street

**Home Insurance
Motor Insurance
Taxi Insurance
Travel Insurance
Funeral Plans
Landlords Policies
Business Insurance**

Hedon Insurance
Serving East Yorkshire for 50 years (1969-2019)

Offices in Cottingham, Hull, Hedon & Hornsea

Hedon Insurance is Authorised & Regulated by the
Financial Conduct Authority.



In Cottingham and District

The deadline for entries in the November 2019 "What's On" section, is no later than the 20th October 2019.

Cottingham Methodist Church Photography Group

Tuesday 1st October 2019 - 7.30pm

Tuesday 15th October 2019 - 7.30pm

Tuesday 29th October 2019 - 7.30pm

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

Haltemprice Art Group

October 1st - Line & Wash workshop with Eleanor Tomlinson

October 8th - Paint a Cafe Scene

October 15th - Still Life Sketching Evening (G. Wilks)

October 22nd - Appraisal Evening with Sue Spivey

October 29th - Half Term

A model and/or still life will be available on sketching nights or you may bring your own subject at any time. Demonstrations, Talks, Workshops, Appraisals etc.: Members £2.50, Visitors £3.00 All other meetings are covered by the annual subscription. Cottingham High School And Sixth Form College, Harland Way, Cottingham HU16 5PX. From 7.00 pm to 9.00 pm.

Cottingham Local History Society

Wednesday 2nd October - Paul Schofield "Hull City "Centre", in the Red Hall, Hallgate Primary School, starting at 7.30pm. Meeting fee: Members £2.00; Non-Members £3.00. Contact Chairman Mr. Peter McClure 845734.

Cottingham Men's de Luda Society

Wednesday 2nd October - Tony Dickinson - The Reverend Cragg Haynes, in St. Mary's Church Hall, on alternate Wednesdays starting at 2.00 pm.

Little Weighton Yorkshire Country Women

Wednesday 2nd October - Marion Gamble - Writing for Young Children and Getting Published. Non members very welcome. In the Village hall at 7.30 pm.

Cottingham Ladies Circle

Thursday 3rd October - Peter Smales with keyboard "Don't Shoot the Pianist" and homemade cards, to be held in the Darby & Joan Small Hall, Finkle Street, at 2.30 pm.

East Yorkshire Group of the Hardy Plant Society

Thursday 3rd October - Timothy Walker 'Two for the Price of One', how to get maximum impact and value from our plants, at 7.30 pm in Lund Village Hall, Latus Way, Lund YO25 9TF.

"Hull Friends Of The Earth"

Thursday 3rd October - and first Thursday of every month, 7.00 pm for 7.30 pm, all welcome, at Blondes Cruelty-Free Eatery, 106 King Street, Cottingham, HU16 5QE.

**Front cover: King George V playing fields.
Photo: Paul Lakin.**

Hull Alpha Probus

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

3rd October 12 noon – lunch : Speaker – John Day – ‘Classified’

14th October 7:00 pm – Fish & Chip Supper and Quiz at King William IV

17th October 10:15 am – NO coffee morning

31st October 12 noon – lunch : Speaker – Mrs M Oliver – ‘Family History’.

The Skidby Branch of the Yorkshire Countrywomen's Association

Thursday 3rd October - Jackie Ward-Lomax, Quilting and Embroidery. In St. Michael's Church, Skidby at 7.30 pm. **NOTE CHANGE OF VENUE!**

Beverley Male Voice Choir concert

Friday 4th October 2019 - at the Civic Hall, Cottingham at 7.30 pm. Doors open at 7.00pm and tickets are just £8. Available from Barkers of Hallgate, Beverley Tourist Information Centre, Jackie Sewell (01482 845981) and Lynne Clarke (01482 848329).

Wild Spaces Group

Sunday 6th October - Dene Wood, 10.00 am, Dene Road entrance

Friends of Thwaite Gardens

Tuesday 8th October - Friends of Thwaite Gardens present a talk by Bob Hall “Bobbing about”, the illustrated wildlife walks of amateur naturalist, plus AGM (brief). Plant Stall. In the Methodist Church Hall, Hallgate, Cottingham. Entry: Members of ‘Friends of Thwaite Gardens’ Free; Non-members £2.00.

Cottingham Green Women's Institute Evenings

Thursday 10th October - Colin Hill Brooklands, Photographic Society. Competition: A Memorial Photograph. Held in the Darby and Joan Small Hall, Finkle Street, Cottingham, at 7.30 p.m., second Thursday of each month.

Hull and East Riding Glaucoma Group

Friday October 11th - When we will be pleased to welcome speakers from the Eye Hospital pre op assessment team. Whether you've already had eye surgery, or about to have it, this meeting will provide the opportunity to find out more about the process involved in relation to the pre op assessment appointment, the work of the unit, and the care they provide for people requiring preparation for eye surgery. All are welcome. To find out more join us at Sight Support Hull & East Yorkshire (formerly HERIB) on Beverley Road, Hull, at 11am. Entry £1.50 per person. A 2 course lunch, cost £5, and bookable in advance will be available following this meeting. For more information and to book your place (and optional lunch) please call Sight Support on 01482 342 297.

Little Weighton Village Hall

Friday October 11th - from 7.30pm. “Red Kites in Yorkshire” illustrated talk by Nigel Puckrin. £5 per person including tea and scone. Tickets available from Little Weighton Post Office.

East Yorkshire Embroidery Society

Saturday 12th October - Dawn Cameron-Dick “The Wonderful World of Wadding, in the Darby & Joan Hall, Finkle Street, 2.30 pm to 4.00 pm (Doors open 2.15 pm). £2.00 members; £3.00 visitors. Tea/Coffee and biscuits available).

Continued on page six

Support the advertisers who appear within the Cottingham Times

Four Generations, giving 100 Years of Family Service

Herbert 1870-1962	Eardley 1908-1986	Geoffrey 1939-2015	David 1964
----------------------	----------------------	-----------------------	---------------



Golden Charter
Funeral Plans



- Funerals Respectfully Conducted
- 24 Hour Out of Hours Service
- Free Advice and Support
- Private Restrooms
- Pre-Paid Funeral Plans Available
- Finance Options Available



Tel: 01482 844695

www.hkempandsonltd.com

259 Hallgate, Cottingham, East Yorkshire, HU16 4BG

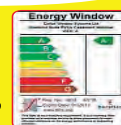
Fax: 01482 433898

Email: hkempandsonltd@gmail.com

Get the

Wow Factor with **COLFAX WINDOWS**

upto
55% OFF **WINDOWS AND DOORS**



- Extensive Range of Composite Doors
- Large Indoor Showroom
- Large Outdoor Showground
- Planitherm Energy Saving Glass
- Open 7 Days a week

**Buy Now
Pay Later**



45% OFF
CONSERVATORIES AND ROOFLINE

0% INTEREST FREE CREDIT

For a no obligation free quotation

Call **01482 879077**

or visit us online

www.colfax.co.uk

and click “online quote”



Leads Road, Hull HU7 0DE

Find us on Follow us on

COLFAX Windows Systems
Over 28 years of excellence
WINDOWS ■ DOORS ■ CONSERVATORIES

www.cottinghamtimes.co.uk - October 5

Humberside Bonsai Society

Sunday 13th October - Full joint workshop with N.E. Lincs. 10.00 am to 4.00 pm. Meetings are held between 10.00 am to 1.00 pm, in the Darby & Joan Hall, Finkle Street, HU16 4AZ, on the second Sunday of each month.

Catholic Women's League

Monday 14th October - Barbara Avery - Memories of Argentina. Meetings held at the Holy Cross Church, Carrington Avenue, in the Garden Room, 7.30 pm.

Hull and East Riding Astronomical Society

Monday 14th October - "Class IV (Rare) Meteor Showers" by Ray Taylor HERAS a member of Nemetode.org a UK-wide group of meteor observers. The talk will be illustrated with videos of meteor events as recorded by Ray's system.

A Bespoke Sofa or Suite designed by you, built by us

For 35 years we have been turning
people's furniture dreams, into reality!
A unique piece of furniture that fits your
home perfectly.



Hannam Upholstery Company

Hand-built furniture that carries a 10 year frame guarantee

1b Main Street, Willerby, East Yorkshire HU10 6BP.

Tel/Fax: (01482) 658787

Find us on Facebook and Twitter

We meet every second Monday in the month at the Civic Hall, Cottingham, starting at 7:30pm until about 9:00pm. We are a friendly group and you are assured of a warm welcome if you come along to the meetings. You do not need to be an "expert" just someone who "looks up at the night sky and wonders . . .".

YPI Camera Club

Monday 14th October - Show an AV based on the subject "People". The club encourages the production & appreciation of audio-visual sequences (AVs). We meet on the second Monday of the month in the Darby & Joan Small Hall, Finkle St at 7:30pm. AV is the presentation of a series of images or video clips with an accompanying soundtrack. AVs are easily produced using software to combine still images, video, text and sound and can be played on any PC, TV, DVD or sent to YouTube. Turn a collection of digital photos into something you will be proud to show. For more details & examples of our work see <http://www.ypicc.uk/index.html>. New members always welcome – just turn up.

East Yorkshire Woodturners:

Tuesday 15th October - Demonstration by Pete Osborne – Registered Professional Turner. Pete – who lives in Cumbria – is a former handicraft teacher, after which he became a professional woodturner and was accepted onto the Register of Professional Turners in 2009. Pete is a popular demonstrator who demonstrates throughout the UK and makes a welcome return to our Club. He also offers tuition in his workshop: <http://peteosborn.wixsite.com/peteosborn>. Meetings are held every third Tuesday each month at Skidby Village Hall at 6.45pm. Visitors are always welcome, whether woodturners, novices, or just interested. (No need to book - £3.50 on the door for guests). For information about the Club, please contact David Taylor, Secretary, 01482 876702, cotters@cotters.karoo.co.uk or visit the Club's website: eastyorkshirewoodturners.org.uk.

The Arts Society, Hull and East Riding

Tuesday 15th October – John Ericson "Shakers and North America, their beliefs, architecture and artifacts". Willerby Manor Hotel (Pavilion Suite). Non-members welcome. Guest tickets £5.00. For further details please contact Membership Secretary, Margaret Ashley, tel. 01482 657574.

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

Tuesday 15th October - Heather Young "A Dyeing Journey", at the Newland Christian Centre, St. Johns Newland Church, Clough Road, Hull. Meeting start at 7.15 pm on Tuesday evenings. New members and visitors are always welcome. Free Parking. Further details from Jean Ellis on 01482 845415 or www.hullandeastridingnewstitchers.weebly.com.

*For when it's time to make plans,
we can help with...*

- Conveyancing • Family Trusts
- Estate Planning • Wills
- Lasting Powers of Attorney
- Commercial Property

Jane
Brooks
LAW

Hedon 01482 893366
Cottingham 01482 848101

13 St. Augustine's Gate, Hedon, HU12 8EU
112 King Street, Cottingham HU16 5QE

www.janebrookslaw.co.uk

Cottingham Evening Townswomen's Guild

Wednesday 16th October - Paul Schofield "Six More Hull Personalities", at 7.30 pm in the Darby & Joan (Small Hall), Finkle Street. New members and visitors are always welcome.

Cottingham Men's de Luda Society

Wednesday 16th October - Phil Bromwich - Musical Theatre, in St. Mary's Church Hall, on alternate Wednesdays starting at 2.00 pm.

Cottingham Ladies Circle

Thursday 17th October - Derek Clarke - Yet More Bits and Pieces and Quiz, to be held in the Darby & Joan Small Hall, Finkle Street, at 2.30 pm.

East Yorkshire Association of the National Trust

Thursday 17th October - 'Mary Wollstonecraft, Beverley and the Georgian Period', an illustrated talk by Professor Barbara English. Meetings take place in the Cottingham Civic Hall, at 7.30 p.m. Non-members are welcome.

Inland Waterways Association

Friday 18th October - An evening of vintage films of Boating. Further information from Roger Bromley. From 8.00 pm to 10.00 pm in the Methodist Church Hall, Hallgate. All welcome.

Little Weighton Gardening Club

Friday 18th October - "Tights, Tea Bags and Pink Daffs", a talk of gardening tips from local nursery Langlands, Nicky Miller. In the Little Weighton Village, at 7.30 pm.

The Hull Macular Society

Friday 18th October is the next monthly meeting held at Sight Support Beverley Road Hull. The guest speaker is an eye consultant from Hull and East Yorkshire Eye hospital. Meeting 10.30 am until 12.15 pm refreshments on arrival. For more information contact Bernard Messingham 01482,830381.

Cottingham Wednesday Social Club

Wednesday 23rd October - Derek Clarke - Bits and Pieces (continued), in the small hall at the Darby & Joan Hall, at 2.00 p.m. Guests and New Members Welcome.

Cottingham Methodist Church, Hallgate

Friday 25th October 2019 - Free Film Night - 6.40pm for 7pm. Refreshments on sale.

The Skidby Branch of the Yorkshire Countrywomen's Association

Friday 25th October - The Skidby branch will be holding a quiz night at the village hall. There will be a Pie and Pea supper, tray bakes for pudding. Tickets are £6 this is always a very popular event, and tickets sell very quickly and will be available from Mary until the 11th October on 01482 843446 A donation will be made to the Yorkshire Air Ambulance.

Swanland U3A Choir

Saturday 26th October - Autumn Concert. Guest performer Caroline Blair on the Northern Pipes. In St. Barnabas Church, Main Street, Swanland, at 7.30 pm. Tickets £5.00 including refreshments after the concert. Tickets available at the door. Proceeds from the concert will go to The Swanland Education Africa Trust.

Continued on page eight

Support the advertisers who appear within the Cottingham Times

QUALITY KITCHEN MAKEOVERS

by simply replacing the doors and worktops

Est. 1999

From the UK's #1 kitchen makeover experts. Visit our showroom now



Before

DREAM DOORS®

NEW LIFE FOR OLD KITCHENS

CALL US NOW FOR A FREE ESTIMATE:

01482 861653

VISIT OUR SHOWROOM:

4A Belprin Park, Swinemoor Lane, Beverley, HU17 0LN



9.7/10

Checkatrade.com

Where reputation matters

- FROM SIMPLE DOOR REPLACEMENTS TO COMPLETE FITTED KITCHENS
- FULLY INSTALLED BY LOCAL PROFESSIONALS IN JUST A FEW DAYS
- CHOOSE FROM A LARGE SELECTION OF DOORS, WORKTOPS AND APPLIANCES
- 84 SHOWROOMS NATIONWIDE

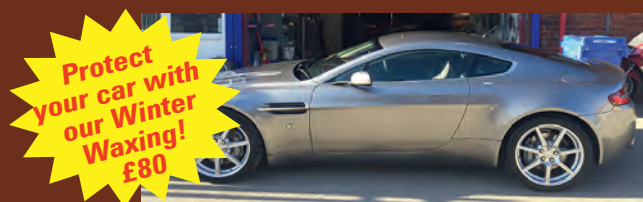
www.dreamdoors.co.uk

See what our customers have to say



SMART REPAIRS

Bumper Scuffs :: Smart Alloy Wheel Repairs :: Power Polish Winter Waxings :: Headlight Polishing



*Pictured is an example of a Smart Repair
"You would never have known it had happened!"*

Unit 11 Station Road, Cottingham HU16 4LL

Telephone 01482 840465

email: john.allen@jjsmartrepair.karoo.co.uk



Like us on Facebook

www.cottinghamtimes.co.uk - October 7



“Taking the soft option

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

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

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

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

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

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

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



GREENS WATER SYSTEMS

647 Anlaby Road, Hull HU3 6SX

Telephone 01482 351769

Email: d.parry@water-systems.co.uk

or visit www.water-systems.co.uk

For: Water Softeners, Softener Salt, Quookers, Water Filters, Fridge Filters

What’s On - Continued from page seven

The East Riding Flower Club

Monday 28th October - At 9.30 am the meeting takes the form of a workshop, which commences with a demonstration, followed by a practice session for members from 1.00 pm. The floral creations following the theme of ‘Autumn Glory’, will be judged at 2.30 pm.. The Club usually meets on the fourth Monday of the month at 2pm at Cottingham Civic Hall. We are a friendly club, and welcome new members and visitors to all our meetings.

Cottingham Community Quiz

Wednesday 30th October - Quiz Master Bill Miller, in the King Billy Pub, Hallgate. £6.00 entry on the door including supper. 7.45 pm for 8.00 pm start. Prize raffle on the night.

Cottingham Men’s de Luda Society

Wednesday 30th October - Peter Smales - “It’s Up His Sleeve”, in St. Mary’s Church Hall, on alternate Wednesdays starting at 2.00 pm.

The Royal British Legion

The RBL are looking for helpers for the annual Poppy collection in Cottingham. Volunteers would be asked to cover two hour shifts in Co-op and Aldi, maintaining the stand inside the shop. Any volunteers are asked to meet at 1030 hrs on Sat 5 October at St Mary’s Church for detailed briefing and completion of the rota. Collections will start on Monday 21 Oct through to Sat 9 Nov from 1100 to 1900 hrs latest.

ParkinsonsUK - Hull and East Yorkshire Group Meeting

We meet every third Sunday, from 2.00 pm to 4.00 pm in the Cottingham Civic Hall, Market Green, HU16 5QG. Contact Steph Hoults 07542 096756 or parkinsonsukhullbranch@gmail.com. Helpline 0808 800 0303.

The Beverley Flower Club

Meets on the first Monday of each month, except August and January, when we have a Demonstration of Flower arrangements by an Area or National demonstrator, and twice during the year, usually before Christmas and Easter we have a Workshop when members can try out their own skills. We meet now at Bishop Burton College at 7.30pm and are always pleased to welcome new members. Find us on Facebook or ring 01430 828466 or 01482 865439 for further details.

Hull Folk Dance Club

Tuesdays 7pm for 7:30 to 9:30pm. Darby & Joan Hall, Finkle St., Cottingham. Enjoy free tea/coffee and biscuits and get to know the members. Your first visit is free. Come on your own or bring a friend for light exercise in a friendly environment. No experience is necessary and everyone is welcome. Beginning again 2nd September. All dances are walked through before being set to music. Beginners tuition is also offered. More information from Keith Alexander on 01482 509751; Jan Gray on 01482 840637 and www.folkdance.me.

Card making classes at Cottingham Methodist Church hall.

Every Monday (except Bank Holidays) - 1.30pm to 3.30pm. New members welcome. All levels. Contact Ann on 07932833578.

Musical Memories

Do you enjoy a good sing-a-long? If so come and join us on the 1st Thursday of the month, 1.45 pm until 3.15 pm. We have coffee/tea and cakes halfway through. No Charge FREE. And we meet in the Methodist Church, Hallgate.

Continued on page 43

CAN WE SEE OUR GRANDCHILDREN PLEASE?

Brenda Dale family solicitor at Graham and Rosen Solicitors explores the rights of grandparents on family breakdown.



In many families, grandparents play an invaluable role as a source of love and support whilst also offering practical help including childcare. As a result there is often a close bond between a grandparent and grandchild built up over many years. A divorce or relationship breakdown between a child's parents can have a devastating effect on this.

A frequent question is "do I have any legal rights to see my grandchild?" Sadly, there is no automatic legal right to contact with grandchildren though it is possible to seek the right to pursue an order to see them.

Despite parental conflict, grandparents should try to work with both parents to sort amicable arrangements to remain involved in their grandchild's life; although difficult when emotions are running high, trying to remain neutral can reap future rewards. Even a "wronged" spouse can often see what their child gains from a strong relationship with both sets of grandparents especially when the child may be experiencing divided loyalties.

The next best solution is mediation. This involves voluntary participation by parents and grandparents in sessions with a trained mediator to try to achieve a mutually beneficial outcome. Any arrangements made are not legally binding but can still work well. Mediation provides a safe and controlled environment to air grievances and seek practical solutions. Mediation is also a pre requisite of court proceedings.

If other options fail then seeing a solicitor may be sensible. An initial letter proposing ongoing contact with the child, worded in a non-confrontational way, may be enough to get a reluctant parent to reconsider their stance. Failing that, an application to court can be made which is a two stage process. Firstly, to seek "permission" through court to make an application for a Child Arrangements Order (which includes contact). It is important to remember that the court's paramount consideration is always the welfare of the child, decided by looking at the case as a whole; any pre-existing involvement in the child's

life, the child's wishes (if old enough to express them) and any risk of physical or emotional harm. A grandparent who has been meaningfully involved in a child's life before separation will overcome the first hurdle and be able to proceed with their application to connect with their grandchild.

The court process can be confrontational and daunting and comes with no guarantees of success. Information is gathered and it is not unusual for there to be several hearings. A Child Arrangements Order could range from indirect contact, or supervised contact to extensive direct time with the child.

Always bear in mind that it is the right of the child to have the contact not the right of the grandparent so best not to approach court with "I am entitled to..."

**GRAHAM
& ROSEN**
S O L I C I T O R S

01482 840201

www.graham-rosen.co.uk

Cottingham: 2-4 George Street, HU16 5QU

Offices also at: 8 Parliament Street, Hull, HU1 2BB Telephone: 01482 323123

Windows 7 countdown, updates, hints & tips

Windows 7 retirement date is getting closer – 14 January 2020. On the basis that all *Windows 7* computers will be of an age that will not take a *Windows 10* upgrade, now is the time to think about a replacement. But should you go for a PC, laptop or a tablet? If you are used to using a PC, then the logical replacement is a new one with *Windows 10* and the latest processor and other hardware inside. You will be able to use your existing screen if it works ok. The same applies if you prefer using a laptop. Whichever you decide to go for, all your existing data (files, folders, emails etc.) can be safely transferred to the new machine. However, if your needs have changed, and you only really use the internet for browsing and shopping, and a few emails etc., then a tablet might be your best option. There are lots to choose from, but my preference has always been for the *Apple iPad*, and I think anyone who has ever had one would agree, as they are so easy to use. The price has come down over the last couple of years, and the latest 10" model starts at £349. You can find other tablets, like *Amazon Kindle Fire* and *Samsung* models from around £100 upwards, but they don't perform quite as well.

Tip! Look here for advice on buying a new laptop: <http://www.rdmcomputers.co.uk/news>

Make RDM your first call for home computer support – call us on: 875666

Windows 10 update 1903 – I have mentioned before about holding off on this one, but recently it seems to be rolling out to most computers automatically. *Microsoft* seems to have ironed out most of the glitches this was causing, but if you do experience any problems, like the *Windows Start* button/menu not working, then the old trick of turn it off and turn it on again sometimes works, (see below if you can't shut down**), but if not you may need to seek assistance.

Fridays off – I would just like to advise my valued customers that I am reducing my working week to Monday – Thursday, so will no longer be available on Fridays (or weekends).

Laptop not starting trick **. If your Laptop fails to start up with just a black screen, try this trick. Disconnect the power lead, then turn the laptop over and take out battery (on some newer models this may not be possible however). Leave for a few minutes then insert the battery and the power lead and try starting up normally. If this doesn't work, it will point to a more serious problem.

Tip! If your top tool bar disappears - press F11 to get it back. If you want to enlarge the size of the page, just hold down the Ctrl key and click the + key.

Technology in numbers:

300 billion - is the estimated number passwords that will exist in the next few years!

29% of computer users would like to use biometric security – that's fingerprint or face recognition and the like.

62 billion – the estimated number of internet connected devices in the next 5 years.

5g Superfast Internet – is rolling out in many cities now, with Hull scheduled for later this year

Memeo update. Many of you may have been using *Memeo* back up software. This performed very well for many years, but for some time now many users have experienced problems, notably with the latest update which always seems to fail. I have to say that I stopped dealing with *Memeo* a few years ago because of various issues, and the fact that purchased licences seem to expire, causing the user to purchase a new one. Regarding the latest update that often fails, **the safest way is to ignore it**, but if you want to apply it, I have now found a workaround, but I can take no responsibility for anything like the licence issue mentioned above! Before attempting the update, right click on the bottom task bar and open Task Manager, then look down the alphabetical list of processes, and click on an *Memeo* background service, and click the button that says 'end process', then do the same for *Memeo Instant backup client*. Then run the update.

Eset 'is the new King of anti-virus' according to *Which?* Magazine that has awarded Eset Internet Security its best buy award. A fitting award for an excellent product that I am pleased to have been promoting and selling for over 11 years now. **For prices, upgrades and licences and renewals – just give us a call.**

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

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

Richard Mills

RDM Computers, Cottingham
01482 875666 or 07850 105424

Web: www.rdmcomputers.co.uk

Email: richard@rdmcomputers.co.uk

All branding & trademarks acknowledged

Stress free Computing



Your local specialist!

Supporting local customers since 2002



- New PC sales
- Home visits
- Computer set-up service
- Computer security and virus removal
- Broadband/wireless and email set up
- Data transfer

T. (01482) 875666 M. 07850 105424
sales@rdmcomputers.co.uk www.rdmcomputers.co.uk



The Hut People - Saturday 26th October

It is with great delight that Swanland Village Hall will be hosting an array of talented performances over the coming months. Swanland Village Association are proud to announce that on 26th October 2019 The Hut People will grace our stage with their folk tunes and global rhythms. The Band Called La Bella perform their musical journey in La Bella and The Lost Chord of Ulanbataar on 10th November.

Then on 30th November the one man show The Ragged Trousered Philanthropist, based on the classic book by Robert Tressell. Also a privately arranged concert in aid of HEART UK will be held on 23rd November when French born singer Flossie Malavialle will no doubt leave audiences wanting more.

So please join us by purchasing your tickets from Yvonne on 01482 634863 or Corinne on cp@swanland.info.

Tickets for The Hut People, The Band Called La Bella and The Ragged Trouser Philanthropist cost £8 adults; £7.50 SVA members paid prior to the day; £4 children. Tickets for Flossie Malavialle are in aid of HEART UK and cost £10 adults and £5 children.

Doors open 7pm show starting 7:30pm. We provide nibbles but please feel free to bring your own drinks and glasses.

For more information on these and other events held at Swanland Village Hall please visit our 'what's on page' at www.swanlandvillagehall.info/forthcoming-events.htm.

Paw Prints



The Happy
Pets Service

pawprintshull@gmail.com

- Dog Walking
- Pet Sitting
- Home Visits
- Pet Feeding
- Prices from £7



We offer a local, friendly and professional service fully insured and based in the West Hull area

For a free consultation call us:
07712 564611 or 07860 123015



Hear **CLEARLY** again...

Never miss out on the sounds you love

with the latest comfortable and invisible hearing aids

**FREE
HEARING
AID TRIALS***

**FREE
HEARING
TESTS**

**INVISIBLE
RECHARGEABLE
& SPECTACLE
HEARING
AIDS**

**WAX
REMOVAL
SERVICE**

- ✓ **EASY** parking
- ✓ **HOME** visits available
- ✓ **FREE** aftercare
- ✓ **5 YEAR** warranty*
- ✓ **5 YEAR FREE** batteries*
- ✓ **INDEPENDENT** family business



Hearing aids don't have to be seen!

Clare House, 8-10 Baker Street, Hull HU2 8HP

t: 01482 22 22 04

www.hullhearingcentre.co.uk



HULL hearing CENTRE
independent hearing aid audiologists

**TROUBLE HEARING?
CONTACT US
TODAY**

*on selected products

**HOME & SMALL BUSINESS
COMPUTER SERVICES**

PC/LAPTOP SALES | REPAIRS & INSTALLATION
WIRELESS NETWORKS | STRUCTURED CABLING
DATA RECOVERY | VIRUS REMOVAL
INTERNET | EMAIL SETUP
HOME & OFFICE SUPPORT

**Call Steve Blake on
847711 & 571100
www.blakeits.com**

INSURED
CAB CHECKED
Microsoft
CERTIFIED
IT Professional

EXPERIENCE
25
YEARS
Microsoft
CERTIFIED
Professional

EVERFLOW
Plumbing Services

GENUINE 24-HOUR CALL OUT

- Boiler Replacements • Gas Servicing
- Breakdown and Repairs • Full Bathroom Installations
- Gas Central Heating • Systems Powerflushed
- General Plumbing Repairs • Landlord's Certificates
- No Job Too Small • All Areas Covered
- FREE No Obligation Quotations

Call Phil 01482 841304
Mobile: 07970 359706 Cottingham

CORGI
520101
safe
520101

TIME FOR YOU
DOMESTIC CLEANING

Would you like an Honest, Reliable and Affordable police-checked* cleaner to clean your home?

- Service tailored to your needs
- Same cleaner each visit
- Typical hourly rate £12.50 (weekly cleaning)

Call Jan TODAY: 01482 977737
Mobile: 07930 241 087
hull@timeforyou.co.uk
www.timeforyou.cleaning/hull
*police checked cleaner on request

GREEN FAIR
Green Groups, Music, Green Cafe,
Crafts, Raffle and much more
SATURDAY 26TH OCTOBER 2019
10AM TO 4PM
COTTINGHAM CIVIC HALL
FREE
ADMISSION
Hull Friends
of the Earth

12 October - www.cottinghamtimes.co.uk

Wordsearch - Autumn

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

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

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.

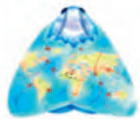
Wordsearch courtesy of <http://www.puzzles.ca/wordsearch.html>

Sudoku No. 152

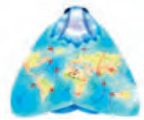
This is an easy challenge this month - Answer on page 29

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

Support the advertisers who appear within the Cottingham Times



MARION OWEN TRAVEL



How sad to lose Thomas Cook from our world last month.

I am sure many readers are aware Marion Owen Travel is a full travel agency, we book financially protected holidays throughout the World with all tour operators & cruise lines. You never have to worry about the security of your money. You do not pay extra to book with us and you have our help in the event of unforeseen circumstances both before or when you are travelling with our 24 hour service. Our wealth of first hand knowledge travelling around the world by land, sea & air helps tremendously with making your travel arrangements simple and hassle free, leaving you to look forward to and enjoy your holiday. We are real people and always on hand to answer your questions. All you need to do is telephone or visit our office in person. It is always good to talk, we look forward to creating your special memories when we book your next holiday.

We are a little bit more than a travel agency as we also offer exclusive & escorted tours. I accompany these departures both in the UK and abroad, our solo travellers and couples that travel along with me always have the security that I am with them from the start to finish of their holiday.

Our UK tours offer a different slant to run of the mill coach holidays if you are looking for something out of the box.

We do book all coach operators so if you are looking for a simple stay at the seaside my tours are not for you but we can certainly make a booking for you with another operator.

I also escort holidays by air, next month we are a group of 18 visiting China for an 18 day adventure.

When ever possible we include flights from Humberside to cut down on travelling time.

Our latest air holidays are Georgia & Armenia departing in September 2020, this is a super itinerary. We will experience ancient ways to make wine and learn local culinary skills plus, seeing cities steeped in history and scenic countryside. This is a small group tour, we have just 12 places available. Staying in only 2 hotels we do not have to live out of our suitcases. Don't delay ask for a full itinerary today.

Panama Canal, I have found the perfect cruise in March 2021. Sailing from Los Angeles to Miami you can tick lots off your bucket list. Western Mexico, Costa Rica, Nicaragua, Columbia Guatemala and more. Why not join me?

Where ever you are looking to travel myself, Emma, Beth & Zoe look forward to be of service. *Marion*

PS keep your eyes on our website for news & new tours.

Save up to 40%
Plus Drinks
Inclusive
offers

on over 50 October 2019 - March 2020 sailings
with Fred. Olsen's Warner Cruising offers

OR

No single supplement on selected October 2019
to March 2020 cruises*

Optional travel from your door always available when booking at Marion Owen Travel
Tel: 01482 211913 • 23 Portland Street, HULL, HU2 8JX
Full terms & conditions apply please ask for full details

Call Marion Owen today to take
advantage of these fantastic savings!

MARIONOWENTRAVEL

Our very own exclusive holidays by coach, experience the difference

18 Dec	Boundary Mills & Lunch	a superb 3 course meal & coffee	£ 40
27 Dec	Warner's Nidd Hall TWIXMAS	4 days half board	£ 323
2020	Many tours for next year are now sold out - you can waitlist		
15 Jan	Boundary Mills January Sale	2020 Day outing	£ 20
24 Jan	Warner's Studley Castle	4 days half board & excursions	£ 359
03 May	Devon & Cornwall's National Trust	members £595 6 days	£ 665
22 Jul	Safari Experience Port Lympe	- 4 days, 1 night luxury tent	£ 625
29 Aug	2020 2 day overnight cruise & the North York Moors from		£ 99
01 Oct	WW1 remembering our family & friends - unique	6 days	£ 595
17 Nov	Thursford Christmas Spectacular	best seats 1 night DB&B	£ 189
03 Dec	Thursford Christmas Spectacular	best seats 1 night DB&B	£ 189
05 Dec	Thursford Christmas Spectacular	best seats 1 night DB&B	£ 189

call for full details or view all tours at - www.marionowentravel.com

Why not join Marion on an Escorted tour by AIR?

Georgia & Armenia

An adventure between Europe & Asia.

10 days departing Sunday 13th September 2020

Enjoy a varied itinerary of history, culture, culinary & wine
visiting no less than six UNESCO world heritage sites.

Daily fully guided sightseeing - a 2 centre tour

Price £1995pp twin or double share

solo travellers welcome £575 supplement

An exclusive small group tour just 12 places available)

Regent
SEVEN SEAS CRUISES

Amazing quality small ship luxury cruising.
Fully inclusive, even includes shore excursions.
Dress code casual smart

The Panama Canal, sailing Los Angeles to Miami

17 March 2021 - a 16 night cruise from £5839 pp

Western Mexico, Guatemala, Nicaragua, Costa Rica & Columbia
64 excursions, travel from your door, \$250 on board credit



JERSEY (pick up from your door).

The island offers fabulous beaches, great walking opportunities, duty free shopping & is steeped in history. English speaking plus our sterling £££'s.

Just an hours flight from Doncaster too.

7 nights half board at the Mayfair Hotel.

We can offer late availability for 2019, various dates

2020 is now on sale, book early & save.

05 May includes Liberation Day, £699pp

04 July £729pp, 12 September £715pp twin/double share

Just a deposit of £100 per person secures your place.

To make your bookings Tel: 01482 212525 www.marionowentravel.com

or call in person to 23 Portland Street, HULL, HU2 8JX (we have our own car park)

Prices shown subject to availability at the time of booking. Based on 2 sharing unless otherwise stated. Single travellers welcome please ask for prices.

Office hours: Monday to Friday 9.30am - 4.30pm : Saturdays telephone bookings only



D6499 / Y2812

Oct 19*

THE BEAUTY CLINIC
EST 1995

Beauty & Skincare Specialists
01482 875329
www.beautycliniccottingham.co.uk
104A KING STREET, COTTINGHAM

ADVANCED NUTRITION PROGRAMME
jane iredale
DECLÉOR PARIS
ENVIRON
CICI

kitchensolutions
Door and Worktop Replacement Specialists

- Over 80 door styles and colours
- Made to measure, Any size doors,
- Worktops, Sinks & Taps, Appliances
- Tiling, Plumbing, Electrical work
- All work guaranteed

Transform your kitchen at affordable prices

Free no obligation quote call **01482 841551**
www.kitchensolutions-hull.com

GAROLLA
ROLLER SHUTTER DOORS

Great For:
Space Saving
Kerb Appeal
Ease of Use
0800 468 1982

THERMALLY INSULATED ELECTRIC GARAGE DOORS

Garolla can save a lot of space inside your garage. Rolls up vertically into a box. Takes only 8 inches of headroom! Opens vertically so you can park up close to the door. Remotely open/close the garage even from inside your car.

Acoustic & Thermal Insulation
Brush Sealed Rails
Pay on Completion
Two Remote Controls
18 Colours Available

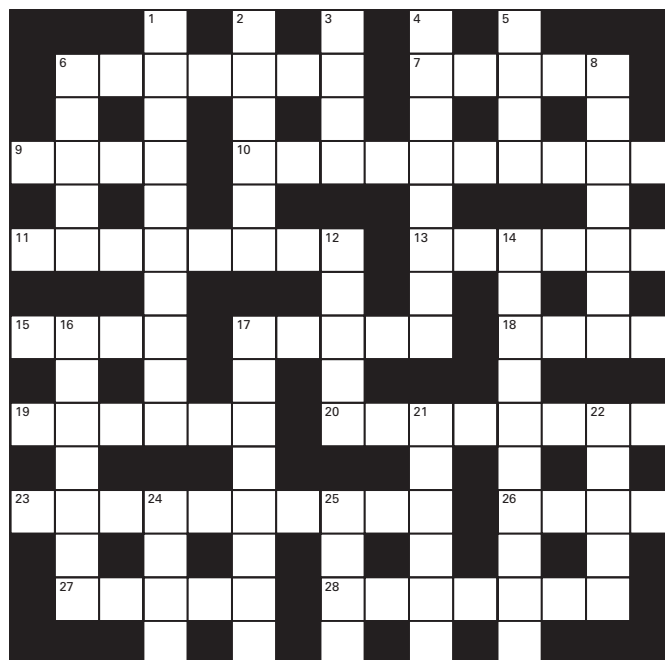
CE Approved
Free Disposal of Old Door!

LIMITED OFFER - was £1354
NOW ONLY £895 INC. VAT & FULL FITTING
MADE TO MEASURE, CALL US NOW!

01482 910 029 07537 149 128
Phone Lines Open 7 Days a Week

- Offer valid for openings up to 2.6m wide & inc: 2 Remote Keys, 55mm White slats, Internal manual Override -

Crossword - Solution on page 46



Across:

- Always (7)
- Parental brother (5)
- "Darn!" (4)
- Abductors (10)
- Put in jail (8)
- Suffuses with color (6)
- Prefix indicating half (4)
- Golfing assistant (5)
- Solemn promise (4)
- A request made to God (6)
- Wall frame uprights (8)
- Exasperated (10)
- Probabilities (4)
- Heir (5)
- A branch of the US military (7)

Down:

- Brotherhood (10)
- Elicits (6)
- Poke (4)
- Mankind (8)
- An Anglo-Saxon minstrel (4)
- A meeting place (5)
- Sincere (7)
- Connecting points (5)
- A tracking dog (10)
- Angers (7)
- Travel trailers (British) (8)
- Bovine mammary glands (6)
- Naked people (5)
- Precipitation (4)
- Woolen caps (4)

Crossword courtesy of www.crosswordpalace.com
Support the advertisers who appear within the Cottingham Times

Only
£19.95

PASCO'S ITALIAN BAR & RESTAURANT

Christmas Menu 2019

Starters

Minestra Classica

Minestrone fine-diced vegetables & ziti pasta cooked in flavourful stock, accompanied with fresh ciabatta

Mozzarella Caprese

Sliced mozzarella balls & sliced tomato with green olives, topped with a light dressing of olive oil, basil & white wine vinegar, with a hint of chilli

Involtni Di Salmone

Sliced smoked salmon wrapped around a mix of cream cheese & prawns, flavoured with lemon juice & served on a bed of crisp lettuce

Gamberi Pepperone

Chopped chilli, garlic & small tiger prawns pan-fried with a little chopped tomato & served with a light crisp salad

Funghi Gratinati

Baked mushrooms cooked in garlic, white wine & fresh cream with parmesan cheese

Mains

Pollo Al Carciofi

Strips of chicken breast cooked with a little Parma Ham, onion, sliced mushrooms, artichoke & finished with fresh cream

Salmone Pepperoncino

Baked salmon topped with a sweet chilli glaze. Garnished with salad & served with potatoes of the day

Manzo Al Vino Rosso

Pieces of beef cooked with onions, mushrooms, diced peppers and bacon in a light sauce of red wine & beer stock. Seasoned & flavoured with a little garlic

Anatra Arancione di Mango

Breast of duck cooked to your liking & served with an orange & mango sauce

Medaglioni de Maiale

Tender pieces of pork fillet cooked in a delightful cream, apple & Calvados sauce

Risotto Porcini (v)

Arborio rice cooked with woodland mushrooms and roast peppers with a touch of fresh cream

Some of our products contain allergenic ingredients. Please ask a member of staff for further information.

booking@pascositalian.co.uk

5, Kings Parade, Kings Street,
Cottingham, Yorkshire, HU16 5QQ

Follow us on Facebook: @pascositalian
Follow us on Twitter and Instagram: @pascos_italian

In the Kitchen



One-pot roast chicken with garlicky potatoes & greens

- Preparation time: 15 minutes + resting
- Cooking time: 1 hour 20 minutes
- Total time: 1 hour 35 + resting. Serves: 4 - 6

Ingredients

1 medium chicken (about 1.5kg), string removed
 500g Charlotte potatoes, halved or quartered if large
 400g pack echalion shallots, halved lengthways, root trimmed but attached
 1 garlic bulb, halved horizontally
 100g unsalted butter, softened
 500ml tub fresh chicken stock
 250g pack essential Waitrose Kale, tough stalks removed
 2 tbsp cider or white wine vinegar, to taste

Method

1. Preheat the oven to 220°C, gas mark 7. Remove the chicken from the fridge 20 minutes before cooking. Place the potatoes, shallots and garlic into a medium roasting tin. Season the chicken and rub it all over with butter before placing on top of the vegetables. Roast for 45 minutes.
2. Cover the chicken with foil and roast for another 30 minutes, or until golden brown and piping hot, the juices run clear and there is no more pink meat when tested at its thickest part (between the leg and breast). Set the chicken aside to rest, loosely covered with foil.
3. Put the roasting tin on the hob, add the chicken stock, bring to a rapid boil over a high heat, stirring occasionally,

until the liquid reduces by at least half and the potatoes and shallots are very tender. Discard the garlic.

4. Add the kale, cover and steam for 2-3 minutes more, until just softened. Stir in the vinegar and seasoning, to taste. Carve the chicken, adding any resting juices to the vegetables. Serve at once.

Roasted spicy squash, nuts & beans

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

Ingredients

300g frozen butternut squash
 1 red onion, cut into chunks
 1 aubergine, diced
 40g mixed nuts, roughly chopped
 200g can butter beans, drained and rinsed
 350g tub essential Waitrose Tomato & Chilli Sauce
 1 tbsp chopped chives

Method

1. Preheat the oven to 200°C, gas mark 6. Mix together the butternut squash, onion, aubergine, nuts and butter beans in a roasting tin, stir in the sauce and 50ml water. Bake for 25-30 minutes until tender.
2. Sprinkle with chopped chives to serve.



Support the advertisers who appear within the Cottingham Times



Classic chicken and mushroom pie

- Preparation time: 25 minutes
- Cooking time: 25-30 minutes
- Total time: 50-55 minutes. Serves: 4-6

Ingredients

- 1 tbsp olive oil
- 1 onion, finely chopped
- 4 rashers smoked streaky bacon, roughly chopped
- 1 x 6 pack essential Waitrose British Chicken Thigh Fillets, cubed
- 2 sprigs rosemary
- 2 tbsp plain flour
- 100ml white wine
- 300ml chicken stock
- 1 tbsp Cooks' Ingredients Dried Porcini Mushrooms
- 250g chestnut mushrooms, quartered
- 2 tbsp crème fraîche
- 320g pack Jus-Rol Shortcrust Pastry Sheet
- 2 tbsp milk

Method

1. Heat the oil in a large saucepan and cook the onion, bacon, chicken and rosemary over a high heat for 5 minutes until golden. Stir in the flour and cook for a minute more then pour in the wine and bubble vigorously for 2 minutes.
2. Add the chicken stock and both varieties of mushroom. Cover and simmer for 10 minutes until the chicken is cooked through with no pink meat and the sauce has thickened.
3. Preheat the oven to 200°C, gas mark 6. Stir in the crème fraîche then spoon the mix into a heatproof pie dish, discarding the rosemary stalks.
4. Open out the pastry sheet and lay it over the filling, tucking in the edges. Brush the top of the pie with milk and sit the dish on a baking sheet. Bake for 25-30 minutes until the pastry is golden and cooked through. Delicious served with mash and steamed greens.

Support the advertisers who appear within the Cottingham Times

Blueberry Victoria sponge

The hint of zesty lemon, and floral and fruity blueberry jam make a delicious flavour combination.

- Vegetarian
- Preparation time: 10 minutes
- Cooking time: 25 minutes + cooling
- Total time: 35 minutes + cooling. Serves: 10

Ingredients

- 250g golden caster sugar
- 250g Stork With Butter
- 4 medium Waitrose British Blacktail Free Range Eggs
- 250g self-raising flour
- Finely grated zest of 1 lemon
- 1 tsp vanilla extract
- 170ml pot essential Waitrose Double Cream
- 4-5 tbsp blueberry jam or conserve
- Icing sugar, to decorate

Method

1. Preheat the oven to 180°C, gas mark 4, and grease and line two 20cm sandwich tins with baking parchment. Place the sugar and Stork in a large mixing bowl. With an electric whisk or wooden spoon, beat together until pale and creamy. Next add the eggs, one at a time, scraping the bowl down after each addition.
2. Fold in the flour in two additions, then lastly fold through the lemon zest and vanilla. Pour into the prepared tins and place in the oven for 22-25 minutes or until a wooden skewer inserted into the centre comes out clean. Allow to cool in the tin for 5 minutes, then transfer to a wire rack to cool completely.
3. Once the cakes are completely cool, pour the double cream into a mixing bowl and whip until soft peaks form. Spread the cream over the bottom of one of the sponges, spread the other sponge with jam, and sandwich them together. Finish with a dusting of icing sugar just before serving.

Cook's tip: Instead of whipped cream, a vanilla-scented buttercream is a lovely alternative and is great if you want your cake to keep until the next day. Simply cream together 150g Butter with 150g icing sugar and a teaspoon of vanilla extract.

Reproduced by kind permission of www.waitrose.com



www.cottinghamtimes.co.uk - October 17

ON THE GRAPEVINE

WITH ROY WOODCOCK

Aldi target affluent wine consumers

Aldi is targeting affluent wine consumers with the launch of a 35-strong premium own label range that will only be available exclusively online, as well as adding new sub-£4 varietal wines in store.

The German supermarket's new "Icon" wine range, which is rolling out this month priced from around £7- £20, increases the number of core wines sold by the retailer online by around a third and marks a departure for the online side of the business, which has previously only included wines also sold in store.

Company spokesman Josh Heley explained: "We know there are a lot of customers who want to be able to spend more on wine than they can in an Aldi store and we want to capture those customers and offer them premium, high end wines that they will love."

He continued: "We are a volume-led retailer and those types of wines don't do enough volume to justify space in bricks and mortar, but they will definitely have a place for them online. Something like a South African Pinotage is a great example."

The range includes a Jean-Paul Seguin Pouilly-Fumé 2018 (recommended retail price £14.99), a Jean Bouchard Chablis Premier Cru 2017 (£14.49), an Artisan Tasmania Pinot Noir 2017 (£16.99), a Cuvée 13 Châteauneuf-du-Pape 2016 (£16.99), Cathedral Cellar Old Bushvines Pinotage 2019 (£8.99) La Sogara Amerone Della Valpolicella 2016 (£17.99) and Roversi Barbaresco 2015 (£9.99).

* The shape and size of the wine glasses we use and how they are held determines how much wine we pour into them, research has found.

A study carried out by researchers at Iowa State University in the US has found that 12 per cent more wine is poured into a wide glass compared to a standard one.

The colour of the wine also seems to influence the size of the pour with an average of nine per cent more white wine poured into a glass than red, due to red wine's greater colour contrast to clear glass.

Participants in the study were asked to pour what they considered to be a normal measure of wine using different types of glassware in various settings.

"If you ask someone how much they drink and they report it in a number of servings, for a self-pour that's just not telling the whole story," said Dr. Doug Walker, who led the study.

"One person's two is totally different than another person's two," he added.

The study also found that the way a wine glass is held can determine how much wine is poured in each serving, with an average of 12 per cent more wine given when a glass is held rather than on the table.

* New Zealand wine brand Brancott Estate is tapping into the trends for vegan and organic wines with the launch of a new collection. The Living Land Series, which is made from fully organic grapes, is available exclusively in Tesco, priced at £11.

Spokesman Chris Shead said: "We are excited to be launching the Brancott Estate Living Land Series as there is a growing desire for organic wines in the market, with the category on the rise and expected to grow in value by 10.5 per cent and reach £1.15 billion by 2022."

Patrick Mateman, chief winemaker for Brancott Estate, says the launch of the organic wines in the Living Land Series is a significant milestone that epitomises an ongoing commitment to environmental programmes.

He said: "Ever since we first planted Sauvignon Blanc in Marlborough more than 40 years ago, we've known our vineyards are our greatest resource. As a founding member of New Zealand's original sustainable wine-growing initiative, we have strong views on developing and running environmental programmes and have always made a conscious effort to limit any impact on the environment."

* It's perhaps a bit early to be talking about Christmas but House of Townend's Cellar Door outlet at Melton Business Park hosts its Christmas Portfolio Tasting this month - it's their final tasting event of the year and something that's become a bit of a tradition.

Several of their suppliers and wine producers will be on hand to talk about their products and offer advice. There will also be a range of wine, spirits and mixers available to taste, ideal to give you ideas for Christmas time.

It takes place from 5.30pm to 9pm and tickets cost £15. Call 01482 638899 or email stuart.shenton@houseoftownend.co.uk.

And looking further ahead, Roberts & Speight, the Beverley wine merchants and delicatessen hold their annual wine and food tasting at Longcroft Upper School in Beverley on Wednesday November 13.

It's the company's biggest tasting of the year, with more than 150 wines and spirits to taste, along with the presence of a few of the outlet's food suppliers. Basically, you collect a booklet at the door and use it to navigate your way around the tables, tasting as you go.

Before that, this month, Roberts & Speight host a tasting with Francisco Hidalgo, of Chilean winemakers Errazuriz, at Tickton Grange Hotel. A total of 11 wines, four whites and seven reds, will be tasted.

Admission for that event cost £15; the annual wine tasting next month costs £10. More information from www.robertsandspeight.co.uk



BEST BUYS


**Mas de Montagnes
Roussillon Village**

Where: Waitrose

When: Now, until October 8

Why: From renowned Languedoc vigneron, this is vivid crimson in colour, with a nose dominated by the Grenache's jammy raspberry aromas. On the palate, the Syrah and Carignan add some spice and tannin, resulting in a well structured and racy wine. Serve with some lamb chops, well seasoned and sprinkled with thyme.

£9.99 (was £11.99)


Cune Rioja Rosado

Where: Co-op

When: Now, until October 15

Why: I don't often recommend pinks and we are getting near that time of year when I stop drinking them, but... this is a multiple award-winning wine and for good reason. Try this bold, structured, juicy Cabernet Sauvignon with smoky meats - think BBQ "burnt ends"!

£7.50 (was £8.50)


La Patrie Cahors
Malbec

Where: Sainsbury's

When: Now

Why: This is a structured, full bodied yet elegant red made using super-ripe Malbec grapes which have been enriched with a hint of oak. It's bursting with blackberry and blackcurrant fruit and makes a perfect partner to all types of roasted meat, including beef or lamb.

£7.00


**The Interlude Adelaide
Hills Sauvignon Blanc**

Where: Co-op

When: Now, until October 15

Why: Here's the perfect classic dry white for those of you who are fans of the bright, crisp NZ Marlborough style. Except it's Australian! It's textured, edgy, vibrant and dry with exceptional fruit definition, length and crispness.

£6.50 (was £7)

ch CAROLINE HARRAWAY

S O L I C I T O R S

A: 14-16 George Street, Cottingham, HU16 5PQ T: 01482 875000 E: info@harrawaysolicitors.co.uk W: www.harrawaysolicitors.co.uk



Our Fees

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

Wills

Standard Single Will £125+VAT
Standard Mirror Will (joint Wills) £170+VAT

Probate Services

Application for Grant of Probate - starting from £1000+VAT+Disbs
Court Fee (payable to the Court and not us) £215.00 (no VAT)

Power of Attorney

Application for lasting Power of Attorney for Health & Welfare £250+VAT
Application for lasting Power of Attorney for Property & Financial Affairs £250+VAT
For both of the above LPA's £400+VAT
For married couple who require both LPA's each (total of four) £800+VAT
Court Fee (payable in addition to our fee to the Court for each LPA and not us) £82.00 (no VAT)

Conveyancing/Rental Properties

Sale of Residential Property £450+VAT & Disbs
Purchase of Residential Property - starting from £550+VAT & Disbs
Transfer of Equity £275+VAT+Disbs
Standard Tenancy Agreement £500+VAT
Statutory Eviction of Tenants £500+VAT

Employment

Claimant Advice Appointment
Free ½ hour thereafter £100+VAT
Stage 1 - Advice, investigation, correspondence £350+VAT
Stage 2 - Stage 1, ACAS, preparation of claim £350+VAT
Stage 3 - Stage 1,2, negotiation, preparation and representation at ET £550+VAT
+Counsel fees

Divorce

Initial Advice Appointment - free (for up to 30 minutes)
Further Advice Appointment(s) - a meeting of up to one hour with Grade A Solicitor £99.00 plus VAT or a Grade D Fee Earner £75.00 plus VAT.
Stage 1 Divorce - Starting from £99 + VAT

Personal Injury / Industrial Disease/ Medical Negligence (including Road Traffic Accidents, Employer's Liability & Public Liability)
"No win, no fee"

*prices accurate as of 1st August 2019 and supersede any previously published price details

Meet, Greet & Eat

FREE legal Advice Clinic with Caroline and team on the first Saturday of the month from 10.00 am to 12 noon. Teas, coffees and freshly baked scones provided with our compliments. We are helping to raise money for the RSPCA Hull & East Riding, by taking donations on the day. We look forward to seeing you.





What is that noise?

I am delighted to say that my little family of grandchildren are growing up lovely Jacob 7, Noah 6, Joshua 6, Jessica 3 and Alfie 3. This era does come with some trials though with the starting pre-school for the younger and different classes for the older three can cause some heartache, tears and tantrums. To all the grandparents out there, we know what a worrying time our children (the parents) will be going through. Like the sayings go 'old head on young shoulders' and 'hind-sight is a fine thing', do spring to mind and it is so difficult on us 'oldies' to take a back seat (as I am finding out as you can imagine). How lovely to have a manual for every stage of a youngsters life and even better, whatever is suggested became an instant remedy. Sadly, life is not like that but there is support and help out there either via mother support groups, health visitors or family.

It was whilst thinking of my grandchildren plus their dilemmas of school, that made me realise it is not unlike what any new owner may go through with their pets. Do they start as they mean to go on or gradually ease them into the family? It is a difficult decision and amazingly, it is nearly exactly the same scenario any parent faces with their new arrival but I do emphasise 'nearly'. Why??

Communication is the key word. When the new addition arrives, the soothing voice of their parents, whispering against their cheek, eventually brings harmony to the household. As the weeks turn into months and progresses into the first year, the baby responds more to words of comfort rather than 'ssssshhhhhh'. This is where the similarity ends.

Kingston VETERINARY GROUP

Park Street - 01482 223688
Beverley Road - 01482 854422
Holderness Road - 01482 797007

Anlaby - 01482 655333
Cottingham - 01482 843210
Thorngumbald - 01964 301607

With November on the horizon, I would like to talk about Guy Fawkes night. You will be quite rightly thinking why have I gone off at such a tangent, but the link will hopefully become clear. Also why talk about it when it is still a month away . . . there is no time like the present to begin training and making your home a safe place to be.

Asking any responsible pet owner, I can imagine the response to 5th November would be filled with dread. The thought of pacifying our pets whilst the bangs, hissing, bright lights are going on outside, just doesn't bare thinking about. There is the odd pet who is not afraid, like our late dogs Teal and Charlie, but the majority are terrified . . . so what do we do?

Our first response is to cuddle your pet, just like we do our children when they are afraid of sleeping alone. Cuddling and reassuring them that everything will be alright. This works ideally for the child who understands or the baby feeling the closeness but what about a terrified animal? They do not understand as we would, so soothing them with "There there do not be afraid" can be translated to "Help, I need you to guard me!". By ignoring your pet and carrying on with your usual evening routine, will help instigate a calm aura around the house. If they sense you are not frightened then they are calm.

Make sure your pet always has somewhere to hide if they want to (if no safe haven has been previously provided) and make sure there is access to this place at all times. For example, this could be under some furniture or in a cupboard. If your pet wishes you could play with them, ignoring all the noises but do not insist if your pet is not interested.

Never punish or over fuss with your pet when it is scared. This will only make matters worse.

Closing the curtains, putting on the television, or playing the radio will help mask and muffle the sights and sounds of the fireworks.

Ideally all pets should be micro chipped but especially so around this season just in case they are frightened and escape.

Please also do not forget our very small friends, ie. rabbits, guinea pigs etc. Invariably they are usually kept outside, so move them inside a shed/garage if possible and cover the hutch to blot out any bright lights.

Finally in the case of our canine friends, they will most likely need a walk before dusk. If this is so, please be aware of the most probable dangers in using an extending lead. It is so difficult to control a bolting dog on the end of four metres of string after a sudden loud 'BANG'! The pavements are very close to the roads, so both dog and car do not stand a chance. Please try to use a normal lead whenever possible and keep the extending one for the park.

With three dogs, two rabbits, an elderly cat and not forgetting the tortoise and fish, we as a family, are going to have a very busy night.

You are most welcome to come and talk to one of our many experienced nurses here at KINGSTON, who will be delighted to discuss with you about the products we stock which may help your pet at this time of year.

We are always here to help.

AND FINALLY . . . TALI . . . Due to lack of space in last months edition, we had to omit this little chapter so what better way to end is with an update on Tali's antics...

As in the words of British Rail, I am getting there (I think!). She seems to have calmed down slightly and not as flighty as she was but now she has decided that BOTH the plants and the pipes are attractive. Double trouble!

Well, the last camping trip did not deter me from booking another so along with my three daughters, their partners, five grandchildren and two dogs we went away to Helmsley. Now I know what you maybe thinking ... how did we all fit into my two-berth caravan . . . very cosy indeed. No, we also had 2 camper/motorhomes plus a very large family tent which proved priceless on the Saturday evening, when we all congregated to eat as the heavens opened. Did it all go without a 'Tali' incident I hear you ask? Well, this IS Tali we are talking about . . . the first night was sleepless, she was bouncing around the bed, barking at every movement and noise she heard even at 4am! By 5am I was taking her for a walk and had numerous cups of coffee until everyone was up (surprisingly they slept through it). We found two very large dog exercise fields on the site so whilst the children were entertained, so were the dogs and needless to say Saturday evening was quiet. On the Sunday we ventured home and as for incidents . . . my lovely, 'angelic', beautiful Labrador has learnt to pull the light switch cords . . . it was like Blackpool illuminations by the time she had finished . . . open the caravan windows by flicking up the catches with her nose and decided that the guy ropes to the awning tasted quite nicely. At least this time there was no fence!!

HAVE A SAFE AND HAPPY GUY FAWKES

Support the advertisers who appear within the Cottingham Times

Telephone: 01482 869111
info@roseskitchens.com

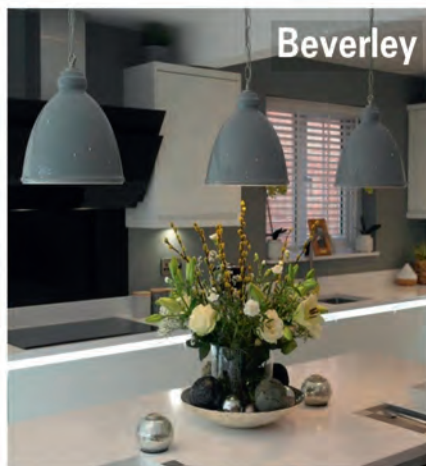


The Kitchen Factory
The Courtyard, Tokenspire
Business Park Beverley, HU17 0TB



Together we will design a beautiful kitchen

Roses will then project-manage your kitchen installation from start to completion



Our New 2020
Season Displays
Are Now Being Installed
In Our Showroom....
Why Don't You Come And Have A Look



Visit www.roseskitchens.com

To see our customers kitchens and read what they have to say about us





"The Tooth and Nothing but The Tooth"

by
Chris 'Dr. Smile
Maker' Branfield

Protecting Mother Earth

Hello again, I hope you are well. A couple of weeks ago I was invited to go into BBC Radio Humberside again. This time it was a totally different topic to anything I've spoken about before. Not the sugar tax, not the increase in dental general anaesthetics for young kids for teeth out, not about my charity (Dental Mavericks), not about dental lasers or anything about the dentistry directly related to people having it done on a health level. It was about plastics. In particular, single use plastics.

Back at the BBC on the James Piekos Show (he was a really nice bloke). I knew I was thinning on top a good bit but looking really shiny under those lights. Looking a bit different with shiny head and glasses to the pic right, eh. Maybe time to change it soon.



Close to my heart

It was an early start on a Monday morning (7-15) and my first day back after my summer

hols! Now this is a subject close to my heart. At work and at home we are always looking to reduce plastic consumption and recycle whenever possible. Personally, I've stopped using shampoo (from the picture above you probably think I don't need to) and shower gel because of the plastics. I now use a natural all in one bar of soap/shampoo with no additives and it comes in a cardboard box from a sustainable source!



This will be perfect for my imminent Dental Mavericks trip to Morocco. I've got some for my son Edward to take as well.

Quite a few constraints

Within a dental practice the main thing is cross infection control and protecting our patients and the whole team is of paramount importance. As you can imagine there is now a great deal of legislation and tick boxes about all this stuff. There has been a big push to use single use items to reduce/eliminate the risk of cross infection. I can understand this to a point. Now contaminated disposable items that are mainly plastic do get incinerated at very high temperature (about 1100 degrees C for 6 hours). I understand that there are scavenger systems to reduce the greenhouse gases and in some places they actually save the energy produced so use the plastics as a fuel. So, there is some improvement in reducing the environmental impact. As I have said anything that is not contaminated, we recycle where we can. James Piekos came out with a very good point. He mentioned Morrisons supermarket are recycling waste plastic packaging that you buy from them now that I didn't realise. He then said that maybe our suppliers could maybe do the same. What a very good point.

Suffocating the planet

As a practice we have looked at ways to reduce plastic waste. Let's face it, the planet is suffocating. We have a water dispenser for our patients (a God send on hot days). For this we are using biodegradable plastic cups. However, I've done further research on this. It appears that for efficient biodegradation they need to be in an industrial composter with the correct bacteria and enzymes. So, we will be installing a new dishwasher (not in the patient lounge) and going back to glasses. We use ceramic cups for tea and coffee in the patient lounge as well. We have a few bamboo cups upstairs in the kitchen. We need pure water for our autoclaves (steriliser machines). Instead of buying in plastic bottles of the stuff we have a reverse osmosis water purification system. Every little counts.

Mindfulness

So, let's all be mindful of the damage plastics are doing to our world. I'm researching more ways and initiatives all the time. I may be able to share some soon.

Until next time. Take care and be good.

Chris

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

Support the advertisers who appear within the Cottingham Times

Are You Fed Up Of Sleeping In The Spare Room?

Getting Elbowed In The Ribs?
Excessive daytime sleepiness?
Gasping while you sleep?
Pauses in Breathing? Morning Headaches?



Are you one of the 40% of the population affected by snoring?

We can help you!

We Are Able To Use Our Lasers To Give You A Better Night's Sleep And Improve Your Breathing!

The great thing with this is, no numbing, no down time, no surgery and it starts to work from the first session. The airway is improved 24hrs a day and not just when a device is worn!

Call Us Now On
01482 772562
To Book A Consultation

Castle Park Dental Care is a Private Independent Practice and the trading name of Castle Park Ltd.
Registered in England. Company No. 06703803



English National Double Gold for Cottingham Swimmer

Cottingham's Kingston Upon Hull S14 Para Swimmer, Owen Garsides collected a golden double in the Swim England National Summer Meet held at Ponds Forge, Sheffield (31st July - 4th August).

Day one saw Owen clock a fantastic three-second PB in the heat making him the fastest qualifier for the final.

In the final he reduced his time again by another two seconds to firmly take the gold with a time of 1.17:95 and become English National Champion in the men's MC 100m Breaststroke.

Day three saw Owen reach the 100m Butterfly final where another gutsy swim and a four-second PB time of 1.04:92 secured another gold, claiming the English National Champion in Men's MC 100m title.

Owen said "Firstly I would like to thank my coach Graham Martin for all his help and support, as well as my personal trainer Tristan Buttle. "Without them this would not have been possible."

"I am proud to bring two gold medals back to Cottingham."

Total Peace of Mind... ...with the Classical Gas Care Plan



For fast boiler repair, whatever the weather, **choose a local company** with real people answering the phone (no call centres!)

Thousands of local households trust us to make sure they have heating and hot water 7 days a week, 365 days a year.

We keep our promise – to attend emergencies within 24 hours whatever the weather.

One low cost monthly payment* gives you:

- Priority call out for emergencies
- Choice of cover – boiler only or full system cover available
- Unlimited call outs – repair of your boiler and central heating system including all parts and labour*
- Includes annual boiler service and safety inspection

*Subject to contract chosen, Terms & Conditions Apply

Call 01482 875897
to learn more



Classical Gas Ltd
78 New Village Road
Cottingham HU16 4NE
www.classicalgas.co.uk

From only
£2.08
per week

Time for dreaming...



Dreamer

Visit our showroom

FURNITURE DESIGNERS & MAKERS
www.dreamerdesign.co.uk

Annie Reed Road, Beverley, HU17 0LF Call us for a free home consultation – 01482 860688
open Monday to Friday 9am-5pm Saturdays-Please telephone or email, info@dreamerdesign.co.uk

We do OCEAN CRUISE



ICELAND & IRELAND CRUISE

Celebrity X Cruises
SAIL BEYOND BORDERS

14 nights | 30 May 2020

Celebrity Silhouette | Departs Southampton

Ports of call:

- St. Peter Port, Channel Islands
- Cork, Ireland
- Dublin, Ireland
- Reykjavik, Iceland
- Akureyri, Iceland
- Belfast, Northern Ireland

Includes: Full Board, Free classic drinks package, Free gratuities, \$300 on board credit

Balcony Cabin from **£1,999pp**

Valid until 18 November 2020

BALTIC & ST PETERSBURG CRUISE

14 nights | 26 July 2020

Marco Polo | Departs Hull

Ports of call:

- Kiel, Germany
- Warnemunde, Germany
- Tallinn, Estonia
- St Petersburg, Russia
- Helsinki, Finland
- Stockholm, Sweden
- Copenhagen, Denmark
- Skagen, Denmark

Includes: Full Board

Inside Cabin from **£1,309pp**

Other dates and airports available



NORWEGIAN FJORDS CRUISE

7 nights | 19 June 2021

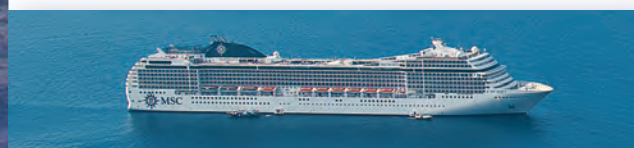
MSC Magnifica | Departs Southampton

Ports of call:

- Haugesund, Norway
- Flaam, Norway
- Nordfjordeid, Norway
- Rosendal, Norway

Includes: Full Board - £25 on board credit

Inside Cabin from **£799pp**



DOURO, PORTO & SALAMANCA RIVER CRUISE

8 Days | 29 March 2020

7 nights on a 5-star ship | Departs Manchester

Includes: Return flights & transfers, 8 visits & tours, Full board, Complimentary on-board tea & coffee, Complimentary on-board WiFi, Expert Cruise Director & Concierge, All port charges & airport taxes, Checked luggage

From **£1,399pp**

Other dates available



ESSENTIAL VIETNAM & CAMBODIA

15 days | 4 September 2020

Departs London

Includes: Flights, Five nights premium accommodation, Seven-night Mekong River cruise, 29 meals, Select beverages with lunch and dinner on board the RV Apsara, Transfers, Port charges and tipping

Day 2: Siem Reap

Day 3: Angkor, Siem Reap

Day 4: Angkor, Siem Reap

Day 5: Siem Reap, Kampong Cham, Embark Ship RV Aspara

Day 6: Angkor Ban, Oknha Tey

Day 7: Oknha Tey, Phnom Penh

Day 8: Phnom Penh

Day 9: Border Crossing, Tan Chau

Day 10: Tan Chau, Sa Dec

Day 11: Sa Dec, Cai Be

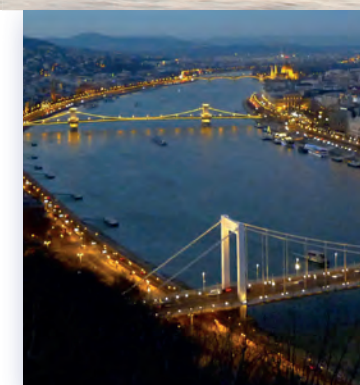
Day 12: Disembark Ship, Cu Chi Tunnels, Ho Chi Minh City

Day 13: Ho Chi Minh City

Day 14: Depart Ho Chi Minh City

Day 15: Arrive London

From **£3,195pp**



DANUBE DELIGHTS

8 days | 1 November 2020

Budapest to Munich

Includes: 7 nights on board an Emerald Waterways Star-Ship, Airport transfers to and from the ship, The services of an Emerald Waterways Cruise Director, Port taxes and charges, All tipping and gratuities, Excursions, 20 superb meals including 7 Breakfasts (B), 6 Lunches (L), 7 Dinners (D), Captain's Welcome & Farewell Gala Dinner, Complimentary wine, beer and soft drinks served with lunch and dinner on board

From **£1,445pp**

Other dates available April - November 2020



MAKE AN APPOINTMENT WITH ONE OF OUR SPECIALISTS TODAY...

Terms and conditions apply, ask for details. Prices correct at time of going to press and are subject to availability.

**Price based on two people sharing unless otherwise stated.*

HULL:

81 Ferensway,
Hull, HU2 8LD
01482 581 888
hull@andrewearles.co.uk

BROUGH:

Unit 2 Welton Road,
Brough, HU15 1AF
01482 334 545
brough@andrewearles.co.uk

ANLABY COMMON:

274 Hull Road,
Anlaby Common, HU4 7RR
01482 581 777
anlaby@andrewearles.co.uk



WWW.ANDREWEARLES.CO.UK



**ANDREW EARLES
HOLIDAYS**
Designed around you



October is here, which means Autumn is officially here too. The weather is cooler and the nights are starting to draw in. There is still plenty to do in the garden, some gardeners actually prefer the cooler conditions as they are more comfortable to work in. Remember that Autumn is the ideal season to plant all kinds of things in the garden from vegetables, seeding lawns, shrubs and perennials to evergreen, fruit, and deciduous trees. You can carry on mowing your lawn through October depending on how much rain we have but it is advisable to raise your mower blade to a higher setting.



Autumn Lawn Care

Sowing a new lawn is best done during Spring (March - May) or in Autumn (September - Mid October)

We recommend using Gro-Sure Smart Lawn Seed (25sqm £10.99 or 40sqm £14.99)

For a new lawn:

Prepare the soil by clearing any debris and clear any perennial



weeds and treat with weedkiller.

One a dry day dig soil to a depth of 20-25cm, break down any lumps and then tread it down to firm it over then rake over aiming for a flat even surface.

The day before sowing water the area thoroughly and leave to soak overnight.

For an existing Lawn:

Remove any weeds by hand or treat using a selective weedkilling treatment.

Mow the lawn closely before raking or scarifying to remove any moss and weed remains. If the ground appears hard or compacted aerate using a garden fork.

Finally, spread Westland Lawn & Turf Dressing to fill any shallow holes and to level-out the surface.

Sowing:

Apply the seed at a rate of 40g per sqm (30g/sq.m for lawn repairs). As a guide one large handful is approximately 40g. Sprinkling the seed in 2 passes at right angles to each other will help spread the seed more uniformly. Lightly rake to gently incorporate the seed into the surface.

After sowing:

Rolling: The ground should be rolled or lightly firmed by walking over it and pressing the seed into the soil.

Watering: Water the lawn thoroughly using a fine-rosed watering can or a lawn sprinkler which produces a fine spray taking care not to wash the seeds away

Mowing: Grass can be cut for the first time when it is 5-8cm (2-3inches) high. A light trim will be sufficient initially. Gradually lower the cutting height to about 2.5cm (1 inch), which is ideal. Do not remove more than 1/3rd of the growth at any one time.

WILLERBY FENCING

Proprietor: Mike Featherstone

We undertake all fencing jobs - At Competitive Prices

Decking Installation and Repairs

Ask for a Quotation

Tel: 01482 353080

www.willerbyfencing.co.uk

10 Jobs for this month

1. Plant Spring blooming bulbs
2. Plant Herbaceous Perennials
3. Plant Autumn bedding
4. Introduce fat balls for the birds as well as fresh water
5. Plant new trees and shrubs as ground conditions are ideal
6. Dress Borders with bonemeal
7. Sow Seeds for new lawns
8. Bring your houseplants back inside
9. Add soil conditioner or multi-purpose compost to your soil and turn it to prepare it for Spring
10. Regularly rake up fallen leaves from your lawn

Feeding: After 10-12 weeks we recommend feeding your new lawn with Aftercut 3 Day Green Lawn Feed. Simply apply after mowing for quicker more visible greener results in 3 days.

What is Organic Gardening?

Gardening organically means growing plants without manufactured fertilisers and other synthetic chemicals for feeding, pest and disease control, soil conditioning or weeding. Although often regarded as an alternative to gardening with chemicals, many organic techniques are simply good practices and compatible with other forms of gardening.

Excluding manufactured chemicals when growing ornamental plants, lawns, fruit and vegetables brings some challenges.

On the plus side, organic gardening is beneficial to the environment, provides a more attractive home to wildlife and, by cultivating fruit and vegetables organically, you'll know your tasty produce is chemical free. So bearing all this in mind, you may choose to go wholly organic or to combine organic techniques with a reduction in chemicals, using them only as necessary to maintain soil fertility and deal with the most damaging pests, diseases and weeds.

Organic Weed control

Chemical weed killers are a very attractive and effective solution to eliminate weeds. There are not always better alternatives in the organic range that are as effective but they are a lot kinder to the environment and beneficial to wildlife and their habitats. You have to decide where you can use organic methods and where you can't and try and achieve the best balance you can.

Wherever possible, try to avoid weed killers by hand weeding or hoeing and try to tackle weed problems before they produce and disperse their seeds and heavy infestations develop. In addition, prevention is much better than cure, so carefully prepare sites prior to planting and incorporate weed barriers to reduce the chance of weed infestation.

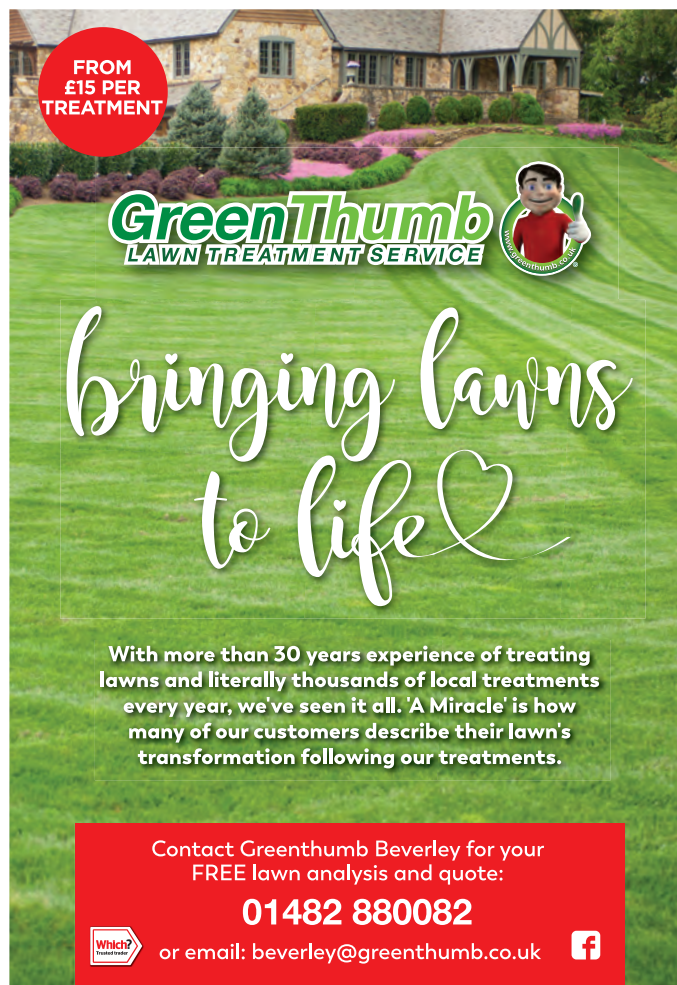
PREPARATION: When preparing a planting site, ensure all perennial weeds such as couch grass, nettles and brambles are removed by digging out with a fork.

Remove annual weeds by hand or in dry weather use a hoe to cut off weeds from their roots.

BARRIERS: Different options are available to gardeners to help smother or prevent weed growth. Mulching with a 5-8cm layer of organic material such as garden compost, well-rotted farmyard manure, spent mushroom compost or cocoa shell helps smother annual weeds. Alternatively, plastic sheets, old carpet, carpet underlay or other fabricated material can be used to suppress annual and perennial weeds. In ornamental garden situations, ground-cover plants provide a more attractive weed-suppressing alternative. A barrier of heavy gauge black polythene can be sunk to prevent perennial weeds from growing into an area from an adjoining garden.

ALTERNATIVE METHODS: Paint-on gels are ideal for treating perennial weeds such as bindweed as the weed killer is absorbed through the leaves and down to the roots, without the worry of spray drift on to other plants. They are also the best way to treat odd nettles or brambles cropping up in a hedge or densely planted border, as you can apply them specifically to a certain area.

Support the advertisers who appear within the Cottingham Times



FROM £15 PER TREATMENT

GreenThumb
LAWN TREATMENT SERVICE

bringing lawns to life

With more than 30 years experience of treating lawns and literally thousands of local treatments every year, we've seen it all. 'A Miracle' is how many of our customers describe their lawn's transformation following our treatments.

Contact Greenthumb Beverley for your FREE lawn analysis and quote:
01482 880082
or email: beverley@greenthumb.co.uk

Which? Approved



NEWSTAR SECTIONAL BUILDINGS

Est. Over 40 years
OPEN 7 DAYS A WEEK
Open Sundays
11.00 am - 3.00 pm

- Concrete Garages and Sheds
- Greenhouses, Summerhouses, Cabins
- Playhouses, Dog Kennels, Garden Structures, Log Stores
- Base Laying & Removal of old Garages & Sheds
- Full Delivery and Erection Services
- Refelting of Existing Sheds

FREE LOCAL SITE SURVEYS

Corner of Ash Grove & Beverley Road, Hull HU5 1LT
(Opposite Blind Institute)

TEL: 01482 444256
sales@newstarbuildings.karoo.co.uk
www.newstargardenbuildings.co.uk

www.cottinghamtimes.co.uk - October 27

Smiths
animal and pet supplies

**40 YEARS
SERVING
YOUR PETS**

**72 Castle Road, Cottingham, HU16 5JG
Telephone: 01482 843631**

We now deliver around Cottingham and surrounding area free of charge. Please contact the above number for further details.

Stockists for all leading brands for dogs, cats, horses and small animals. We also have a large stock of wild-bird feeders and seed.

THE BATHROOM SANCTUARY

CONTACT
TEL: 01482 247321

26 KING STREET,
COTTINGHAM HU16 5QE
www.thebathroomsanctuary.co.uk

Wauldby Soap



**100% All Natural :: 100% Handmade ::
100% East Yorkshire**

At **Wauldby Soap** we make 100% natural soap using the traditional cold process method, and recipes handed down over three generations.

Our oils and butters are sustainably sourced, our herbs and botanicals are home-grown or wild-harvested on the Yorkshire Wolds and we use beeswax, honey and propolis from our own bees. We even distil our own rainwater and make our own herbal infusions.

Our soaps are used widely by those with Eczema and dry skin conditions and are **Free from Parabens and harmful chemicals.**

www.wauldbysoap.com

Your Stars for October 2019

By Kay Gower

Aries (Mar. 21- April 20)

The full moon moves into your own sign on the 13th. You play by the rules, ruthlessly and for keeps. Your competitors will not stand a chance against you.

Taurus (Apr. 21- May 21)

With Jupiter the great benefactor in your 6th house the outlook for work and business is positive. Your intuition will be strong all month, now is a good time to back all your hunches.

Gemini (May 22-June 21)

Be bold in your approach this month and expect to succeed. There may be a stop/start feel to some issues but charge your way through and refuse to accept second best.

Cancer (June 22-July 22)

During the next 6 weeks you'll open your eyes with a fresh perspective on life. Then you'll decide what it is that really makes you happy - go forward with that thought. The last couple of months of the year are going to be great.

Leo (July 23-Aug 22)

Whatever you decide the planets back you up. Using your talent brings financial good fortune especially around (give or take a couple of days) the 11th October. Simplifying your life gives you energy.

Virgo (Aug 22 - Sept. 23)

The October full moon on the 13th will slowly but surely move you in a direction that ensures your outlay and effort reaps rewards. A connection with someone from a foreign country may also feature.

Libra (Sept. 24 -Oct. 23)

The focus will be on relationships, especially those closest to you. Many things are important in life yet the ability to connect with others and experience rewarding relationships allows you to handle everything else.

Scorpio (Oct. 24 - Nov. 22)

Everything can change in the blink of an eye. But weeks and months may go by without much change at all. This month, you have a great deal of say in the matter of 'change'. Exercise your will.

Sagittarius (Nov. 23 -Dec. 21)

Sometimes people are afraid to let go, when its really not as dangerous or as scary as they imagine. How will they ever be able to enjoy new experiences if they are tethered to the past? Cut ties.

Capricorn (Dec 22.- Jan. 20)

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

Aquarius (Jan 21 - Feb 19)

You experience a change you didn't anticipate or necessarily want, and yet it will improve your life in many ways. October brings the revival of a dream.

Pisces (Feb. 20-Mar. 20)

You sometimes have an unusual way of putting ideas across but there's no need to explain yourself, your friends already understand you. Those who aren't your friends - don't matter.

Hull and District Cats Protection Cat Homing show on Saturday 19th October

The Hull and District Cats Protection will be holding their Cat Homing show on Saturday 19th October, in the Darby & Joan Hall, Finkle Street, Cottingham from 11.30 am to 1.30 pm.

Come and meet the cats and kittens looking for permanent homes.

Christmas Cards, calendars and diaries, gifts, cat accessories and bric-a-brac. There will also be a tombola. Refreshments will be available - why not pop-in for lunch?

For more information, please call 01482 790284. Neutering vouchers are available for those on benefits or low income, by calling 01482 657650.



Country Cottage Holidays

Cottages in the beautiful
Countryside of the Yorkshire Dales
Wensleydale and Swaledale
Pets Welcome

For brochure please ring
Telephone: 01969 667654
www.countrycottageholidays.co.uk

Sudoku Answer from page 12

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

SENSATIONS

Nails :: Chiropody :: Beauty

Traditional Ear Candling
A soothing and
relaxing treatment £20



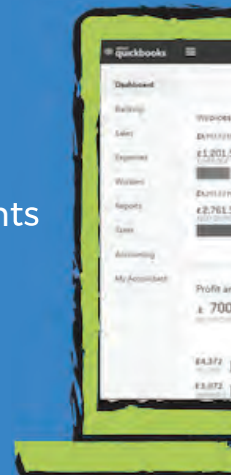
181 HALLGATE, COTTINGHAM
Tel. 849068



**Yorkshire
Accountancy**

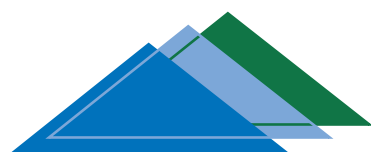
Quality Accountancy Services at Affordable Prices

- ✓ Annual Accounts
- ✓ Tax Returns
- ✓ Bookkeeping
- ✓ Management Accounts
- ✓ VAT Returns
- ✓ Payroll
- ✓ Company Formation
- ✓ Startup Advice



www.yorkshireaccountancy.co.uk
info@yorkshireaccountancy.co.uk

01482 845 750



www.premierroofing.co.uk

24 HOUR CALL OUT

Fast, Friendly Service

Premier Roofing Ltd.

Domestic & Commercial • Felt Roofing • Fibre Glass

• Fascias • Soffits • Rainwater Systems • Tiling • Cladding

TELEPHONE: 01482 571870/07813 118129





Keld to Tan Hill Inn, North Yorkshire

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

Midway through this Yorkshire Dales walk, stop off at the Tan Hill Inn – the highest pub in Britain – before returning across the moors past Roman cairns and craggy tors

On a lonely site high in the Yorkshire Dales stands a unique and historic place. With its exposed beams, stone-flagged floor and welcoming fire, the Tan Hill Inn, Britain's highest public house at 528m (1,732ft), is a place where walkers brush shoulders with inquisitive tourists.

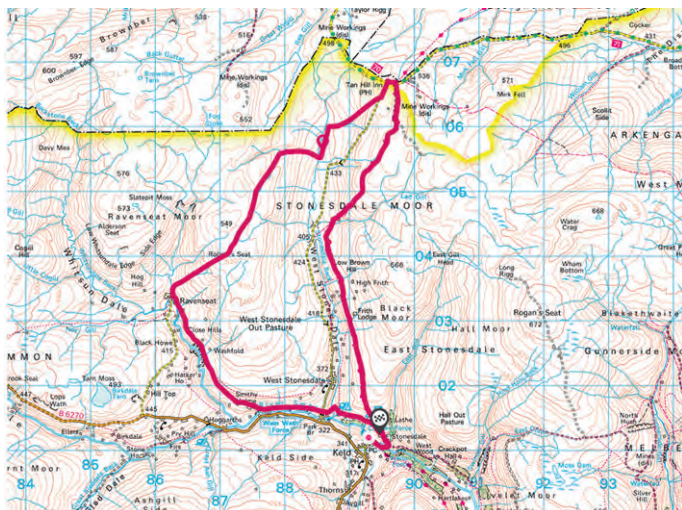
This walk takes you to the head of Arkengarthdale on the edge of Swaledale, where winds rush across moorland, and where you can stop at a warm pub to refuel or rest your weary head.

Waterfall start

The grey-stoned hamlet of Keld lies at the head of Swaledale. Here, cascading waterfalls enhance the River Swale's beauty. Park in the farm car park with its honesty box (£2 long stay, £1 short stay). Walk to the start of the footpath, signposted Muker. At the fork, turn left, cross the bridge and climb to reach another fork, where you turn left on to the Pennine Way, Britain's first long-distance footpath.

By a house where two grey stone paths diverge, follow the grassy track uphill, right. Watch for the acorn logo, and stride out across the moor. You will join a track with Pennine Way signs, which direct you to the Tan Hill Inn. You are now in traditional Swaledale sheep-farming country – barns (some call this the Valley of the Barns) are scattered like confetti across the grassy hillsides.

Go through the door, though (your dog is as welcome as you are), and you're straight into the bar. There's an open fire to one side, and a big circular table opposite, where part of the Inn's eclectic clientele is bound to gather – Pennine Way walkers, cyclists who've conquered the hills (to be welcomed with a congratulatory handshake from the landlady), leather-clad bikers, families who've come for lunch (especially for the Sunday roasts), and retired people curious to see what this famous place is like.



To the right of the bar there's a large space with comfortable sofas, and to the left a room with a simple mix of tables and chairs round a wood-burning stove. Beyond this is The Barn; you can get married here (Tan Hill was the country's first pub to be licensed for weddings), enjoy music each Saturday night, and, occasionally, see big names; bands that have performed here in the last few years include British Sea Power, Scouting for Girls and, most notably, the Arctic Monkeys.

There is accommodation at the Inn, ranging from comfortable en-suite rooms, through bunks, to the camping ground ('wet and windy' it says, enticingly, in the bar). Staying means you can experience the darkness – and have the chance to see the Northern Lights flickering green, pink and purple over the expanses of moorland. Choose a clear, still night near to the equinoxes for the best chance of the spectacle.

Today the Tan Hill Inn sits isolated, but there was once a hamlet here to house the miners from nearby coal diggings – there are photographs in the bar – and it is at a once-important junction of routes across the Pennines. It's a fascinating, convivial, embracing place, and worth any struggle to reach it.

After a lofty tippie

After some refreshment, turn right out of the inn and take the moorland road, left. A footpath leads right to a junction of streams. Cross, and continue along the left-hand bank. Cross the stream and head up the opposite hillside. At the crest, turn left, following the direction of the finger post.

Stonesdale Beck flows below Stonesdale Bridge on Stonesdale Moor in Upper Swaledale, part of Yorkshire Dales National Park

Line of nine Romans

To your right, you can see the stones of the Nine Standards Rigg – a line of cairns that stand on the edge of the escarpment north of the summit of Hartley Fell (pictured below). One theory suggests that the cairns were erected by the Roman army to look like troops from a distance.

Continue along the moorland path and cross a stile, where the path drops down into the valley. As the river comes into sight, you will be treated to some splendid views, eventually crossing the burbling waters via the road bridge. Turn left and back into Keld.

Useful Information: HOW TO GET THERE

Keld lies on the B6270 between Kirkby Stephen and Richmond.

Reproduced courtesy of Countryfile.com



Cottingham Parish Council



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

agreed less formally. Please contact the office if you wish to apply.

In September we gave a grant to the Cottingham Folk Festival

- **Word from the Clerk – Men in Sheds.**

Thank you to all of those who have been in touch expressing an interest in a Men in Shed project in the area.

Cottingham Parish Council have been working with Humber and Wold Rural Action, who have funding to set up a shed in the Haltemprice area, and, after the interest received, have decided to hold a public information event on **Wednesday 9th October, 10:30am-12pm in the Civic Hall, upstairs room.** I hope you will be able to attend.

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

- **Dog fouling in Cottingham**

Unfortunately, we seem to be seeing a spike in dog fouling cases in the area. The Parish Council is working with the East Riding of Yorkshire Council Dog Warden to get on top of this (not literally of course). We have 'clean it up' stencils which we will be putting in problem areas in the coming weeks and the Parish Council continues to sell dog waste bags at 50p per pack. Please inform us of any problem areas that you see.

- **Grants**

The Parish Council continues to offer grants to community groups and, in certain circumstances, individuals for the benefit of the community. We offer larger grants which require completion of an application form, receipt of bank statements etc., and are decided at our monthly Parish meeting, as well as smaller grants, up to £50, which are

- **Household Survey**

The Parish Council are currently conducting a survey to gauge the demand for different types of recreation facilities in the village. We will use the information received to better inform East Riding Council of the wishes of Cottingham residents when they allocate resources. Most households should have received one or will be receiving one shortly. The deadline for responses is the **20th October** and they can be handed it either to the Parish Council office on the Market Green, Barkers on Hallgate, Castle Park News on Green Lane, New Village News on New Village Road, and the One Stop Shop on the Parkway.

- **Dates for your Diaries**

The Cottingham Parish Council Full Parish & Finance meetings usually take place on the third Thursday of the month (apart from in August and December) and start at **7pm**. The next meeting will be **Thursday 17th October 2019**

Meetings of our Planning Committee cannot be fixed, so will be advertised as they arise, as they are dependent on the planning applications that come in from East Riding of Yorkshire Council. We are now aiming to have the meetings on the first Tuesday of the month but this is subject to change.

We encourage and welcome members of the public to attend any of our meetings and find out more about what is happening in their village. Alternatively, If you would like to speak to a Parish Councillor, their contact details are displayed in the noticeboards around the village, by visiting our website on www.cottinghamparishcouncil.org.uk or by contacting the Parish Council Office on 01482 847623.

STROUDS

of Cottingham

Handbags, Wallets, Purses, Accessories and much more



Gifts to suit all ages & budgets

Find us at: 149 Hallgate, Cottingham, HU16 4BB

Telephone: 01482 845 600

Website: www.stroudsbags.co.uk

An ICF adviser can help you make better financial decisions



Andrew Walters

"Whether you are just starting out in life or enjoying your autumn years, taking prudent financial advice can help you get to where you want in life and protect yourself from the pitfalls that can lie in wait. It all starts with a chat and it all moves at your own pace - so, why not give me a call and start the process off?"

Planning for Retirement
Investment Management
Life Assurance
Advice on Mortgages & Re-mortgages
Buy to Let loans
Development Finance



ICF Financial Services Ltd
97 King Street, Cottingham, HU16 5QF
also in Melton, Bridlington & Scarborough
Pop in or call (01482) 638 300

www.icf-fs.co.uk

ICF Financial Services Ltd is authorised and regulated by the Financial Conduct Authority



Councillors approve free Christmas parking for the next three years

Parking across the East Riding on the four weekends leading up to Christmas will now be free in all the council-operated car parks for the next three years.

At a meeting of East Riding of Yorkshire Council's Cabinet on Tuesday, 3 September, councillors agreed to suspend all parking charges in the four weekends before Christmas as well as the weekend of Remembrance Sunday, for the next three years.

For the last 11 years, parking has been free for the four weekends leading up to Christmas at the council's on-street and off-street parking locations in a bid to boost trade and visitor numbers in towns across the East Riding.

This year, parking charges in the council's on-street and off-street parking locations will be suspended on the following weekends:

Saturday, 30 November and Sunday, 1 December

Saturday, 7 December and Sunday, 8 December

Saturday, 14 December and Sunday, 15 December

Saturday, 21 December and Sunday, 22 December.

The free parking period will be between 8am on Saturday to 8am on Monday and pay and display machines will be clearly marked to let people know there will be no charge.

Parking charges will also be suspended on Sunday, 10 November for Remembrance Sunday.

Whilst parking charges are suspended, motorists are advised that normal parking rules still apply, such as those around disabled parking bays, maximum stays and controlled parking zones (CPZ).

Councillor Richard Burton, leader of East Riding of Yorkshire Council, was pleased to extend the scheme for the next three years and he said: "This is a very popular scheme as Christmas is a key trading time for our local high streets and free parking brings people into our town centres.

"During the current period of economic uncertainty, it is vitally important the council does all it can to support local businesses and encourage residents and visitors to the area.

"I'm also pleased to be able to extend the free parking to the weekend of Remembrance Sunday as it will allow people to commemorate and reflect on the bravery, dedication and sacrifice of our armed forces – past and present."

Free parking will be in place for Small Business Saturday, now in its seventh year, which takes place on Saturday, 7 December.

Councillor Burton added: "Small Business Saturday is a campaign that this council whole-heartedly supports.

"Small and medium-sized enterprises are the lifeblood of the East Riding economy and this campaign helps focus on the great work they do and to encourage people to shop locally."

The locations of council car parks can be found at <https://www.eastriding.gov.uk/environment/roads-streets-traffic-and-parking/parking/car-park-finder/>



East Yorkshire transport charity launches volunteer recruitment drive

The East Yorkshire community transport operator, Beverley Community Lift (BCL), has launched an appeal for new volunteers in Cottingham as the charity approaches its 50th anniversary year.

The service helps dozens of people every week in the East Riding with car and minibus transport services, particularly those who have difficulties using public transport or have no access to a car.

Manager Fiona Wales says: "Our successful service has depended on the great work of volunteers over the last half-century and they enjoy providing an invaluable service to the public. As demand for our transport rises, we need more people to help, particularly in Cottingham but also in other East Riding communities."

The charity needs car drivers, minibus drivers and passenger assistants and full training will be given:

Drivers use their own car to provide essential door-to-door transport for registered passengers. They need to be over 25 with a full licence and no more than six penalty points.

Minibus Drivers: Beverley Community Lift also operates shopper services to various East Riding towns and day trips for its clients to places like York, the coast or other popular destinations. Minibus drivers need to be 25 or over and have a D1 driving licence.

Passenger Assistants: Minibus drivers often enjoy the support of a volunteer to help with journeys and looking after passengers. It is ideal to have passenger assistants for regular shopper services and day trips so it is up to the individual how much time can be given. The role may involve assisting customers with wheelchairs and handling money.

For full details, please call 01482 868082, email manager@bclift.org.uk, or visit www.bclift.org.uk for information about the charity and the roles.

You are invited to the Celebration of Older People Week from 1st October

The Older People's Partnership for Hull and East Riding are celebrating the achievements and contributions that local older people make and the City of Hull is invited!

As part of the Celebration of Older People Week, which is supported by the Hull Clinical Commissioning Group (CCG), you can join judges David Burns, Sue Stephenson, Paula Kelly and Louise Yates for Hull and East Riding's got talent 55+. With entertainment from the Livertones and a variety of performances from competitors aged over 55, the October event is not to be missed.

Support the advertisers who appear within the Cottingham Times

Hull and East Riding's Older People's Partnership is a charity which champions local older people. Working across Hull and East Yorkshire, the partnership promotes the needs of older people and helps to find new and creative approaches to problems older people face in the community.

Trustee of the partnership, Mike Foers, said: "We are massively looking forward to a week of celebrating the older people in Hull, and what better way to do that than an evening of entertainment provided by Hull's older people."

"Everyone is welcome to join us to celebrate the amazing talents of Hull's over 55's this October!"

Tickets for the event on 2nd October at the Guildhall are available for £2 from Hull and East Riding Age UK and Dove House Hospice and everyone is welcome to go along and enjoy the entertainment.

As part of Older People's Week the charity are further hosting a free event at the Guildhall from 10am on 1st October for food and drinks, stalls and performances including PC Danny Flemming on the Bag Pipes and Hull Ladies Choir.

Cottingham Civic Hall will also host a free event on 4th October with live music and entertainment including a Sahara Dance demonstration, plus market stalls of information and refreshments.

For more information about the Older People's Partnership Hull and East Riding, visit: www.olderpeoplespartnership.org.uk

Cottingham Parks Golf & Leisure Club shortlisted in the National Fitness Awards

Cottingham Parks Golf & Leisure Club has been shortlisted in the National Fitness Awards, the UK's biggest free-to-enter fitness awards and are in the running for a prestigious national award.

The club has been shortlisted in the 'Regional Gym of the Year' in the awards which are this year celebrating their tenth birthday.

The annual event recognises excellence and achievement in gyms throughout the country with shortlisted facilities being as far north as Elgin and as far south as Devon.

Cottingham Parks Health Club Manager Samantha Adams said 'Our staff and customers are very proud and excited about getting this far in the awards, we love coming to work and inspiring people to lead a healthier lifestyle, and the awards are just the icing on the cake for us'

The awards are organised by Script Events in conjunction with leading fitness industry magazine *Workout*, with support from headline sponsor ServiceSport, and in each category up to seven finalists have been selected, who will now go through to the next stage of the judging process where they will be out to impress by showcasing first hand the great work going on in their clubs.

This stage involves a visit to each finalist by a member of the awards team who will take a look around the facilities and chat to members and staff before compiling a comprehensive report, which will then be passed on to an expert judging panel to decide the lucky winners.

Trophies will then be presented at a glittering awards ceremony on Friday November 29 at The Athena in Leicester.

National Fitness Awards' event director Judith Halkerston said: "The National Fitness Awards are celebrating their tenth birthday this year and with more entries than ever before, our finalists really have reason to celebrate too, as it's a huge achievement to have made the shortlist and is testament to the teams behind each."

www.cottinghamtimes.co.uk - October 33



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

www.instinctivehorsetraining.co.uk

Trust is hard earned and easily lost

A brief review on the consequences of our actions in relation to the operant quadrant. (Our choices in shaping future behaviour)

Negative reinforcement R-, Negative punishment P-, Positive punishment P+ and Positive reinforcement R+

Have you ever sat back and thought that you just handled a situation in the wrong way? The realisation that you just messed up. Regretting the words you chose or the actions you just took? What will be the consequence of that moment in time and how will it affect the future relationship and behaviour with that person, child or colleague?

What did you actually do? Was it harsh and hurtful words that hurt the receiver emotionally? Were you lying about something? (Resource guarding) Was it that you took something away from the other person which you knew would feel punishing? (P-) Was it physical action where you lashed out, struck, hit, poked or worse? Every single one of us knows that physical abuse hurts in 2 ways- through the actual pain inflicted as well as emotional pain and fallout. (P+)

Thinking back on your actions, assess how your choice made you feel at the time? Were you dominating because you could? Did it stem from frustration or fear on your part? Were you protecting something or someone else?(Resource guarding) Were you withholding something from someone on purpose, knowing that it would have a desired, punishing effect? Were you reacting to something they did to you or that you had perceived that they had done to you? Were you trying to make that person do something against their will? (R-)

Now think about how much choice you had. Was the situation in your control or was it the fear of losing control which instigated your choices in reaction? What exactly made you want to gain power over that other person?

Turn all this around into the place of the receiver. Has this happened to you? How did it make you feel? Does the memory still haunt you even after years have passed by? Given a similar environment or stimuli, will it make you behave in a certain way? (classical conditioning)

All these scenarios are happening in our human world all of the time. How we treat each other, how we react to situations we find ourselves in? What reactions spring to mind when you feel unfairly treated, have had something taken off you with no choice, feel like someone is bullying or dominating you or feel the need to protect something or someone? Does it make you feel fear, grief or rage?

The choices we make will always have a ripple effect when it comes to future relationships, interactions and behaviour. Trust is hard earned and easily lost.

34 October - www.cottinghamtimes.co.uk

In my world of horse (and animal) training, I see all of the above scenarios running all of the time with how we treat our pets - especially the domineering way horses are endemically treated and trained. I see how the historical experiences and associations drive unwanted behaviour in horses all the time. I see how badly humans handle a horse who is reactive, scared, angry or frustrated. The hard held belief that we need to master or dominate horses, is the main criteria endemic world wide. Why do we humans feel the need to behave this way- BECAUSE WE CAN!

I'm saddened by how very common it is for the human to perceive that the horse is simply being "awkward", "stupid", "doing it on purpose" or "naughty", when none of those labels are true in behaviour terms. Absolutely none of that terminology applies to animals. It is not in their psyche to think in those anthropomorphic ways. They react to environments immediately associated with its consequence to them based on primal survival drive, self-protection or historical associations (memories).

The more violent we humans are with horses, the more harm we cause and the worse the predictable future behaviour will become. Somehow we still have the right to carry and use whips on horses. The racing industry is all about legal abuse by its allowed use of "riding out with whips" to the finish post. Heaven forbid you ever see humans being whipped to make them work harder or see a dog being beaten as you drive by. Those scenarios are illegal.

Humans are such a dominant species- just look at our histories of war making and killing. The rape of our planet for money, to which we are now really starting to pay the price for, despite decades of unheeded warnings. Every single day 100 species are being wiped off the face of the earth forever. What gives us the right?

Animals do not make war. They do not behave as we do yet they suffer the outcomes of our dominance in every single way, all of the time because they have no power. Our processes in farming animals for their meat, especially live transport abroad and the whole mass slaughter industry is endemically cruel, all based on profit. They have no choice.

This article is about giving you all some food for thought. Can we change our behaviour enough to make the lives of our helpless animals better? All animals everywhere are powerless because it is we who hold all the power.

Could we possibly grant animals sentience in law? There is a huge public push towards that goal but our politicians refuse to listen because it will cost the country too much money. Granting all animals in our care the recognition of sentience is the one most amazing and massive outcome which would make a huge difference to the quality of life to all our animals- the whole pet industry, the entire farmed animal process and the entire equine industry. It would strengthen welfare laws enormously and increase magistrates power for sentencing offenders.

Could we ever give power to our most vulnerable species to enable all animals to the same rights of a safe, pleasurable and pain free life as we human overlords?



Support the advertisers who appear within the Cottingham Times



Father Paul Smith, Rector of St. Mary's, Cottingham to retire at the end of October

Father Paul Smith, Rector of St. Mary's Church, Cottingham, is to retire at the end of October due to ill health. He has been Rector for the past fourteen and half years.

His final service will be a special Choral Evensong on Sunday 20th October, in St Mary's Church, at 6.30 p.m. and will include some of his favourite music.

The service will be followed by a presentation to the Rector and Ruth at an informal gathering, in the Civic Hall, starting at about 7.30 pm.

If you are unable to come to the service, you will still be most welcome at the gathering in the Civic Hall.

HULL CARPETS & FLOORING

BY CHRIS LEE

hullcarpetsandflooring.com

**A Local Family Business
with over 34 years experience**



- ✓ Friendly Service
 - ✓ Expert Fitting
 - ✓ Furniture Moved
 - ✓ Uplift & Disposal
 - ✓ All Brands Supplied
 - ✓ Competitive Prices
 - ✓ New Ranges & Colours
 - ✓ No Obligation Quotes
- Free Fitting on Selected Ranges!

Home Pattern Service

Choose your new flooring in the
comfort of your own home

Call Chris on: 01482 842265 or 07860 123 015
Unit 12, Station Yard, Cottingham

Homelink

your property partner

**The professional family
business, that really cares!**

Cottingham £850pcm



Detached Modern House

- Four Bedrooms
- Master en Suite
- Two reception rooms
- Garage and driveway
- Good sized gardens
- Unfurnished
- MUST BE VIEWED

Wawne £775pcm



New Build 3 Bedrooms

- 3 bathrooms
- Rural Views
- Kitchen island
- Bi-Fold Doors
- Underfloor heating
- Unfurnished
- VIEWING IS ESSENTIAL

Skidby £725pcm



Detached Bungalow

- 3 bedrooms
- Bathroom and en suite
- Conservatory extension
- Double garage
- Lovely gardens
- Village location
- Unfurnished
- BOOK TO VIEW SOON

Cottingham £675pcm



Great Presentation

- Stylish fittings
- Newly refurbished
- Central location
- Three bedrooms
- Attractive rear garden
- Unfurnished
- MUST BE VIEWED TO APPRECIATE

Hessle £645pcm



Fabulous 3 bedroom house

- Well presented accommodation
- Modern fittings
- Stylish finish
- Gas central heating
- Double glazing
- MUST BE VIEWED

Cottingham £595pcm



Two bedroom terraced house

- Gas central heating
- Double glazing
- Gardens and parking
- Modern fittings
- Well presented
- Bathroom with shower
- BOOK TO VIEW SOON

LETTINGS • MANAGEMENT • LEASEHOLD

Homelink • 14 King Street, Cottingham, East Yorkshire, HU16 5QE

t 01482 875248 • f 01482 849062 • e info@home-link.co.uk • w www.home-link.co.uk

***** LIVE MUSIC AT *****

COTTINGHAM CIVIC HALL

Friday October 18th £21



THE ICICLE WORKS

Saturday October 19th £15



THE ROLLIN STONED

Friday October 25th £27.50

MARTHA REEVES & THE VANDELLAS



Friday November 22nd £25



LOS PACAMINOS FEAT. PAUL YOUNG

Sunday December 1st £22.50 (UNRESERVED SEATS)

TURIN BRAKES (ACOUSTIC)



Saturday December 14th £25 (UNRESERVED SEATS)

AN EVENING WITH MERRILL OSMOND



THE CIVIC HALL, MARKET GREEN, COTTINGHAM, EAST YORKSHIRE HU18 5QG. @thecivichallcottingham
TICKET INFO: TICKETS FOR ALL SHOWS AVAILABLE VIA HullBoxOffice.com 0844 249 1000 See TICKETS



COTTINGHAM CIVIC HALL

BON GIOVI

Saturday 5th October



PETER KAY

Saturday 2nd November
Tribute

The ELO Encounter

Saturday
23rd November



The BEATLES For Sale

Saturday
28th December

Rozzers

Friday 31st January

Sting and The POLICE



Elton And The Rocket Band

Saturday 9th May

Tickets For All Events Available From
Skiddle.com | HullBoxOffice.com | SeeTickets.com

They've only gone and got

It's a comment we're getting to hear quite a lot in Cottingham these days. Usually it's about the latest big name musicians appearing at the Civic Hall. The likes of Leo Sayer, Paul Young, Carol Decker, Steve Harley, Frank Turner and Newton Faulkner have all put in an appearance over the past 18 months since the Cottingham Village Trust took on the stewardship of the East Riding of Yorkshire Council owned Civic Hall and Council Offices which were declared "surplus to requirements" just over two years ago.

The Cottingham Village Trust is the charity formed specifically to save these buildings from closure and keep them running for the benefit of the local community. You may not know that the Trust also bears the responsibility of running and maintaining the Public Toilets in the centre of the village, with the financial support of the Cottingham Parish Council.

It may also surprise you to hear of some of the other goings-on right in the heart of this alleged "largest village in England". For example, did you know that we play host to over 20 organisations during most weeks, bringing Art, Cookery and Music for under 5's, Karate, Zumba, Ballet, Astronomy, Brownies, Salsa, Ballroom and Swing Bands, Musical Theatre, Yoga and dance classes. There's flower arranging once a month and the National Trust and Parkinsons Society meet regularly in the main hall and we are pleased to host regular visits from the National Blood Donation Service

We are also opening up the venue for parties and receptions and can cater for up to 200 people for buffets and a limited hot menu eg. pie and peas!

Highlights of the final quarter of this year include performances by Martha Reeves, the Bay City Rollers, Hue and Cry and Merrill Osmond (yes, the actual lead singer of the world famous Osmonds is coming to our little corner of the globe).

There will be two standout dates to put in your diaries on 1st November a Quiz Night to raise funds for Cottingham Fitmums and the following Friday sees a return of the fantastic "Walk Like a Man", the wonderfully talented tribute act to the Four Seasons of Jersey Boys fame.

The final weeks of this year will see five performances of Robin Hood and Babes in the Wood, a pantomime for all the family starring Jonathan Parker of BBC Radio Humberside's "Westenders" an authentic Dame in the finest tradition of Panto (Oh, yes he is!)

We rely on a fabulous group of volunteers to help keep this venue going - interested in joining our happy group of helpers? Just drop us a line..... We also have a monthly lottery with funds being split 50/50 in prizes and reinvestment in the Hall.... Like to join? Just use our contact details below....If you have any suggestions or comments we'd love to hear these too.....

For more information:

Call 01482 844599 (you can leave a message) or email: enquiries@cottinghamvillagetrust.org.uk.

Support the advertisers who appear within the Cottingham Times



'The Children Act' on Saturday 19th October at 7.30 pm

Saturday 19th October is a date for your diary if you don't want to miss The Children Act, starring Emma Thompson as Judge Fiona May who must race against the clock to determine the fate of a teenage boy in need of a lifesaving blood transfusion.

Doors at Swanland Village Hall open at 7pm and tickets cost £4 adults £2 schoolchildren. Refreshments on sale at the interval. For further details see <https://www.swanlandvillagehall.info/forthcoming-events.htm>.



'Wear It Pink Day' at Cottingham Parks Golf Club on October 19th

The 'Wear It Pink Day' is once again being held at the Cottingham Parks Golf and Leisure Club on Saturday 19th October.

The 'Wear It Pink Day' is a Breast Cancer fundraiser in which members and guests get involved wearing pink (even some of the men wear pink).

There will be a golf competition along with a tombola, sweepstake and raffle and lots more. All proceeds to Breast Cancer Now.

So come along and get involved, enjoy a game of golf and support a worthy charity. Last year over £1,200 was raised.

If any local businesses wish to support the cause next year, please contact Kristina through Cottingham Parks Golf Club, tel. 01482 846030.

Pictured: Some of the ladies from last year's Ladies Pink Day.

Support the advertisers who appear within the Cottingham Times

fitness **vibe**

PRESENTS

Weekly sessions
at The Civic Hall

ZUMBA fitness	Toning & calorie burning LATIN INSPIRED DANCE FITNESS WORKOUT WITH EASY TO FOLLOW MOVES	HIGH ENERGY FUN
Mon & Thurs 6:30 - 7:15pm		
ZUMBA gold	Low impact moves THE PERFECT MOVES AND TONES HEAVY ON STRETCHING TO EXERCISE	FIT FOR LIFE
Weds 10:30 - 11:15am		
fitness body	Legs, bums & tums A FUN FILLED SOCIAL WORKOUT FOR TONING AND SHAPING	LEGS BUMS & TUMS
Tues 6:30 - 7:15pm		
FITSTEPS	Strictly Fitsteps NO DANCE EXPERIENCE/PARTNER NEEDED, SUITABLE FOR ALL AGES	BALLROOM FITNESS
Fri 10:30 - 11:15am		

at The Civic Hall, Market Square, Cottingham

£4.50 per class - no need to book!

Katrina Catton

AWARD WINNING
INSTRUCTOR

Tel: 01482 355594 Mob: 07910 797527

katrina@fitness-vibe.co.uk

FitnessVibeHull

www.fitness-vibe.co.uk

ONE OFF PRODUCTIONS & COTTINGHAM CIVIC HALL PRESENTS

The Magical Family Pantomime Adventure

ROBIN hood

AND THE BABES IN THE WOOD

SATURDAY 21st December at 2pm & 7pm
SUNDAY 22nd December at 2pm & 7pm
MONDAY 23rd December at 7pm
at Cottingham Civic Hall

Tickets

Adults £7.00

Children (under 16) £5.50

available from Barkers Stationery,
195 Hallgate, Cottingham

Yorkshire Accountancy



www.cottinghamtimes.co.uk - October 37

EVERY THURSDAY

**Do All Your Shopping
in Our Friendly Environment**

Fruit & Veg, Fashions, Hot Food Take-Away,
Home Baking, Underwear, Tights, Socks, In-Soles,
Fish, Pet Food, Second-hand Books, Plants,
Flowers, Artisan Bread, Bags,
Scarves & Hats, Cheeses and Butter,
Sausages, Jewellery,
Garden Ornaments,
Charity Stall and much more

**COTTINGHAM
MARKET**

THE GREEN, COTTINGHAM

Kristoffs of Cottingham

Family Run since 1992

The Sunday Club

Every Sunday in our 1st Floor Dining Room

3 Course Roast Dinner Special

Garlic Bread or Giant Yorkshire Pud and meat juicy gravy

Choice of Roast Dinner & **WOW!**
Any Homemade Dessert

£9.95

Every Sunday 12pm-3pm on the 1st floor Bookings only

140 Hallgate ☎ Cottingham ☎ tel:01482 876886 ☎ kristoffs.co.uk

Rotary Club of Holderness Craft Fair, Saturday 9th November in the Civic Hall

The Rotary Club of Holderness Craft Fair has become a successful annual event in Cottingham, boosting the Club's charity funds so that members are able to help people in need.

Locally Rotarians work with the Salvation Army to provide and pack food parcels for families at Christmas, and people with disabilities can benefit from a day of sports, where they try different events and socialise with contestants from a wide area. Keeping up the international Rotary aims of providing service and bringing about lasting change, members stay ready to step-in when an unexpected need arises.

This year's fundraising craft fair will be on Saturday 9 November at the Civic Hall in Cottingham, from 10am to 4pm. As usual there will be an excellent selection of stalls for customers to browse and we are grateful to all crafters who are taking part.

There will be greeting cards, jewellery, woodcrafts, knitted items, pottery, Christmas trinkets, other gifts plus Rotary's own second hand book stall. Come and have a go on our well-stocked tombola and try the refreshments served by members of the Inner Wheel Club of Holderness.



Council tax - paperless billing

East Riding of Yorkshire Council always aims to be at the forefront of introducing innovative ways to improve residents' experience of using its services.

In December 2018, a paperless billing system was introduced to give householders the option of viewing their bills online, rather than receiving them through the post. The decision was made to move to paperless billing to reduce the amount of paper printed, which is better for the environment.

Signing up for paperless billing allows residents to view their council tax account 24/7, it is simple to use, will save time and gives people greater control of their bills and payments. Once signed up, residents can:

- view their bill whenever they like
- check their balance, payments, bills and recovery notices
- view or update account information
- update contact details
- report changes, such as applying for discounts and telling the council about a change in address
- sign up for Direct Debit

When residents register for paperless billing, the council will send an email whenever they have a new bill, which they will be able to view instantly through their account.

Councillor John Dennis, portfolio holder for community involvement and council corporate services, said: "It is very easy to sign up for paperless billing, which makes keeping track of your council tax account very straightforward. You can check your bill at any time through the secure online service.

"It is also reassuring to know you are doing your bit for the environment by reducing the amount of paper needed to produce printed bills, and saving money on postage."

To make the switch today, like the thousands who have already signed up, please visit www.eastriding.gov.uk/counciltax, then click on the change to paperless billing link.

Phoenix Walkers

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

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

The coach picks up outside Hull Truck Theatre on Ferensway Hull at 8-30am Beverley Road around 8-45am and Cottingham Green around 9am. Coach fare £10.

You may come three times before deciding to join us (£10 fee)

Two levels of Walks

A Group 8-10 miles

B Group 5-7 miles

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

Walks are with leaders and are risk assessed.

Sunday 6 October Hathersage Derbyshire

Sunday 20 October Lincoln

For further information and to book your seat on the coach please ring Sid&Sue 01482 701325. email phoenixwalkingclub@outlook.com.

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 the Yorkshire Dales, and we walk throughout the year.

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

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

Pick up in the City Centre is 8.30am during the Spring and

Summer months.

All walks are with leaders.

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

The 'B' walk - a steady paced 7 to 9 miles.

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

Sunday October 13th: Wrench Green/Langdale End to Scalby.

Sunday October 27th: Winteringham (Lincs.) round.

(The coach will pick up at 9.00am at Monument Bridge)

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 Pauline.borger223@btinternet.com or telephone 07929933323.

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

Like us on Facebook: [The Hull CHA Rambling Club](#)

You will be very welcome.



Cottingham Plumbing Services (No Gas Work)

(Serving Cottingham and Surrounding Area)

(C&G Advanced) (MCI0B)

Jobbing Plumber - Semi-Retired

Highly Experienced- Highly Qualified - High Quality

Low Prices

Tel. 07931 988882

SUPPLIERS OF QUALITY BESPOKE KITCHENS, BEDROOMS & BATHROOMS

30-32 Northgate, Cottingham. Telephone 01482 844114
Fax: 01482 847828 :: www.inputkitchens.com
sales@inputkitchens.co.uk

input kitchens of Cottingham

Support the advertisers who appear within the Cottingham Times

www.cottinghamtimes.co.uk - October 39

Finkles Boutique

Cotta Court, Cottingham

**New Stock
now
arriving
all at
affordable
prices**



HOW MUCH TO FIT?
99% of the time we will beat major
kitchen suppliers fitting price



**See our
100%
ratings on
Mr. Builder**

**COTTINGHAM
KITCHENS
&
JOINERY**

You Buy, We Install
or
Kitchens Supplied & Installed
or
Re-Vamp - Modification Service
Available

Tel. 07800 500 942 or 01482 840951
Email: dave.66@hotmail.co.uk



The Viewfinder Photographic Society's (VPS) annual exhibition at the Skidby Village Hall, 4th - 6th October

The Viewfinder Photographic Society's (VPS) annual exhibition gets underway once again later this year and for the first time will be held in association with the Hull International Photography Festival that starts on 4th October 2019.

Figures show that visitor numbers have steadily increased over the last decade and the exhibition in Skidby has established itself as a popular community event, attracting people of all ages who like to come and browse the pictures, vote for their favourite images and sometimes buy a gift from one of the stalls selling cards and prints.

David Marshall, VPS Chairman said: "The appeal of the exhibition over the years clearly demonstrates just how much interest there is in the printed image. The photographs on display illustrate the talent we have right on our doorstep and we're delighted that HIP Fest have invited us to be part of their celebration of photography".

Once again, the Society has also been invited to take their exhibition to the East Riding Community Hospital in Beverley for patients and visitors to enjoy, so anyone that can't see the exhibition in Skidby will have another opportunity later in the year.

The club, which has a waiting list, provides a place for members to learn more about their photography by being with others who share their passion.

Exhibition opening times:

Friday 4th October 2019	10.00am – 5.00pm
Saturday 5th October 2019	10.00am – 5.00pm
Sunday 6th October 2019	10.00am – 5.00pm

Starlight Stride charity walk on Saturday 19th October

Everyone across Hull and East Yorkshire is being encouraged to take part in Hull's brightest night-time walk for charity.

Dove House Hospice is looking for people to light up the Humber Bridge this October for their 8-mile circular walk, starting and finishing in Hessle.

The Starlight Stride will take place on Saturday 19th October and starts at 7:30pm. A pre-walk party will get everyone warmed up and walkers can decorate themselves with glow sticks and face paint before they set off.

Anita Brien, Events Coordinator at Dove House Hospice said "The Starlight Stride is a great event whether you want a fun

Support the advertisers who appear within the Cottingham Times

night out with friends or want to get together to celebrate the life of someone no longer with us. Everyone taking part is making a real difference to the lives of people living with a terminal illness across Hull and East Yorkshire.”

Dove House Hospice is this area’s only hospice, providing emotional, practical and emotional support to people living with a terminal illness as well as support to their friends and family. The hospice relies on the donations from the local community to ensure they can support whoever needs them, whenever they need them.

Entry to the Starlight Stride just £15 and those taking part need to raise at least £20 for the hospice. All walkers will receive a t-shirt and a bright neon accessory to wear on the night as well as a medal on the finish line.

Campaign encourages residents to recycle all metal packaging in their blue bins

Residents in the East Riding are being encouraged to take part in a campaign to boost the recycling of metal packaging in their blue bins – following a successful trial held last year.

The aim of the scheme is to encourage residents to place the following metal packaging items in their blue bins so they can be recycled:

- Food tins; Drink cans; Foil trays
- Foil – just scrunch into a ball; Empty aerosols
- Metal screw tops – from glass bottles and jars
- Biscuit and sweet tins ... Please make sure all items are empty and clean.

For the project, the council has joined forces with MetalMatters, a national, industry-funded communications campaign.

Last year around 40,000 residents in the Goole, Howden, Pocklington and Market Weighton areas took part in a successful trial of the MetalMatters programme.

Their support of the campaign led to a 22-tonne increase in metal packaging collected in blue bins in that area in the first six months following its launch in October 2018.

That’s the equivalent of almost 1.5 million empty drink cans!

The amount of aluminium alone placed in blue bins in the trial area increased from 43 tonnes to 62 tonnes – that’s an increase of 44%.

Thanks to the success of that trial, the MetalMatters campaign is now being rolled out across the East Riding.

The council’s waste and recycling officers will also be holding a series of roadshows across the area to promote the campaign.

East Riding of Yorkshire Council has been the top recycling authority in the country for two years running, recycling more household waste than any other council in England.





Cave Castle
Hotel & Country Club

Cave Castle Hotel in 2019

Oct: **Psychic Interference - Murder Mystery** – Fri 11th
Dirty Grease Tribute Event – Fri 18th
Wedding Open Day – Sun 27th

Nov: **Who Wants to Die a Millionaire - Murder Mystery** – Fri 8th
Tina Turner Tribute Event – Fri 22nd
Christmas Lights Switch On – Sat 30th

Dec: **Party Nights** – Thursday, Friday & Saturday
Christmas Lunch – Wednesday 25th
Boxing Day Lunch – Thursday 26th
New Year's Eve Gala – Tuesday 31st

W: www.cavecastlehotel.com T: 01430 422245 E: info@cavecastlehotel.com
Cave Castle Hotel & Country Club, Church Hill, South Cave HU15 2EU

Rozanne Bell

Growing up under a blazing African sun surrounded by vibrant colours has had a lasting effect on Artmarket artist Rozanne Bell.

Her canvases are alive with saturated, vivid colours, as glamorous and dynamic as the artist herself.

"I could no more paint a bleak, dull picture than I could fly to the moon," she says. "Anyone with an African upbringing will tell you the same: African art is so bright. I used to come over here on holidays, go to galleries, and be amazed at the lack of colour."

Rozanne's Scottish father and Yorkshire mother moved to Zimbabwe before she was born in 1962. She lived there for the first 40 years of her life until the political situation under President Robert Mugabe saw her flee the country with her five young children, taking only what they stood up in.

"I took the children to school one day, and never got to go home again. I lost everything, including – for me the biggest tragedy – all my art materials and books. But please don't think I'm sorry for myself – that's not me at all! It's just the way things were."



Rozanne and her children pitched up back in the UK, followed later by her husband and parents, and she settled at Sturminster Newton in Dorset, setting up a studio in nearby Shillingstone.

Despite having had a successful career as an artist in Zimbabwe, she was forced to start again completely from scratch, seeking out frames for her paintings at car boot sales and selling her work round local pubs.

"So that was my two years of crying into my paints!" she says. "Then someone spotted my work, liked it, and got me into a local gallery. My big break was with my pictures of harbours, which I started painting after visiting Padstow and Rock in Cornwall.

"I like to use lots of different media – I have a real love of calligraphy, for example. And my paintings are created using layers and layers of paint, sometimes four or more."

Rozanne is keen that each and every work she creates is unique and isn't reproduced. "I'm ever conscious of those who like and buy my work," she says. "I haven't succumbed to the temptations of limited editions or mass market prints. Each picture I paint is an original, with no one painting being the same as another."

"I am also passionate that my work remains affordable. I would rather sell ten paintings to ten nice people at a good price, than one at a fortune to a celebrity. I'm not interested in the ego of art! It bores me to death."

Rozanne is best known for her vivid animals, many of them, most obviously her dramatic elephants, inspired by her



African youth; for flamboyant birds; for those harbours; for flowers and for street scenes, all of which lend themselves perfectly to her glorious palette of colours and her trademark metallic embellishments.

But recently she has turned her attention to a subject less renowned for its colourful appearance – her mother's home county of Yorkshire. She's created a stunning image of Beverley market place especially for the Artmarket Gallery.

And typically, she's managed to inject her trademark colour into the town's grey stone buildings: they're streaked by the luscious hues of an East Yorkshire sunset.

"I just love Yorkshire – I'm actually a little obsessed with it," she admits.

Who knows – perhaps the county, so far removed from those pulsing African colours, could become her next muse?

Artmarket

www.artmarket.co.uk

gallery@artmarket.co.uk

01482 876 003

Wolfreton Park Bowling Club

From early April through to September we are an active bowling club. New members are very welcome, including complete beginners. We have 'roll-up' social/fun bowling sessions: Mon at 6.30-8.30pm and Tues/Fri at 2pm-4pm. Arrive early (15 to 20 mins) so that we can show you around. Come along and see if you like it – your first three sessions are free, we will provide the bowls and bowling shoes for you to use. We also have club competitions and social events (summer and winter) in which all are very welcome to join. Additionally, most days in the Summer, we have: ladies, men and mixed league matches. We bowl at Bramble Close (off Chestnut Avenue), Willerby HU10 6PD. For more information, about membership and other details, call Sue Hall, Club Secretary – 01482 652384 or email: s.hall@doodad.karoo.co.uk.

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 three floodlit, all-weather artificial grass courts. We have lots of opportunities for both social and competitive tennis and we have a dedicated coaching team. Please contact Matthew Fletcher on 07814 495931 for more information and to arrange to visit the club.

Do you wish you could swim?

If you have failed to learn to swim by traditional methods, try something different. Hull Optimists teach people to swim by concentrating on balance and breathing skills. You may have a disability or a profound fear of water, we can still help you, providing that you are accompanied by your own carer or helper

in the water. Sessions are in the warm water at Frederick Holmes Special School, Inglemire Lane during school term times and we now have places available on Mondays at 6 pm for, both children and adults. We also need someone to help in the water, no experience necessary as training is available. For further information 'phone Chris 01482 849124.

The Cottingham Bowling Club

The Bowling Club meets daily at the Bowling Green, situated on Hull Road, by the Thwaite Street roundabout. Social bowling is held outdoors in the summer months and indoors in the winter months. Club competitions and social gatherings form an important part of the Club's activities. New members are always welcome. Further information can be obtained from Trevor Holborn 849647. Email revtrev37@gmail.com

ALANON Meetings

Thursday evenings at Holy Cross Church, Carrington Ave Cottingham HU16 4DU. The meetings start at 7.30 pm until 9.00pm every Thursday evening, it is an open meeting for relatives or friends of the alcoholics and who are being severely affected by someone else's alcoholism. This fellowship is an International one, there are no dues or fees for joining all new comers will be told that they will remain strictly anonymous and anything they share at the meeting would not be discussed elsewhere. Any further information on 01482 508231

Alcoholics Anonymous Meeting

If you think you may have a problem with alcohol which is costing you more than money, and want to stop drinking, you will be most welcome at the meeting at the Zion URC Church, every Friday night at 8pm. For more information call 01482-830083. Free-Confidential-Advice.

Continued on page 45

Caring Dentistry

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

He continues to own the business and would like to say to all patients old and new, that they can be assured there will be no changes to the principles of caring dentistry which have always been at the heart of the practice.


SIX MONTH SMILES
Cosmetic Braces System

 **invisalign**
PROVIDER

 **British Academy of
Cosmetic Dentistry**
FULL MEMBER



Stuart Graham
BDS, MMedSci (Dental Implantology)

Caring and Complex Dentistry
GDC Registration Number: 59133



Christos Ziaras
DDS Athens

Caring and Cosmetic Dentistry
GDC Registration Number: 102236

Cosmetic and Restorative Dentistry • Implants
Affordable Monthly Payment Scheme • Tooth Straightening

*For today, for tomorrow,
for the foreseeable*

Caring Dentistry

8/9 Castle Green Green Lane Cottingham HU16 5JU
Email: gp@caringdentistry.co.uk Tel: 01482 841146

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

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

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

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

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

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

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

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

Problems and Diseases commonly treated by TCM

Skin Problems:-

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

Muscular, Neurological, Skeletal and Vascular:-

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

Internal:-

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



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

Men's Problems:-

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

Women's Problems:-

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

Ears, Eyes, Nose and Throat:-

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

Cancer and Tumour:-

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

Addictions:-

Tobacco, Drugs, Alcohol, Reduce Weight, etc.

Mental and Emotional:-

Anxiety, Depression, Stress, Panic Attack, Insomnia, Dementia, etc.

Herbgarden is situated at 10b Well Lane, Beverley, HU17 9BL. Just 20 yards round the corner from The Beverley Flower Company.

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



HERBGARDEN
CHINESE MEDICAL CENTRE

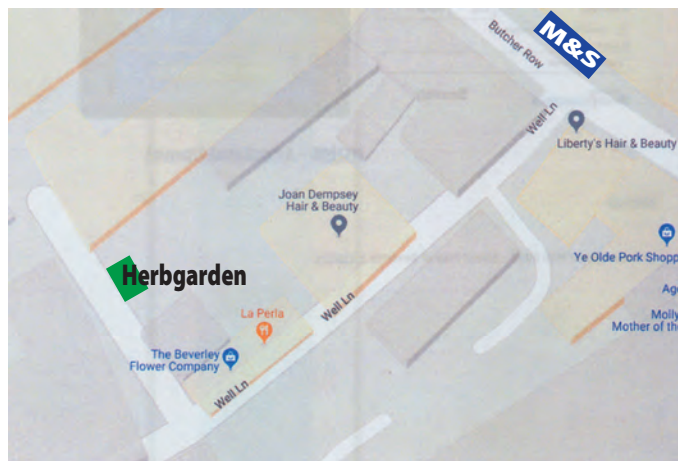
*Acupuncture and
Chinese Herbal Remedies*

Free Consultation

15% OFF
First Treatment
New Clients Only
Bring this Coupon with you
to receive your discount

Member of ATCM
Recognised by Most Private
Health Schemes

10B WELL LANE
BEVERLEY HU17 9BL
TELEPHONE 01482 888152



Alternative Aquatics

Alternative Aquatics is a local charity and self-help group. We provide gentle exercise and relaxation for people with back pain and associated mobility problems, in wonderful warm water and a friendly atmosphere. We meet on Thursdays at 5-6 pm during term time, at the hydrotherapy pool at Frederick Holmes School on Inglemire Lane, Hull, and the cost is £39 per school term. We have a few places available so if you would like more information, or would like to come along for a free trial session, ring Karen on 01482 807072 or Ann on 572011. We are also looking for volunteers and expenses can be paid.

Butterflies

Is one for those with memory loss and their carers. The group meets on the 3rd Friday of the month in the afternoon from 12 noon to 2.30 pm. The venue is in the Methodist Church, Hallgate. A light lunch (optional) precedes a variety of activities, eg. Crafts, entertainment, games. A small charge is made to cover costs.

St. Mary's Church, Cottingham

St. Mary's Coffee Shop is open daily Monday to Saturday 10.00 am to 12 noon, in the Mark Kirby Hall (behind the Church) Tea, Coffee and Hot Chocolate all 60p (including biscuits). Please come and help us with our jigsaw puzzle. A warm welcome ensured.

Cottingham Rangers AFC

Cottingham Rangers AFC was founded in 1972 and is one of the biggest football clubs in the area. We have a total of 29 teams (19 Boy's teams at under 7 to under 17 level, 1 Youth's under 21's team, 5 Girls teams at under 8's to under 14's level, 1 Men's team, 1 Ladies team, 1 Veterans team and an Ability Counts

team), as well as an academy for 4 to 6 year olds, a Wildcats Girl's Footballing Centre and a Walking Football section for those of a more senior age! For more information please contact the Club Secretary, Dean Banyard on 01482 840924 or visit our website "www.cottinghamrangers.co.uk".

Zion United Reformed Church, Hallgate

Every Thursday morning, term time. From 9.30 am to 11.30 am. Tea and Coffee are available and there is a book stall. It all takes place in the Church Hall, situated at the back of the Church, access by a passage at the side of the Church.

Play Badminton

On Tuesday and/or Thursday evenings at Cottingham High School, 8.00 pm until 9.30 pm during term time. **Get Fit, Have Fun!** £2.50 Adults; Students £1.00 per evening. For more information telephone Telephone Fiona/Steve on 01482 870906.

Fitmums & Friends Run, Walk

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

The Alzheimers Society

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

Cottingham Bridge Club

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

Continued on page 46

HELPING YOU EVERY STEP OF THE WAY

Your Local Funeral Professionals



- Local experts creating Traditional, Colourful and Natural funerals to meet all personal requirements
- Available 24 hours a day providing the highest levels of service with compassion and respect
- 98.8% of families said we met or exceeded their expectations*

A SHEPHERD & SONS 62-64 Beck Bank, Cottingham HU16 4LH Tel: 01482 947357

*Based on a 50% response rate to Dignity Funerals Ltd client survey.

For further information please visit:

www.dignityfunerals.co.uk/local



Part of Dignity plc. A British company

Dignity
WITH DISTINCTION

Support the advertisers who appear within the Cottingham Times

www.cottinghamtimes.co.uk - October 45

Thursday Fun

Takes place in the Methodist Church, Hallgate every 3rd Thursday of the month from 2.00 pm until 4.00 pm. Come and join us and play dominoes, cards, scrabble and do a jigsaw or bring your own craft/game. Enjoy a good chat and tea and biscuits. This is FREE, but we have an (optional) small raffle.

The Orchard Stroke Group

The Orchard Stroke Group is a small group run by, and for Stroke survivors and their carers. We meet on the 3rd Thursday of the month at Cecil Gardens, Hawthorn Avenue, from 10.00 am to 12 noon, for a friendly chat over a cup of tea or coffee with biscuits, and if any members need any help with any Stroke-related issues, we can point them in the right direction for information. If anyone would like more information, they can contact me on 01482 565767 or 07908 145585. My name is Rob and I am the chairman of this group and look forward to having some new members,

Cottingham Food Bank

The Cottingham Food Bank will be open every Wednesday and Saturday from 10.30 am to 12.00 noon, at the Zion and Newland United Reformed Church, Hallgate. Basic foods will be provided for a small donation to people who can demonstrate that they live in the area. Further information can be obtained by telephoning 845920.

Scottish Country Dance Club

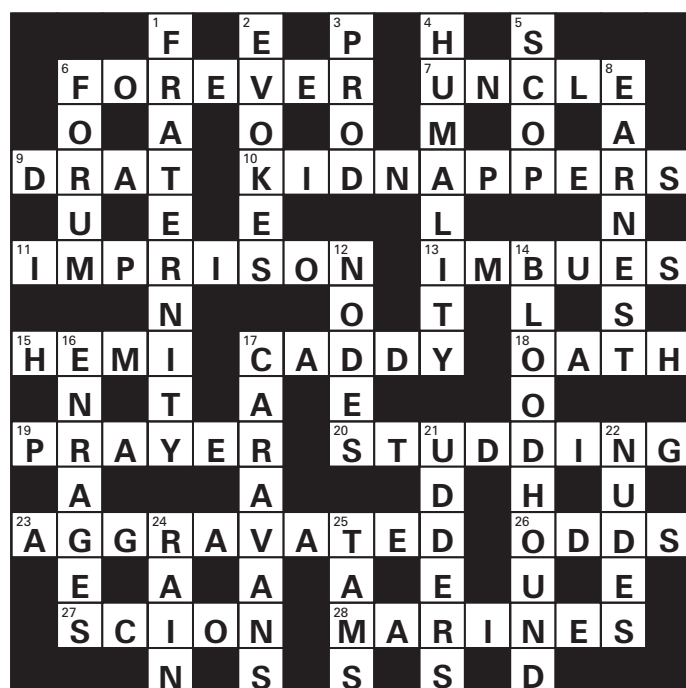
We meet on Mondays in Arlington Hall, Cottingham, 7.30pm - 10.00 pm. Everyone is welcome, beginners (for the first hour) and dancers with experience. It's a fun night with an RSCDS qualified teacher. For more information phone Lynne Brooks 840301 or Joyce Cochrane 871790. Your first night is free so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



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

For Membership details Ring Theresa on 823032

Crossword solution from page 14



Cooking oils 'Healthy or not Healthy

You are probably used to cooking with oils and fats when you are preparing meals, but you may wonder what is the differences between one and the other.

You also probably wonder what is the difference between olive oil (the regular kind), virgin olive oil and extra virgin. Let me explain that below.

Olive oil is created when olives are crushed up to make a paste that is then subject to a press. When the oil comes out if it has a low level of acidity as well as an appealing taste and a good smell, then it is given the name extra virgin or virgin. Extra virgin olive oil is a slight grade and quality higher than that of virgin oil. There is very little difference between them, however.

Extra virgin and virgin olive oil are ideal for dipping bread into and for using for dressings on salads and for drizzling on top of vegetables and other types of foods. These types have a delicate flavour and aroma that is best when it is not heated. However, some people do like to cook with these types of olive oils. In general the rule is that the deeper the colour of the olive oil is the more intense its flavour will be. Only you can decide if you wish to cook with extra virgin or virgin olive oil.

If on the other hand the oil is not of the best quality and is high in acid then it is refined and combined with either extra virgin or virgin oil and turned into regular olive oil. Then it becomes a type of all-purpose oil that can be used for cooking purposes. However, this kind can also be dribbled onto food but should be used sparingly.

All three kinds of olive oil boost benefits for the heart. However, it is worth noting that the virgin and extra virgin olive oils contain additional antioxidants that make them a tad bit healthier for the heart than that of regular olive oil.

Cooking oils are very misunderstood. Some people say that there are certain ones that are good for your health while others say that they are all bad for you and you should stay away from them.

Let's take a closer look at cooking oils and fats in order to break things down and to figure out whether you should include them on your ingredients list when you are making meals.

The worst kind of oil that you can consume is trans fat or partially hydrogenated oils. These types of oils can be found in packaged and processed foods such as baked goods, candy, chips, crackers and many types of margarines. Partially hydrogenated oils can be described as being vegetable oil that has been put through a chemical process that alters the composition of it. The purpose of putting oils through this process is to extend the shelf-life of the food it is an ingredient of.

Butter does tend to work better if you are baking. The consistency of it as well as the flavour and smell are more conducive to making delicious cookies, cakes, squares, loaves and other forms of pastries.

Butter is solid at room temperature and you can easily maintain control over how much you use. When you use olive oil it is a little more difficult to know how much you have used. The lesson to be learned here is that olive oil is the better choice but butter can be enjoyed on occasion but always use a light touch.

Support the advertisers who appear within the Cottingham Times



CARLY ASHDOWN

New watercolour collection
Now in gallery

197 Hallgate
Cottingham, HU16 4BB

*Art*market

01482 876 003
www.artmarket.co.uk

Support the advertisers who appear within the Cottingham Times

www.cottinghamtimes.co.uk - October 47

The Old Glasshouse

Locally Sourced Food with an Italian Twist

Cafe Opening Times

Mon to Sat 9am - 5pm, Sunday 10am - 4pm



Afternoon Tea for Two
Served from 2pm daily



*Breakfast Menu
available now*

Served until 11 am Mon-Sat
Served until 11:30am Sun



Eggs Benedict



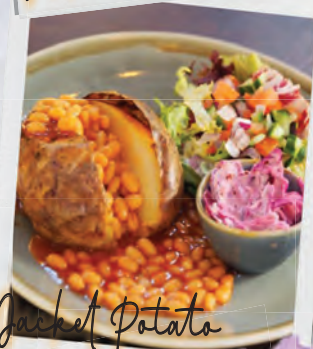
*Ultimate
Yorkshire Sandwich*



Fish & Chips



NEW Autumn Drinks




*Jacket Potato
& Beans*




324 Hull Road, Woodmansey
Beverley HU17 0RU
Tel: 01482865410

Opening times:
Mon - Sat : 9am - 6pm
Sun : 10am - 4pm

 Find us on facebook

 Follow us on twitter

 Find us on Instagram

www.colettagardencentre.co.uk

*Quality, value & service
for over 70 years!*