

Cottingham Times

and District

Issue 178 - September 2016



STEPHEN RICHARDSON

PLUMBING, HEATING & GAS SERVICES LTD.

Approved Worcester-Bosch Installer

All Worcester-Bosch Boilers installed, come with a 8-year Parts and Labour Warranty - Get Peace of Mind until 2025

Some boilers with a 10-year Parts & Labour Warranty available until the end of December 2026

Oil Boilers Installed, Serviced and Repaired

Natural Gas, LPG and Oil-Fired Heating Engineers

Call for your FREE, No Obligation Quotation Today

Tel: 01482 876145 - Mobile 07779 887769 - Office 01482 840877

33 St. Margarets Avenue, Cottingham, East Yorkshire HU16 5NQ or Unit 2D Station Road, Cottingham HU16 4LL

See our website www.stephenrichardsonplumbing.co.uk for further information



C13797



218388



Home...

it's where the heart is.

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!

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

T: 01482 845038 • www.parklanehealthcare.co.uk

*Magnolia
House*

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

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.

10,000 Copies Printed Monthly

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

**Bridget
FREER**

07541 009321

bridget@bridgetfreer.co.uk



clinical hypnotherapist

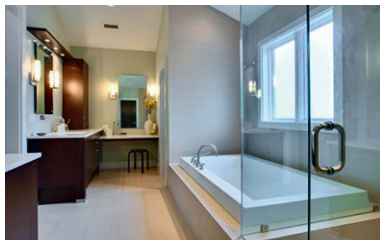
Lose weight with a
Virtual Gastric Band

Smoking: Stress: Phobias

www.bridgetfreer.co.uk

williams plumbing & heating

(Established over 32 years)



**Plumbing - Heating -
Bathrooms - Tiling**

Full Bathroom Installations

• Tiling • Electrics • Building Alterations • Joinery

Central Heating

• Full Systems • Boiler Changes



Plumbing and Gas

• All Plumbing Work • Gas Cookers
• Gas Fires • Servicing to all Gas Appliances

Tel 882552 Mobile 07721 366343

Support the advertisers who appear within the Cottingham Times

www.cottinghamtimes.co.uk - September 3



Taking the soft option

Some of the most enthusiastic endorsements we have for for water softeners are from softener owners who have suffered from skin irritation, rashes and eczema. From their experience we can safely say that a huge number of people can and do benefit from softened water and are relieved of the symptoms of many skin rashes and eczema etc. How can this be?

While many enjoy its taste, hard water has a high concentration of minerals such as calcium and magnesium. These minerals are naturally added to the water supply as it's filtered from the ground through layers of limestone and chalk. These minerals can have a drying effect on the skin, which is why many believe hard water is the reason that their eczema isn't improving or is getting worse.

Another reason is that households in hard water areas tend to use more soap and detergent when washing clothes and bathing - products we know inflame the skin of eczema sufferers.

Water softeners have an 'ion exchange' system which removes the calcium and magnesium salts from the water, thus completely eliminating the hardness thus needing less soaps and detergents and making rinsing clothes and bedding more effective too.

To test this theory, the University of Nottingham looked at over 300 children to see whether hard water had an effect on the condition in children. They found eczema was 44 per cent more common in primary school children living in hard water areas than in those who lived in areas where the water was soft. Similar conclusions were found from studies in Japan in 2002 and Spain in 2006.

Water softeners do much more too! Plumbing and appliances are protected from damaging lime scale, crusty taps and water marks on shower screens and surfaces are eliminated and appliances and heat exchangers last longer and operate more efficiently with fewer repairs and replacements.

The biggest luxury of all though, is bathing and showering in beautifully soft water, even the towels are softer!



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

We can also deliver all types of salt including de-icing salt (rocksalt)



In Cottingham and District

Haltemprice Art Group

Wednesday 6th September - Registration and Opening Evening

Wednesday 18th September - Water

Wednesday 20th September - Sketching Evening (F. Stoner/H. Garbutt)

Wednesday 27th September - Card Making.

Wednesday 4th October - Arches

Meetings take place at the Cottingham High School, Harland Way, in the Art Room on the first floor, 7.00 pm to 9.00 pm.

Cottingham Men's Judea Society

Wednesday 7th September - Robert Bell - City of Culture, in the St. Mary's Church Hall, Hallgate, starting at 2.00 p.m.

Cottingham Green Women's Institute Evening

Thursday 8th September - Her Breast Friend - Cancer Charity.

Competition: Something Pink. Meetings held in the Darby and Joan Small Hall, Finkle Street, Cottingham, at 8 p.m., second Thursday of each month.

U3A

Thursday 8th September - Geraldine Mathieson - Cottingham and Mark Kirby, at 2.00 p.m. in the hall at the Darby and Joan Hall, Finkle Street.

Skidby and Little Weighton Methodist Church

Friday 9th September - Come and enjoy delicious home made soup and rolls from 11-3a.m. onwards at Skidby & Little Weighton Methodist Church and make a donation for Christian Aid. Everyone welcome.

East Yorkshire Embroidery Society

Saturday 10th September - Janet Bottomley - Liberated Quilting.

Lots of Blocks of Quilts to view and touch. In the Darby & Joan Hall, Finkle Street, at 2.00 pm. Doors open to non-members. Members £1.00; Visitors £2.00. Includes tea/coffee and biscuits.

The Swanland Show

Saturday 10th September - this traditional village show has approx. 95 classes in Handicrafts, Produce, Art, Floral art, Flowers, photography together with a children's section. Schedules can be got from local shops or from the website www.swanland-show.uk. Entries need to be in by 8pm on Thurs 8th Sept. The show is open to the public from 2pm with demonstrations and refreshments along with a produce table. For more details contact Paul Neve. neve@samak.karoo.co.uk or telephone 633639.

The Royal British Legion Cottingham Branch

Saturday 10th September - Harvest Sequence Dance, at the Darby & Joan Hall, Finkle Street, Cottingham. From 6.00 pm to 10.30 pm. Tea, Coffee, Harvest Supper. Tickets £5.00. Raffle. *Enjoy Music, Come and Enjoy Yourself.*

**Front cover: Bringing in the Harvest.
Photo: Andrew Hagges.**

Cottingham Review Church Expression

Sunday 11th September. - Come and join us at 6pm for tea or coffee followed by lively praise and worship with a great band, word and moving of God's Spirit. All are welcome to these monthly events. Meet us at the Darby and Joan Hall, Finkle Street, Cottingham, HU16 4AZ – parking available on site. Any queries to James Seager, Campus Leader, mail: James@revivechurch.co.uk or tel: 01482 420620.

Cottingham Catholic Women's League

Monday 12th September - Speaker Michelle Beadle "Amy Johnson, Hull's Pioneering Aviator, her life and achievements", in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7 p.m.

Cottingham Women's Institute

Tuesday 13th September - Hornsea Pottery: How it all Began, Carol Harker (Curator Hornsea Pottery Collection). Competition: A Piece of Hornsea Pottery, at 10.00 a.m. to 12 noon, in the Methodist Church Hall, Hallgate, Cottingham.

Cottingham Methodist Church Photography Group

We meet in Cottingham Methodist Church hall
Tuesday 13th September 2016 - 6.30pm - outside visit
Tuesday 27th September 2016 - 6.30pm - outside visit
Interested in photography? Why not give our friendly group a visit? New members welcome. All levels. Contact for further details:- John on 821698 john@jcmhome.karoo.co.uk

Cottingham Ladies Circle

Wednesday 14th September - Social Evening, to be held in the Darby & Joan Small Hall, Finkle Street, at 7 p.m.

Diabetes UK

Thursday 15th September - Diabetes UK - Christine Fox Meetings held in the Boardroom, Castle Hill Hospital, Entrance 1B, Cottingham. 7 pm - 9.00 pm. (Free Parking). All Diabetics, carers, family and friends are welcome to attend. Please phone 01482 422064 for further information.

East Yorkshire Association of the National Trust

Thursday 15th September - AGM followed by talk by David Morgan (NT York Area Manager) "New York to Old York", in the Cottingham Civic Hall, 7 p.m. Non-Members welcome.

The Hull Group of the Macular Society

Friday 16th September - from 10.30 am until 12.15 pm is the next monthly meeting with guest speaker The new chairman of the society keeping local group informed of what happened at head office not to be missed. Meeting at HERIB Beverley Road Hull refreshments available new members always welcome for more information contact Clive Skinner 01482 6674.

Inland Waterway Association

Friday 16th September - Kirk Martin was a stoker on the Humber Ferries in the 1970s, he will tell us about those days, described in his book 'Ferries Across the Humber'. From 8.00 pm to 10.00 pm in the Methodist Church Hall, Hallgate.

Wold Lace Makers

Saturday 17th September - Annual Lace Day, at the Marist Hall, Church and Parish House, 119 Cottingham Road, Hull HU5 2DH. Speaker: Kitty Mason, MBE 'Flat and White, Coloured and Textured Lace is a Developing Art?'. Tickets £3. Tel. 01482 36123

Continued on page six

Support the advertisers who appear within the Cottingham Times

**Four Generations Giving
Over 100 years Service**

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

H. KEMP & SON LTD.
FUNERAL DIRECTORS
(ESTABLISHED 1893)

SAIF **Golden Charter**
Funeral Plans

- Funerals Respectfully Conducted
- Personal Attention
- Home and Abroad
- Private Restrooms
- Prepaid Funeral Plans available

259 Hallgate, Cottingham,
East Yorkshire, HU16 4BG
Fax: 01482 843898
Email: hkempandsonltd@gmail.com

Tel: 01482 844695
www.hkempandsonltd.com

PAINTER & DECORATOR

25 YEARS EXPERIENCE

QUALITY WORK

TEL: 01482 876743 (COTTINGHAM)

**DAISY
DECOR**

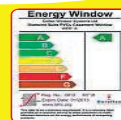
ALL WORK CONSIDERED - NO JOB TOO SMALL
ALTERNATIVE TEL NUMBER: 07929 216172

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 - September 5



Andy Wilson
Joiners & Wood Turners
 Est. 1991

Traditional or Contemporary Bannisters
 Glass Panels - Pine
 Hemlock - Ash - Oak

Squeaky Staircase?
Treads & Risers Replaced
Kites Rebuilt
All staircase repairs

Freephone 0800 956 7419
Mobile 07930 565457
National Avenue, Hull



Jane Brooks
LAW

*Thinking of making
 a Will or appointing
 an Attorney?*

- Professional advice available
- Home visits can be arranged
- Free costs quotations

for initial guidance call
 Stephanie Sadofsky on 01482 848101

COTTINGHAM
 2/4 George Street, HU16 5QU
 TEL: 01482 848101
www.janebrookslaw.co.uk

North Ferriby Gardeners' Club

Monday 19th September - 'Planting Companions' Gayle and John Summerfield, in the Village Hall, starting at 7.30 pm. Tea/Coffee and biscuits are served. Membership £8.00 per annum, visitors fee £2.50 per meeting.

East Yorkshire Woodturners.

Tuesday 20th September - at 6.45pm a Demonstration by Gerry Marlow, professional woodturner. Meetings are held every third Tuesday each month at Skidby Village Hall. Visitors are welcome, whether woodturners or just interested - £3.50 on the door. For more information please contact David Taylor, Secretary, 876702. cotters@cotters.karoo.co.uk

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

Tuesday 20th September - AGM and Auction, at the Newland Christian Centre, St. Johns Newland Church, Clough Road, Hull. Meeting starts 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.

Hull and East Riding Antiques and Fine Arts Society

Tuesday 20th September - Mary Rose Rivett-Carnac "Discover the Painting You Own - The Public Foundation Catalogue". At 10.45 a.m. Willerby Manor Hotel (Pavilion Suite). Non-members are welcome to come and experience one or two talks as guests (admission £5.00), before deciding whether to join us. Our Society meets on the third Tuesday morning of every month (except August and December) for illustrated talks by experts on a wide range of antiques, design and fine arts topics. For further details please contact Membership Secretary, Margaret Ashley, tel. 01482 57574.

Cottingham Evening Townswomen's Guild

Wednesday 21st September - Social Evening, at 7.30 pm in the Darby & Joan Hall, Finkle Street.

Cottingham Men's de Luda Society

Wednesday 21st September - Tony Featherstone - Trash/Treasure Antiques, in the St. Mary's Church Hall, Hallgate, starting at 2.00 p.m.

Cottingham Methodist Church, Hallgate

Friday 23rd September 2016 - Free Film Night - 6.40 for 7pm. Refreshments including ices on sale.

East Riding Flower Club

Monday 26th September - Lucy Hutton-Smith (from Richmond) will give a floral demonstration called "Bloom Where You Are Planted", in the Civic Hall, Cottingham at 2.00 pm. Visitors £5.00 at the door. www.eyes-embroidery.co.uk. Enquiries to Judith Robinson 876279.

Cottingham Ladies Circle

Wednesday 28th September - Mr. Richards to give a talk entitled 'The Events and Musical Nostalgia', looking back to Titanic and Amy Johnson, to be held in the Darby & Joan Small Hall, Finkle Street, at 7.30 p.m.

Wednesday Social Club

Wednesday 28th September - Quiz, in the small hall at the Darby & Joan Hall, at 2.00 p.m.

Support the advertisers who appear within the Cottingham Times

Viewfinder Photographic Society Annual Exhibition.

Once again the Society will be exhibiting a showcase of member's recent images, in Skidby Village Hall. Each year, the ever popular exhibition attracts visitors 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. Entry is free! Refreshments available!

Exhibition opening times:

Friday 9th September 2016, 10.00am - 5.00pm

Saturday 1st October 2016, 10.00am - 5.00pm

Sunday 2nd October 2016, 10.00am - 5.00pm

The Friends of Thwaite Gardens'

Tuesday October 4th 8pm - AGM followed by a talk entitled 'Love at First Bite' by Peter and Hellenje Walker of 'Wack's Wicked Plants'. Everything you need to know about carnivorous plants. Methodist Church Hall, Hallgate, Cottingham, Plants for sale. Refreshments. Members free. Non-members very welcome £2.00.

Cottingham Local History Society

Wednesday 5th October - John Scotney - Converging on Hull: A family story of Migration, in the Red Hall, Hallgate Primary School, King St, Cottingham starting at 8 p.m. Meeting fee, members £1; non-members £2. contact: Peter McClure 01482 831111.

Cottingham Men's de Luda Society

Wednesday 5th October - Mike Covell (The Silver Hatchet Gang), in the St. Mary's Church Hall, Hallgate, starting at 2.00 p.m.

East Yorkshire Group of the Hardy Plant Society

Thursday 6th October - at 8pm in St Mary's Parish Hall, North Bar Within, Beverley. You are welcome to come and join us to listen to Peter Foley - The Autumn Garden Entry: £4 which includes tea/coffee and biscuits. Further information from Lois Scott 01482 49277.

The Royal British Legion Cottingham Branch

Saturday 22nd October - 2016 Poppy Appeal Concert, by the Dagger Lane Singers at the Darby & Joan Hall, Finkle Street, Cottingham, 7.00 pm to 10.00 pm. Tea, Biscuits and Raffle. Tickets £6.00 each. Tel. Colin on 01482 83440 or from Barkers, Hallgate, Cottingham.

Chinese Exercise Qigong

Learn to relax the mind and body through the Chinese exercise system of health Qigong. Every Thursday 1.30pm-2.30pm, at the Darby & Joan Hall, Finkle Street. For more information Please contact Shaun Foulds 01482 30662 or visit website www.hullsundragonarts.co.uk

Kirk Ella & Willerby Short Mat Bowls Club

The Memorial Hall, Beverley Road, Kirk Ella, (opposite the Police Station). Sessions on Mondays & Thursdays 2pm - 4pm. NEW MEMBERS VERY WELCOME! Fun, social short mat bowls club with a tea and biscuit break! £3 per session, FREE first session. FREE TASTER AFTERNOON on Monday 12th September 2pm-4pm. Club woods available to use, just bring clean flat-soled footwear OR come along to any future session and give it a try! (aim to arrive around 1.45 pm so we can source bowls for you) For more information contact Ian/Brenda on 01482 66157

Continued on page eight

Support the advertisers who appear within the Cottingham Times

Add a little sparkle!

Pay no VAT FOR A LIMITED PERIOD*

Give new life to your old kitchen with a kitchen make-over from Dream Doors

- Trusted reputation
- 50% deposit balance on completion
- Made to measure custom built doors and units
- Large choice of doors worktops appliances and accessories

*T&C's apply, please ask for full details.

Call Andy or Terri on: 01482 861653 for free quote

Visit our showroom: Belprin Park, Swinemoor Lane, Beverley HU17 0LN

www.dreamdoors.co.uk

DREAM DOORS®

NEW LIFE FOR OLD KITCHENS

EST. 1999

Checkatrade.com

g+ f t



SMART REPAIRS & CAR SALES

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



Pictured below 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 - September 7



Logic heating
The Boiler Installers



336 Cottingham Road, Hull HU6 8QE
Tel. 01482 446662

Here at Logic Heating we don't just believe that offering the most competitive prices necessarily mean you'll also receive a 'good job'.

We firmly believe that our highest quality workmanship is unrivalled, and 100% customer satisfaction is not a requirement, it's a necessity!

Not many companies choose to display their standard Combi boiler exchange prices. Why? We don't know but just to be different, here's just a few of ours.....

With a **BIG 7 YEAR** manufacturers parts & labour warranty, introducing, the Ideal Logic+ 'A' rated condensing Combi boiler.

Logic+ 24kw Combi Supplied & Fitted - £1249

Logic+ 30kw Combi Supplied & Fitted - £1349

Logic+ 35kw Combi Supplied & Fitted - £1449

And introducing Ideal Boilers' flagship Combi, The Vogue, with a **HUGE 10 YEAR** manufacturers parts & labour warranty.

Vogue 26kw Combi Supplied & Fitted - £1435

Vogue 32kw Combi Supplied & Fitted - £1535

Vogue 40kw Combi Supplied & Fitted - £1635

Before you ask.....there is NO VAT to pay on top!

With each of the above boilers, you also get:

FREE Central Heating **POWERFLUSH** Using Magnacleanse, The Latest Flushing Technology.

FREE Wireless Programmable Room Thermostat

FREE Scale Reducer **FREE** Gas Safety Check

FREE Boiler Registration With Building Control

Central Heating Powerflushing

We use the latest in Powerflushing technology called The Magnacleanse from Adey.

Our machines collect the dirt instead of sending it back around your heating system.

We use the best cleaning and inhibitor chemicals and prices are:

Up To and including 10 radiators - £199

Up to and including 20 radiators - £239

These Powerflushing prices apply whether you use natural gas, LPG or oil.

Call us today for your FREE no obligation quotation on all our Plumbing & Heating Services.



Email: logicheatingltd@gmail.com :: Gas Safe 579830
FSB Member: 51393864 :: Ideal Boilers Accredited Installers
Company Registered in England & Wales 10088144

Cottingham Tennis Club

Watched Olympics tennis ? Do more! - join your local Tennis club on Hull Rd. Access drive next to Overland Rd. Discounts for new members. ~~£800~~ (membership) ~~0£~~ ~~£38~~ (coaching)

Arterian Singers

"Would you like to join a friendly group of men and women who enjoy singing? We meet during school term time at the Zion Church on Hallgate, Cottingham on Tuesday evenings at 8pm. We present three concerts a year; the music ranges from folk songs to songs from the shows to religious works to carols at Christmas. There is no audition, and although it helps it's not essential to be able to read music. Musical Director is Julian Savory. If you think you might like to join us, why not come along one Tuesday evening? You will be made welcome! (If you would like to contact a choir member first, then please ring Maria or Alan Tel 4428)

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 Cottingham Methodist Church (side entrance), every Friday night at 8pm. For more information call 01482-830083. Free-Confidential-Advice

Men in Sheds - Hull

We are a charity organisation and we meet every Tuesday and Thursday at 101 Greenwood Avenue, Hull, between 10.00 am and 4.00 pm. Drop in for a chat over a brew and biscuits. Our friendly shed is a place where like-minded people gather together to socialise, share skills and learn new ones. With a variety of activities on offer, we really do think there's something for everyone and we're always open to suggestions! Our shed is very much guided by our members and will naturally evolve as it develops. For further information drop in or telephone Baz Wharf on 0148 890 or 09 85 or visit our website www.meninshedshull.org.

ALANON Meeting

Thursday evenings at Holy Cross Church, Carrington Ave Cottingham HU16 4DU. The meetings start at 8 pm until 900pm 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 newcomers 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 0148 683

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 £9 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 0148 802 or Ann on 301 1.

Continued on page 23

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

incorporating
GWENDOLINE DRURY SOLICITORS

Specialist Legal Advice on Your Doorstep



Richard Palmer, LLB, MA – Director & Chairman

As Chairman of Graham & Rosen Limited, Head of our Commercial Department and with over 30 years' experience, Richard has expertise in all aspects of company and commercial law. He specialises in agricultural law, commercial property development and company mergers and acquisitions.

Tel : Cottingham : 840201 / Hull : 323123 / Direct Dial : 314246 or email rfp@graham-rosen.co.uk

Lisa Nurse, Chartered Legal Executive

Lisa Nurse is Head of our Wills and Probate team and has been with Graham & Rosen for over 12 years. As a keen and compassionate professional Lisa specialises in Court of Protection work, Powers of Attorney, Wills, Estate Administration, Inheritance Tax mitigation, Care Planning and is an Elderly Client Advisor.

Tel : Cottingham : 840201 / Hull : 323123 / Direct Dial : 314266 or email lin@graham-rosen.co.uk



Tim Hale – Chartered Legal Executive

With over 40 years on the legal stage, Tim brings a wealth of experience in property law. With a deep understanding of many different areas, Tim specialises in residential property transactions, property and finance matters and commercial property.

Tel : Cottingham : 840201 / Hull : 323123 / Direct Dial : 314208 or email tmh@graham-rosen.co.uk

Richard, Lisa and Tim would all be more than happy to meet with you in our Cottingham or Hull offices to discuss all your legal needs.


Should you require legal advice in the above fields, or any other area of law, please contact our Cottingham office (14-16 George Street, HU16 5PQ law@graham-rosen.co.uk) 01482 840201 or the Hull office (8 Parliament Street, HU1 2BB law@graham-rosen.co.uk) on 01482 323123



Support the advertisers who appear within the Cottingham Times

www.cottinghamtimes.co.uk - September 9

Windows 10 Anniversary Update, Twitter and online shopping

 Windows 10 anniversary update was launched last month and is rolling out slowly to Windows 10 PCs, starting with new ones first. The Anniversary Update will appear as 'Feature update to Windows 10, version 1607'. You can read more about the new features here: <http://tinyurl.com/hbbsrlx>

Like many major updates, it hasn't been without its problems. The installation process seemed to go quite smoothly when I tested it, but then found my printer had disappeared. I got it back quite easily, so if yours does the same go into your printers folder from Control Panel and see if it is shown, then right click on it tick 'set as default printer'.



Twit or Tweet you may well ask! Most people will be aware of Twitter even if they have never used it. Twitter is a social networking site for putting out information or commenting on world events, or even TV programs! Anyone can read but only registered users can post comments, known as Tweets. The magic number here is 140, that's the number of characters allowed for any one Tweet. It's free to join and use, and yes some people do talk a load of twaddle (where do they find the time?), but the great thing about it is that it is instant. Often an event will appear on Twitter before anywhere else. The news services use it because there will be someone in the world somewhere who is right on the spot where a story is unfolding. So how do you find anything in this information overload? Well you just search for either a person's name, which will be prefixed with an @ or you can search a subject with a # (known as a hashtag). So for instance the Rio Olympics appeared under #Rio2016. Go on, have a go, you're sure to find something that interests you.

Like all social media sites do be careful what you say. Paul Hayes who writes in Leo news email, recently quoted the following. 'I would also add two words to every conversation that every electronic media user should burn into their minds...NEVER AND FOREVER. NEVER put out anything you don't want to share with the entire world...that includes partners both present, ex or soon to be ex and future; parents, bosses and anyone else..... And if you put it on social media you should

expect it to be there FOREVER. PERIOD!'

Sending pictures by email. If you use Windows Live Mail, most Karoo users will do, avoid the icon that says 'photo album'. This will ask you to sign in with a **Microsoft account**, something you may not have anyway. Just use the paper clip to add a photo, but do watch the file sizes, photos can be quite sizeable, and you can only send **M B** at one time.

Online shopping is the innovation of our time, you don't have to go anywhere, no queues, no parking problems and your stuff is delivered right to your door, often by the next day. What could possibly go wrong? Well guess what, over 90% of people have abandoned web sites instead of locating a forgotten password because security hasn't been easy enough to use. It goes like this. You pick up an email perhaps on your smart phone or tablet saying there's a sale on and it gives you a promo code to quote. You spend a while online trying to find the exact item, put it in the basket, go to checkout and then it asks you to sign in. Drat, what's the password for a site you haven't used for a while.

You give up and ask for a password reset email, get that and then change your password. Get fed up the smart phone, so you log into the laptop and do it all again, sign in at checkout, and then it asks for your promo code. Quick, back to the smart phone, where's that email, and oh no the battery is running out! Found it, quick, back to the laptop to find your session has expired, please start again. Off you go again hoping the item is still in stock as by now your blood pressure is rising and stress levels are high, and you're hoping you know where your credit card is! Fortunately, most people's experience is nothing like this most of the time, but I bet it has happened to you at least once!!

Windows 8 - I have come across a few computers recently still running Windows 8 i.e. never been upgraded to 8.1. Now the knowledge base I researched seemed to indicate that the cut-off date for the upgrade was 13 January 2016. However, with a bit of fiddling I managed to get the upgrade to work on a couple of laptops recently. So to check if you have upgraded, go to Control Panel, and System and it will tell you at the top of the page. The 8.1 upgrade is downloaded through the Store icon.

How do I find Control Panel in Windows 10? Just right click on the Start button to get the menu

Parents spend £50 on average repairing or replacing their kids' gadgets. A survey by Protect Your Bubble also revealed that 70% of gadgets bought for children are not insured

KC Colour pages is out, you should have had your rs delivered by now. Just for information RDM Computers is listed under Computer Maintenance.

Ever run like a bit of free advice, so on my website you will find a free guide with some answers to often asked questions like: 'Why does my computer start and then stop at a black screen? Why does my Windows 10 start button not work and I can't get emails?' And not least 'Why isn't my internet working?' (download it while you can!) So just go to www.rdmcomputers.co.uk/news and you will see a link to the this and the previous two articles, plus the free guide.

Also will be updating the blog on my website regularly with any news items worthy of mention. And for those on Twitter you can find me @rdmcomputers1

Lastly, you have probably gathered that we take security very seriously, so if need advice on changing or buying anti virus, or if you think you may have been the victim of a scam, just call us for advice.

Richard Mills

RDM Computers

Cottingham

048 85666 or 0800 6424

Follow us on Twitter [rdmcomputers1](https://twitter.com/rdmcomputers1)

Web: www.rdmcomputers.co.uk

Email: richard@rdmcomputers.co.uk

All branding & trademarks acknowledged



 <p>RELAXED COMPUTING</p>		
<p>CALL NOW FOR A QUOTE & ADVICE ON A NEW PC</p> <p>T: (01482) 875666</p>		
<p>Wifi setup, get online with your Laptop, Smartphone, Tablet or Kindle</p>		
	<p>Plain English computer support</p>	
<p>CALL US NOW ON...</p> <p>T: (01482) 875666</p> <p>M: 07850 105424</p>		



SAVE UP TO 50% IN OUR MASSIVE AUTUMN SALE! Plus an extra 20% off with your voucher!

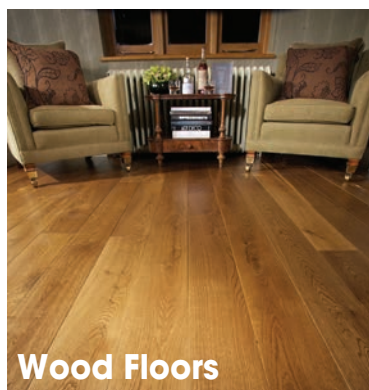
It's the sale of the season across all our stores, starting Sept 12th. We're known for our quality and value, and if you love your home, you'll love these savings. We've cut prices on top name manufacturers and the best known brands, so come early and get the pick of the crop!



Carpets



Rugs



Wood Floors



Luxury Vinyls



Chairs & Sofas



Soft Furnishings

20% Discount Voucher

This voucher entitles the bearer to an additional 20% discount off marked prices on **stock carpets, remnants, beds and mattresses** 12th September – 8th November inclusive while stocks last. Not transferable and not for use in conjunction with any other offer, one voucher per purchase.



Beds

510 – 520, Hesse Road, **Hull** HU3 5BQ
Belprin Park, Swinemoor Lane, **Beverley** HU17 0LN
117 Hallgate, **Cottingham** HU16 4DA
Burton's Corner, Rawcliffe Road, **Goole** DN14 6TY
Tel: 01482 326590
Email: info@leightonscarpets.co.uk
www.leightonscarpets.co.uk



Best prices in town!

We'll beat any written quotation from any local store for the supply of identical goods.

COTTINGHAM CARS LTD Manchester - £95
AIRPORT TRANSFERS
01482 847 848
www.cottinghamcars.co.uk
 HUMBERSIDE - £30
 DONCASTER - £50
 LEEDS-BRADFORD - £70
 MANCHESTER - £95
 HEATHROW - £185
 East Midlands - £90
 Newcastle - £120
 Maestro VISA

**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 CRB 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
 CORGI 520101
 safe 520101
 Call Phil **01482 841304**
 Mobile: **07970 359706** Cottingham

Finkles Boutique
 Cotta Court, Cottingham
Fashion at affordable prices
Excellent selection of Italian tops
all at competitive prices
"Forget the Town, Come on Down to Finkles"
 KING STREET
 HALLGATE FINKLE STREET
FINKLES
 COTTA COURT
 WE ARE HERE

Wordsearch - Eat Your Vegetables

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

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

Find the words in the letters above :

Artichoke, Avocado, Basil, Beet, Bell Pepper, Caper, celeriac, Celery, Chard, Chive, Cress, Daikon, Eggplant, Endive, Fennel, Ginger, Greens, Jicama, Kale, Leek, Lettuce, Maize, Okra, Parsley, Parsnip, Pea, Pumpkin, Radish, Rhubarb, Rocket, Salsify, Sorrel, Sprouts, Squash, Sweet Potato, Taro, Tuber, Turnip, Watercress, Yam.

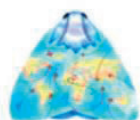
Wordsearch courtesy of www.puzzles-to-print.com

Sudoku No. 116

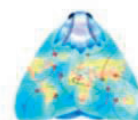
This is an easy challenge this month - Answer on page 29

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

Support the advertisers who appear within the Cottingham Times



MARION OWEN TRAVEL



September and lets hope for an Indian summer...

Many readers are aware we are a full travel agency and can book you a holiday or cruise with any tour operator. Hence on this page I try to bring you a spot of news and some of the special exclusive departures we also offer which are unique to Marion Owen Travel.

Our French Barge this August was a fabulous success and we now have only 5 cabins left for next years sailing!

Non flyers looking for a premium mid sized cruise experience, we have tailored a number of sailings next year travelling via P&O North Sea Ferries please ask for details.

Japan - our 2nd group departure is now on sale and seats are selling quickly. Visiting for the Autumn colours our tour departs 12th October 2017 for 13 days. Including travel from Hull to Heathrow, all of your guided sightseeing, wonderful 4 star hotels with an extensive buffet breakfast. The cost is just £3449 per person with the option of a



night in a Ryokan which I highly recommend just for the one night at £109 per person twin or double share. Singles are welcome at a supplement please ask for your price. I had the most amazing time on this tour this year. We did not need a lot of spending money, you should easily get by with £300 per person including a few souvenirs. Lynne will be joining this tour for her holiday in 2017, why not join her?

Festive Christmas & New Year Holidays:- Christmas markets are filling, we only have space left on our continental departure which is a super tour taking you to three different cities with plenty of time for shopping and sightseeing.

Christmas away:- we have a bargain to Warner's Bodelwyddan Castle, 4 nights Full board, fabulous new Garden Lodge rooms. Our price is only £549 per person!

SAGA Cruising ~ come along to our promotion on Monday 26th September and meet Wayne from Saga over a drink and a nibble (call for details). **All Saga cruises include...** Holiday Insurance, (cover for pre existing but not terminal), Travel from your door, free wifi & the loan of iPads, gratuities, speciality restaurants, in room dining, a choice of 7 wines with dinner/lunch and much, much more. Do not worry if you cannot make the 26th just contact me for more information. I have experienced the Saga Sapphire, she is a lovely ship and I look forward to telling you more.

We are a full travel agency, we book financially protected holidays with all reputable tour operators. You never have to worry about the security of your holiday and can sit back, relax and look forward to your break. When you want to get away we are just a call away, also personal visits to our office are always welcome. We look forward to booking you a great holiday.

Marion



Our very own exclusive holidays by coach, experience the difference

27 Sep	Durham & Beamish overnight 4 star half board	£ 139
09 Oct	Harrogate, Shopping & afternoon tea 1 night at the Majestic HB	£ 99
27 Oct	"The Glen Miller Story" Tommy Steele, Bradford Alhambra	£ 60
07 Nov	Warner's Alvaston Hall - 5 day Turkey & Tinsel	£ 289
16 Nov	Mary Poppins the Musical Bradford Alhambra matinee	£ 75
09 Dec	Ladies that lunch shopping + 3 course Lunch	£ 35
15 Dec	Continental Christmas Markets Brussels, Aachen & Bruges	£ 245
27 Jan	Alvaston Hall, Rock tributes ELO, Quo & The Eagles	£ 249
02 Feb	Belguim ~ Bruges at Beer festival time 4 nights	£ 225
17 Feb	Warner's Thoresby Hall "Glen Miller Tribute" weekend	£ 255
27 Mar	English Riviera, Devon & the Cotswolds 4* imperial Hotel Torquay: Half board. Visiting Gloucester, Exeter & Plymouth	£ 349
25 Apr	National Arboretum & Lichfield Cathedral 2 days, a springtime opportunity to see the newly expanded Arboretum	£ 110
15 May	Inner Hebrides: great itinerary Jacobite, Skye, Mull & Iona	£ 725
11 Jun	Columbus Maiden Voyage Be the first to try this new ship	£ 290
07 Aug	Warner's Bodelwyddan, 4 nights half board includes excursions to Llandudno, Portmeirion & Port Sunlight	£ 385
17 Aug	Barge Canal Cruise 9 days Bresancon to Dijon superb 12 cabin luxury all inclusive full board, drinks & excursion.	£2250
06 Sep	Germany ~ In the footsteps of Martin Luther 9 days fully guided fabulous tour full of historic Eastern Germany	£1239
24 Sep	Historic & Scenic Southern Wales 6 days Half Board a very interesting & special inclusive itinerary of sights.	£ 499
Just for a day 2017: 11 Jan, Boundary Mills Sales £15 :		
25 Jan, Millstones - fun food & dancing £40: 09 Feb World of Rhubarb £49:		
21 Apr, Harrogate Flower Show £45: 08/09 Jun, Chatsworth Flower Show £49:		
17 Sep Harrogate Autumn Flower Show £45		
Theatre ~ Bradford Alhambra matinee shows ~ 22 Feb, Sister Act £57:		
01 Mar, Sunny Afternoon £57: 28 Apr, The Wedding Singer: 11 May, The Commitments £59 & 28 Feb 18, War Horse £75		

Thursford 2017, reserve your seats now 5 dates available £179pp
24 Nov, 26 Nov, 28 Nov, 02 Dec & 04 Dec (limited single rooms + £10)
Private group enquiries welcome.

See our website or call for a full list of all departures including more departures for 2017. We always try to keep single supplements to a minimum & look forward to welcoming you on board.



Special Jersey departures

Travel from your door flying from Doncaster

7 nights Half board at the Mayfair Hotel

15 April 17 (Easter) £649, 06 May 17 - £689

01 July 17 - £749 & 16 September 17 - £689

Price per person based on 2 sharing a twin or double room, singles please ask.

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 (cruises on lowest grade of cabin) single travellers welcome please ask.

Office hours: Monday to Friday 9am - 5pm : Saturdays by appointment only

Sept 16*

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



THE BEAUTY CLINIC
 EST 1995

10% OFF
 YOUR FIRST TREATMENT

01482 875329
www.beautycliniccottingham.co.uk

104A KING STREET
 COTTINGHAM

DECLÉOR PARIS **COCI**



Ann@Elizabeth

**SUPERB NEW AUTUMN STOCK
 ARRIVING DAILY**

Stockists of: **OscarB,**
Emreco, Steilmann,
Lebek and many,
many more.
Sizes 10 to 20

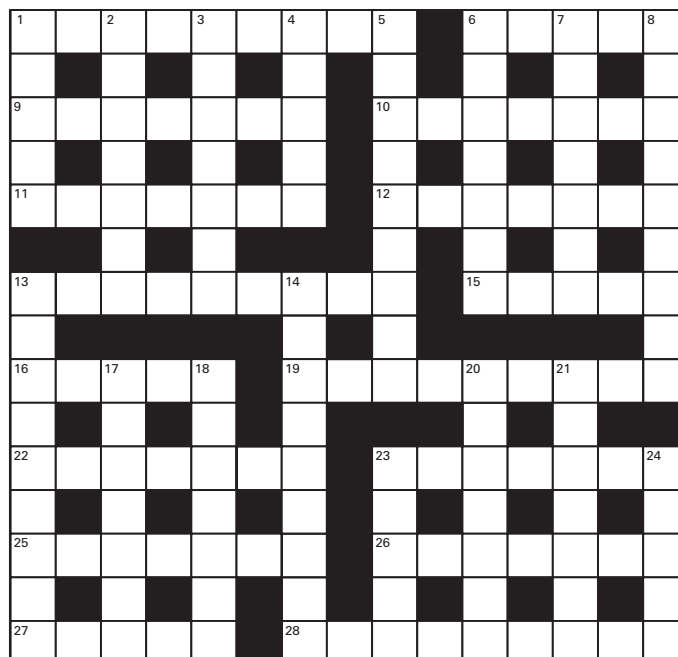
Colourful tops and Jumpers
Good Selection of Skirts

Our warm and friendly staff,
 are always welcoming and
 ready to assist you.



52 Finkle Street, Cottingham
Telephone 01482 841246
Open: Monday-Saturday 9.30 am to 4.30 pm

Crossword – Solution on page 46



Across

1. Hodgepodge (9)
6. _ a _ _ _ nd output (5)
- 9R. evenues (7)
10. Perform surgery (7)
11. What a private does to an officer (7)
12. Foolish (7)
- 13G. uiding (9)
- 15E. mpower (5)
16. Not liqui d (5)
- 19H. istory of a word (9)
22. Eight-seven in Roman numerals (7)
- 23F. ortress (7)
- 25H. untng guide (7)
26. Accounts (7)
27. Pilot a car (5)
- 28O. ne who disputes (9)

Down

1. Groups of two (5)
2. A file of reminders (7)
3. A group of North African languages (7)
4. Fertile areas in deserts (5)
5. Wittingly (9)
6. Specify individually (7)
- 7B. raided (7)
- 8B. etrayal (9)
- 13R. evealed (9)
14. Enumerating (9)
- 17S. eventy-eight in Roman numerals (7)
18. Vary (7)
20. Eight-armed sea creature (7)
21. Systematic (7)
- 23B. reed of dog (5)
24. Not a winner (5)

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

Christmas Lunches or Dinners 2016

SUITABLE FOR PARTIES OF 10 OR MORE

STARTERS

Winter Warming Butternut Squash & Parsnip Soup
Smoked Salmon and Prawn with Lime & Dill Mayonnaise
Seasonal Melon with Forest Berries

MAIN COURSES

Turkey Breast stuffed with Apricot & Cranberry,
served with Pigs in Blankets & Roast Potatoes.
Pan fried Salmon with Lemon & Capers, served on
crushed New Potatoes.
Glazed Goats Cheese and Beetroot Tartlet with Spinach
and Mixed Pepper Stir Fry (V)

DESSERTS

Christmas Pudding and Brandy Sauce
Sticky Toffee Pudding with Toffee Sauce & Cream
Chocolate and Baileys Cheesecake

COFFEE & MINTS

**2 COURSES WITH
COFFEE – £18.95**

**3 COURSES WITH
COFFEE – £23.95**

**GUESTS CHOOSING THE
CHRISTMAS LUNCH OR
DINNER MENU WILL RECEIVE
A FREE DAY PASS FOR
THE HEALTH CLUB**

T's & C's apply. Available for all parties
booked in by 1st December 2016.

**CELEBRATE WITH FAMILY, FRIENDS
OR WORK COLLEAGUES**

To make a booking or for more information please call
01482 846030 or email **catering@cottinghamparks.co.uk**

This menu is available for pre-booked parties of over 10 or more. Deposit of £10pp is required to confirm the booking.
Full payment and a pre-order is required 1 week in advance.

**Cottingham
Parks**
golf and leisure club

In the Kitchen



Roast fennel, pesto & prawn pizza

- Preparation time: 15 minutes + proving and resting
- Cooking time: 25 minutes
- Total time: 40 minutes + proving and resting. Serves: 4

Ingredients

- ½ x 500g pack Ciabatta Bread Mix
- 2 tbsp olive oil
- 145g pack Waitrose 1 Pesto Genovese
- 1 large fennel bulb, cored and thinly sliced
- 4 salad onions, sliced
- 175g pack essential Waitrose Cooked Peeled Prawns
- 50g pitted black olives, sliced
- 125g grated mozzarella
- Small handful of basil from a large pot, roughly torn

Method

1. Place the bread mix in the bowl of a stand mixer with a dough hook and add 1 tbsp oil and 1 tbsp pesto. With the motor on low, mix in 130-150ml warm water to form a soft dough. Place in an oiled bowl, cover with clingfilm and leave in a warm place for 45 minutes until the dough is doubled in size.

2. Meanwhile, toss the fennel in the remaining oil and place in a 25 x 34cm roasting tin. Roast for 15 minutes then remove from the tin and set aside.

3. Preheat the oven to 200°C, gas mark 6. Knock back the dough and press into the roasting tin used for the fennel, making sure it goes right up the edges. Leave to rest for 20 minutes, loosely covered with clingfilm.

4. Spread the remaining pesto over the pizza base. Sprinkle over the salad onions, prawns and olives, then the reserved fennel and finally, sprinkle with mozzarella. Bake for about 25 minutes until golden. Scatter with basil and serve immediately.

Parmesan chicken with veg sauce

- Preparation time: 10 minutes
- Cooking time: 25 minutes
- Total time: 35 minutes. Serves: 2

Ingredients

- 227g can essential Waitrose Chopped Tomatoes
- 1 tbsp Waitrose 1 Pesto Genovese
- 4 baby courgettes, grated
- 1 red pepper, thinly sliced
- 300g pack essential Waitrose British Chicken 2 Breast Fillets, cut into thick strips
- 40g Parmigiano Reggiano, grated
- 2 tbsp wholemeal breadcrumbs
- 1 tbsp chopped parsley

Method

1. Preheat the oven to 200°C, gas mark 6. Place the tomatoes and pesto in the base of a heatproof serving dish, and stir in the courgettes and pepper. Season and top with the chicken strips.

2. Mix the Parmigiano Reggiano, breadcrumbs and parsley together, and sprinkle over the chicken.

3. Roast for 25 minutes, or until golden and the chicken is cooked throughout with no pink meat.

16 September - www.cottinghamtimes.co.uk



Support the advertisers who appear within the Cottingham Times



Tagliatelle with pork Bolognese

- Preparation time: 10 minutes
- Cooking time: 20 minutes
- Total time: 30 minutes. Serves: 2

Ingredients

60g pack essential Waitrose British Pork Mince
1 onion, chopped
1 carrot, diced
400g can chopped tomatoes
2 tbsp tomato purée
1 tsp dried oregano
1 chicken stock cube
60g pack fresh tagliatelle
1 tbsp roughly chopped parsley

Method

1. Heat a large pan and fry the mince, onion and carrot for 2-3 minutes until brown, and the pork is cooked throughout with no pink meat.
2. Add the tomatoes. Then half fill the can with water and add to the pan with the tomato purée, oregano and stock cube. Simmer gently for 15 minutes, stirring occasionally. Cover and cook for a further 5 minutes. Season to taste.
3. Meanwhile, cook the tagliatelle in boiling water for 4 minutes. Drain well and stir into the Bolognese. Sprinkle with parsley and serve.

LOVE life banana and chocolate energy bars

- Preparation time: 10 minutes
- Cooking time: 25 mins plus cooling
- Total time: 35 mins plus cooling. Makes: 20

Ingredients

2 small ripe bananas, mashed
120g low fat yogurt
2 medium Waitrose British Blacktail free range eggs, beaten
6g clear honey
100g LOVE life dates, chopped
6g Jordans natural wheatgerm
100g Duchy Originals from Waitrose organic stoneground wholemeal plain flour

Support the advertisers who appear within the Cottingham Times

1 tsp baking powder
20g rolled oats
3 tbsp sunflower seeds
50g dark chocolate, chopped

Method

1. Preheat the oven to 200°C, gas mark 6. Line a 23 x 30cm baking tin with baking parchment.
2. Mix together the bananas and yogurt, then stir in the eggs and honey until well blended.
3. Add the dates, wheatgerm, flour, baking powder and rolled oats and stir together well. Fold in the sunflower seeds and chopped chocolate.
4. Spread the mixture into the prepared tin and bake for 25 minutes until nicely browned and cooked through. Cut in half lengthways, then cut into bars. Leave to cool completely on a wire rack.

Chocolate Macaroons

Makes: 24

Ingredients

1 tbsp cocoa powder
12g icing sugar
100g ground almonds
2 medium egg whites

Method

1. Preheat the oven to 180°C, gas mark 4. Line two baking sheets with baking paper. In a large bowl, mix together the cocoa powder, icing sugar and ground almonds.
2. In a separate bowl, whisk the egg whites until stiff, then fold into the almond mixture.
3. Use a teaspoon to spoon 12 small rounds of the mixture onto each baking sheet, leaving a gap between each. Bake for 15 minutes until the macaroons are firm to the touch but still a little soft in the centre.
4. Set aside on the tray for a few minutes, then peel off the paper and leave to cool completely on a wire rack. Store in an airtight container for up to 2 weeks.

Reproduced by kind permission of Waitrose.co.uk



www.cottinghamtimes.co.uk - September 17

ON THE GRAPEVINE

WITH ROY WOODCOCK



Brits are a nation of self-proclaimed “wine buffs”

Brits are a nation of self-proclaimed “wine buffs” – with 8 per cent now claiming to be a true aficionado of vino, according to new research.

The research, by the Co-op, has revealed 38 per cent now believe they know their Sangiovese from their Syrah, going so far as to declare themselves “extremely knowledgeable” about wine.

And according to the study, the average Brit now spends £19 on wine EVERY week (£988 a year) – and is prepared to pay up to £11 on a decent bottle.

However, almost half (41 per cent) admitted they spend more on a bottle to take to a friend’s house in a bid to impress them with their wine knowledge.

The Co-op has seen demand for fine wines surge in the last year, with sales of top claret Château Ségéjac Cru Bourgeois soaring by 45 per cent on a like for like basis. Champagne has also seen a similar trend, with sales of Co-op’s own-label bottle increasing by 36 per cent in the last 12 months.

When asked which countries produce the best wine, 33 per cent of Brits still think the French make the best, followed by Italy (13 per cent), Australia (13 per cent) and Spain (8 per cent).

Rose emerged as our favourite style of wine (11 per cent), followed by Prosecco (10 per cent), Merlot (9 per cent), and Chardonnay (8 per cent).

The report also showed that 30 per cent of Brits try to impress friends with their wine knowledge, with 7 out of 10 of those polled saying they are more interested in the subject now than they were 10 years ago.

Wine buyer for Co-op, Ben Cahill said: “The survey has produced some really interesting insights into how we’ve become more interested in wine as a nation.

“We’re certainly seeing this in store as shoppers take more time to choose their wine purchases, with price not always being the top factor. Instead where the wine comes from, quality, grape varieties and label design are just as important.”

Of those questioned, 34 per cent said their love of wine started after trying new wines on holiday, while nearly a third (27 per cent) learnt from friends – and a further 21 per cent say they have learnt about wines from TV cooking shows.

Over a quarter (28 per cent) say they have bought an expensive bottle of wine to impress other guests at a dinner party, while 25 per cent admit they have researched the wine they are serving to friends in a bid to impress.

Ben continued: “Our love for good food has made wine pairing a crucial element of dinner party planning – especially if you want to impress, so it’s unsurprising Brits are embracing the concept of quality wines.”

Londoners are most likely to consider themselves wine buffs (32 per cent), followed by the people of Birmingham (27 per cent), Edinburgh (27 per cent) and Leeds (26 per cent). Unfortunately there was no mention of Cottingham, which merely shows we’re modest as well as knowledgeable!

Liverpudlians are the least likely to consider themselves knowledgeable about vino with, it seems, just 18 per cent describing themselves as wine lovers.

There’s still time (hopefully!) for a barbecue this month, so here’s some recommendations from experts writing for Decanter magazine, suggesting the best matches, depending on what it is you’re cooking.

For steak they recommend either a Malbec, Syrah/Shiraz or Zinfandel. For burgers it’s a little-known Portuguese grape variety called Touring Nacional although if you can’t find that then Syrah, Zinfandel or a Cotes du Rhone will work equally well.

If you’ve got sausages on the barbie then you can’t go wrong with Malbec, Tempranillo or a southern French red, while chicken matches well with Chardonnay.

For pork chops try a Valpolicella, Barbera, a New World Pinot Noir or a dry rosé or Riesling. If you’re feeling adventurous, cooking-wise, and are barbecuing salmon steaks, then match them with a rosé Champagne or Cava, but if fizz is not your thing you wouldn’t go wrong with a New World Pinot Noir, Gamay, dry rosé, New World Riesling or Pinot Gris.

Of course it would be simply impractical to purchase so many different types of wine so the Decanter experts also recommend some good all-rounders that tick many of the boxes needed for a great barbecue.

These include Malbec, New World Pinot Noir, vins de pays whites and reds, a dry rose or a New World Riesling.

BEST BUYS

**Oro Puro Prosecco**

Where: Waitrose

When: Now, until October 11

Why: One of the very best quality Proseccos you’ll find. It’s a clean, simple wine with a bright, fruity, fragrant aroma. A brilliant choice for dinner parties, as the slightly softer palate than Champagne is much more forgiving and can cope with all sorts of flavours.

£9.99 (was £13.49)

**Root 1 Carmenere, 2014**

Where: Morrisons

When: Now

Why: A full-bodied, fruit-forward red wine, with plum and cherry on the palate, finished off with a hint of smoke. The smooth tannins and attractive vanilla note finish mean the wine pairs perfectly with barbecued ribs, fish.

£8.00

**Craigmoor Sauvignon Blanc**

Where: Waitrose

When: Now, until October 11

Why: Deliciously refreshing and vibrant Sauvignon Blanc from Australia. Passion fruit and guava aromas lead gracefully into a bright, juicy palate, filled with generous fruit salad flavours and a fresh citrus spritz.

£6.19 (was £8.49)

**Torres Vina Sol Rose**

Where: Waitrose

When: Now until October 11

Why: From one of the oldest winemakers in Catalonia. Gentle raspberry flavours are cut through with a clean, incisive acidity that really lifts the palate. A real favourite with summer picnics, easily partnering soft cheeses, cold cuts and salads.

£5.19 (was £6.99)

Alishaan

Tandoori & Balti Restaurant

AUTHENTIC INDIAN CUISINE

Takeaway Menu

A Selection of our Superb Takeaway Menu which is available 7 days a week!

Starters

Lamb/Chicken Tikka	£2.95
Sheek	£2.95
Lamb/Chicken Chat	£2.95
Onion Bhajee	£2.25
King Prawn Puree	£2.25
King Prawn Butterfly	£3.95
1/4 Tandoori Chicken	£2.95
Chot Poti (v)	£2.95
Goan Crab/Mussels Puree	£3.95
Reshmi Kebab	£2.95
Mixed Kebab	£3.95
Special Mixed Platter	£8.95
Morichi Bahar (v)	£2.95
Lamb Chops	£2.95
Garlic Mushrooms (v)	£2.95

Tandoori Specialities

Lamb Chop Peaze	£7.45
Tandoori Fish	£5.95
Tandoori King Prawns	£10.95
Shashlik	£7.95

Breads

Naan	£1.95
Keema Naan	£2.95
Peshwar Naan	£2.25
Garlic Naan	£2.25
Stuffed Naan	£2.25
Paratha	£2.25
Chapati	95p

Curries

Lamb or Chicken	£4.50
Prawn	£4.95
King Prawn	£6.95
Lamb/Chicken	£5.95

Kormas

Lamb or Chicken	£4.50
Prawn	£5.50
King Prawn	£7.95

Malayan

Lamb or Chicken	£4.50
Prawn	£5.50
King Prawn	£7.95

Vindaloo

Lamb or Chicken	£4.50
Prawn	£5.50
King Prawn	£7.95
Lamb/Chicken Tikka	£5.95

Chef's Specials

Chicken or Lamb Amdri	£7.95
Gost Pathwari	£8.95
Chicken Chilli Massala	£7.95
Murgi Badam	£7.95
Chicken/Lamb Tikka Massala	£7.95
Special Sizzler Juliette	£7.95
Jalfrazi	£7.95
Garlic Massala	£7.95

Special Balti Dishes

Gost Ohmuri	£8.95
Makrani Jingha	£11.95
Balti Fish Curry	£10.95

Vegetarian Dishes

Vegetable Jalfrazi	£4.95
Vegetable Chanari	£4.95
Biryani Veg or Mushroom	£4.95

**Four Course
Dinner £10.95**
Also Available as a Takeaway



OPEN 7 DAYS A WEEK (Including Bank Holidays)
Sunday - Thursday 5.30 pm - 11.30 pm
Friday & Saturday 5.30 pm - Midnight



205 Hallgate, Cottingham HU16 4BB Telephone 847032

www.alishaan.net



It is that time of year again when all the little 'darlings' who have been hibernating away inside over the winter period, emerge ready for their summer holiday of sun, food and more food. Now you may rightly be thinking of your lovely children or grandchildren but I hasten to add it's nothing as delightful. The 'little critters' I am referring to are, SLUGS, SNAILS, FLEAS AND THE BLOOD SUCKING TICK!!!

As most gardeners are aware, the slug and the snail are very harmful to plants, as I'm finding out at home but how many pet owners know they can be just as potent to our pets. The warmer but wetter weather is perfect for them in which they can harbour the parasite LUNG WORM. Lets start with the SNAIL, a very tempting 'snack' to many a puppy and also the inquisitive older dog. I know my dog Teal, when she was a puppy, brought many a snail into the house after she dug up half my garden at the time. Needless to say most of the plants and shrubs also ended up on my lounge carpet. What more fun can there be to a six month old Labrador, than to dig, explore and then proceed to eat their findings? What harm can it do? You may be surprised. The snail can be infected by a type of worm called LUNG WORM which is associated with foxes and when digested by our canine friend, travels along major blood vessels supplying the lungs, where it can cause a whole host of problems. Left untreated it will have major consequences. The SLUG doesn't get off lightly too as this also carries the deadly worm. So if your pet shows signs such as coughing, tiring easily, nose bleeds, vomiting/diarrhoea or any other change in behaviour, please contact your vet immediately.



Every pet owner knows about FLEAS and what a nuisance they cause but you may also be surprised of the health risk they can carry? These tiny eternal parasites live off the blood of mammals and their bites can lead to major health issues. The flea is a tiny wingless insect with a hard flat body designed to easily navigate through pet hair, legs designed for jumping great distances and mouth parts designed to suck blood. An adult female flea can lay on the host, up to 40 eggs a day which will then dry and fall off into the environment such as carpets, curtains and furnishings. A fully developed flea, which may live up to 4 - 6 weeks, will begin to lay eggs within 24 hours of her first blood meal. She defecates blood from her host that will fall off along with the eggs, re-starting the life cycle all over again. The health risk? Flea allergic dermatitis is an allergic reaction to flea bites which can cause severe itching and major skin infections. Also, Tapeworm (there goes the WORM again, raising its ugly head) which can be contracted by animals or humans after accidentally ingesting an infected flea. Another one is anaemia which can prove fatal if the host animal has enough flea infestation to lose a lot of blood. You maybe surprised to learn that three out of the four stages of the flea cycle are spent in the carpets, curtains and furnishings, jump onto the host for a feed then jump off again. This explains the odd occasion when we get a new client pop into the surgery, who has moved house and has no pets, to buy a household product to treat a flea infestation left by the previous occupiers. The fleas had found another meal source other than a furry friend.

TICKS! Wonderful little things that are attracted to warmth and motion. It climbs onto its host (mainly around ears and inside of the legs) and attach its mouth into the skin beginning the blood meal. Once the tick is locked on, it will not detach until the meal is complete which can take a few days. The appearance of a tick is like a small cream lump (often mistaken for something more medical) which gradually grows and changes colour with the amount of blood it intakes. As for diseases? Most ticks do not even carry them, however, the threat of disease is always present so must be taken seriously. Signs include lethargy, fever, weakness and joint swelling which may take days or weeks to appear so the early removal of a tick is crucial but to be removed under medical care.

Now how do we prevent or remove these little critters? As in every case, prevention is always better than cure so we shall start with worming. This comes in various forms, granules or tablet and also in the case of cats who hate digesting anything other than food, (as mine have often proved after chasing them around the room causing havoc) drops on the back of the neck are available. We at KINGSTON recommend worming our canine friends once a month for the time being, due to LUNG WORM causes being reported in this area.

For fleas, once again it is simple by popping a vial of liquid flea treatment on the back of your pets neck once a month. Here at KINGSTON we stock a flea product that is also a tick preventative so you don't even have to apply it on your pet twice. All these products are only available through veterinary practices. Please also do not forget to treat your house and surroundings.

You may buy any of the products I have spoken about from any of our KINGSTON surgeries but because they are prescription only then all we ask is for you to make an appointment with one of our many qualified nurses, so that she can weigh your pet and prescribe you the most effective method for your them. All these appointments are **FREE OF CHARGE**.

So why hesitate...please give us call you have nothing to lose....only a **LITTLE CRITTER**.



Kingston
VETERINARY GROUP

Your local veterinary practice
but so much more

Caring for your pet

Park Street - Clinic & Animal Hospital
1-2 Park Street Anlaby Road, Hull. HU3 2JF
Tel: 01482 223688

Cottingham Surgery
14-18 New Village Road, Cottingham. HU16 4LT
Tel: 01482 843210

Beverley Road Surgery
642 Beverley Road, Hull. HU6 7JH
Tel: 01482 854422

Anlaby Surgery
31a Hull Road, Anlaby, Hull. HU10 6SP
Tel: 01482 655333

Holderness Road Surgery
1199 Holderness Road, Hull. HU8 9EA
Tel: 01482 797007

Thorngumbald Surgery
Main Road, Thorngumbald. HU12 9LY
Tel: 01964 601607

www.kingstonvets.com

BONUS ELECTRICAL SUPERSTORE

Offer of the Month



1600 Spin 9kg Washing Machine

Model No: DXA69AW3

- 3D Dynamic Wash System
- 59 Minutes Full Load Wash
- All In One Wash Technology
- Dimensions: H85xW60xD54cm

Only
£299.99

10.
YEAR
Warranty



1400 Spin 7kg Washing Machine

Model No: DXC4C47B1

- 12 Programmes Inc Delay Start
- Rapid 14, 30, 44 & 59 Min Programmes
- Digital Countdown Indicator
- Dimensions: H85xW60xD40cm

Only
£259.99

1.
YEAR
Warranty

10.
YEAR
Warranty



EXCLUSIVE
PRODUCT



1400 Spin 8kg Wash 5kg Dry Washer Dryer

Model No: WDXC4851

- 16 Programmes,
- Sensor Dry Technology
- Large Digital Display & Dial
- Dimensions: H85xW60xD54cm

Only
£349.99

1.
YEAR
Warranty

10.
YEAR
Warranty



EXCLUSIVE
PRODUCT



8kg Vented Tumble Dryer

Model No: VTV581NCC

- 12 Programmes Inc: 4 Sensor Dry
- Filter Care Indicator
- White with Chrome Glass Door
- Dimensions: H85xW59.5xD61cm

Only
£199.99

1.
YEAR
Warranty



EXCLUSIVE
PRODUCT



9 Kg Condenser Tumble Dryer

Model No: DYC890NB

- 10 Programmes Inc 4 Sensor Dry Programme
- Highly Efficient Reverse Action
- Automatic Safety Door
- Dimensions: H85xW60xD60cm

Only
£219.99

1.
YEAR
Warranty



EXCLUSIVE
PRODUCT

STAR BUY



1400 Spin 7kg Washing Machine

Model No: DXC4C47W1

- 12 Programmes Inc Delay Start
- Rapid 14, 30, 44 & 59 Min Programmes
- Digital Countdown Indicator
- Dimensions: H85xW60xD40cm

Only
£249.99

10.
YEAR
Warranty



EXCLUSIVE
PRODUCT

Service only your local independent electrical retailer can provide

WE'RE
SWITCHED
ON

BONUS
ELECTRICAL SUPERSTORE

Bonus Electrical Superstore

Grange Park Lane,
Willerby HU10 6EB
Tel: 01482 659888

www.bonuselectrical.co.uk

*T&C's apply. Selected models only. Sold as an agent for Euronics Limited. All rights reserved. All offers are subject to availability while stocks last. Delivery & Installation charges may apply. Prices correct at time of print but can be subject to change. See in store for full details. Copyright Euronics 2015.



"The Tooth and Nothing but The Tooth"

by
Chris 'Dr. Smile Maker' Branfield

Is Flossing rubbish then?

Hello again, I hope you are well. Wow, Hull City beat Leicester City (Champions of England) last Saturday. It was electric. Hull hardly had a team to put out and had youth team players on the bench. Just shows you what can happen in life with effort and focus. Well done lads, let's prove the pundits wrong against the odds.



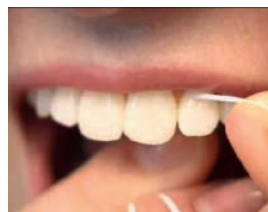
Newspapers Rubbish Flossing

I have recently returned from my annual caravan holiday, in Devon this year. I was almost off grid with no Internet for the most part, and no TV. It was great! There was a report in the papers that using dental floss is useless that I heard about on the radio and I've only just had chance to have a look at it. I thought "this can't be right".

The main thing was that the studies into the effectiveness of using dental floss are a bit naff in scientific terms. The numbers of people in the studies are relatively small and the studies are relatively short so it is difficult to come to any meaningful conclusions.

Don't Give Up The Floss Just Yet!

Flossing badly is pretty useless. Like anything, technique is key to success. If you look at the effectiveness of oiling a chain but keep missing the chain then it will be useless. Coaching is important. If you are in doubt ask your hygienist or dentist. You need a short length between the fingers/thumbs at any one time to have control and get under the gum and wrap as close to 180 degrees around the tooth to be effective. Now, I do agree that the interdental brushes may be better for some people and are very good to treat established gum disease.



Good Technique



Poor Technique



Interdental Brushes Are A Great Alternative To Floss. You Can't Get Them Into Small, Tight Spaces So Here You'll Need Floss Or Tape



End Dental Suffering

Do You Have a Dental Wish List?

If you suffer from ill fitting dentures, want a fixed alternative for missing teeth and would love to eat steak and apples with confidence we have the answer to transform your life by changing the way you feel and eat forever, improving your confidence and general wellbeing. Dental Implants could be the solution!!

Are you frustrated with crooked teeth and long for a confident smile? We have different rapid tooth straightening systems that work a treat!

 **Call now for a free initial consultation minimum value £69**

Fantastic Results - Over the Moon!

 The results were brilliant and overwhelming and I can now smile happily. The Castle Park Team are lovely and friendly and I would recommend them to anyone. *S Tenyson, Hull*

I will never be afraid of the dentist again!

 What a difference my treatment has made to my life. I can now eat, chew and do all the things I had difficulty with. Many, many thanks to Chris and his team. *E Day, Beverley*

Our patients say it best at www.castleparkdental.co.uk

WHY WAIT?

CALL US NOW ON
01482 772550

Change Your Life!

Treat Yourself to the Castle Park Experience!

"You have our personal promise of quality care and attention at all times"

Chris

Chris "Dr Smilemaker" Branfield GDC 68346

The Home of "Life Changing, Pain-Free" Dentistry says Elizabeth

Castle Park Dental Care

Castle Villa, 28 Castle Road, Cottingham, HU16 5NA

www.castleparkdental.co.uk email: talk2us@Castleparkdental.co.uk

Castle Park Dental Care is a Private Independent Practice and is the trading name of Castle Park Limited Registered in England, company number 06703803

What Do I Do Then?

Personally I use dental tape once a day and my gums are in good nick.

It's all Go at Castle Park Dental Care

We are welcoming our award-winning Dentist, Anna (seen opposite), to join our team this month as we grow. I'm off to Helsinki next week to do a two day course in Digital Dentistry. My daughter, Harriet has been working with us over the holidays and my son, Edward leaves next week before he goes to University after being with us for two years.



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 23 years and has a special interest in life changing, pain free dentistry with dental implants, rapid 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's charity work go here now www.castleparkdental.co.uk.

Continued from page eight

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 01482 8047E mail revtrev2@revtrev2.karoo.co.uk

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.

Ag UK East Riding

First Friday in the month from 10.00 a.m. to 11.00 a.m., call in to Cottingham Methodist Church, Hallgate, Cottingham for free information and advice on a wide range of issues. Ask about our befriending service, now available for Cottingham residents and other services available. Tea and Coffee available. Telephone 01482 898 f or further details.

Cottingham Rangers AFC

Cottingham Rangers AFC was founded in 1921 and is one of the biggest football clubs in the area. We have a total of 28 teams (17 Boy's teams at under 8 to under 18 level, 4 Girl's teams at under 10, 12 and 14 level, 2 Men's teams, 2 Veterans teams and 3 Ability Counts teams), as well as an academy for 4 to 7 year olds and a Walking Football section for those of a more senior age! For more information please contact the Club Secretary, Dean Banyard on 01482 8024 or visit our website www.cottinghamrangers.co.uk

Zion United Reformed Church, Hallgate

Every Thursday morning, term time. From 9 am to 11.00 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 pm during term time. **Get Fit, Have Fun!** £2.00 per evening. For more information telephone Dave 01482 828

Fitmums & Friends Run, Walk

The club meets at the Blue Kangaroo, Finkle Street, Cottingham on Monday's 9 am (term time only) and at Cottingham Sports Centre KGV Pavilion, Wednesdays 10.00 pm; Fridays 6.15 pm. Suitable for men & women of all abilities. www.fitmums.org.uk

Cottingham Bridge Club

Every Friday evening at the Darby and Joan Hall. Duplicate Bridge, for more information telephone 88

The Alzheimers Society

Hold a memory café for people with dementia and their carers, family and friends at the Holy Cross Church, Carrington Ave in Cottingham. It is held on the second Tuesday of the month at 1.00 pm to 3.00 pm. For any further information please contact The Hull and East Riding Alzheimers Society on Tel 01482 21125

Continued on page 29

Support the advertisers who appear within the Cottingham Times

Law firm offers legal advice clinics to help people understand Inheritance rules

Leading law firm Andrew Jackson have been providing legal advice clinics for over 10 years and have seen their popularity build as a trusted, valuable forum for anyone wishing to discuss wills, powers of attorney, probate or family matters.

Associate Deborah Gilpin, who specialises in this area of law, explains: "Family arrangements are becoming increasingly complicated, particularly when a person dies without making a will."

People must understand that if they do not make a will, the law decides who will administer their estate and who will inherit. It's a complex picture, with different versions of the rules being applied dependent on a range of factors. There is a lack of awareness of these matters and we want to help.

Legal matters around bereavement can present real challenges for couples and families at an emotional and unsettling time. It's much better to take time to review issues now, when they are much easier to tackle than they could be further down the line. Our friendly, supportive team is keen to guide people through these matters, providing the expertise they need to plan for the future."

Deborah believes that this is a great way for people to take control of their futures and tackle a delicate subject in a supportive environment, "Our clinics are really important as we know how daunting the legal landscape can be. We are very happy to be able to help by discussing their options with them without them worrying about incurring costs."

For more information about the legal advice clinics or to book an appointment, contact:

Jo Pearman in confidence on 01482 325242 or email legalclinics@andrewjackson.co.uk

Andrew Jackson
..... Solicitors

Legal Clinics

Advice on Wills, Probate & Powers of Attorney

Cottingham

Civic Hall, The Green

1pm – 4pm

28th September, 19th October, 30th November

To book your free initial appointment please contact us on

01482 325242

or email legalclinics@andrewjackson.co.uk

Marina Court Castle Street
Hull HU1 1TJ

www.andrewjackson.co.uk

Authorised & Regulated by the Solicitors Regulation Authority (SRA No. 51781)

www.cottinghamtimes.co.uk - September 23

INCREDIBLE INDIA

11 DAYS
FROM ONLY
£1,399^{pp}

DEPARTS OCTOBER AND NOVEMBER 2016
AND JANUARY TO NOVEMBER 2017

A wonderful tour of northern India's 'Golden Triangle' including visits to see the magnificent tigers of Ranthambore National Park plus a stay at a heritage hotel in Rajasthan.

Tour highlights:

- Return flights from London Heathrow
- Stay in hand-picked three, four and five-star hotels with daily breakfast and seven meals included, plus a sumptuous buffet when staying at the Oberoi Cecil in Shimla
- Visit all the major sights of Old and New Delhi
- See the breath-taking Taj Mahal bathed in soft morning light, gazing in awe at the simple purity of its white marble and the exquisite craftsmanship of its inlay work
- Spend two nights in the 'Pink City' of Jaipur, capital of the desert kingdom of Rajasthan with a guided tour of its City Palace and astronomical observatory and see the Palace of the Winds
- Marvel at the extraordinary location and beauty of Amber Fort, home of one of India's most powerful Maharajas
- Stay in an original Rajasthani fort, beautifully converted into a stunning Heritage Hotel
- Enjoy a guided tour of the 400-year old deserted Moghul city of Fatehpur Sikri
- Escorted by our experienced tour manager

SHIMLA EXTENSION...

Extend your tour travelling on the famous mountain railway, visiting Shimla, the summer capital of the Raj and 'Queen of Hill Stations', set high in the foothills of the Himalayas and staying in the luxurious Oberoi Cecil Hotel.

15 days from £1,799^{pp}



SOUTH AFRICA

16 DAYS
FROM ONLY
£1,799^{pp}

DEPARTS FROM SEPTEMBER TO NOVEMBER 2016
AND JANUARY TO NOVEMBER 2017

A tour taking you into the very heart of South Africa, exploring its unique history, amazing wildlife, truly breath-taking scenery and vibrant cities, all complemented by its excellent cuisine and wines

Tour highlights:

- Return flights from London Heathrow
- Staying in excellent three and four-star hotels with breakfast, two lunches and three dinners
- Full day guided safari in the Kruger National Park
- Tour of the legendary Zulu War battlefields of Isandlwana and Rorke's Drift
- Internal flight to the stunning 'Garden Route'
- Visit Hermanus, for the world's finest on-shore whale watching (dependant on season)
- Enjoy a scenic drive through the beautiful small country of Swaziland
- Stay in the beautiful Western Cape's Winelands, experiencing a cellar tour and tasting
- Visits to the Cape of Good Hope and the Kirstenbosch Botanical Gardens
- Visit to Johannesburg's Apartheid Museum
- Stay three nights in cosmopolitan Cape Town, dominated by Table Mountain
- Three day journey from Cape town to Pretoria on one of the world's most luxurious trains, Rovos Rail
- Option to spend a night in a tented safari camp, with a bushwalk with an experienced ranger
- Escorted by our experienced tour manager

ROVOS RAIL EXTENSION...


On selected dates, at the end of your 16 day tour, experience one of the world's most luxurious train journeys on Rovos Rail's three-day trip from Cape Town to Pretoria.

18 days from £3,299^{pp}



ANDREW EARLES
HOLIDAYS
Designed Around You
www.andrewearles.co.uk

For further information or to make a booking, please contact your local branch of **Andrew Earles Holidays** or visit: **www.andrewearles.co.uk**

 Full Riviera Travel booking conditions apply.

81 Ferensway, Hull, HU2 8LD **(01482) 581888**
274 Hull Road, Anlaby Common, Hull, HU4 7RR **(01482) 581777**
Unit 2, Welton Road, Brough, HU15 1AF **(01482) 334545**

RIVIERA
TRAVEL



September is generally a cooler, gustier month than August and the days are noticeably shorter. While there's not as much to do in the ornamental garden at this time of the year, if you have a fruit or vegetable patch, you'll be busy reaping the rewards of harvest. It's also time to get out and start planting spring-flowering bulbs for next year. Make the most of the remaining warmth while you can. Plus September is the perfect time to plant shrubs and trees and treat your lawn.



Herbaceous Border

A herbaceous border is a collection of perennial herbaceous plants arranged closely together to create a dramatic effect through colour, shape or large scale. A good border design can take a lot of time to plan on paper and in practice – and involves a lot of plants in order to look lush and exotic, but once established it should provide an eye-catching spectacle in your garden for months on end.

PREPARING A NEW BORDER

The best time to create a new border is spring or early autumn. Not many people know that August is the perfect time to plant borders particularly shrubs, trees and herbaceous plants.

- Decide whether you want a traditional formal border along one – or both sides of the garden or an island bed which can be viewed from all sides. Don't be too ambitious – it's better to create a smaller border that is packed with different colours and textures than a large expanse that is only sparsely planted.
- Mark out the area with stakes and string. To make an impact, herbaceous borders need to be at least 1.2m wide.
- Dig the area over. Remove all weeds, including any with deep roots, and all large stones.
- Sprinkle a balanced fertiliser over the area such as bonemeal, dig in plenty of compost or well-rotted

manure and leave the ground to settle for a fortnight.

- Rake over the ground to make it as level as possible.
- Remove the lower branches of any trees to allow light, rain and air through to your new plantings.
- Planting is best carried out from autumn until spring when the soil is dry enough to work but before conditions become too dry as plants may fail to root even if you water night and day. Container grown plants can be planted at any time of the year, weather permitting, but tender perennials should only be planted out once all danger of frost has passed.

PLANNING

- Consider the soil and aspect and find out what will grow best in your garden.
- Consider the colour scheme you want to achieve – pastel lilacs and pinks; hot reds and golds; cool blues and whites; modern blacks, limes and oranges. Work to ensure the balance is neither too bland nor too chaotic.
- Visit shows and gardens for ideas that appeal and jot them down in a notebook. Notice what grows well in local gardens in your neighbourhood.



10 Jobs for this month

1. Divide herbaceous perennials
2. Pick autumn raspberries
3. Collect and sow seed from perennials and hardy annuals
4. Dig up remaining potatoes before slug damage spoils them
5. Net ponds before leaf fall gets underway
6. Keep up with watering of new plants, using rain or grey water if possible
7. Start to reduce the frequency of house-plant watering
8. Clean out cold frames and greenhouses so that they are ready for use in the autumn
9. Cover leafy vegetable crops with bird-proof netting
10. Plant spring flowering bulbs

- Plan your scheme on paper, starting with small groups of plants that work well together and build them up until you have filled your border with several combinations. Use groups of plants in large blocks of odd numbers for greater impact, repeated along the border to help provide continuity of colour and form. Avoid planting singly, except for specimen trees, grasses or shrubs.
- If your garden is small, keep your choice of plants to a few species and repeat them. However, you don't have to include only low-growing plants – larger plants will have greater impact in a small space.
- Use your borders to the full by including spring and autumn bulbs in between herbaceous plants and beneath deciduous trees and shrubs, and plant climbers up fences or walls. Choose plants with more than one season of interest such as autumn foliage, unusual bark, seed heads or berries and ensure your plantings are chosen to give a succession of interest.
- Try to include plants that enliven all the senses – textural foliage such as downy Stachys or spiky Yucca and Acanthus; decorative stems or bark such as cornus or climbing hydrangea; fragrant flowers or foliage including lavender or geranium; bamboos and grasses for movement and sound; and a few attractive edibles such as chives, fruit trees and strawberries.
- Vary the height and overall shapes of your chosen plants, ensuring taller growers are placed at the back and ground covering plants at the front – in island beds place tall plants in the centre. To lead your eye along the border, use architectural plants or splashes of red. Ensure you have a good mix of foliage colours and include a mixture of evergreen and deciduous shrubs.



When the soil is ready, position your plants in their pots on the soil first to ensure you are happy with the effect and have enough room – or plants.

- Position large shrubs, trees and architectural plants first, then surround with groups of herbaceous perennials followed by low-growing plants and bulbs.
- Leave about 30cm between plants to give them room to reach their full potential, flower well and continue to perform in future years.
- When you are happy with your scheme, dig planting holes and firm in your plants.
- Water in well and mulch with fine bark or cocoa shells.
- Continue to water in dry spells and hand weed as necessary.
- As plants start to grow, support taller ones with stakes if necessary but you may find that close spacing means the plants largely support each other.

Support the advertisers who appear within the Cottingham Times

- Deadhead regularly to prolong flowering, unless you specifically want the seedheads.
- Grow a selection of plants in containers that can be used to fill any gaps that appear.

MAINTENANCE

- Thin more vigorous plants to maintain a balance through the growing season.
- Remove any plants that are diseased, not flowering well – or simply in the wrong place, and fill any gaps with new ones.
- Remove the lower branches of trees and shrubs to allow light through to the plantings below and keep weeds in check.
- In winter provide a top dressing of well-rotted compost or manure to nourish the soil.

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

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

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

**FREE
LOCAL SITE
SURVEYS**

TEL: 01482 444256

sales@newstarbuildings.karoo.co.uk
www.newstargardenbuildings.co.uk

Friendly Foot Care Practitioner



Treatments: Cuts and Thins Toe Nails
Treats Corns, Hard Skin,
Verrucas and Ingrowing Toe Nails
Finished with a Foot Massage
All in the comfort of your own home.

To make an appointment call:

Miriam on 07747085096

or 01482 823357

www.facebook.com/miriamsfootcare

williams plumbing & heating

(Established over 33 years)



For further information
on our services
please see our main
advert on page three

Tel 882552 Mobile 07721 366343

THE BATHROOM SANCTUARY

CONTACT

TEL: 01482 247321

26 KING STREET,
COTTINGHAM HU16 5QE

www.thebathroomsanctuary.co.uk

At Home TV and DIY

Set up, installation and retuning of
TV, PVR Recorders, etc.

(Free advice before you buy)

Any small household DIY jobs
All work guaranteed and insured

25 years experience

For a fast, friendly and reliable service

Call **Pete Hall** anytime on:

01482 848477 or 07812813804

8 Kent Road, Cottingham, East Yorkshire

Small jobs? No probs!

Your Stars for September 2016

By Kay Gower

Aries (Mar. 21- April 20)

There is little more satisfying now than reaping the rewards of efforts you made so long ago that you can barely remember them now. If you're on a waiting list, get ready, because your name is nearing the top.

Taurus (Apr. 21- May 21)

Chances are you're not sure what to do. The planets suggest that you make the choice that's going to leave you with the most options in late September. Someone may not like that you're hedging your bets, but ultimately it will work to your advantage.

Gemini (May 22- June 21)

The beautiful full moon lights up your fourth house of home and family on the 16th, and all your hard work starts to pay dividends. Something unusual may be offered to you at the end of September, but will you accept it? Act quickly.

Cancer (June 22- July 22)

Refuse to take September seriously. Try your best not to become sucked into a family drama; the best way to avoid a fight is not to step into the ring in the first place.

Leo (July 23- Aug 22)

You can walk away from any problem - remember this and it might keep you from feeling trapped. You have options other than the ones you currently see. Be gentle and patient with yourself.

Virgo (Aug 23- Sept. 23)

You might notice that you've come full circle, and though it comes with a twinge of mixed emotion, you can take heart that it's not the end of the journey. That's the good thing about circles. Sea of self-involved individuals. This month, you will stand out.

Libra (Sept. 24 -Oct. 23)

The same things that were "all the go" a few years back are coming down the pipe for another turn. Mostly this has to do with fashion; however, it could also have something to do with someone from the past.

Scorpio (Oct. 24 - Nov. 22)

Not knowing what is to happen this month will make what does happen even better! Against all the odds things begin to work out in your favour and all you have to do is watch everything fall into place. A good month.

Sagittarius (Nov. 23 -Dec. 21)

This is an exciting time and there could be more than one opportunity that you should not let pass you by. A newcomer could make a difference to your life.

Capricorn (Dec 22.- Jan. 20)

Mars, the fiery red planet known to give courage and determination will enter your sign at the end of September, and there it will stay until November. You are poised to make some important changes in all areas of your life. If there is something that you want to achieve then do it now, while you have Mars on your side.

Aquarius (Jan. 21 - Feb 19)

I think it was Johnny Nash who sang "I can see clearly now, the rain has gone, I can see all obstacles in my way, Gone are the dark clouds that had me blind It's gonna be a bright, bright sun-shining day" I love those old songs. Dark clouds begin to lift for you this month; you will see clearly what it is that you're dealing with. Take control in September, and know that whatever you give will strongly influence what you get back.

Pisces (Feb. 20 Mar. 20)

Sometimes it can be foolish to wish for a winning hand. This month all the fun will be in playing the hand you've been dealt. Yours is pretty good, by the way.

Continued from page 23

Cottingham Cricket Club

The club provides cricketing activities and games for boys and girls from the age of 7. In 2016 we will be running four Saturday sides, an U18 side on Sundays, an U19 T20 side and team at U9, 11, 13, 15 and 17 and all Girl teams at U11 and U13 and possibly U15. All new players are welcome. Training starts in January with Indoor Nets at Thomas Ferens Academy for all age groups and Seniors on a Wednesday evening 6.00 pm till 8.00 pm and at Cottingham High School on Saturday from 12 noon to 2.00 pm. Summer training for Juniors is on a Friday evening and Seniors is on a Wednesday. For more information please contact Rob Rhodes on 82215

Calligraphy, Quilling and Folk Art classes

Held during term times in Swanland on Wednesday afternoons; in Woodmansey on Thursday evenings and in Hessle on Friday mornings. Contact Jane Jenkins 0148 831 4042 for details.

The Cottingham Whist Club

Every Wednesday 2.00 pm to 4.00 pm, in the Darby and Joan Hall, Finkle Street, Cottingham. All welcome. For further information tel. 823 03 025 or 404 2.

Hull and East Yorkshire Happiness Group

Everyone could do with a bit extra happiness in their life. To find out how, join us for lots of laughter, the company of diverse but like-minded people (and cake) at Pearl's Place on Hallgate, Cottingham on the SECOND Thursday each month at 6pm to 8.00 pm. No Charge. Contact: Pam 096 0953 heyhappineessgroup.weebly.com

Cottingham Food Bank

The Cottingham Food Bank will be open every Wednesday from 10.0 am to 12.0 pm, and Saturdays from 10.0 am to 12.0 pm, 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 89 20.

Scottish Country Dance Club

We meet on Mondays in Arlington Hall, Cottingham, 8pm - 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!

Loudhailer Acoustic

All welcome to Loudhailer Acoustic, a friendly welcoming all acoustic open mic night of music and spoken word, with a great attentive audience. Expect a fabulous range of acoustic music, quality song writing and some familiar classics from a host of different performers. The Back Room in Cottingham on the first Thursday of every month. Doors are 7.00 p.m. music at 8 p.m. £2 entry. For more information visit <http://loudhailer.net/loudhailer-acoustic-nights/>

Hull Zingari

Hull Zingari, the city's longest-established cricket club, hold their indoor net practices every Wednesday at Sirius North Academy Sports Hall on Hall Road from 8.00 pm until 9.30 pm each week. The club will field senior sides in the York and District Senior League Premier Division and the Holderness Division Two as well as a Sunday side. Cricketers new to the area or those looking to join a progressive club and play in a higher standard of cricket will be very welcome. More info at www.hullzingari.play-cricket.com

Continued on page 31

Support the advertisers who appear within the Cottingham Times

SENSATIONS

Nails :: Chiropody :: Beauty

Age defiance
collagen treatment,
luxurious facials
with visible results



181 HALLGATE, COTTINGHAM
Tel. 849068

Holiday Accommodation



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

Holiday Home in Tenerife!!!!

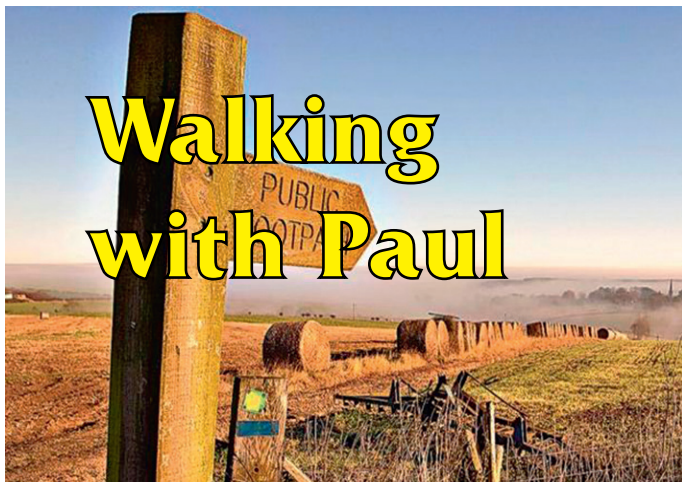


Beautiful 3 bedroom house in
Costa Adeje Mare Verde, Tenerife
On a peaceful and attractive complex, the house
is only a five minute walk from the superb
Fanabe Beach.
A great choice for that family holiday!
From £300 per week
Visit www.tenerifecostaadeje.co.uk
or tel. 658787
for more information and photographs.

Sudoku Answer from page 12

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

www.cottinghamtimes.co.uk - September 29



Here is Paul's latest walk in his series of monthly rambles.

This month his destination is Brandesburton

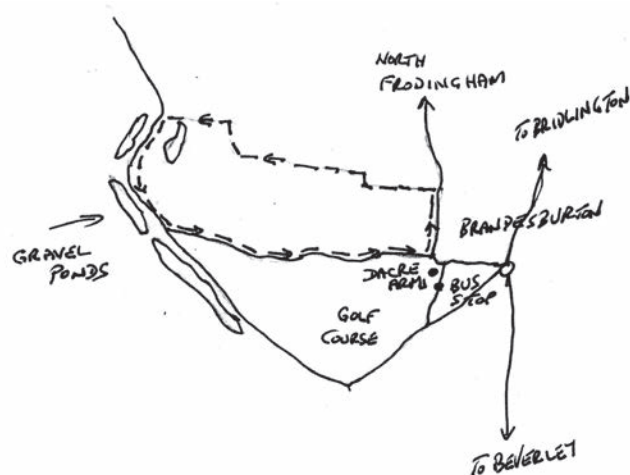
The map is for a general guide only. Please use an Ordnance Survey Map or similar if possible when walking.

Map Explorer 295

Distance 3 miles

Start at GR.TA116474 Bus Stop near Dacre Arms.

Leave the bus stop and walk north past the Dacre Arms and turn left into Mill Lane and then turn right onto North Frodingham Road. After about 40 metres turn left (signed Plantation Cottages) and follow



the stony track in a westerly direction passing Plantation Cottages to the left.

Continue along this track to pass the cottages to the left. The track turns to the left and right and becomes tarmac surfaced before reaching Westfield Farm.

Pass the farm on the left and then again follow the stony farm track as it once again swings to the right and then the left to emerge on the Brandesburton to Hempholme road.

On reaching the road, turn left and follow this back to Brandesburton passing several gravel pits/ponds on the way.

HOW I DID IT.

Boarded Bus No. 246 at Hull Interchange at 9.5a m and alighted at Brandesburton at 10.5a m

Completed the walk at 12.5pm and boarded Bus No 246 at 1.3pm and arrived at Hull Interchange at 2.40pm.

Suppliers of quality bespoke
kitchens, bedrooms & bathrooms

input
of Cottingham
kitchens

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

Facebook, Google+, Twitter icons



Continued from page 29

Humberside Steppers Square Dance Club

We meet at the Marist Social Hall, 119 Cottingham Road, Hull on a Thursday evening from 8 pm. and are hoping to recruit some new members to our fun activity!! Everyone is welcome and get the first two weeks free entry. Please email Philip on philmeeg@gmail.com for further information.

East Yorkshire Climbing and Mountaineering Club

To all climbers, mountaineers and hillwalkers in the Hull and East Yorks area - We are a friendly club based in Hull and East Yorks area. The climbers meet at Rock City in Hull every Tuesday evening in the winter and outdoors in the summer. We have monthly weekend meets to the Dales, Lake District and Scotland. All abilities are welcome to come and try us out. We have just launched our new website and are currently recruiting new members. Check us out at www.eycmc.org and our meet up site is www.meetup.com/East-Yorkshire-Climbing-Mountaineering-Club/

Haltemprice Squash Club

Welcome all players of all standards to join in with all our activities including Club Nights, Mini-Leagues and Humber Squash League Teams. Further information from Dave O'Brien Tel. 8849 or via our website www.haltempricesquashclub.com.

Beverley and East Riding Croquet Club

Free taster sessions available anytime. A warm welcome is guaranteed on the lawns at Rowley Manor, Little Weighton. Try croquet in the summer holidays at this small, friendly club. Contact us at info@beverleycroquet.org, by phone to

Debbie on 0777 277 8232 or take a look at our website, www.beverleycroquet.org.uk.

Cottingham Methodist Church hall, Hallgate

Card making class held every Monday (Except Bank Holidays) - 1.30pm - 3.30pm. Classes restart - 5th September 2016 - All levels welcome. Contact for further details - Ann on 07932833578.

The deadline for entries in the October 2016 "What's On" section, is the 18th September.

The Royal British Legion - Cottingham Branch seeks new members

The Cottingham Branch of the Royal British Legion are looking for new members to join them.

They meet on the first Thursday of each month at the Cottingham Memorial Club, Finkle Street, Cottingham at 8 pm.

If you think you would be interested in helping in fundraising and visiting, serving and ex-service men and women in need, with a group of like-minded people, then this is for you.

Our main fundraising event is the poppy appeal and we also put on functions throughout the year, such as dances, coffee mornings and concerts, etc., so plenty of hands-on work to do!

Contact the Secretary, Allen Shores on 01482 841604, for more information on how to join. All Welcome!

Graham Porter - Caring Dentistry



Graham Porter
BDS

Caring Family Dentistry
GDC Registration Number: 51131



Stuart Graham
BDS, MMedSci (Dental Implantology)

Caring and Complex Dentistry
GDC Registration Number: 59133



Christos Ziaras
BDS Athens

Caring Family Dentistry
GDC Registration Number: 102236

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



SIX MONTH SMILES®
Cosmetic Braces System

Graham Porter Caring Dentistry 8/9 Castle Green Green Lane Cottingham HU16 5JU

t. 01482 841146



Lifestyle team "A to Z" donate a bingo machine to AgeUK East Riding

The A to Z Lifestyle Team have donated a bingo machine to Age UK East Riding.

The team raised the money for the machine by having a car boot sale and organising a coffee morning. In addition to the bingo machine, the team donated 6,000 bingo game cards and over 40 prizes.

The team members are cousins Amy and Millie Jenkinson from Cottingham, and Elyssa and Leonie Cappleman, from Hull.

Wendy Finnerty, Services Assistant at Age UK East Riding, said: 'We are very grateful for all the hard work the team have undertaken to help Age UK East Riding. The machine will be used at our over 60's social clubs. I am sure our members will enjoy playing bingo for many years to come.'

Lifestyle is a project run by Humberside Police to challenge young people to get involved with their communities, using their spare time to make a real difference. Millie Jenkinson, Lifestyle team member, said: 'Taking part in Lifestyle has kept us busy during the summer holidays and we have had a lot of fun.'

will be offered at a venue near you week commencing 3 October 2016. It aims to provide young people with little or no previous dance experience, a fun, energetic and inspiring opportunity to develop both their dance technique and creative dance skills.

The sessions will focus on building strength and fitness along with the creation of an original piece of dance which will be performed at the biggest Youth Dance Platform in the area on Sunday 5 February 2017 at The Spa, Bridlington alongside other invited guest companies.

If you are looking for an enjoyable way to increase fitness and muscle tone; improve co-ordination, balance and posture and are excited by the opportunity to learn creatively with specialist dance artists then look no further.

The youth dance groups are taking place for 12 weeks in five areas of the East Riding:

Memorial Hall, Beverley	Tuesdays
The Spa, Bridlington	Tuesdays
Trinity Church, Goole	Saturdays
Woldgate College, Pocklington	Fridays
Withernsea Primary School, Withernsea	Thursdays

If you are passionate about dance and would like to work with other gifted young dancers to develop your dance skills then East Riding Youth Dance county Company is for you

County Company will audition for talented dancers on Sunday 2 October and will offer participants exceptional opportunities working with some of the country's top professionals. The audition workshop will take place at The Dance Studio, East Riding Leisure Bridlington, The Promenade, Bridlington, YO15 2QQ and sessions will continue there on a fortnightly basis on Sundays 10.15 am to 2.15 pm. Successful applicants will have the opportunity to create their own dance work, enhance their skills and perform to audiences across the region. You will also have the amazing opportunity to work with world class Dance Companies and have performance opportunities.

For more information, to book a place, or receive an application pack for County Company please call 01482 90 or visit the web site on www.eryd.co.uk.



Everyone can dance!

East Riding Youth Dance is recruiting for new dancers to join their community dance programme and also East Riding Youth Dance County Company.

The community dance programme is for young people from Year 5 upwards.

A range of dance styles, from contemporary to urban dance



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



It's "keeeep dancing" for Lewis and Mia

When Lewis Tutty from Cottingham turned 12 at the end of last year he had to take a big step from the Juvenile Section of the dancing world to Juniors where the dancers are up to 16 years old. He also had to find a new partner as his previous partner, Olivia, was much younger and not ready to make this move with him.

Last March Lewis was introduced to Mia Yeomans who lives near Lichfield and so their journey began.....

One evening each week, after a full day at School, Lewis

travels to Cannock where he and Mia are trained in Latin by Charlotte Plant and Kyrylo Dovgalin followed by a practice session which means Lewis does not get home to bed until well after midnight. Similarly, Mia travels to Hull one evening a week where they are trained in ballroom by Lewis's long term teacher, Vicki Smith, the Principal of Rhythm and Dreams Dancing Centre followed by a practice session. They are currently also meeting "half way" for a practice night at Sutton in Ashfield each week during the summer holidays.

After only six weeks of training they began entering the British National League open circuit competitions and now compete most Sundays at competitions all over England. They are making most of the finals in the under 16's categories and have gained some 1st and 2nd places already in the under 14's categories. This is an amazing achievement in such a short period of time and their teachers are delighted with their progress.

At the end of July they danced their first "demonstration" – showcasing their 10 dances - at a Summer Ball near Nottingham for a Charity Event which was well attended with very encouraging feedback. The young couple will also be travelling to Dublin in October to take part in the Dublin Masters competition followed by a trip to Blackpool to dance in the British Nationals competition in November. They may also get the opportunity to travel to the Ukraine for further training with Charlotte and Kyrylo.

The progress that Lewis and Mia have made has been due to their very hard work and sheer determination to better themselves every time they compete which would not be possible without the support and first class training given each week by Vicki, Charlotte and Kyrylo. Not forgetting of course the backing of parents who travel hundreds of miles every week!



Graham Porter
BDS

Caring Family Dentistry

Following on from the stunningly successful event last year and all your positive comments, Graham Porter Caring Dentistry will again be hosting a coffee morning as part of the **'Macmillan Cancer Support Biggest Coffee Morning In The World'** on Friday September 23rd from 10.00 am to 2.00 pm.

Please come along, enjoy a coffee and help raise as much money as possible for this most worthy of causes.



**WE ARE
MACMILLAN.
CANCER SUPPORT**

Graham Porter Caring Dentistry 8/9 Castle Green Green Lane Cottingham HU16 5JU

t. 01482 841146



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

www.instinctivehorsetraining.co.uk

To whip or not to whip, that is the question!

There is increasing controversy as to the use of horses at The Olympic Games because of the fact that it is using an animal with no choice. It is a commodity. Every athlete is there by their own volition and full praise to each and every one of them for amazing, world class achievement.

Top class horses are bred, raised, trained and competed in order to win its rider/owner/trainer the possibility of earning vast amounts of money, personal glory and a career on its back. The horse itself, as an individual entity, has absolutely no choice in the matter. How it is trained, the methods it is trained by and the scale of "Force through the use of pain" used throughout its life is in the lap of the Gods as far as the animal is concerned.

I have been listening to, and reading about, the international concerns of welfare for competition horses and the increasing public awareness as to the use of whips and spurs as pain giving tools to increase the likelihood of the horse jumping clear rounds over the huge testing obstacle courses (whether facing the technically difficult enormous Show-jumping courses in the arena or tackling the highly dangerous, solid Cross Country fences in that faze of the Eventing competition.

On top of these observations the public (and those in the horse industry) have witnessed the sheer amount and design of metal horses are forced to "wear" in their tender mouths. Bits are used for control of direction, containing energy and forcing outline of frame at times too. If you drive a horse forwards from use of leg, spur and whip, yet at the same time contain that energy by causing pain in its mouth so the animal backs off, then it is similar to holding a strong spring in 2 hands...pushing it shorter with one hand while holding it back with the other. The spring is then filled with kinetic energy just waiting to be released.

Nowhere else in the games is there an instance where a coach can whip his athlete in order to get submission to comply with his bidding...the same goes for life in general. No one has the right to use an implement of pain in order to force you to comply unless you are taken hostage against your will, are captive with no way to escape and therefore have no choice as to suffer such abuse. In 2016 is it not worth looking at the role of horses in the Olympics and put relationship between the rider and the animal first and foremost?

When watching the dressage, there were so many horses with mouths forced shut and holding huge tension in their frames. I only observed true and soft partnership in 4 horse/rider tests where the animal did not show behaviours against the movements...tail swishing, bared front teeth, tongues to one side, open lips drawn back, tight necks, face behind the vertical, ears held tight and sideways. If Dressage is performed according to the ethos of pure historical Classical teachings, all these behaviours would be highly criticised yet the FEI judges allow, ignore and score the desired movements despite angst behaviours being on show. I highly commend our team GB stars Charlotte Dujardin and Carl Hester for performing outstanding Dressage **with** their horses not at their expense. Their relationships shone through. The German, Dutch

and Belgium horses were all against the hand treatment throughout, yet this is ignored...worrying indeed for standards of future International competition training. The old masters would turn in their graves watching modern performance horses.

The Show jumping teams were highly criticized for use of whip and spur and there were a few horses disqualified behind the scenes because of spur and whip marks...the Spanish leading the list.

Is it not time we took a long hard look at the use of tight nosebands too? There always was a rule of thumb which required room for 2 fingers between the jaw and the leather...not so now. Flared nostrils on show fighting for their impaired breathing while noseband attachments dug into soft tissue...I'll openly on show.

So few riders wore simple bits in their horses mouths, so many horses were heavily and painfully bitten to prevent them from having an opinion.

A friend of mine wrote this review on her facebook timeline, and I got e:- "I have decided I don't like the modern pentathlon. I think it's hideous for the horses. I watched the men's show jumping tonight and the poor horses are treated like machines. The riders only get 20 minutes to practice with the horse then ride them around a monster course. I watched a rider haul one horse around until it missed a take off. The rider fell off but held the reins until they snapped. The horse clearly was frightened and had to be chased to be caught. As the rider approached the horse, it turned itself and aimed a double barrel at the rider - says it all really. Horse was then cornered against the fence until rider got back on at which point another kick was aimed at the helper. The round continued until the rider came off again and was eliminated. The horse looked so stressed on leaving the arena.

How can this possibly be ethical sport? I had to stop watching though not before the brit Jamie Cooke rode a quiet, sympathetic round on his horse (thank goodness)."

I do think that there is coming a time where the FEI needs to overhaul and update itself where ethical standards are breached, where principles are reviewed and standards of welfare improved, way over what it has already been forced to do (kicking and screaming I may add)

Dressage is fast becoming the cruelest of disciplines.



Support the advertisers who appear within the Cottingham Times



Summer arrived. Changes ahead, and Christmas!!!!

What a fabulous August, so far anyway, our summer did come at last, perhaps I'm just a bit impatient in wanting some warm sunny weather after such a dreary start to the year, I must keep reminding myself that we are on the edge of the Atlantic not the Mediterranean!

The Half Moon will be going through some changes in September; from 5th September we will no longer be offering our Full Dining Menu on Mondays and Tuesdays, as our main kitchen will be closed during those days. We will, however, be offering a great new Bar Snack Menu, initially on Mondays and Tuesdays only, providing Fresh Sandwiches, Panini, Basket Meals and Grazing Dishes, so there's no need to go hungry.

This change in operating hours will enable us to provide an even more consistent and effective service from our kitchen over the remaining five days of the week providing our full Dining Menu of Pub Favourites and Specials. Also, it provides us with the opportunity to respond to the many requests we have had from our customers to provide service later in the evenings. On Friday and Saturday evenings we will be extending our Dining Room service enabling us to provide table bookings up until 8.30pm.

These changes only effect our kitchen facilities; our general opening hours remain unchanged.

Believe it or not September 1st is also the target to get our Christmas Festive Menu and booking system complete and although currently, still a "work in progress" we're confident we shall meet the target, even though it also happens to be the last day to complete my pesky VAT quarterly figures, hey ho.

Our Festive Party Menu will be available Wednesday to Sunday throughout December, believe me it's not too early to start booking.

Thank you all for your continuing support and to my brilliant staff for all their hard work and all the best for the future to Amber, Lucinda, Will and Laura, who are leaving us to either return or start University life next month, have a great time and try to fit in some studying!!!!

Cheers, Mike

**The Half Moon, Skidby, "Skidby's Village Pub".
Telephone 843403**

Dream rooms become real rooms..



FURNITURE DESIGNERS & MAKERS

Visit our showroom
Annie Reed Road, Beverley, HU17 0LF
open Monday to Friday 9am-5pm Saturdays-Please call for details

Call us for a free home consultation – 01482 860 688
info@dreamerdesign.co.uk

Support the advertisers who appear within the Cottingham Times

www.cottinghamtimes.co.uk - September 35

Four Cottingham Swimmers from Special Olympics City of Hull excel again!

Eight swimmers from the City of Hull Swimming club were among the 16 swimmers from all over the UK with learning disabilities who took part in the National Partnership Swimming Championships held at the Wales National Pool on 9-10 July. We were very fortunate to have had our travel costs subsidised by a Comic Relief grant.

The annual event - now in its eleventh year - is hosted by Special Olympics GB and Mencap.

Owen Garsides, from Cottingham, achieved personal bests in all his four events, coming home with two silver medals. Adam Loubani from Cottingham was another swimmer who achieved PB in two of his events and got two silvers and a 4th place. For Thomas Waterhouse, also from Cottingham, this was his first ever national competition and gave a very good account of himself. He slashed seven seconds from his 25 m Backstroke time and also achieved PBs in his other two events. Tim Wong, also from Cottingham achieved times consistent with his entry winning a bronze medal for his 25m Freestyle.

Some of the members had the opportunity to race against elite swimmer Jack Thomas from Swansea. Jack started off his swim career with Special Olympics and has gone on to win medals at the Commonwealth Games and the IPC Swimming European Championships. Jack happily posed with our swimmers, photos below. This was a truly inspirational opportunity for our own swimmers who all went on to win medals and achieve personal best times.

Top Right Photo: Left to Right: Adam Loubani, City of Hull Special Olympics, and Jack Thomas.

Second Right Photo: Left to Right: Owen Garsides, City of Hull Special Olympics, Jack Thomas, Patrick Donohoe, Special Olympics City of Hull.



Cottingham Singers seek new voices for their choir

The Cottingham Singers will begin rehearsals again on Wednesday September 7th. Anyone wishing to come along and sing, please contact the membership secretary (Jeanne Fenton) on 01482 6889.

The Cottingham singers are a four part group, who sing a wide variety of music including folk, spirituals, songs from the musicals and choral pieces.

New members are always welcome (men especially are needed). No audition is needed but people need to be able to sing in tune.

Rehearsals are held every Wednesday from 8pm - 9pm at the Bricknell Methodist Church. Rehearsals lead to a concert at Christmas and one in the Summer, plus others as required by charities/organisations.

Please come along and join our friendly choir.

CAVE CASTLE HOTEL & COUNTRY CLUB

What's on this Autumn

Rob Leigh as Neil Diamond - Friday 30th September

Casino Night - Friday 4th November

***All Tribute Events: Tickets cost £21.50 per person & include Disco
Overnight stay for two including event and breakfast - £125.00**

Too Much At Stake Murder Mystery Event - Friday 21st October

£33.000 per person including 3 course dinner or overnight stay for two - £145.00

New for 2016

The Perfect Setting for Your Fairytale Wedding...

Unveiled - Wedding Event & Bridal Fashion Show

Thursday 13th October 6-9pm

Champagne Reception & Menu Samples

www.cavecastlehotel.com

Telephone: 01430 422245

Cave Castle Hotel & Country Club,

Church Hill, South Cave HU15 2EU :: Email: info@cavecastlehotel.com

Hull CHA Rambling Club

Explore Yorkshire with us. We visit the North York Moors, the Wolds and occasionally Derbyshire and Lincolnshire.

Sunday rambles once a fortnight usually starting at 9 a.m. Travel by coach to the starting point. Fare £10. We pick up in Hull city centre, Beverley Road and Beverley and walk throughout the year.

Walks with leaders.

A. 11 - 14 miles B. 8 - 9 miles

Sunday 17 September

Sutton Bank - Ashberry Farm - Cleveland Way - Helmsley

Sunday 25 September

A. Ruddings Road - Stoney Moor - Hutton -le -Hole

B. Newton on Rawcliffe - Lastingham - Hutton -le- Hole

Contact Jan 05 8 112 jan.c@outlook.com

Check out our website <http://hullcharambling.wix.com/hull-charambling>

You will be very welcome

Phoenix Walkers

If you like walking in the countryside/a social day out then why not join Phoenix Walkers, a very friendly walking group with walks on Sundays. The coach picks up on Ferensway Hull then through to Cottingham leaving Cottingham Green at 08.00 a.m. coach fare £10.

Three levels of walks:

A Group 8 - 10 miles

B Group 5 - 7 miles

C Group 'The Strollers' Very leisurely 3 miles or so.

Sunday 11 September Hepworth-Lincoln

Sunday 25 September Worrol-Worley

For further information please ring Dulcie Hartley 01482 6900

Wykehykers Walking Club

We are a friendly long established local group who enjoy Sunday outings by coach once a fortnight.

We visit many scenic areas of Yorkshire, Derbyshire and Lincolnshire each season, starting at 8.00am and usually home around 6pm. Each trip provides optional guided 8 - 10 mile or 4 - 5 mile walks.

Forthcoming walks:

10 July - South Anston, 24 July - Dalby Forest, 7 August - North York Moors 14 August - Bakewell.

Coach fare is £10 and we pick up from Ferensway to Beverley via Beverley Road when Northbound or Beverley High Road, Ferensway, Anlaby and Boothferry Roads when Westbound.

Take your first step by calling Keith or Alan on (01482) 8297 89 or further details.

Local authors Bookfair to be held at Hull Central Library

Having a book published or self-publishing later this year? Why not book a sales table at the 2nd annual Local Authors BookFair to be held at Hull Central Library, Albion Street from 11.00 am to 3.00 pm on Saturday 26 November. Full promotional package provided.

Contact organiser Mike Ulyatt on Hull 6300 for bookings.

Support the advertisers who appear within the Cottingham Times

Four Generations giving 100 Years of Family Service

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

GOLDEN CHARTER FUNERAL PLANS FROM H. KEMP & SON LTD

259 Hallgate,
Cottingham

East Yorkshire HU16 4BG

Telephone (01482) 844695

THE UK'S **LARGEST**
INDEPENDENT
FUNERAL PLAN PROVIDER



A funeral plan leaves nothing to chance and provides peace of mind for you and those you care about.

We recommend funeral plans from Golden Charter; the UK's largest provider of plans to independent funeral directors like us.

With a Golden Charter funeral plan, you will benefit from:

- Fixing the cost of our services at today's prices.
- Reassurance for your family - no uncertainty or difficult decisions
- Complete flexibility to choose the funeral you want.

Email: hkempandsonltd@gmail.com
www.hkempandsonltd.com

CREATING A NEW LIVING SPACE THIS SUMMER?



- Local Family Company
- No Pressure Sales
- Manufacturers & Installers
- Wide range of uPVC & Aluminium Products
- Conservatories to suit all budgets

- A-Rated Windows
- Aluminium Bi-Folders and Patios
- Residence 9 Windows
- uPVC and Composite Doors



Call today for Free, No Nonsense, No Obligation Quote



VISTA FRAMES
T/A COTTINGHAM WINDOWS
T: 01482 307307 / 849999

www.vistaframes.co.uk E: info@vistaframes.co.uk

Factory & product display

Unit 3 Unity House, Rotterdam Road,
Sutton Fields, Hull HU7 0XD



www.cottinghamtimes.co.uk - September 37

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
 60 New Village Road
 Cottingham HU16 4NE
www.classicalgas.co.uk

From only £2.08 per week

gas safe
 375

The answer to all your insurance needs on your doorstep

Call Arron, Sophie, Vicky or Paul now on 707 800 (option2) or pop in at 195 Hallgate, Cottingham

Hedon Insurance
 your local insurance broker

- Home Buildings Insurance**
- Home Contents Insurance**
- Motor Insurance**
- Taxi Insurance**
- Travel Insurance**
- Business Insurance**
- Pre-paid Funeral Plans**

Independent Financial Advice at this office - please ask for details

Hedon Insurance is authorised and regulated by the Financial Conduct Authority



Craig Boddice of Cottingham completes Transcontinental race across Europe

Craig has recently completed one of the toughest bike races across Europe, The Transcontinental race.

Twelve days to cover 1700 miles as the crow flies to Cannakale in Turkey and the finish line. The route has four mountain checkpoints, making the actual ride closer to 2,600 miles.

The transcontinental race is completely self sufficient, riders have to find their own way, and-choose how much time to rest and refuel, the clock never seen stops. All food and accommodation has to be found by the rider, no outside help is allowed.

Craig travelled roughly 200 miles a day, riding through France, Switzerland, Italy, Croatia, Bosnia-Herzegovina, Montenegro, Macedonia, Greece before finishing in Turkey, close to Gallopoli.

Craig said it was a childhood dream to cycle across Europe.

He decided to raise money for the PASIC charity, which has helped his cousins daughter Jessica, aged 7 years who has had T-cell lymphoma and has been receiving treatment at the Nottingham hospital near her home.

To date he has raised £1500.00 which has been marvellous and Craig would like to thank family and friends who have been so generous in their donations.

Craig has had his wife Rachel's support and encouragement throughout the planning and execution of this adventure.

Rachel herself is a keen cyclist and belongs to the Sunday girls.

Craig is a member of the city road club.

Cottingham Ladies Circle seek new members

Cottingham Ladies Circle has been meeting for over forty years, and does so at present every two weeks on Wednesday at 7.30 pm in the Small Hall of the Darby Joan Hall in Finkle Street.

A wide variety of speakers covering a large range of subjects ensures it provides interest for everyone.

In addition, there are two outings per year, and there is a most enjoyable Christmas Lunch at Thwaite Hall, this year on the 7th December 2016.

All are welcome to join us for a free raffle and a cuppa. Our next meeting is on Wednesday 14th September. For further details please contact Brenda Graham on 844721.

Support the advertisers who appear within the Cottingham Times



Plans for new Aldi store in Cottingham has been approved

Plans for a multi-million pound investment in Cottingham for a new Aldi store and housing were approved by planning committee members at East Riding Council on Thursday 18 August 2016.

The developers confirmed that works will start at the beginning of next year with the new store, which will bring 8 local jobs, opening by the end of the year. The plans also include the conversion of the original part of Needler Hall and new housing which has been targeted to meet local need.

Ben Ellis speaking on behalf of Quora said 'We are delighted with the decision by East Riding Council to approve the application. We are very grateful for the input and overwhelming support from the local community. We would like to thank Councillors Ros Jump and Mike Medini for their support and their input throughout the planning process.

The Aldi developers have listened to residents views on the forthcoming development. They held consultation meetings within the village to listen to what the residents had to say and addressed any concerns that have been raised at these meetings.

They have consulted with the Parish Council and worked within the guidelines of the Neighbourhood Plan to ensure that the development sits well within the village of Cottingham.

Swanland Show to be held on Saturday 10th September

Swanland Show will be held in Saturday 10th September, in the St Barnabas Church Hall, this traditional village show has approximately 9 classes in Handicrafts, Produce, Art, Floral art, Flowers, photography, together with a children's section. Schedules can be got from local shops or from the web site www.swanland-show.uk.

Entries need to be in by 800 pm on Thurs 8 h Sept. The show is open to the public from 2.00 pm with demonstrations and refreshments along with a produce table.

For more details contact Paul Neve. neve@samak.karoo.co.uk or telephone 689



Friday 2nd September - Tickets £5.00 or £7.00 on the door - Doors open 7.30

The Other 2 + Andy Wilkins THE INGLEMIRE

Function room Hire for all occasions
Weddings :: Birthdays :: Engagements :: Christenings
Live football - Two big screens and 8 plasmas
Beer garden with heated smoking area
Snooker, pool and darts team wanted

**Tel: Dale 07960 167535
or Ian 07753 636110**
589 Inglemire Lane, Hull HU6 8SW



Waste warning . . . you could be fined for someone else dumping your rubbish!

A new campaign has been launched by East Riding of Yorkshire Council to warn residents of the costly risks of hiring unauthorised people to take away their rubbish.

Members of the public could be fined an unlimited amount by the courts and earn a criminal record if they pay a person to dispose of their rubbish without checking they have hired a registered waste carrier – and that waste is later found dumped.

The council's streetscene enforcement and environmental control teams are dealing with a number of cases where fly-tipping can be traced back to residents who asked a 'man with a van' to take away their old furniture, fittings, toys, and general household waste.

Now the teams have launched the SCRAP campaign to remind residents they have a legal responsibility to check they are using registered waste carriers.

They have produced a new leaflet full of advice on how to dispose of your rubbish legally, and how to check if the person or firm you are using is legitimate.

Streetscene enforcement officers will be visiting the council's customer service centres over the coming months to offer advice to anyone about the SCRAP campaign and how to dispose of their rubbish properly.

To operate legally, firms taking rubbish have to be registered with the Environment Agency as licensed waste carriers, but the council believes some operate illegally and dump people's waste in the East Riding.

Residents arranging for trades people such as builders, carpet fitters, plumbers or gardeners to carry out work at their home also have a responsibility for the waste produced as a result of the work – and must check if the trades people are authorised to take your waste away.

East Riding of Yorkshire Council has recently approved new legislation and anyone caught fly-tipping could be ordered to pay a £400 fixed penalty notice, or if the case goes to court they could face an unlimited fine or even imprisonment.

In addition, if any fly-tipped waste can be traced back to its owner, they too could face an unlimited fine in court.

Mike Featherby, the council's head of streetscene services, said: "Residents have a duty of care to make sure their waste is disposed of properly and by a registered firm. If they don't they could face a substantial fine in court.

"It is regrettable that an increasing number of residents are unwittingly being drawn into committing an offence by firms acting illegally, but be clear the responsibility lies with them to make sure that their waste is disposed of correctly.

"All reports of fly-tipping are investigated by the council and any evidence found will be used to bring a prosecution."

Residents are urged to make the following checks when using anyone to take away their rubbish

Whenever you are considering arranging for anyone other than the council to collect your waste, always follow the SCRAP code:

Suspect – Beware of rogue waste carriers. Reputable companies do not usually make direct approaches. If in any doubt as to whether someone is a legitimate waste carrier, do not allow them to take your waste.

Check – Ask to see their waste carrier registration details and verify them by checking the online register at www.environment-agency.gov.uk/publicregister or by calling the Environment Agency on 0800 66 66. Note down the registration number of the vehicle used to take your waste away.

Refuse – Refuse unsolicited offers to have any rubbish taken away. Always carry out your own research and choose who you wish to approach.

Ask – Always ask what exactly is going to happen to your rubbish and seek evidence that it is going to be disposed of appropriately. A legitimate, professional waste carrier who wants your business should not object to being asked reasonable questions.

Paperwork – Make sure you get a proper receipt containing the written information for your waste. This should include what has been removed and where it will be going. Make sure the firm's or trades person's details are included.

Residents can report any fly-tipping or suspicious activity to the council online at the council's website www.eastriding.gov.uk (search for 'fly-tipping') or on 01482 393939.

If a resident has suspicions about someone who calls at their home without an appointment offering to remove waste, they should also report it to the council via the website or on 01482 393939, with as much information about the person as possible.

People are asked not to touch any fly-tipped waste or approach anyone they see fly-tipping.

The council provides a service offering to take away bulky waste, which costs £30 for up to five items.

For more information and advice about disposing of your waste, visit the council's website www.eastriding.gov.uk (search for 'Bins, rubbish and recycling').

Pictured top left: East Riding of Yorkshire Council's streetscene enforcement and environmental control teams launch the SCRAP campaign – from left, Paula Parker, Michelle Whitfield, Samantha Lovell and Ian Hodson.



Haltemprice Lions Club

Incorporating Haltemprice Lions Club Charitable Trust Charity No. 518253

Present

"The Lions' Dinner"

at The Kingston Suite, KCOM Stadium, Hull

on Saturday 1st October, 2016 at 7.30 pm

Proceeds in support of the Breast Cancer Unit, Cottingham

Guest Speakers



Mike Gatting, OBE
England Test Captain and
Middlesex Cricketer



Geoff Miller, England
and Derbyshire

Tickets £38.50 each (£370.00 table of ten)
Dress Code: Black tie (lounge suit)

Apply for tickets from: David Whincup, Tel. 01482 847367

Email: dwhincup@dwhincup.karoo.co.uk



ACKLAM
The Lions' Dinner Sponsor



Lifestyle team "Plant a Smile" are on a mission

Lifestyle team "Plant a Smile" are on a mission to clean up and brighten up the area around the Cottingham Library. Furthermore, they are planning to make a wonderful garden to replace the old one, which was filled with old weeds and dead flowers.

In addition they have a big problem as they need donations of plants to enable them to enhance the library surroundings. If you can help by donating flowers and plants and look forward to a better library garden, please bring your donations to the library.

The "Plant a Smile" Lifestyle team are all pupils at Westfield Primary School and are undertaking their project during their summer holidays.

Rotary Club of Holderness Craft Fair, Saturday 22nd October at the Cottingham Civic Hall

Following the success of last year's Craft Fair, which raised over £600 for people in need, Rotary Club of Holderness members are planning the 2016 event. This will be held at Cottingham Civic Hall on Saturday 22nd October and will be open to the public from 10am to 4pm.

There will be a variety of stalls offering a range of items suitable as Christmas presents, or maybe you would like to buy yourself a treat? Products available include: greeting cards, original artwork, jewellery, toys, clothes and Christmas decorations. The well-established second-hand book stall will be organised by our club members, who can recommend reading material to suit all tastes. There will also be a bric-brac-stall for those who have the collecting 'bug', plus the ever-popular tombola with a vast array of prizes kindly donated by our supporters.

Support the advertisers who appear within the Cottingham Times

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, Cosmetics,
Scarves & Hats, Watches, Cheeses and Butter,
Sausages, Sweets and Biscuits, Health Foods,
Garden Ornaments, Materials,
Charity Stall and much more

THE GREEN, COTTINGHAM

COTTINGHAM MARKET

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

Here at Hannam's we specialise in building one-off, unique sofas, chairs and Corner Units. People come to us with an idea, a picture or a drawing. They choose a fabric from our choice of 1000's. We have the frame built from solid hardwood (which carries a 10-year warranty). Then we upholster the frame in their chosen fabric, which turns their idea into reality.



We have been creating beautiful furniture for 35 years, so why not call in and see what we can do for you.



HANNAM
UPHOLSTERY
COMPANY

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

Tel/Fax: (01482) 658787

Find us on Facebook and Twitter



The 2016 Caravan Extravaganza Weekend, Saturday 3rd and Sunday 4th September

THE annual Caravan Extravaganza Weekend at The Lawns in Cottingham HU16 5 Q, run by the Hull and East Riding of Yorkshire Caravan Manufacturers' Association (HERCMA), is one of Britain's biggest caravan exhibitions in the UK and is the first place where members of the public can view the new season's models.

Open from 9am to 5pm each day

Admission: £3 per person, £7 per family

(dogs admitted but must be on a lead on the showground)

More than 22,000 visitors from all across the UK are expected to attend the two-day event in the University of Hull's grounds.

In addition to more than 140 touring caravans, about 160 caravan holiday homes, lodges and park home will be on show from most of the country's leading names, many of them based in East Yorkshire.

Close to 50 other companies and organisations will display products and feature services ranging from awnings to decking, verandahs and motor movers, plus finance and insurance, security products and almost every kind of accessory associated with caravanning.

There's something for everyone, so if you are looking to buy a new caravan or just want something to use in or outside one, or looking for great places to stay, this is the place to go.

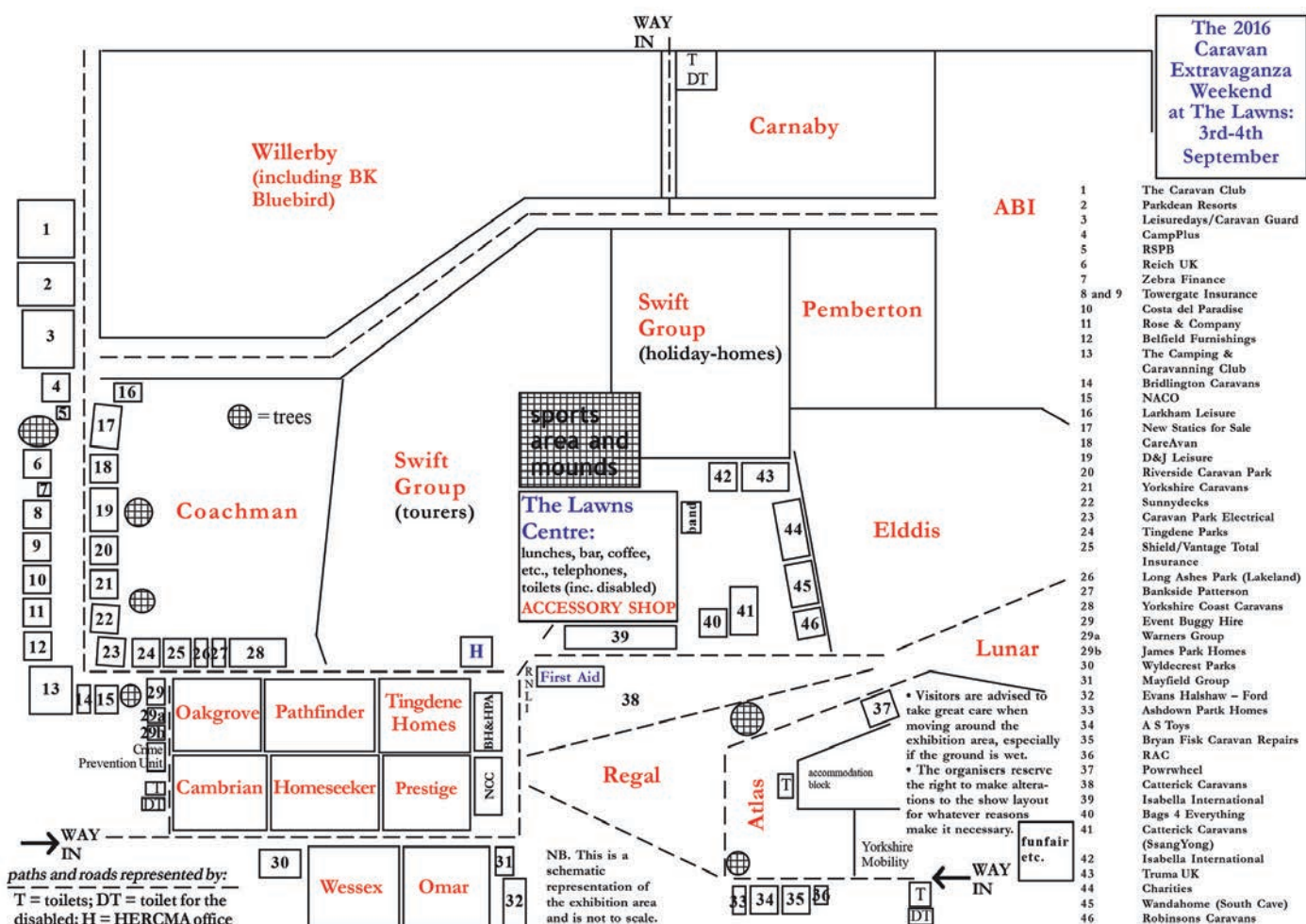
In addition to the well-stocked accessory shop run by Catterick Caravans, many dealerships such as Kenmore Caravans, Robinsons Caravans, Wandahome Knottingley, Wandahome South Cave, Yorkshire Caravans, Yorkshire Coast Caravans and Catterick Caravans will have their own outdoor stands while representatives from many other dealers will be available to talk to on the stands of various manufacturers.

The two major clubs – The Caravan Club and The Camping and Caravanning Club – will have their display units and the two trade associations for the industry, the National Caravan Council and the British Holiday and Home Parks Association, will be providing information from their central marquees.

To keep the youngsters occupied, there will be a small funfair, face painting and balloon modellers; in addition there will be live music with both a jazz band and a leading brass band entertaining the crowds.

A free show guide is also given out to all visitors to help them find their way around the huge showground.

Full details can be found on the website, www.lawnsandbeaulieushows.com.





Cat Homing Show in the Darby & Joan Hall, Finkle Street on Saturday 24th September

The Hull and District Cats Protection will be holding a Cat Home Show on Saturday 24th September, in the Darby & Joan Hall, Finkle Street, Cottingham from 11.0 am to 1.0 pm.

Stalls will include cakes and jams, gifts, cat accessories and a tombola.

For more information, please call 0148 928. Neutering vouchers are available for those on benefits or low income, by calling 0148 686.

We will also be having a stall at the Cottingham Market on Thursday 16 h September, and The Lawns Caravan Show on 3 d and 4th September.

English Cricketers support the Breast Cancer Unit in Cottingham

The members of Haltemprice Lions have organised another "Lions' Dinner" to be held at the Kingston Suite, KCOM Stadium, Hull, at 8 p.m. on Saturday, 1st October, 2016. This year the proceeds will predominantly support a very important cause promoted by the **Castle Hill Hospital, Cottingham**.

The Charity **Clarity** is to support the work of Mr. Tapan Mahapatra, Consultant Onco-plastic Breast Surgeon and Doctor Joanna Wizek, Consultant Radiologist and their dedicated staff to purchase the latest equipment for the **early diagnosis of breast cancer**. The speakers for the evening dinner will be Mike Gatting, O.B.E. Former England Captain (pictured above), and Middlesex County cricketer and Geoff Miller, Former England and Derbyshire Cricketers.

Both have interesting stories to tell which are suitable for all. The dress code for the evening is black tie (alternative lounge suit) and ladies are welcome. Tickets are £8 each (fully inclusive) or £8.00 for a table of ten and can be obtained from David Whincup, telephone no. 0148 887 or email: dwhincuo@dwhincup.karoo.co.uk. The Lions acknowledge their main sponsor for the evening as Acklams Coach Hire and Travel of Beverley. This will be an enjoyable and entertaining evening with the aim of helping a very worthwhile charity. Alternatively you may be able to help by donating an auction or raffle prize, if so please let us know.

Support the advertisers who appear within the Cottingham Times





Ultra Gas Ltd

Service and installation

Newly established business with 15yrs experience

Free quotations on request 07528 332667

All work undertaken is guaranteed

Service, Repair and Installation of all Gas appliances at Competitive prices

Combination boiler swaps from £1,500 with MagnaClean

System conversions, radiator upgrades, extra radiators

Landlord and Homeowner safety checks

100% reliable and work satisfaction guaranteed

Call or text 07528 332667

Email: chrismitchell1983@yahoo.com




www.cottinghamtimes.co.uk - September 43

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 4000 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 as 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.

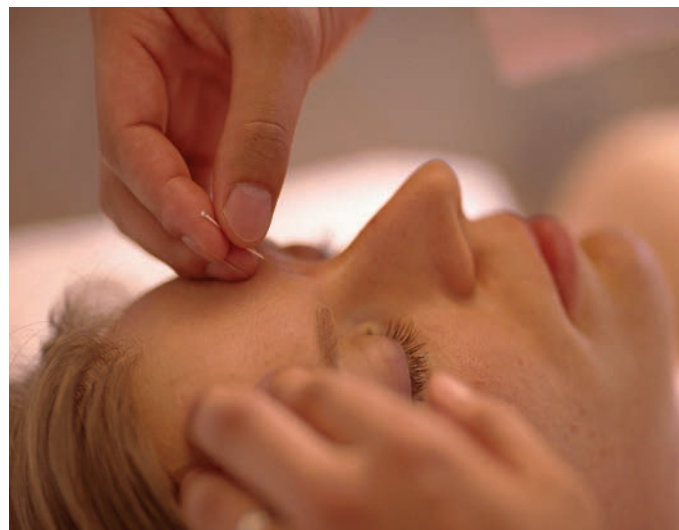
The channels are related to the internal organs, which if out of balance is another important factor in the cause of disease. Chinese Herbal Medicine and Acupuncture are used to correct this imbalance.

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

Dermatological:

Eczema, Herpes, Psoriasis, 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, Obeseness, Asthma, Bronchitis, Headache, Dizziness, Migraine, Nausea, Vomiting, Gastritis, Colitis, Indigestion, Peptic Ulcers, IBS, Diarrhoea, Edema, Diabetes, Constipation, Haemorrhoids, Cold, 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, 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 have been situated in Butcher Row, Beverley, for the past seven years and are a very respected medical centre in the area, with many satisfied customers over the years. There are customer recommendations displayed in the windows of the clinic and many more are available to see if you wish.

For further information and appointments, telephone 01482 888152 or call in at the Herb Garden, 28 Butcher Row, Beverley.



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**

**28 BUTCHER ROW
BEVERLEY HU17 0AB**

TELEPHONE 01482 888152

Celebrate Yorkshire's Finest at the Cottingham Food and Drink Festival on Sunday 18th September

The award-winning Cottingham Food and Drink Festival will return to the village for a fourth year on Sunday 18th September from 10.0 a.m.-4pm

The Festival will include cooking demonstrations including demonstrations by the well-known Brian Turner, the Ready, Steady Cook presenter, after which the chefs will be competing in a challenge to cook up the best dish using lobsters caught on our very own East Yorkshire coastline. You will also be able to visit a large number of stalls from around Yorkshire selling local produce. Stalls will be situated in the Market Green, King Street and Hallgate.

The Festival has proved a big hit since its creation, with thousands visiting the event over the past three years to celebrate the best in Yorkshire's food and drink.

Some of the most talented chefs the county has to offer will be demonstrating innovative ways to prepare some of the finest locally produced foods in a demonstration kitchen located on the Market Green. This year, as with the last three Festivals, there will be the chance to test the fabulous dishes they create, which will undoubtedly inspire you to go home and replicate their work- or at least try to!

Councillor Helen Green, Festival organiser, said: "This year I must thank **EYERnts, Graham & Rosen Solicitors, the Sewell Group and Innoxt ing Space** who have all agreed to help sponsor us so that this ex iting event for our village can go ahead. I think it is vital to add to the ex sting success the Festival has enjoyed so that visitors keep coming back to see what's new and what Cottingham has to offer."

"The previous Festivals have generated a great amount of positivity in the village and have also provided a timely boost for the East Riding food and drink industry, supporting jobs in a sector that plays a vital part of our local economy."

Over 60 top local producers will be showcasing the best that

Yorkshire has to offer in local food and drink. It is a great opportunity to sample, enjoy and buy.

Free parking is available at The Lawns on Harland Way, Cottingham, where a free Park and Ride bus will be transporting visitors to and from the Festival.

For further information about the event, visit www.eastriding.gov.uk, follow the Festival on Twitter [@CottFoodFest](https://twitter.com/CottFoodFest) or find us on Facebook.



Charity talk for the Motor Neurone Disease Association at Hesse Golf Club

A talk entitled "Titanic Tales", by Shiela Dion, will take place at 2.00 pm until 3pm in the Hesse Golf Club Lounge, on Thursday 29th September 2016.

£300 per ticket available from Marion Riley on 6363. Early lunch or afternoon tea will be available.

Hull and East Yorkshire Hospitals **NHS**

NHS Trust

Living With and Beyond Cancer

Adjusting to life after cancer treatment, or living with cancer, can provoke strong emotions and possible fears for the future. Cancer survivors have a wide range of physical, psychological and social needs.

The Macmillan Survivorship Programme is a service for cancer patients and their families. It is a programme designed to meet the individual needs of the patient and their carer and to focus on recovery, health and wellbeing after cancer treatment.

The service offers appointments at a variety of clinics across Hull, East Yorkshire, North Lincolnshire and North East Lincolnshire.

**WE ARE
MACMILLAN.
CANCER SUPPORT**

Patients will be able to access a full programme of support including:

- ✓ Carer support
- ✓ Community clinics closer to home
- ✓ Early recognition of signs and symptoms of further disease
- ✓ Hobbies and life after treatment
- ✓ Legal advice
- ✓ Monthly pamper sessions
- ✓ Monthly support group
- ✓ Weekly choir
- ✓ Nutrition and diet management
- ✓ Telephone group
- ✓ Walking group and well being course

To access the service please contact The Survivorship Team, Hull and East Yorkshire Hospitals NHS Trust, The Queens Centre for Oncology and Haematology, Castle Hill Hospital. Telephone 01482 461091. Email: sarah.guest@hey.nhs.uk or ask one of the Health Professionals involved in your care.

The service offers one-to-one, group, telephone or email support. The service undertakes clinics in a variety of community areas.

Information sought on cannon which was situated on the West Green, Cottingham in 1904/05

In 1904/05 A cannon was situated on West Green along with another one at the crossings on Newgate Street. Later on they were, because of war, de-commissioned by the Chief ordnance officer at York. The Cottingham Parish Council have been approached for help to have a replica cannon placed again on West Green.

I wonder if there are any relatives who could help with any information or photographs that have been tucked away in the attic regarding these cannons to help source a replica.

Any information or offer of help would be greatly appreciated. Please contact the Cottingham Parish Council office on 01482 847623.

The National Vegetable Society; East Yorkshire District Association

Our next monthly meeting will be held on Monday 19th September 2016 commencing at 7.30pm at The Beverley Conservative Club, Wylies Road,, Beverley. Our speaker is David Matthewman, gold medal winner for growing and for showing Sweet Peas.

Pay bar and light refreshments served.

Our Annual Show will be held on Sunday 25th September at Coletta and Tyson's Garden Centre, Woodmansey. Entries on the morning, staging from 08.30am until 11.00am. Open to all at 1.30pm. Trophy presentation at 4.00pm.

Further details from either Tony Featherstone tel 01482 631110 or Trevor Barningham tel 01482 633409.



Weekly Classes held at:
Darby & Joan Hall, Finkle Street, Cottingham
Monday 5.30 pm and 7.30 pm and all Bank Holidays
Also at: Sutton Park, Hull
Tuesday at 9.30 am

For Membership details Ring Theresa on 823032

Crossword solution from page 14

1	P	A	2	T	C	3	H	W	4	O	R	K		6	I	N	7	P	U	8	T
	A			I		A		A				N		T		L				R	
9	I	N	C	O	M	E	S					10	O	P	E	R	A	T	E		
	R		K		I		E					W		M		I			A		
11	S	A	L	U	T	E	S					12	I	D	I	O	T	I	C		
			E		I							N		Z		E			H		
13	D	I	R	E	C	T	I	N	G			15	E	N	D	U	E				
	I							T		L										R	
16	S	O	17	L	I	18	D			19	E	T	Y	M	20	O	21	L	O	G	Y
	C		X		E		M								C		R				
22	L	X	X	X	V	I	I					23	C	I	T	A	D	E	L	24	
	O		V		I		Z					O		O		E		O			
25	S	H	I	K	A	R	I					26	R	E	P	O	R	T	S		
	E		I		T		N					G		U		L		E			
27	D	R	I	V	E							28	G	A	I	N	S	A	Y	E	R



Many reasons to indulge in Tea Time

Tea has many medicinal benefits that can improve your overall health and your well-being.

Are you a coffee drinker who has sworn never to defect to the opposite camp - that of the tea drinkers? If yes then perhaps you will reconsider after you discover the many health benefits that tea brings with it. Besides who says you can like one but not the other?!

Why then should you indulge in what is considered to be the world's most popular beverage? (Sorry coffee drinkers!) Why not? Read on and we will tell you.

First Reason

Tea is composed of a type of flavonoid called catechins. Catechins are antioxidants that can also be found in dark chocolate and red wine. Catechins are what strengthens the immune system and allows it to work at the top of its game. This is helped along by biotin (also known as vitamin H) which is a part of tea and is also instrumental in maintaining a healthy immune system.

Second Reason

Vitamin D helps to build strong and resilient bones. Tea contains a fair share of this vitamin. Amino acids are also plentiful in tea and they work to build up protein levels in the body. This leads to stronger bones and muscles. It also contributes to healthier hair, a clear complexion, and fewer skin problems. As well, the amino acids are worthy opponents of many types of bacteria and viruses.

Third Reason

There is an antioxidant in green tea called EGCg which reduces the death of cells following a stroke or heart attack and it also speeds up the rate at which cells in the heart recover. The abundance of flavonoids in green tea is also believed to decrease the build up of cholesterol in the arteries, thereby reducing the potential that coronary artery disease will occur. Tea also has tremendous anti-inflammatory properties and it improves the manner in which blood vessels do their job.

If you are not a convert yet because you cannot seem to get your taste buds accustomed to tea then try a variety of types before you decide it is not for you. It would not even hurt to sample a variety of herbal teas such as ginger or chamomile to discover what each has going for it.

To get the absolute in healthy value that tea has to offer, take it black. In other words, skip the milk and definitely skip the sugar. Research studies have found that adding these substances to a cup of tea can block the effectiveness of it. Of course in most instances green and white are consumed without adding anything to them.

Let us return to the many reasons why tea time equals better health for you.

Fourth Reason

Tea contains antioxidants and vitamin E. Taken together this means that it helps with the antioxidation of cells. What does this mean for you? It means that the process of aging can be slowed down.

Fifth Reason

Tea is beneficial when it comes to cleaning out the intestines. Flavonoids called catechins in tea are very beneficial in the intestines, because they destroy bacteria and help to ward off health conditions, such as arteriosclerosis and gastric ulcers. Tea is also very calming to the stomach (think chamomile tea when you fly!).

Sixth Reason

Due to its high content of catechins (there is that wonderful word again!) found in green tea (but to a much lesser extent in black tea), tea can help block the accumulation of fat, especially in the abdominal region. The absorption of dietary fats is inhibited by the body in the digestive tract and the enzymes that metabolize fat that is stored in the body are activated. What this means is that any new fat you consume or any of your fat stores better look out! Tea has fat elimination on its busy agenda!

Support the advertisers who appear within the Cottingham Times

THE 2016

CARAVAN

Extravaganza

3rd & 4th September 2016

9am-5pm each day

Come and view the latest

Touring Caravans

Caravan Holiday-Homes

Lodges and Park Homes

Awnings, Accessories, etc

The Lawns, Cottingham

East Yorkshire, HU16 5SQ

Free Parking



THE place to see the best that the caravan industry has to offer.

Dogs are welcome and must be kept on a lead, under control and poop scooped.

REFRESHMENTS AVAILABLE • CHILDREN'S ENTERTAINMENT

Admission £3 per person - Family ticket up to 5 people £7

www.lawnsandbeaulieushows.com

This is an outdoor show please wear sensible clothes and shoes.

SUMMER SALE NOW ON!



HUGE OAK SALE

Save up to
50%
on selected items



Landscape Bark 100L

£8.99 each
2 for £14



Autumn
Pack Bedding
£2.49 each
or
4 for £9



FREE CHIPS

when you buy 2 sandwiches
available everyday after 11.30am ends 30th September 2016



Cannes Glider
was £199.99
now
£150

Hug Rug Reductions

Save 25%
on selected Hug Rugs



Organic Chicken
Manure Pellets
£5.99 each **BOGOF**



Autumn All in One
Lawn Care
£10



Gro-Sure Smart Lawn
Seed cover 80sqm
£19.99

LOYALTY EXCLUSIVE Get a **FREE** pack of Sweet Pea Seeds



when you spend £10 or more
in the Garden Centre
ends 30th September, while stocks last



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

Find us on **facebook** Follow us on **twitter**

www.coletttagardencentre.co.uk

324 Hull Road, Woodmansey
Beverley HU17 0RU
Tel: 01482865410
Opening times:
Mon - Sat : 9am - 6pm
Sun : 10am - 4pm



COLETTA & TYSON
NURSERIES AND GARDEN CENTRE