

Cottingham Times

and District

Issue 259 - October 2023

Magnolia House



A word from our chairman

We recently marked the end of the summer months with our annual fair at Magnolia House.

We loved welcoming family and friends to the home to enjoy an activity filled day with all our residents.

After such an enjoyable fair at Magnolia House, it made perfect sense to stick the Hull fair in the diary, which we are all very excited for.

With the autumn months on the horizon, we have plenty going on to keep our residents feeling cozy. We will be returning to the popular Shakespeare Inn for a pub lunch and enjoy a couple of pints by the fire!

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

lindsayaltoft@parklanehealthcare.co.uk

Chris Mitchell, Chairman, Park Lane Healthcare

CHRISTMAS CARD CRAFTING



Is it too early to start thinking about Christmas? Well, our ladies are putting a lot of time and thought into Christmas this year by putting their arts and crafts skills to good use. This year, our Christmas cards will be designed and crafted by our ladies at Magnolia, and we can't wait to send them to all our family and friends during the festive period.

Skittles season

Nowadays, it's rare we see people enjoying a traditional game of skittles. Recently our residents brought out their competitive side and challenged each other to game and it's fair to say that some have had a lot of practice over the years.



Residential Care ~ Respite Care ~ Dementia Care

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

THE COTTINGHAM TIMES

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www.cottinghamtimes.co.uk - October 3



Quality Water is our Business

Hard Water Horrors ?

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

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

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

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

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



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

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

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

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



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

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

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

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



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In Cottingham and District

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

Beverley Gardening Club

Tuesday 3rd October - Late Herbaceous Perennials - Don Witton. In the St. Mary's Parish Hall, Beverley at 7.45 pm and entry from 7.15 pm.

Haltemprice Art Group

Tuesday 3rd October - Workshop with Eleanor Tomlinson

Tuesday 10th October - Paint with Texture

Tuesday 17th October - Glass

Tuesday 24th October - Still Life and Model

In the Skidby Suite at the Cottingham High School between 7.00 pm and 9.00pm.

Cottingham Local History Society

Wednesday 4th October - Flights of East Yorkshire - Colin Bradshaw.

Wednesday 1st November - Cottingham House and Gee family - Annual Stamp Lecture - Pat Elliott and Peter McClure. In the Civic Hall. Doors open 7.15 pm, meeting starts 7.45 pm. Members £2.00; Non-Members £4.00. Contact Chairman Peter McClure 845734.

The Hull Stamp and Postcard Club

Wednesday 4th October - Are meeting in the Arlington Hall, Hellgate (at the back of St. Mary's Church) at 1.30 pm, when Robert McMillan is displaying Falkland Islands and the Falkland Islands Dependencies.

Wednesday 18th October Yvonne Wheatley is bringing some of her Railways collection. All visitors are welcome. For further information contact Robert McMillan 840836.

The Hardy Plant Society - East Yorkshire Group

Thursday 5th October - Rose Horstool - Gertrude Gekyll Biography of this Plants woman. Meet at 7.30 Lund Village Hall, YO25 9TF. Guest welcome.

Thursday November 2nd - Sarah Owen Hughes - Secrets of Soil. A closure look at what makes soil so important.

Yorkshire Countrywomen's Skidby branch

Thursday 5th October - at 7.30pm. next meeting will be held in Skidby Village Hall on The meeting will receive a presentation by Tickton Tarts entitled A Taste of Nostalgia which promises to be a very enjoyable evening.

Friday 27th October - Our ever popular annual quiz will be held in The Village Hall at 7.00pm. Tickets are priced at £8 which includes a Pie and Pea supper and home baked desserts. Please book your tables early to avoid disappointment and advise of any dietary requirements. Enquiries and bookings please to Celia 01482 841370 or Ruth 07970 289304

Cottingham Catholic Women's League

Monday October 9th - Paul Schofield - The Avenues & Pearson Park. We meet in the Garden Room at the Holy Cross RC Church, Carrington Ave at 7.30pm.

Front cover: Beverley Road, Skidby.

Photo: Paul Lakin.

Cottingham Men's de Luda Society

Wednesday October 11th - Alan Beadle - Silence is Golden.
Wednesday 25th October - Tony and Rona Dickinson - What's It Worth?
In the Willerby and Kirkella Social Club, 51a Main Street, Willerby HU10 6BY. We meet at 1.30 pm for 2.00 pm. Cost per meeting (paid at the door) is £4.00.

Hull Alpha Probus

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

12th October at 12:30 Lunch meeting with Speaker - Subject 'Hull Fish Trail' presented by Paul Schofield (venue tbc)
26th October at 10:15 Coffee meeting upstairs at Kristoff's

Cottingham u3a

Thursday 12th October 2023 at 2 pm in the Darby & Joan Hall. Roger Burnett will give a talk on 'Around the Flower Shows', which will be followed by the usual tea/coffee and biscuits. For further information on becoming a u3a member, or queries, visit www.u3asites.org.uk/cottingham.

Lt Weighton Village Hall

Friday 13th October - There will be A Fun Autumn Quiz for Teams of 4-6 with a round of Play your Cards Right among other brain teasers. £4 per person. Bring your own drinks and nibbles. Great Raffle prizes. 7.30pm. All welcome. Let us know if you are coming along. 07714 089289.

East Yorkshire Embroidery Society (EYES)

Saturday 14th October, meeting commences 2.30pm in the Darby & Joan Hall, Finkle Street, Cottingham. Our speaker will be Abigail Mill, textile artist - My Thirty Year Journey. Visitors welcome, admittance from 2.15 -2.30pm, entry £3.

North Ferriby Gardeners' Club

Monday 16th October - 7.30 -9 pm Parish Hall, Church St, North Ferriby.HU14 3DA. Compost - Presented by John Cosham. Enjoy a different evening. Pick up composting tips and expand your knowledge of how to be 'green'. Guests £3.00 Teas and coffees Yearly membership £15 Queries? Contact Trevor Barningham 07779 620651.

East Yorkshire Woodturners:

Tuesday 17th October - 7pm, Skidby Village Hall, (doors open 6.30pm): Demonstration by professional woodturner Mick Hanbury, from Leicester. Mick is a highly skilled artistic turner, known for his unique decorative and textured designs. Non-members are welcome (£5.00 entry) - no need to book in advance. For information about the Club, please contact Amanda Barker, 07792 117539, or visit the Club's website: <https://eastyorkshirewoodturners.org.uk>.

Hull and East Riding New Stitchers (HENS)

Tuesday October 17th - Rachel Anderson - Textile Artist Meetings held on the third Tuesday of the month at The Darby and Joan Hall, Finkle Street Cottingham, HU16 4AZ, 7.15pm-9.15pm. For further information contact Jean Ellis 845415. www.hullandeastridingstitchers.weebly.com.

The Arts Society, Hull and East Riding

Tuesday 17th October - An illustrated lecture by Nirvana Romell: "Venice: Warts and All". At 10.45 a.m. Mercure Grange Park Hotel, Willerby. Non-members welcome. Guests £5.00. For further details please contact Membership Secretary, Maureen Jones, tel. 01482 869886.

Continued on page six

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The Arts Society Beverley

Wednesday 18th October - Caroline Rayman - Popes and Painters - The Avignon Papacy and the impressionists in Provence. At the Mercure Hotel, Willerby at 10.30 am. Please be seated by 10.20 am.

East Yorkshire Association of the National Trust

Thursday 19th October - An illustrated talk by John Scotney, entitled 'East Yorkshire Railways - why they were built and what they carried'. In the Cottingham Civic Hall, 7.30p.m. Non-members welcome.

The Macular Society Hull Group

Friday 20th October - 10.30 am until 12.15pm at Sight support Beverley Road Hull . Guest speaker is Miss Downey from the Hull and East Yorkshire Eye hospital always a very informative talk. The Macular group is for anyone living with central sight loss. For more information contact Sight support 01482 342297.

Friends of Thwaite Gardens

Sunday 22nd October - AGM To be held at Thwaite Gardens (57 Thwaite Street, Cottingham). 1pm for 1.30. AGM followed by an interesting and entertaining talk by Bob Hall. "Never mind the Latin. Common names of plants and things and why". The gardens will remain open until 3.30pm if you wish to walk round and enjoy the autumn colours. Members FREE Non - members £2. (Includes refreshments).

East Riding Flower Club

Monday 23rd October - Andrew Grisewood workshop in the Cottingham Civic Hall at 2pm tickets £10 all welcome, email eastridingflowerclubinfo@gmail.com for more information.

The Friendship Quilters

Saturday 28th October - will be holding their Christmas coffee morning from 10 am to 12 noon, in Walkington Village Hall. The event is in aid of our chosen charity this year, 'Beverley Food Bank'. There will be a variety of stalls, including: cakes, crafts, books and sewing sundries as well as our popular Tombola. An exhibition of our work will also be displayed. Entry costs £2 which includes coffee/tea and a home made scone & jam. Children under 12 years old: free. All welcome to this popular event.

Skidby Village Hall

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

North Ferriby Short Mat Bowls Club

Village Hall, 50 Church Road, North Ferriby. HU14 3AA. Tuesdays and Fridays, 10am-12noon, and Thursday Evenings 7pm-9pm, except the second Thursday each month. All are welcome to any session especially those who just want to have a go. Newcomers can borrow woods and play in stocking feet if need be. For information please contact Mike on 07889 007005.

Cottingham & Hull Folk Dance Club

Tuesday 7pm-9-30pm at the Darby and Joan Hall Finkle St., Cottingham. No experience necessary come on your own or bring a friend for light exercise in a friendly environment everyone one welcome. For further information please contact Jan Gray on 01482840637 or Keith Alexander on 01482 509751.

Continued on page eight

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Club photography exhibition set to break all records

The Viewfinder Photographic Society's ever popular annual exhibition gets underway once again in October at Skidby Village Hall and looks set to break all attendance records.

In 2022 the exhibition attracted over 500 visitors from around the region and this year, numbers are expected to be even higher as the show 'goes on the road' in East Yorkshire.

After its usual weekend in Skidby, the exhibition moves to Lockington Village Hall for visitors to enjoy and then straight on to another village. For the very first time, the display will be appearing at The Ferguson Fawsitt Arms in Walkington, so anyone that can't see the exhibition in Skidby will have two further opportunities in the East Riding.

Society members are encouraged to display their recent photographs to the public at the exhibition - one of the highlights of the club's yearly programme that demonstrates the range of talent within the Society.

Admission to the exhibition is free and visitors will be able to browse the pictures, vote for their favourite images and buy from stalls selling cards, prints and gift items.

The Viewfinder Photographic Society is a friendly club of enthusiasts who meet regularly to support each other, exchange ideas and share expertise. It provides a place for members to learn more about their photography by being with others who share their passion.

Skidby Village Hall

Friday 13th October 10.00am – 5.00pm.

Saturday 14th October 10.00am – 5.00pm

Sunday 15th October 10.00am – 5.00pm



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www.cottinghamtimes.co.uk - October 7

Cottingham Parish Council



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

Salt bins

As the colder weather approaches the Parish Council, along with East Riding Council, regularly inspects the local salt bins to check for any maintenance issues. The salt bin on Cannongate is damaged and the Parish Council have agreed to fund the purchase of a replacement bin. We are also looking to install an additional bin outside New Village Kitchen on New Village Road

Christmas Festival

We continue to be inundated with requests from traders wishing to take part in the Festival. The Civic Hall is fully booked with a waiting list, we have a few market stalls left and limited space for additional food & drink units. If you would like to be considered for a space, please contact the Parish Office as soon as possible: deputyclerk@cottinghamcouncil.org

Trees

Our Parish Councillors recently met again with the East Riding Council Principal Tree Officer. Did you know that if you live within a Conservation Area you would need to seek permission to prune fruit trees within your own garden? Anyone wishing to check whether a property/land has protected trees or is in a Conservation Area can do this via the Council's website Constraints Map link:

<https://www.eastriding.gov.uk/planning-permission-and-building-control/applications-for-planning-and-building-control/planning-constraints-map/planning-constraints-map-tool/#CloseBanner>

Lifeline – Stay Safe & Independent

Lifeline provides a home safety system so you can live independently in your own home, knowing that help is available at the touch of a button 24/7. The service is available to anyone aged 18 plus who lives in the East Riding and wants to feel safe, reassured and more independent in their own home. To find out more or book a free demonstration contact East Riding Council on 01482 396040 or email:

lifeline@eastriding.gov.uk

Nicola Pape

Nicola Pape, Clerk to Cottingham Parish Council

deputyclerk@cottinghamcouncil.org

Tel: 01482 847623

What's On - Continued from page six

Cottingham Tennis Club (off Hull Road)

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

Christ Church Cottingham

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

Christ Church Cottingham Play Cafe

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

Cottingham Badminton Club

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

Cottingham Bowling Club

Outdoor bowling is nearing the end of the season. Indoor carpet bowling has started. Members can play most days, morning, afternoon and evening. For more information about sessions go to our web site cottinghambowlingclub.weebly.com. Or you can ring L. Davy 846611.

Arterian Singers

Arterian singers rehearse Tuesday evenings at Cottingham Methodist Church, Hallgate, Cottingham on Tuesday evenings at 7.30pm. We welcome new members. For more information ring Hilary Andre 848958.

Cottingham Cricket Club

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

The Cottingham Community Garden Group

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

HULL OPTIMISTS Swimming Therapy Group

Come and join a friendly group of Adults and Children at Frederick Holmes School, Inglemire Lane Hull, in a warm Hydrotherapy Pool. The club is for persons with disabilities or have a fear of water, and are taught in a friendly and positive way how to overcome that fear and be safe in water and also help with their mobility. We meet in term time every Monday evenings. There are two sessions, the first between 6pm and 7pm for Children and their Carers, and the second for Adults between 7pm and 8pm. All are welcome. For further information and application details please contact:- Chris Hart on 07763 756345.

FREE SEMINAR ABOUT ALZHEIMER'S RESEARCH AND POWERS OF ATTORNEY

Learn about life-changing discoveries for Alzheimer's disease and the importance of making a Lasting Power of Attorney.

Graham & Rosen Solicitors are pleased to be hosting a joint seminar with Alzheimer's Research UK, the UK's leading dementia research charity, in Cottingham.

**This free seminar will be held at:
the Darby & Joan Hall,
Finkle Street,
Cottingham, HU16 4AZ,
Tuesday 24 October at 2.00pm.**

We live in an ageing society and more people will be affected by Alzheimer's disease and other forms of dementia in the future. Thankfully, advances in science now mean that new treatments are on the horizon, but more work still needs to be done to find a cure for the diseases that cause dementia.

Sara, the regional representative for Alzheimer's Research UK, will explain more about Alzheimer's disease, new drug discoveries and how you can help support the funding for a cure.

Graham & Rosen Solicitors will also explain the importance of making a Lasting Power of Attorney. These important documents can assist families where a relative is no longer able or willing to manage their finances or make health and welfare decision for themselves.

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To reserve your **FREE** place at our seminar please contact Karen Worsnop at Graham & Rosen Solicitors on **01482 323123** because places are limited.

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

www.instinctivehorsetraining.co.uk



Life for horse riders on today's roads. The law has been changed

There is such a huge misconception among the general public that horses should only be ridden in countryside and on bridlepaths. If only that were true! If only we could! However, the reality is that bridlepaths are in very short supply across the UK and to even get to be able to go off-road, requires horses and riders to share the roads with today's busy traffic in order to reach the nearest Bridlepath. There is not one rider anywhere who would choose to ride on a road at all, it is simply that we have no choice.

The instances of RTA's with horses across the UK has quadrupled in recent years. Rider fatalities or with life changing injuries is huge. The numbers of horses killed and maimed is more, they suffer the most as vehicles collide with the animals first. **This has become such a vast problem that we FINALLY now have a new law in place requiring road users to pass horses at least two metres away and at a speed no higher than 15 miles an hour -**

10 October - www.cottinghamtimes.co.uk



10 mph is better.

It has always been law that you should drive at an appropriate speed according to the conditions - well approaching horses from both in front and behind is a dangerous condition which needs notice, awareness and appropriate speed alteration required - for your sake as well as ours.

If only that were the case. I don't understand why any driver could fail to see the huge risk to themselves when approaching an unpredictable horse? Much of my working life is training horses to become calm and confident with cars, tractors, lorries and buses. Motor bikes really frighten horses due to the volume of noise they produce. Sometimes I am working with horses who have never experienced roads before though, most commonly, I am trying to repair a horse emotionally who has been frightened and who is associatively scared.

It is a huge undertaking considering the vast amount of traffic we now have on our roads and also dealing with drivers who have no conception of either, how vulnerable a horse and rider is, or how vulnerable they are behind that wheel. Everyone is in such a hurry these days. Lack of consideration for other road users, including cyclists, has never been so bad.

Last week I started riding out a baby horse who I have had in for training. We had invested so much time and effort preparing him for the roads over several weeks. This wonderful soul had accepted the Piccadilly Circus of Skidby's Main Street with stoicism and trust in us that we were keeping him safe. He lead out beautifully and long reined out nicely. It was time to ride him out. I was horrified at the stupidity, selfishness and outright dangerous driving of some individuals.

A BMW driver one Sunday afternoon was going 60 in our 30 - when asked with correct arm signals to slow down, he simply tore past us successfully scaring this honest young horse. The next day, an ERYC white bus which collects residents every day in Skidby, squeezed past him so close we could touch the sides - and all because he would not wait for the oncoming traffic to pass first- idiot. Don't you realise that your actions have consequences? If you scare that horse, you damage it emotionally which can then lead to it becoming a danger to other road users!

Every time riders go out on roads, we take our lives in our hands.

All road users have a duty of care to all other road users. PLEASE, PLEASE, PLEASE pass horses slow and wide. **OUR LIVES ARE IN YOUR HANDS AND YOUR ACTIONS DICTATE THE OUTCOMES BOTH GOOD AND BAD. Simply always pass us really slowly and a minimum of two metres away.**

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Free First Aid Training for Cottingham

Tony Dean is the “Chair” of the East Yorkshire section of the Vintage Motorcycle Club (VMCC). After hearing how useless a lot of his motorcycling chums were, faced with trauma at road traffic accidents, he thought he could do something about it. Inevitably, when it comes to bikers and solid objects, the latter invariably wins! It, therefore, becomes a matter of concern for those around the casualty at these times – “Should I leave well alone” or “How can I help?”

Coinciding with the Yorkshire Air Ambulance (YAA) being Tony’s charity of choice for the year, he made enquiries with other first-aid training agencies about training for his merry band of biking mates, and mate-esses?? He was dismayed to discover charges in excess of £60 per person for an awareness course lasting half a day. He then also noted that his grandchildren were not trained in school either, and nor were the majority of the populace of this fair Parish, come to that.

Undaunted, Tony set about contacting a friend of his son’s, Antony Rodgers, who is the lead trainer for Hull NHS Paramedic team, and a Cottingham resident. Antony was enthusiastic and willing to give his time freely for the cause of “Free Training”. He was swiftly followed by enthusiastic support from YAA (give generously when possible), The Cottingham Village Trust (Civic Hall) with free use of the hall, and Cottingham Parish Council with help in design, admin and small funding, along with other help from local businesses with printing.

Ian Start, chair of the Cottingham Village Trust, helpfully pledged to organise a “Fish & Chip Supper QUIZ” in aid of the YAA on Wednesday, 18th October at the Civic Hall, as a lead up to the First Aid Training Day.

Also, a chance remark at this point from Ian, indicated that a recent TV article had pointed out that St. John’s Ambulance were

to begin free first-aid training in schools and for named groups. Good news!

So, should Tony wait for a positive eventual outcome for Cottingham? No, he should not, and with the help of all members of the above little group, plus members of the Red Cross, now also firmly on-board, the date of Friday, 10th November is fixed for Cottingham’s inaugural Free First-Aid Training Day.

Put your name down to take part in the October Quiz and help us raise much needed funds for the YAA, and enjoy fish and chips and convivial company. Hopefully the questions won’t be too hard!

To enrol on a first come, first served basis for the First Aid Training, on or after Monday 2nd October, ring Tony Dean from 10am to 12 noon or 2pm to 4pm on weekdays only please, on 07860 474439 for a booking at either 11.30am or 3.30pm. on the 10th November. This line is open until 8th November.

All are welcome between the ages of 12 and 120! Help save lives by learning CPR, defibrillator use and much, much more!



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Wordsearch - Asian Countries

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



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

Sudoku No. 195

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

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

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How is your bucket list doing this year?
Ours in the office are coming along a treat this year ticking off a number of spots on our planet & planning on more for 2024!

I have a thing about Islands those who travel along with me know if there is a road we will try to take it on our adventures. We never disappoint!

Last month we travelled to the far west of Ireland and there we enjoyed Achill Island to its furthest tip enjoying sights from wild cliffs to pure white sand beaches. The other "A" we managed was to the Aran Isles. After a ferry ride of 45 minutes we stepped ashore to discover Inishmore just 12km by 3km. Keiran a native to the island gave a brilliant tour and insight into life on Aran, now with a diminishing population of just over 700 from many 1000's in the past. (see our facebook page for photo's)

Our coach is like a big car and we often deviate when we stumble across something of interest hence why we always refer to Marion's tours as an adventure!

Our next Irish tour will be to the South West, the plan is still taking shape - watch this space but in the meantime we have many more destinations to look forward to.

We should all travel & explore more in 2024... by land, sea & air to all corners of our world. What ever place is your dream to visit do not hesitate to get in touch.

Not wanting to travel too far? Jersey is a lovely island, you can pop over for either a week or 2 weeks on the direct summer flight from Humberside. Our September date is always really popular as it incorporates the airshow. Prices shown below are half board, you can of course just opt for B&B please ask for details.



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04 Nov	River Seine Cruise Paris & Normandy Wine cruise fly from Humberside - 7 nights. Solos welcome +£400	£1699
27 Nov	Warners Heythrop Park 5 days + Blenheim @ Xmas	£ 595
08 Dec	APT TRAVELMARVEL River cruise, Rhine & Moselle	£POA
2024 Special departures are being added regularly		
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26 Jan	The Tynedale's Big Weekend , enjoy an 8 course tasting menu, a black tie casino night & more, 4 days	£ 375
23 Feb	A great little break to Scotland relaxing & inclusive 4 day break Guided tours of Sterling & Glasgow	£ 375
16 Mar	Northern Cyprus 7 nights tour now on a waitlist	£1357
15 Apr	Cornwall's wonderful gardens. 5 nights dinner B&B Inc. Llanhydrock, Eden, Lost Gardens & much more	£ 995
04 Jun	Round Britain D Day 80th Anniversary cruise 13 nights full board, Optional travel to the port	From £1149
06 Jun	Norway—a great adventure on our coach 12 days	£1999
06 Jul	Douro River Cruise All inc. fly from Humberside 7nts	£2235
17 Jul	Isle of Man 6 nights dinner B&B + comprehensive sightseeing of the island. 4* Mannin Hotel Douglas.	£1195
27 Jul	Jersey with Emma 7 nts flying from Humberside or (2 centre with Guernsey please ask for details.)	£ 899
28 Jul	ABBA Voyage - 2 days inc. seated ticket & overnight	£ 225
09 Nov	Northern Belle luxury train to Edinburgh for the day	£ 440
14 Nov	Thursford Christmas Spectacular 2 days	£ 255
25 Nov	Holly & Mistletoe at the Tynedale Llandudno - 5 days	£ 535
30 Nov	Thursford Christmas Spectacular 2 days	£ 255
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17 Nov	South African Safari, 7 nights all inc. from your door	£2899
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Be prepared to be scared at Sewerby Hall and Gardens

Sewerby Hall and Gardens is presenting its first 'Scareoween' scare attraction for the Halloween season in 2023. Set inside the historic hall, this brand-new scare entertainment experience for brave families, friends and those who dare to enter will combine live performers and special effects to immerse guests in a walk-through living ghost story...

The production is being designed and produced by AtmosFEAR! Scare Entertainment, Europe's biggest scare entertainment company, who have produced similar experiences all over the world.

Jason Karl, Creative Director of AtmosFEAR! Scare Entertainment said: "We are excited to bring our unique blend of fun and fear together inside Sewerby Hall this coming 'scare season' for Scareoween.

"Guests can expect an immersive story, live scareactors, lighting and sound which will transform the hall into a ghostly adventure".

Inspired by local history, Scareoween will present a fictitious story set in the Victorian heyday of Spiritualism and the supernatural.

Guests will enter the experience in a small group to explore the darkened interiors of the Hall and encounter a hoard of characters and scares as the story comes to life.

For those who dare to hang around, the spookiness will continue with Eerie Tales in the Courtyard, performed by Spotlight Theatre, where guests will be able to grab refreshments from the Clock Tower Café, to watch, listen and be prepared to be entertained!!!

Councillor Nick Coultish, portfolio holder for culture, leisure and tourism, said : "Scareoween will be a brilliant experience for our brave families in the East Riding, and is further proof that Sewerby Hall and Gardens is truly a year-round attraction. I have no doubt that this will prove very popular, and I very much hope it will become an annual addition to the Sewerby calendar!"

Scareoween will unlock its doors for those brave enough to enter nightly between Thursday, 26 October and Tuesday, 31 October, 2023 from 6pm.

There will be 40 tickets available every 20 minutes, with 12 sessions a night. Sessions will run from 6pm every 20 minutes. The last slot available will be 9.40pm each night (only ten tickets available in this slot).

Tickets must be purchased in advance and will be available for £15 per person online at <https://sewerbyhall.co.uk/scareoween>

Tickets will go on sale on Tuesday, 29 August at 9am.

The event is suitable for those aged 10+ and all under 18s must be accompanied by an adult. Full terms and conditions are online.

Veteran Aware re-accreditation for Humber Teaching NHS Foundation Trust

Humber Teaching NHS Foundation Trust is delighted to announce it has been re-accredited as Veteran Aware.

The Trust, which was originally accredited in May 2020, met standards laid down by the Veterans Covenant Healthcare Alliance (VCHA), a national NHS team,

The VCHA's aim is to make sure that patients from the Armed Forces Community, including families and dependents, are paid due regard and are not disadvantaged in terms of access to and outcomes of healthcare, as a result of their military life in line with the principles of the Armed Forces Covenant.

It does this by developing, sharing and driving the implementation of best practice, while at the same time raising standards for everyone in NHS Trusts in England. The Veterans Strategy action plan 2022 has since expanded the programme to include hospices and the Independent Care Sector.

The Armed Forces Covenant is a promise by the nation ensuring that those who serve, or who have served, in the armed forces, and their families, are treated fairly. This means it takes active note of the needs of the Armed Forces Community.

The Trust's re-accreditation means that 160 NHS providers across England are now Veteran Aware accredited and the alliance aims to have all Trusts accredited by the end of the first quarter of 2024.

The Trust is a leading provider of integrated health services across Hull, the East Riding of Yorkshire, Whitby, Scarborough and Ryedale, delivering health and social care services to a population of 765,000 people.

With a general population in Yorkshire & Humber of 5,480,800 it is estimated that 596,546 (11%) are from the armed forces community.

During work on its re-accreditation, the VCHA could see that the Trust had built upon its original accreditation, through the

development of a "Why Ask" booklet, which encourages staff to ask more qualitative questions about an individual's protected characteristics and/or health inequalities; through the development of a Champion role called Armed Forces Community Navigator, all of whom become members of the Trust's Veterans forum where speakers attend the forums to share knowledge, skills and experience; and the sharing of patient/carer stories at Trust Board and Council of Governors and through global communications within the Trust.


Chief Executive Michele Moran said: "Our Trust is delighted to have once more received the Veteran Aware accreditation. I would like to thank and recognise the whole team for their exceptional work in gaining this honour. Ensuring our services are accessible and understanding the experiences of veterans is paramount to our inclusive approach to services."

VCHA Regional Lead Mandy Stokes said: "Humber Teaching NHS Foundation Trust has clearly imbued the ethos of Veteran Aware accreditation. Some of the work it has developed has been hugely encouraging and I commend them for this. It has been a pleasure working with the Trust Leads for this work and I look forward to continuing to work with them as their agenda moves forward."

VCHA Chairman, Prof Tim Briggs CBE, said: "More and more Trusts are seeing the value of Veteran Aware accreditations as seen through the numbers of Trusts that are now accredited. We now stand at 76% of NHS Trusts across England, which is a testament both to the dedication of my team and to the wider NHS family who work tirelessly on behalf of the military community despite the many pressures they will be under. Well done all."

The VCHA's will be holding its national event at The Barbican Centre on Wednesday 20 September 2023. This is now fully subscribed, with a number of attendees on the wait list. However, the team has an option for a live feed, allowing people to view it from the comfort of their desk or from home via Microsoft Teams.

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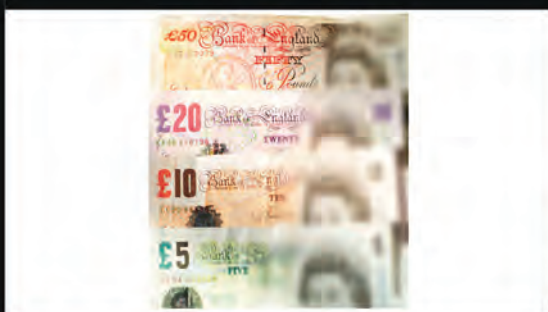
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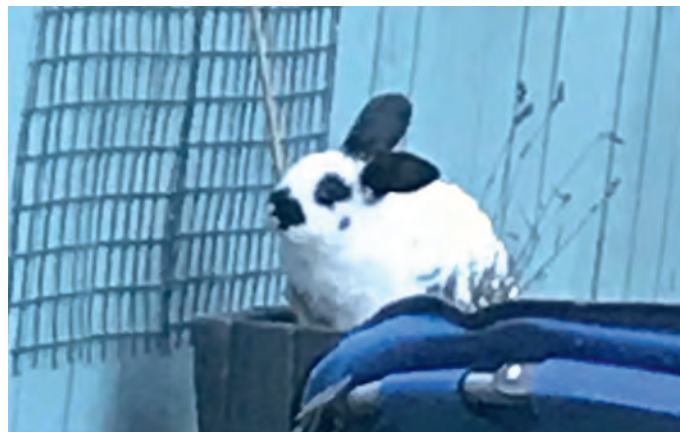


Paw Prints on our Hearts

Dare I mention Christmas? So sorry but it is nearly upon us. I don't know about you but when these poignant events travel through our busy lives, I tend to reflect over the year, thinking of events, good or bad, happy or sad. Also, at this time, I reflect on loved ones who are no longer with us to share and enjoy these precious moments. Luckily, I have my close-knit family of daughters, son-in-laws and grandchildren around to keep me going, not forgetting Tali of course.

Sadly, there are many people who have no close family or relatives and rely totally on their pets for companionship. Whether it is a dog, cat, rabbit or even a tortoise they have chosen, it has become their soul-mate and confidant for many years. Someone they trust, never be criticized and is always there for them. Therefore, who are we to judge that they too, cannot reflect on their missing loved one?

I know I have mentioned in previous articles of the way some, but not all, people approach this delicate subject. If they are not animal 'lovers' or have no pets of their own, then it is quite often we hear "Well it is only a dog, cat, rabbit etc. You can get another ". Would they say that if it was a relative



or someone close, we are grieving for "You can get another friend?". If only we can step back a few paces, 'walk a mile in their shoes' and then reflect, I think we would hear it less often. Life is not that simple, so we just have to accept that everyone is not the same and they grieve in different ways.

My family have had many pets over the years and when it has been the time to say goodbye, we have been faced with the sometimes-difficult decision as to whether or not to request for their ashes to be returned from the crematorium. We came to the decision to say our goodbyes in the surgery or at home and to commemorate their life by planting a patio rose with a snippet of fur buried in the soil along with an apt saying applying to that particular pet. We have an engraved plaque dedicated to all our lost family pets, placed on the remembrance garden wall at the wonderful local pets crematorium. Also, many photographs of our beloved pets are dotted around the house taking pride of place amongst family photos...after all, they were our family.

What happens after our 'soul mate' leaves this life and crosses over? Are they still around, watching over us as if they haven't left at all? Once again, who is to say. I have had my doubts in the past, secretly hoping in the meantime that I could sense them being nearby. Was that our old cat, Suiki, I saw going up the stairs to only find nothing there when I followed? Or the feeling of Tammy, my long and trusted friend, laid on my feet at the bottom of my bed? Both of these occurrences happened within months after they had passed away. To me, they are not sinister happenings but warmer and comforting in the knowing they are not far away.

It doesn't matter what we do or how we do it to find comfort in remembering our faithful friend, as long as it gives comfort to those who are left behind.

The wonderful staff at KINGSTON pride themselves not only on compassion, but also empathy during this most difficult time. If you are struggling to come to terms with your loss, please do not hesitate to call any of their branches, where they will be on hand to offer any advice needed and that most precious shoulder to lean on.

AND FINALLY....DOMINO...

Yes that's correct. My destructive Tali has been replaced with another headliner? Why? Sitting one sunny afternoon in my back garden, admiring my beautiful plants that I have nurtured over the months, I suddenly became aware that one of the climbers was fading fast.

There was a very large gap between the top and the base of the plant! Now, bare in mind all my plants, bushes and climbers are in tall pots due to pass destructive nibbling so of course I thought it was the dreaded slug or snail. What was that I saw springing up high into the tub? Well, I have never seen a gigantic black and white snail before. (see pic).

Until the next time.....

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

We have one walk planned for October.

15th October: Winterringham (Lincs.) circular.

Places **must** be booked in advance.

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

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

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New Miller Dam October 22nd

We offer a 5-7 mile walk and a 7-10 mile walk

Booking is essential -Price & more information contact

Sid & Sue tel 01482 701325

or email phoenixwalkingclub@outlook.com



Cottingham girls raise £81.78 for the RSPCA

During the school holidays, Lexie Stewart and her friend Gracie Hoe-Richardson arranged a lemonade and sweet stall to raise money for the RSPCA.

They managed to raise £81.78. Both girls are 12 years old, live in Cottingham and attend Cottingham High School. They made some flyers and put them through peoples doors.

The Phoenix Walkers

Phoenix Walkers have new walks for the Autumn.

Coach Leaving -East hull,Town Centre,Greenwood Ave ,and Cottingham on a Sunday morning for a full day out with friendly walkers.

All you need is stout footwear ,waterproofs ,and a packed lunch to enjoy your day.

We Finnish our walk in a pub or cafe before returning you to your pickup point.

Warncliffe/Sheffield October 8th

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Josh Cotton, (founder)

Here we are in October after we all experienced that period of an Indian summer, which took us by surprise, my question is has it left you *longing for sunshine and tropical shores?* If so there are many

destinations offering plenty of sunshine throughout autumn and winter, did you know that The Caribbean basks in more than 8 hours of sunshine each day during our winter. If you're looking for a little closer to home than maybe The Canary Islands are best suited to you, offering a vast range of accommodation, there is a Canary Island to suit everyone, if you're looking for a more traditional island with picturesque scenery have you tried **La Gomera** before? with direct daily flights to Tenerife paired in with the ferry it's easy to sample the island this winter, the ferry takes less than an hour from Tenerife and we have the perfect recommendations for accommodation too. We are seeing a huge increase in booking for **longer stays** this winter, plenty have booked 4-6 weeks in Benidorm, others 2-3 months in The Algarve – with prices starting as little as £19 per day for the full package – I really don't blame them, wouldn't we all love to lock up, beat the winter cold and reduce our bills? **Canada** is a huge hit too, we've tailor made some great rail journeys from coast to coast, paired some with cruises and of course not forgetting the infamous Rocky Mountains, it seems Canada is back on the rise, I've not long returned back from a business trip to Amsterdam, where we flew from **Humberisde with KLM**, what a delight that was, from entering the airport to being airside in the lounge it took less than 5 minutes, the flight to Amsterdam is a quick hop averaging at just 40 minutes, we completed a tour of Schiphol Airport which was great to see how advanced the airport is and just how easy they make it to connect to the rest of the world, we also indulged in what the city had to offer and one of the highlights for me was the River Cruise around the canals, I personally now will be using the connection a lot more and flying local from our fantastic little hassle free airport! If cruising is your choice of holiday, did you know that Cotton Travel has a **dedicated Cruise Centre** in-store offering a personal booking experience, we have full **ABTA and ATOL** protection and we are able to **tailor-make any holiday requirements** and fully bond them into a package for you. So if you've got a few places you fancy doing in one trip, let us do the hard work for you. *Do you have friends or family down under?* Visiting them in our winter months will benefit you as they experience their summer warmth, with direct flights now available to Perth, it's never been easier! Personally I prefer a short layover so I can stretch my legs and refresh before doing the 2nd part of the journey. Either way, we are partnered with all major airlines and can offer competitive fares to any worldwide destination, even better than that we will do all of your entry requirements and even your visas too! And when you book with Cotton Travel no matter how near or far you travel, you'll have access to a **dedicated 24/7 emergency line that connects directly to me**. Now that's a seamless experience if you ask me. If all this talk about warmer climates and holidays has got you in the mood, then why not join us for a cuppa or if you prefer on Saturdays you can enjoy a glass of bubbles whilst looking for that next perfect getaway!

I will now tempt you with the next page, which features this month's **smashing specials!**
Don't miss out, they won't be around long! 😊

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WINTER SUN OFFERS

Fuerteventura, flying from Manchester, 11 nights, 16th Jan 24, self catering, £489pp
Lanzarote, luxe hotel, flying from Manchester, 14 nights, 29th Nov 23, half board, £649pp
Benidorm, long stay, flying from Leeds, 28 nights, 26th Jan 24, self catering, £685pp
Egypt, beach front, flying from Manchester, 10 nights, 07th Dec 23, **all inclusive**, £689pp
Torremolinos, adults only, flying from Leeds, **21 nights**, 1st Dec 23, breakfast inc, £699pp
La Gomera, 4 star, flying from Manchester, 7 nights, 26th Jan 24, breakfast inc, £699pp
Mexico, platinum hotel, flying from Manchester, 7 nights, 4th Dec 23, all inclusive £929pp
Barbados, flying from Manchester, 10 nights, 11th Feb 24, breakfast inc, £1549pp

HOLIDAYS FROM HUMBERSIDE

Nessebar Old Town, Bulgaria, 7 nights, breakfast inc, 31st May 24, £595pp
Lapland Day Trip, incl 3 taster excursions & visit to santa, 14th Dec 23, £599pp
New York, central hotel on Times Square, 07th Jan 24, 4 nights, £885pp
Alcudia, Majorca, close to beach, 21st May 24, 14 nights, half board, £899pp
Northern Lights Tour, incl husky/snowmobile ride, 29th Feb 24, 4 days, full board, £975pp
Mediterranean Cruise, all inclusive, *window cabin*, 25th Jun 24, 7 nights, £1295pp

CRUISE & RIVER OFFERS

European Cities, dep S'ampton, 8th Nov 23, 7 nights, ***new ship***, **balcony cabin**, £689pp
No-fly Norwegian Fjords, adults only, dep; Tilbury, 16th May 24, 7 nights, from £769pp
Portugal/Spain by Cunard, dep; S'ampton, 12th Dec 23, 12 nights, **balcony cabin**, £949pp
No-fly Canaries, Cape Verde & Morocco, dep; Tilbury, 15th Nov 24, 23 nights, £1,599pp
The Nile River, dep Manchester 12th Dec 24, 7 nights, **all inclusive & balcony** £1,699pp
The Douro River, dep Manchester, 8 days, 27th Oct 24, full board & extras, £1,699pp
Caribbean Explorer, flights included, **20 nights**, 2nd Apr 24, **balcony cabin**, £2,249pp

COACH HOLIDAYS (All in this section are departing from Cottingham)

Liverpool & Manchester Xmas Markets, 2 days, 9th Dec 23, hotel with breakfast £109pp
Isle of Wight, Shanklin Hotel, 4 days, 15th March 2024, half board, £189pp
Cheltenham Gold Cup, 2 days, 14th Mar 24, half board hotel, entrance tickets inc £249pp
Disneyland Paris, 4 days, 15th Dec 23, hotel with breakfast, 2 day Disney passes, £549pp
Grand Tour of Italy, 9 days, 11th May 24, half board, visit Rome, Pisa & Venice £999pp
Benidorm Longstay, 29 days, 4th Feb 24, all inclusive @ Port Fiesta Park, £1,649pp
Danube River Cruise, 9 days, 15th Jun 24, all inclusive cruise, half board hotels, £1,769pp

UK RAIL & STAY BREAKS

Manchester with rail from Hull, central hotel with breakfast incl, 10th Oct 23, £95pp
Edinburgh with rail from Hull, central hotel with breakfast incl, 9th Nov 23, £135pp
ABBA Voyage with direct rail from Cottingham, hotel on Canary Wharf, 19th Oct 23, £269pp

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ON THE GRAPEVINE

WITH ROY WOODCOCK

International Grenache Day

One thing I learned during September and, in a sense, jumping on the bandwagon of a day for everything (let's not mention World Ukulele day or even Work Naked Day) was that September 15 was designated International Grenache Day. It was a time for producers to highlight the versatility of this black grape.

Known for producing wines with high alcohol, low tannins and colour, Grenache is difficult to pin down in terms of a definitive style but it's often a popular blending partner. Its natural homeland is the Southern Mediterranean, especially France and Spain, where it is called Garnacha, but there are some fine examples from Australia, California and Washington State. It's a great wine for this time of year.

Wine descriptions of this grape will often refer to it as full-bodied and it is perfect for stews: long slow cooked roasts of pork or lamb that may even be a little bit fatty (shoulder of lamb and lamb shanks, for example). It suits daubes and stews with dark, winery sauces, too.

A simple Grenache or Grenache blend like a Côtes du Rhône is also a versatile match for many British pub classics like sausage and mash, shepherds pie or steak and kidney pie. Its absence of tough tannins also make it a more accommodating match for cheese than many more structured reds, especially cheeses such as Cheddar and Red Leicester.

Grenache also pairs well with cooked dishes like macaroni cheese and with veggie bakes and lentil or bean-based dishes. Lighter, fruitier styles such as cheap Garnachas from Spain make good barbecue drinking - Grenache seems to like a bit of smoke.

A serious Grenache-dominated red such as Châteauneuf-du-Pâpe is good with richer and gamier birds - I think it makes a great match for the Christmas turkey but you could also pair it successfully with guinea fowl, pheasant or pigeon, especially if accompanied by caramelised roast root vegetables like carrots, beets and parsnips.

And if any of that has whetted your appetite, do seek out a bottle; open, let it breathe and then sit back and enjoy!

While on the subject of Grenache grapes it's also worth pointing out that there are white Grenache grape varieties - usually from France or Spain - that again produce full-bodied white wines and dry rosés - good partners for charcuterie and Spanish classics like paella and pork and beans.

Now then, the other thing I discovered during the month was the new-look, revamped, Waitrose store at Willerby - always a decent choice for a good bottle or three but now boasting an increased display area, with more excellent wines in the upper price bracket (and some knowledgeable staff - don't be afraid to ask) as well as an increased and extended selection of spirits.

As an enthusiastic acquirer of single malts, I was delighted to see the extended range on offer, although it might be a case of wishing and hoping, rather than buying, those on offer at the top end of the price scale - I noticed an 18-year-old Macallan Double Cask costing £325 and a 23-year-old Glenfiddich Grand Cru Style malt at £236 (now where did I put that lottery ticket!)

I've often mentioned the number of celebrities entering the world of wine; so it was I saw recently-retired Manchester City footballer David Silva turning more of his attention to his Gran Canaria winery.

Nowadays, he is channelling his energy into making a success of Bodegas Tamerán, a winery and six-hectare vineyard he bought four years ago in his home island.

Situated 600-700 metres above sea level on south facing slopes with sandy volcanic soils, Silva's vineyard is planted with local grape varieties including Verdello, Marmajuelo, Baboso Blanco, Vijariego Blanco, Malvasía Aromática, Malvasía Volcánica and Vijariego Negro.

Wines are made following organic farming practices, under the guidance of winemaker Jonatan Garcia, who also owns the Suertes del Marques winery in Tenerife. Garcia said that when the footballer reached out to him on Twitter about starting up a wine business he thought it was a hoax.

"He sent me a message in 2019, when he was playing for City," Garcia was reported as saying. "He congratulated me about one of my wines he was drinking. I was so shocked, I thought it must be a fake account. But we talked and that's when our friendship developed and we started working together."

Silva says that he first got into wine when playing at Valencia. "I started to buy wines from Madrid that I got sent over to Manchester. Then I met Jonatan and from that moment on it was like 'Wow!'. From that day my mind was like 'it's amazing to discover this wine world'. I bought the vineyard four years ago, but back then I didn't have the cellar. It was only the vines. Then we built the cellar."

According to Silva, he helped out with the harvest this year, picking grapes in the vineyard, located in San Bartolomé de Tirajana, in the south east of Gran Canaria.

Tamerán's wines are imported by Indigo Wine in London, which says that the winery aims to produce "refreshing, mineral wines which speak to the unique microclimate, volcanic soils and native grapes of the island."



BEST BUYS



Châteauneuf du Pape Grand Prebois

Where: Waitrose
When: From October 4 - 31
Why: If you want to push the boat out try this from the revamped Waitrose store: Bright Grenache brings kirsch cherry character and a juicy texture, while Syrah provides dark bramble fruits. The spice and the complex savoury finale is typical of old vine Mourvèdre. This wonderfully expressive wine is fantastic with lamb dishes

£22.99 (was £27.99)



Summer Road Old Vine Grenache

Where: Waitrose
When: From October 4 - 31
Why: Slightly more affordable but hugely enjoyable: Made from old bush vines, this is a really approachable style of Grenache, bursting with berry fruit. Exclusive to Waitrose.

£7.49 (was £9.99)



Purato Pinot Grigio/Cataratto

Where: Ocado
When: Now
Why: EPurato wines, known as "Green to the Extreme" have a long list of sustainable credentials, including being organic and 100% vegan-friendly with the bottles containing 80% recycled glass. This blend is 60% Cataratto and 40% Pinot Grigio and is great on its own as an aperitif or with seafood.

£10.50



The Ned Pinot Grigio

Where: Sainsbury
When: Now, until October 17
Why: Pear drop, white blossom and nectarine aromas and flavours support the palate, which displays purity and energy. This white has been left with a hint of blush in colour from the pink-skinned Pinot Grigio grapes.

£7.99 (was £9.99)

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Pre-cruise hotel B&B

Cabin Type: Inside
Itinerary: Crete - Santorini - Mykonos - Milos - Athens
- Thessaloniki - Kusadasi - Crete

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MYKONOS



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TUI Al Horeya Nile Cruise

Duration: 7 Nights
Date: 23 Jan 2025
Departs: Manchester
Board Type: All Inclusive
Cabin: Superior Balcony

Itinerary: Luxor - Edfu - Kom - Ombo - Aswan - Luxor.

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*prices based on 2 people sharing



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KOBLENZ

Rhine & Yuletide Markets River Cruise, 5* Ship

Duration: 4 Nights
Date: 17 December 2024
Departs: London St Pancras via Eurostar
Board Type: Full Board with free drinks package
Cabin: Lower Deck

Itinerary: Cologne - Rhine Gorge & Rudesheim -
Rhine Gorge & Koblenz - Bonn & Cologne

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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.

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.

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

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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.

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Your Stars for October 2023

By Kay Gower

Aries (Mar. 21- April 20)

This month your nesting instincts will be in full swing. You will want to redecorate the entire house including buying more throws/ pillows than you could ever need. Your sofa will be so cozy that it might become your new best friend.

Taurus (Apr. 21- May 21)

Strong positive financial news is on the cards for you this month. A wage increase or bonus is more than likely, it could even be a small lottery win. This is a good time to start planning a weekend break.

Gemini (May 22-June 21)

You'll get better results during October if you ease up on yourself. Approve of yourself with that same generous approval you so readily give to others. This month will see the end of a struggle.

Cancer (June 22-July 22)

Your physical energy will be high and you could accomplish a great deal. Sports, games, entertainment and creative activities are all well starred this month.

Leo (July 23-Aug 22)

Creativity and self-expression are highlighted in October. It's a good time to pursue artistic hobbies, new enterprises and future plans.

Virgo (Aug 22 - Sept. 23)

Home and family are the focus of the month. Consider making improvements to your living space or spending quality time with loved ones.

Libra (Sept. 24-Oct. 23)

Use this month to set new intentions and goals for the year ahead. Focus on what YOU want to achieve going forward. Trust your instincts when decision making.

Scorpio (Oct. 24 - Nov. 22)

Keep it light and caring, around the 20th. especially if someone gets personal. You are quick witted enough to be able to turn any situation to your advantage this month.

Sagittarius (Nov. 23 -Dec. 21)

Significant changes in your social circle may occur now. You are beginning to move away from the outdated and are likely to meet a number of interesting people. Don't shy away from changes or new beginnings in your personal life.

Capricorn (Dec 22.- Jan. 20)

Finances and career are in the spotlight. Look out for unusual opportunities to increase your income. Take time out for relaxation and self care.

Aquarius (Jan 21 - Feb 19)

October will be a busy month for you. You may need to juggle multiple tasks and responsibilities. Staying organised will be key.

Pisces (Feb. 20-Mar. 20)

At this time, your home will serve as a comfortable place where you can hide from the outside world. You may experience a few problems with transport or technologies. If you can, postpone signing contracts or making important decisions until after the 11th.

Bricknell Avenue Methodist Church presents Catherine Terry in Concert

The Bricknell Avenue Church present Catherine Terry in Concert on Saturday 7th October at 2.30 pm. Catherine Terry is coming to give a concert. Catherine is well-know locally and has performed and starred in shows in the West End.

Tickets are limited and available from Pauline Winn or any church steward on 01482 849692 or 07972 397634 or paulinewinn@hotmail.co.uk.

Tickets are £8.00 and will include refreshments.

Crossword solution from page 14

I	N	S	U	L	I	N		B	E	L	G	I	U	M
N		T		O		U		L		E		M		O
G	R	I	E	V	A	N	C	E		A	V	A	I	L
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Sudoku Answer from page 12

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

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www.cottinghamtimes.co.uk - October 29

Motoring - with Roy Woodcock



The updated Suzuki Swace has genuine family car credentials. Roy Woodcock spent a week on the roads of East Yorkshire putting it to the test . . .

Once you've got over - and your tongue around - the unusual name, there's lots to like about the Suzuki Swace in its new, much-improved and updated version for 2023.

The car was first introduced in 2020 as the result of a collaboration between Japanese car-makers Suzuki and Toyota and is built at Toyota's factory in Derbyshire. And if it looks familiar that's essentially because it's based on the Toyota Corolla; although the Swace is only available as an estate and therefore the comparison is with the Corolla Touring Sports.

The first thing to say is that as much as this collaboration benefits the car companies - the costs associated with developing a car from scratch are phenomenal - it also, very much, benefits the consumer.

What the Suzuki buyer gets is a model with a proven pedigree and impeccable reliability, and, accepting the range offers much less choice, a current like-for-like saving.

For 2023, Swace is offered in two models - Motion and Ultra - and just one engine - a 1.8-litre petrol-electric hybrid. Motion will cost you £28,999 on the road; Ultra £30,799 - the Toyota Corolla Touring Sports range starts at £31,560 and goes all the way up to £36,875 (the top speed model is offered with a 2-litre hybrid engine).

For this 2023 upgrade, this Suzuki comes with a punchier Hybrid engine, more equipment and an improved cabin. The engine has an increased maximum power output of 140PS (up from 122PS) with a 0-62mph time reduced to 9.4 seconds from 11.1 for the previous model.

Standard specification now makes even better reading - the new Motion model includes Emergency Driving Stop system, LED rear lamps, seven airbags, Dual Zone automatic air conditioning, eight-inch LCD colour information screen, heated front seats, heated steering wheel, Smart phone link for wireless Apple CarPlay and wired Android Auto device connectivity, rear parking camera, new digital instrument cluster with three display modes, type C USB port and Dynamic Radar Cruise control.

The new Ultra grade, which I was driving, adds updated Bi-LED projector headlights, Safe Exit Assist, Smart Door locking, Front and Rear Park distance sensors, Blind Spot

Monitor, Rear Cross Traffic Alert, interior ambient lighting, and centre console tray with wireless charger.

Sleek looking, with a certain restrained elegance, the Swace is one of the roomier mid-size estates with good legroom front and rear and impressive cargo space. The low-set rear platform can soak up almost 600 litres of luggage with a secret compartment beneath the floor to house any valuables.

For added versatility, the rear carpeted floorboard can be placed in a lower position to store taller objects and is also reversible with a resin backside that can be used for stowing wet or dirty items.

The compartment can be easily expanded into a fully flat space by using the remote folding lever to fold down the second-row seats. Privacy needs are addressed with a detachable tonneau cover that can be retracted with a single touch, and the luggage compartment is equipped with auto-illuminating lights and DC12V accessory socket for added convenience.

Convenient storage spaces can also be found throughout the cabin, offering ample room for storing small items such as phones and drinks in both the first and second rows. There's also integrated roof rails for simple roof carrier mounting, and 16-inch alloy wheels.

The cabin I really liked - it was a nice place to be; comfortable with plenty of room for driver and passengers as, like the Corolla, the rear cabin comfort and legroom is among the best in its class - it is a proper five-seater.

Suzuki may have missed a trick by not offering the bigger, 2-litre, powerplant available in the Toyota, but for a big car it's still quick enough when needed, for overtaking. It's comfortable and stable with fairly responsible handling, helped by a low centre of gravity and finely tuned suspension.

The Swace is equipped with three modes - NORMAL, ECO or SPORT - and there is an electric-only option for covering short distances, which can be useful in urban environments. Suzuki claims that the Swace will deliver up to 64.2mpg on the combined cycle, so I was quite pleased that I achieved just a fraction short of that in everyday driving that included short trips and longer motorway stints.

Overall, the Swace is a lovely practical and good-looking family car that delivers a lot of bang for your bucks.

More information: www.suzuki.co.uk.



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Have your say on new design code for the East Riding

People in the East Riding of Yorkshire are being invited to have a say on a new design code that will help shape the way their neighbourhoods look in the future.

The council held a public survey in March 2022, encouraging people to share what was important to them in

terms of design and where they live. That survey received more than 1,600 responses.

The council has now created a draft design code for the East Riding, and residents are invited to give their feedback as part of a formal public consultation, running from Monday, September 11, to Sunday, 22 October.

To view the code online and give feedback, visit eryc.link/designcodesurvey

The Government is introducing design codes across the country as part of the Levelling Up and Regeneration Bill, which is currently going through Parliament.

The codes aim to create beautiful, sustainable, and liveable communities, guiding things such as architecture, local building materials and street layouts.

In March 2022, East Riding of Yorkshire Council was one of 25 planning authorities chosen as “pathfinders” for the new design code policy.

The council received £160,000 from the Government to help create a code outlining the requirements that planning agents, developers and applicants must follow for new developments in the East Riding.

At full council meeting in July, Councillor Leo Hammond, portfolio holder for planning, communities and public protection, said it was “a mammoth task” but that the team at the council had produced an excellent document.

The East Riding design code has been created with input from the public, planning agents, specialist officers, developers, architects and parish and town councils.

It includes requirements that apply to all developments in the county, and others that apply to certain place types, such as town centres, villages and neighbourhoods.

Cllr Hammond said: “I was very happy to see that many of the issues that are regularly raised by planning committee members are addressed in this document, such as parking, tree-lined streets, transport links, garden sizes, and crucially, encouraging better housing designs rather than little red boxes.”

“I think this code is a very exciting development for the East Riding and gives us an even stronger hand to ensure development is the best it can be for our area.”

The public consultation runs until Sunday 15 October, and the feedback will feed into a final draft design code, which should then come into force early next year.

For more information on the design code, visit <https://eryc.link/designcode>

Have your say

The public consultation on the draft design code is open from Monday, September 11, until Sunday, 22 October.

To view the code and give feedback, visit <https://eryc.link/designcodesurvey>

There will also be drop-in events throughout September and October, running from 12.30pm to 6.30pm at the following locations:

Haltemprice Library: Monday, 2 October

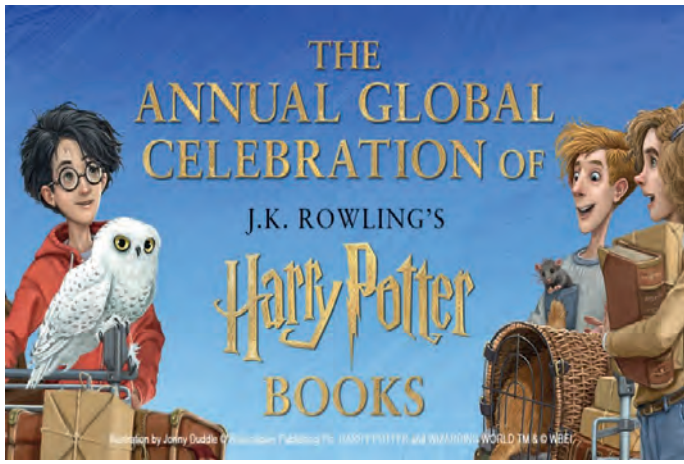
Beverley Library: Thursday, 12 October

Green Fair 2023
 Saturday, 4 November, 10am - 3pm
 Civic Hall
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Harry Potter Book Day is coming to East Riding Libraries

As if by magic, East Riding Libraries' much-loved Harry Potter events are back! Previously Harry Potter Book Night, Bloomsbury have rebranded the event to make the annual celebration even more inclusive for fans of all ages.

The official date is Thursday, 12 October, and East Riding Libraries will be running their events throughout the week, to offer the best chance of taking part.

Following this year's theme of MAGICAL PLACES, join East Riding Libraries for a journey through all things Harry Potter via team games with a 'minute-to-win-it' to take home, take in specially chosen readings to set the scene and take part in the ever-popular themed hunt around the library.

Librarian Jess McCarthy is excited to see that the popularity of the series is still alive: "We have always had a great response to the Harry Potter events as the new generations of fans take an interest, and so we are really pleased to see these celebrations return after a slightly extended break, following the move from February to October. Whilst they are always rather hectic and fast-paced, it is certainly worthwhile to see the enjoyment they bring to both children and staff alike. Tickets tend to sell out very quickly, so don't leave it too late!"

Fancy dress is welcomed, although not essential, and the libraries team love to see wands and other Harry Potter trinkets.

Most suitable for, but not limited to, children aged 4-11. Tickets cost £3 per child (accompanying adults do NOT need to book a place or pay for a ticket) and must be booked in advance.

And - calling all coding wizards! East Riding Libraries have a selection of fun Harry Potter-themed coding activities for children to cast their magic wand – or at least their computer mouse - over! This will be a chance to create code to make a feather levitate, play music with the Yule Ball Instruments, or even control the Weasleys' Flying Car. Suitable for ages 7-11. Limited places, so book now online at the link below.

Find your nearest event and booking details at www.eastridinglibraries.co.uk/harrypotter

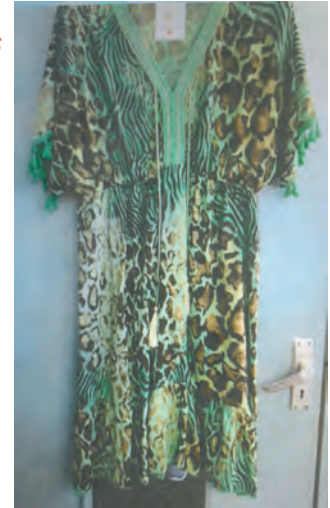
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Commuted Sums help refurbish a play area in Swanland

Swanland Playing Fields Association have been awarded £91,147.13 from East Riding of Yorkshire Council as part of Commuted Sums from local housing developments to refurbish the play area on the playing fields. Swanland Parish Council will also be contributing £9,873.60 towards the £98,736 project.

The improvement works will include two Cradle Swings, two Flat Swings, an Adventure Trail, a Wheelchair Access Roundabout, an inclusive Springer, a Daffodil Roundabout, an Alpha Multi Play Unit with Two Towers, ladders, a fireman pole and a slide and a Tri-Box Multi Play Unit with climbing frames and a slide. New fencing will also be installed to separate the play area from the car park.

Alan Smith, Swanland Playing Fields Association Chair, said: “The Swanland Playing Field Association (SPFA) administers the playing fields on behalf of the Parish Council, relying upon volunteers, self-generated funds and a relatively small grant from the Parish Council.

“The play park is just one part of the activities available, but a very important part. The cost of new equipment has been prohibitive and as a result much of the equipment is over ten years old. This year alone, the repair costs for existing equipment amounted to over £20,000 which again was beyond the SPFA budget, meaning priorities would have to be made and some equipment even taken out of service.

“The awarding of the Commuted Sums means a huge upgrade to the play park with new rides and amenities bringing it up to the 21st century, a wonderful amenity for the people of Swanland and the surrounding areas. The new equipment should be installed and ready for use in the Autumn. The SPFA would like to thank Lea Anne Wright and her amazing team at the council for all their help and assistance in achieving the award.”

Councillor Leo Hammond, portfolio holder for planning, communities and public protection, said: “Once again, Commuted Sums from local housing developments as a condition of their planning approval are making a real difference in Swanland. This play area will be transformed by these improvements, and its very pleasing that we have been able to facilitate them.”



ArtERY Live bringing more exciting events to East Riding Libraries

This autumn, East Riding Libraries will be hosting events by ArtERY Live, thanks to funding from Arts Council England. ArtERY Live bring the best in live performance, including dance, drama, music, and poetry into the East Riding every year and are returning to East Riding Libraries with events in October.

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

The wide range of events includes:

Greatest Robot Ever: Cottingham Library and Customer Service Centre: 19 October: 5.15pm.

A brand new, rhyming story created by The Knotted Project and Hawk Dance Theatre. This interactive dance theatre show is perfect for children aged 3-10 years and their grownups. Glitch the little Robot doesn’t feel special like all the other amazing robots living in the junkyard. With the help of their best friend Shift, they go on a quest to find the pieces to make them stand out! Full of fun, adventure and self discovery; Will Glitch find what they were searching for all along? Using projection, dance and storytelling, children interact with the performers throughout the show, and take part in an engaging workshop exploring resilience, friendship and wellbeing.

Subsidised by Children & Young People’s Dance Network North through CYPDNN Children’s Programme. Tickets cost £3 each – accompanying adults are free.

The Estrella Dots Duo : Haltemprice Library and Customer Services: 20 October: 7pm

Beautifully blended voices, together with sparkling dance routines and diamond personalities, The Estrella Dots bring the biggest soul and Motown sounds of the sixties, alongside swing songs full of fun! Based on vintage close harmony classics and cheeky retwists on more modern numbers.

Most suitable for ages 10 and up.

The ArtERY Live programme is run by Blaize Community Arts : QUOTE?????

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

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



Gentle dentistry in Cottingham

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

I am now on the road to recovery in terms of my dental health, and equally creating new and positive experiences with a fantastic dentist. Thank you so much Ozge and Katie (Dental Nurse) x. I cannot highly enough recommend this practice; they really do care.

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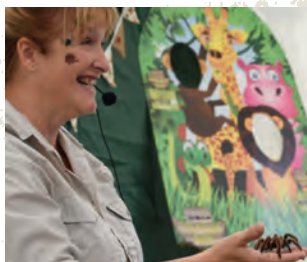
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