

Cottingham Times

and District

Issue 202 - September 2018



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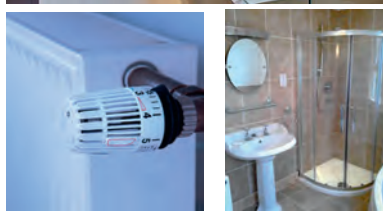
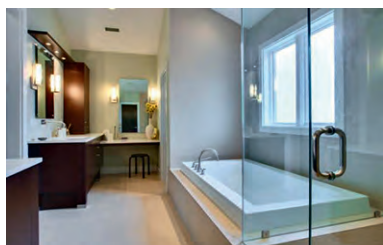
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In Cottingham and District

Cottingham Men's de Luda Society

Wednesday 5th September - Johnathan Collins - Kegworth Air Disaster, in the St. Mary's Church Hall, Hallgate, starting at 2.00 pm.

Cottingham Ladies Circle

Thursday 6th September - Social Afternoon after the summer break and to celebrate being a friendly group for 45 years, to be held in the Darby & Joan Small Hall, Finkle Street, at 2.30 pm.

East Yorkshire Group of the Hardy Plant Society

Thursday 6th September - at 7.30 pm in Lund Village Hall, Latus Way, Lund YO25 9TF, Andrew Ward 'Indispensible Plants' Plants for Sale.

The Skidby branch of the Yorkshire Countrywomen's Association

Thursday 6th September - at 7.30 pm. Humberside Fire and Rescue, James McLiesh. New members and visitors always welcome. In the Skidby Village Hall.

EYES (East Yorkshire Embroidery Society)

Saturday 8th September - First Eyes meeting of 2018/2019 Season. Heather Cawte will give presentation and talk on the Stamford Bridge Tapestry Project. Darby and Joan Hall Finkle Street, Cottingham. 2:30 to 4pm. Doors open 2:15. Members £1:50 Visitors £2:50. Tea/Coffee biscuits included.

Swanland Show

Saturday 8th September - Schedules are available in local shops and on the web site swanlandshow.btuk.co.uk. There is a wide variety of subjects for adults and children alike. If you are not entering please come and view this very popular show in the afternoon from 2pm entry £1 for adults children free.

NHS Retirement Fellowship

Monday September 10th - Calling all retired NHS and Social Care workers. Come and join the NHS Retirement Fellowship. This friendly group meets on the 2nd Monday of each month, at the Darby & Joan Hall Finkle Street Cottingham. 2.00 - 4.00 pm. Featuring Terry Ireland poet & entertainer. For more information, contact Olga on 01482 470971 or e-mail olgamaryl1@outlook.com.

YPI Camera Club

Monday 10th September- (Chairman Andrew Chadwick). Bring your best AV's for selection for the public show. Discussion of the 2019 syllabus. We meet on the second Monday of the month in the Darby & Joan Small Hall, Finkle St at 7:30pm. For more details & examples of our work see <http://www.ypicc.uk/index.html>. Each meeting will normally consist of viewing and critiquing any set subject or open subject AVs that members might bring. Work in progress or unfinished AVs that have hit a problem are always welcome too. This will normally be followed by a question and answer technical session. New members always welcome – just turn up.

**Front cover: Collage of hanging baskets in Cottingham.
Photo: Paul Lakin.**

Cottingham Women's Institute

Tuesday 11th September - Tasty Bits 'N' Bobs Cooker Demonstration with a Twist, The Secret Chef. Competition: An old kitchen item, at 10.00 a.m. to 12 noon, in the Methodist Church Hall, Hallgate, Cottingham.

Cottingham Methodist Church Photography Group

Tuesday 11th September 2018 - Outside Visit - 6.30pm

Tuesday 25th September 2018 - Church Hall - 7.30pm

New members welcome. All levels. Friendly group. Contact for further details: John, Tel No 842169 or john@jcmhome.karoo.co.uk.

Cottingham Green Women's Institute Evenings

Thursday 13th September - Members Evening. Competition: Best Christmas Decoration made on the night, held in the Darby and Joan Small Hall, Finkle Street, Cottingham, at 7.30 p.m., second Thursday of each month.

North Ferriby Gardeners' Club.

Monday 17th September - Chris Small will discuss 'Garden Design..choosing plants and other materials to enhance your garden design'. The club meets on the third Monday of each Month (except December and August) at The Parish Hall, Church Road, North Ferriby HU14 3DA commencing at 7.30pm. Annual membership is £10 with guests fees of £2.50 per visit. Tea/coffees are served along with a raffle. For further information please ring Trevor on 633409.

East Yorkshire Woodturners.

Tuesday 18 September - at Skidby Village Hall: Demonstration by Gerry Marlow - Registered Professional Turner. Gerry is an experienced and popular turner from Dronfield, Derbyshire. He demonstrates widely throughout England, employing a variety of interesting techniques, often using ingenious home-constructed jigs and other equipment for offset and multi-centre turning. Meetings are every third Tuesday each month at Skidby Village Hall. Visitors are always welcome, whether woodturners, novices, or just interested. (No need to book - £3.50 on the door for guests). For further information please contact David Taylor, Secretary, 01482 876702, cotters@cotters.karoo.co.uk or visit the Club's website: eastyorkshirewoodturners.org.uk

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

Tuesday 18th September - AGM followed by Beaded Snowflakes - Jane Snell, at the Newland Christian Centre, St. Johns Newland Church, Clough Road, Hull. Meeting start at 7.15 pm on Tuesday evenings. New members and visitors are always welcome. Free Parking. Further details from Jean Ellis on 01482 845415 or www.hullandeastridingnewstitchers.weebly.com.

Cottingham Evening Townswomen's Guild

Wednesday 19th September - Social Evening, at 7.30 pm in the Darby & Joan (Small Hall), Finkle Street. New members and visitors are always welcome.

Cottingham Men's de Luda Society

Wednesday 19th September - Malcom Scott - Markets and Fairs, Hull and East Riding, in the St. Mary's Church Hall, Hallgate, starting at 2.00 pm.

Cottingham Ladies Circle

Thursday 20th September - Peter Smales - Up His Sleeve, an amusing talk about magic, to be held in the Darby & Joan Small Hall, Finkle Street, at 2.30 pm.

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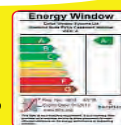
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East Yorkshire Association of the National Trust

Thursday 20th September - AGM, followed by talk by Matthew Wilkinson (National Trust Estate Manager) "The Bransdale Estate Project", in the Cottingham Civic Hall, 7.30 p.m. Non-Members welcome.

Inland Waterways Association

Friday 21st September - The East Coast Ports Fishing Industry, presented by Alan Hopper. From 8.00 pm to 10.00 pm in the Methodist Church Hall, Hallgate. All welcome.

Hull Macular Society

Friday 21st September - at Sight Support (HERIB) 10.30 am until 12.15 pm refreshments available. Guest speakers for this meeting Gill Jordan & Lynda Thelwell of Lawcomm Solicitors



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East Riding Flower Club

Monday 24th September - The East Riding Flower Club will meet at 2.00 pm, at the Cottingham Civic Hall, Ann Simpson from New Earswick will demonstrate 'Willow, Wood and Wine'. There will also be a plant stall.

National Vegetable Society, East Yorkshire District Association.

Monday 24th September - Peter Booker and Mike Graves will talk about 'Pinks and Carnations'. We meet on the last Monday of the month (except December and August) at The Conservative Club, Wylies Road, Beverley, HU17 7AP at 7.30pm. Light refreshments are served and a raffle. Admission is £2 per person. For further information about the club, please use our web site nvseyda.btc.co.uk or ring Trevor on 633409.

Wednesday Social Club

Wednesday 26th September - Quiz, in the small hall at the Darby & Joan Hall, at 2.00 p.m. Guests and New Members Welcome.

Cottingham Methodist Church, Hallgate

Friday 28th September - Free Film Night - 6.40pm for 7pm. Refreshments on sale.

Cottingham Men's de Luda Society

Wednesday 3rd October - Tony Pace - Black Forest Holiday, in the St. Mary's Church Hall, Hallgate, starting at 2.00 pm.

Cottingham Ladies Circle

Thursday 4th October - Eileen Shone - Bulbs for all Seasons, to be held in the Darby & Joan Small Hall, Finkle Street, at 2.30 pm.

East Yorkshire Group of the Hardy Plant Society

Thursday 4th October - at 7.30 pm in Lund Village Hall, Latus Way, Lund YO25 9TF, Eddie Harland 'Littlethorpe Manor Gardens'.

The Skidby branch of the Yorkshire Countrywomen's Association

Thursday 4th October - at 7.30pm. St. Michael's Church, Skidby. Performance Poet, Catherine Scott. New members and visitors always welcome.



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Friends of and the Dagger Lane Singers

Saturday October 20th - The Friends of and the Dagger Lane Singers are holding a concert on Saturday 20th October, at 7.30 pm to 10.00 pm in the Darby & Joan Hall, Finkle Street, to launch the Royal British Legion's 2018 Poppy Appeal, and the 100 Years Anniversary of WWI. Tea/Coffee and cakes, raffle. Tickets £6.00 each from Colin Basley, Chairman on 01482 875440.

Hull Folk Dance Club

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

Music Time - Pre-school Music Group

Come & join our fun music group for children aged 0-4 years. Cottingham Civic Hall, Monday 9.30 am & 10.30 am sessions during term time. First session FREE, £3.75 thereafter, paid per term. For more information call Dean on 07947 817556 or go to www.music-time.org.

St Mary's Church Cottingham - "Storytime in the Space"

Bible Stories with a twist, Restarting Tuesday 25th September and every Tuesday following during term time, straight after school. Aimed at primary school children of all faiths or none. Parents and carers you are invited to bring your children along and join in the fun. Refreshments provided. Younger siblings welcome.

Cottingham Tennis Club (off Hull Road)

Are you interested in getting fit and making new friends? We are a friendly club looking for new members at all levels of playing ability including absolute beginners. We have excellent facilities including three floodlit, all-weather artificial grass courts. We have lots of opportunities for both social and competitive tennis and we have a dedicated coaching team. Please contact Matthew Fletcher on 07814 495931 for more information and to arrange to visit the club.

Do you wish you could swim?

If you have failed to learn to swim by traditional methods, try something different. Hull Optimists teach people to swim by concentrating on balance and breathing skills. You may have a disability or a profound fear of water, we can still help you, providing that you are accompanied by your own carer or helper in the water. Sessions are in the warm water at Frederick Holmes Special School, Inglemire Lane during school term times and we now have places available on Mondays at 6 pm for, both children and adults. We also need someone to help in the water, no experience necessary as training is available. For further information 'phone Beryl on 01482 353547.

The Cottingham Bowling Club

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

Continued on page eight

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Cottingham Little Theatre

OUR MAY 2018 PRODUCTION: SITTING PRETTY:

Thank you so much to those who came along to see "Sitting Pretty". Lynda and Sue did a really good job directing it; my fellow cast members were fun to work with; and the backstage and technical crew were brilliant. It's great that so many of you enjoyed it, but now it's over, and all good things must come to an end.

OUR OCTOBER 2018 PRODUCTION: "WHO'S BEEN EATING MY PORRIDGE?"

If you go down to the woods today you're sure of a big surprise! The Three Bears return to their cottage after a morning in the woods, only to find that their breakfast has been stolen. But which of the shady characters lurking inside their house is guilty? The plot (but not the porridge) thickens...Goldilocks is the obvious suspect, but what about Red Riding Hood- is she as innocent as she seems? Is Simple Simon really clueless? Is Pinocchio telling lies about what happened? And is Prince Charming just too good to be true? Throw in an aging, forgetful Fairy Godmother and the search is on for a cereal-killer.

"Whose Been Eating My Porridge" is a pantomime-style mystery along the same lines as our Murder Mystery evenings (and by the same writer) but this time suitable for a younger audience. Come along as a family and enjoy an evening together working out "whodunit"! Bring your own drinks, we will provide some family friendly nibbles, and Hot Dogs will be on sale during the interval.

There is just one performance on Saturday 27th October 2018 at the Darby & Joan Hall, Cottingham. Doors open at 6.30pm for a 7.00pm start. Tickets cost £5 and are available from Monday 17th September from Lynda on 849655. *(And don't worry - we will be performing our usual Murder Mystery in the Darby & Joan Hall on Thursday 7th and Saturday 9th February 2019 - further details will follow.)*

PLAY READINGS ARE BACK!

Our regular play readings have resumed in the Orangery at the Blue Bell. All are welcome to come along and listen - arrive at 7pm for a 7.15pm start. On September 3rd we will be reading "Oliver Twist" as adapted by Neill Bartlett, and on October 1st "Pygmalion" by George Bernard Shaw.

SAVE THE DATE FOR OUR NOVEMBER 2018 PRODUCTION

This year CLT's festive offering is the hilarious comedy "A Kick in the Baubles" by Gordon Steele. Performances are at the Darby & Joan Hall at 7.30pm on Thurs 29th & Fri 30th November and Saturday 1st December, and tickets go on sale from Barkers on Monday 29th October.

AND FINALLY - ADVANCE WARNING OF A REALLY BIG BIRTHDAY

In 2020 CLT will be 100 years old. All sorts of exciting events are going to be happening to celebrate our big birthday year, but you're going to have to wait just a little bit longer to find out what we've got planned...

Do you wish you could swim?

If you have failed to learn to swim by traditional methods, try something different. Hull Optimists teach people to swim by concentrating on balance and breathing skills. You may have a disability or a profound fear of water, we can still help you, providing that you are accompanied by your own carer or helper in the water. Sessions are in the warm water at Frederick Holmes Special School, Inglemire Lane during school term times and we now have places available on Mondays at 6 pm for, both children and adults. We also need someone to help in the water, no experience necessary as training is available. For further information 'phone Beryl on 01482 353547.

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Kirk Ella & Willerby Short Mat Bowls Club

St. Andrew's Memorial Hall, Beverley Road, Kirk Ella, HU10 7QA, (opposite the Police Station). Sessions on Mondays & Thursdays 2.00 pm - 4.00 pm. NEW MEMBERS VERY WELCOME! Fun, social short mat bowls club with a tea and biscuit break! £3 per session, FREE first session. Club woods available to use, just bring clean flat-soled footwear. 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 650157 or email bgih@hotmail.co.uk.

Alcoholics Anonymous Meeting

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

ALANON Meetings

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

Alternative Aquatics

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

Continued on page 40

CAN WE SEE OUR GRANDCHILDREN PLEASE?

Grandparents in many families play an invaluable role as a source of love and support whilst also offering practical help with children. A divorce or relationship breakdown between a child's parents can have a devastating effect on the close bond between a grandparent and grandchild.

Do I have any legal rights to see my grandchild?

Unfortunately, there is no automatic legal right to contact with grandchildren, though it is possible to apply to the Court to seek the right to pursue an Order to see them.

The first step

We would always advise that despite parental conflict, grandparents should try to work with both parents to sort amicable arrangements to remain involved in their grandchild's life.

If that doesn't work...?

The next best solution is mediation. Any arrangements made are not legally binding, but they often still work well. Mediation

provides a safe and controlled environment in which to air frustrations and to seek practical solutions. An attempt to mediate is also a pre-requisite of Court proceedings.

If all else fails ...

If other options fail, then involvement of a solicitor may be sensible. An initial letter can be sent to the parent with care proposing ongoing contact with the child. That initial letter, worded in a non-confrontational way may be enough to get a reluctant parent to reconsider their stance.

Going to Court

If that fails, an application to the Court can be made, although most grandparents will need 'permission' of the court first.

This is often (but not always) a formality.

The Court's paramount consideration is always the welfare of the child, decided by looking at all the circumstances of the case. This includes pre-existing involvement in the child's life, the child's wishes, if old enough to express them, and any risk of harm, including emotional.

Always remember that it's the right of the children to have the contact, not the right of the grandparent.

If you would like advice about seeing your grandchildren, or general family matters, please contact Iain Boyle on 01482 323123 or irb@graham-rosen.co.uk

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Check your back-ups and questions and answers

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When you have finished creating the *Word* document, save

it in the normal way, then go back to the File menu and click Save As, and from the drop-down list of file types under the file name, choose 'PDF'. This will then save your new document in a locked 'portable document format' which means it will look the same on any device that receives it, and will **not be able** to be edited. Send out by email as a normal attachment. Recipients' computers will be able to open the document with Adobe Reader (also known as Acrobat), Edge, or any another pdf reader.

Tip: Regarding PDF documents, if you realise you have made a mistake, or need to make any changes before sending it out, just close the PDF and then go back to your Word document. Edit as necessary then save in Word, then do File, Save As, the same name as before and you will be asked if you want to overwrite the PDF document of the same name, just answer yes.

Question & Answer section

Q: A box keeps popping up on my screen - what is Microsoft One Drive?

A: One Drive is Microsoft cloud storage. If you have a Microsoft account you can sign in, and use this free storage to back up photos and documents etc.

Q: My iPad is a few years old and now has locked me out with a 'failed authentication' message

A: This has been happening on older iPads that cannot update to the latest IOS version. There is a fix for this usually if you can connect the iPad to a computer (with iTunes). But in the long term you should consider buying a newer iPad, and you may well find it to be cheaper than when you first bought it.

Q: When I open my Eset banking & payment app, it comes up with an 'insecure' message

A: This is a bit of a glitch to do with the Chrome web browser, but be assured it is not insecure, and as soon as you type in your bank address the bar will change to a secure setting.

Q: When I open Word, a box comes up asking me to agree to terms & conditions – is this ok?

A: Yes, recently they have changed some wording, so they are asking users to agree, so it is safe to do so. If you don't agree it won't open the program!

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Security Central:

If you haven't already upgraded to ESET Internet Security, now is the time to do it. And for anyone who hasn't tried ESET yet, don't just take my word what an excellent product it is, go to the website <https://www.eset.com/uk/home/free-trial/> and download a **free one-month** trial! Just make sure you uninstall any existing anti virus you may have, even if it has expired. For prices, upgrades and licences – just give us a call.

Telephone scam – yes, I must mention this again. There has been another spate of unsolicited calls to computer users in this area purporting to be from Microsoft (who they are not) offering to fix problems with your computer (which they won't) and then fraudulently taking money for their non-existent services. If you get such calls, and they can be very persistent, tell them you are not interested, or that you have a local computer specialist, or that you don't have a computer!

Remember to look on my website for copies of the current and two previous articles where they can be read, downloaded or printed. And if you are considering investing a new computer you will also find on there my popular article on 'things to consider when buying a new computer.'

Richard Mills

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Wordsearch - Chocolate

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

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

Find the words in the letters above:

Addictive, Baking, Bars, Bittersweet, Brownies, Cakes, Candy, Chips, Chocolatiers, Cocoa, Confectionery, Cookies, Cream Pie, Cupcake, Dark, Decadent, Delicious, Dessert, Drinks, Filling, Fondue, Food, Fudge, Ice Cream, Icing, Ingredient, Milk, Mousse, Pudding, Semisweet, Sugar, Swiss, Syrup, Treat, Truffles, Unsweetened, White.

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

Sudoku No. 139

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

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

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MARION OWEN TRAVEL



I am writing this month whilst cruising with Saga. This is a cruise line growing in popularity. Food is exceptional as is the service from the super friendly crew. Next year they launch the first of their new all balcony ships. With wine with meals, tips travel from your door* and even travel insurance* included the costs are reasonable when compared with other shipping lines. Don't hesitate to ask for more details* and we will be delighted to get you booked.

Cruising... do you hate having to pay gratuities? There are quite a few shipping lines now including these in the fare. Great news from P&O cruises, departures from 19 May 2019 will not have service charges added to your onboard account. For more information and to book your P&O Cruise just contact our team at Marion Owen Travel.

Expedition cruising is on the increase. We can offer you itineraries in exciting places you perhaps have never considered including the Great Lakes of America. If you are looking for extreme scenery and wildlife in lesser known destinations, don't delay ask us today.

Our own departures are on the increase for next year. We still have more tours to add but just added are Derbyshire's National Trust tour. On this departure you enjoy a minimum of 4 of the countries historical treasures. Kedleston Hall, Sudbury Hall, Calke Abbey & Hadden Hall are all included. August 2019 by request of our past guests we are making a return visit to Luxembourg but with a new itinerary. Staying again at the Grand Hotel in Vianden. During our stay you can also enjoy the Vianden Castle Festival.

Keep an eye on our facebook page for daily holiday ideas and cracking good deals.

Do remember we are a full travel agency, we book financially protected holidays and you never have to worry about the security of your money. Why book direct with an operator when it costs no more to book with us. You have our help in the event of unforeseen circumstances both before or when you are travelling with our 24 hour service.

We have a wealth of first hand knowledge travelling around the world by land, sea & air with the answers to make your travel simple & hassle free, leaving you to enjoy your holiday. All you need to do is pick up the telephone or visit our office in person. It is always good to talk we look forward to creating your special memories when we book your next holiday in the UK, Europe or Worldwide. **Marion**



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18 Dec	Boundary Mills & Lunch just for a day	£ 40
2019	Tours are gradually being added & selling out! Don't delay	
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27 Feb	Matilda the Musical matinee at Bradfords Alhambra	£ 80
18 May	National Trust in Derbyshire 3 nights HB, members of the NT £295 - limited single rooms + £15	£ 345
28 May	Disneyland Paris - 5 nights via P&O North Sea Ferries sailing from Hull, 3 nights Newport Bay Club Disney Hotel B&B plus a 3 day park pass. Total price for a family of 4	£1859
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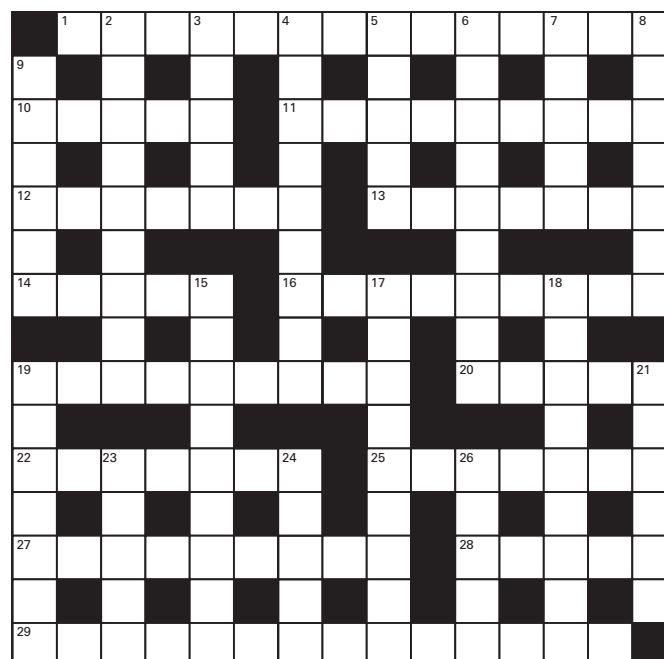
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Crossword - Solution on page 46



Across:

- Delusions (14)
- Additional (5)
- Menaces (9)
- Chief sun god (Assyrian mythology) (7)
- The central theme (7)
- Glided over snow (5)
- People in authority (9)
- Lawyer (9)
- Move sideways (5)
- Israelites (7)
- Harbor (7)
- Moving up quickly (9)
- Inhabited (5)
- In accordance with fundamental law (14)

Down:

- Pertaining to insurance risks and premiums (9)
- Type of vine (5)
- Ruthless (9)
- Pertaining to Scandinavia (5)
- Conducts business (9)
- Sea (5)
- Methods, schemes, procedures (7)
- Banquets (6)
- Amount by which something decreases (9)
- Prediction (9)
- A nearby galaxy (9)
- Ball-shaped (7)
- Anything having existence (6)
- Pork strips (5)
- Piling (5)
- Sound (5)

Crossword courtesy of www.crosswordpalace.com
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S O L I C I T O R S

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Conveyancing Campaign!

Following the success of our new Conveyancing Department and the clear demand in the community for its services, we are excited to announce the recruitment of a new experienced Conveyancer, Hayley Brewster. Hayley has seven years' experience in the legal profession and has specialised in conveyancing for the past six years. Hear what Hayley has to say....

"First and foremost, I thoroughly enjoy my work. I like to provide the type of exceptional service that I would expect as a client and am, therefore, always receptive of any feedback, as I continually seek to improve the service I provide. For me, one of the most rewarding aspects about my role has to be the job satisfaction, that comes with making the call to advise that the keys are ready to collect for first time buyers, one of life's milestones! In my spare time I enjoy spending time with my three boys, Jack, Ewan, Kian and my husband Ian. We enjoy days out at the beach and bike rides, and with three boys they always keep me active".

Hayley is joined by the firm's first ever trainee solicitor, Julie Ginnever, who we are so pleased to welcome to our growing team!

Our fixed fee for conveyancing sales is £450.00 plus VAT (inclusive of disbursements).
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Our Services

As we have evolved we've noticed a trend in the demands of our firm. Our most popular services are:

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Mission Statement

At Caroline Harraway Solicitors our mission is to truly care about our clients and their desired outcome, and to remove the stress from their situation by stripping back legal services to the basics of what is actually required, as efficiently as possible. A friendly firm of professionals who are normal people, approachable and respectful to all, charging fair, fixed fees for the community in Cottingham to have access to a solicitor's help when they need it the most. We act for everyone, no job is too small or large and we welcome individuals with personal issues as well as businesses whose natural aim is to grow.

Celebrating CILEX

Caroline supports the development of aspiring lawyers and solicitors and has welcomed Luke Hewitt and Alexandra Burden (pictured below), who begin their legal apprenticeships this September. They will train within the firm with effective mentoring to eventually qualify as Chartered Legal Executives.



World's Biggest Coffee Morning with McMillan

Our next 'Meet, Greet & Eat' free legal clinic will also be in conjunction with the McMillan Coffee Morning on Friday 28th September 2018 from 10 am-12 noon. All welcome. We will serve yummy cakes, cream scones and other treats along with 'proper' coffee and Yorkshire tea together with free legal advice (if you require it) in return for kind donations to the McMillan Cancer Trust Charity.



In the Kitchen



Summer Lamb Traybake

- Preparation time: 15 minutes
- Cooking time: 60 minutes
- Total time: 1 hour 15 minutes. Serves: 4 - 6

Ingredients

750g lamb neck fillet
500g baby new potatoes, larger ones halved
3 cloves garlic, peeled and sliced
280g jar chargrilled artichokes in olive oil
270g pack cherry vine tomatoes, halved
100ml dry white wine
145g tub Waitrose Green Pesto With Basil

Method

1. Preheat the oven to 190°C, gas mark 5. Cut the lamb into 3-4cm chunks and place in a large roasting tin with the potatoes and garlic. Drain the artichokes and reserve, keeping 3 tbsp of the oil. Add this oil to the tin. Toss everything together and season.

2. Roast the lamb, potatoes and garlic for 30 minutes, then stir in the artichokes, tomatoes and wine, and cook for a further 30 minutes. Ensure the lamb is piping hot and the juices run clear. Serve drizzled with pesto.

Cook's tip Lamb neck fillet is an economical and easy-to-use cut of meat that adds great flavour to this dish.

Garlic & herb omelette with roasted tomatoes

- Vegetarian
- Gluten Free
- Preparation time: 5 minutes

16 September - www.cottinghamtimes.co.uk



- Cooking time: 10 minutes
- Total time: 15 minutes. Serves: 1

Ingredients

100g cherry tomatoes
1 tbsp olive oil
1 tsp balsamic vinegar
Few thyme leaves
2 Waitrose British Blacktail Free Range Eggs
60g Philadelphia Garlic & Herbs
Handful rocket leaves

Method

1. Preheat the oven to 200°C, gas mark 6. Toss the tomatoes, ½ tbsp oil, 1 tbsp water, the vinegar and the thyme in a small roasting dish. Season, then roast on the middle shelf of the oven for 8-10 minutes, until softened.

2. Meanwhile, set a non-stick omelette or frying pan (about 20cm in diameter) over a medium heat. Beat the eggs with a fork; season lightly. Add the remaining ½ tbsp oil to the pan, then add the eggs, swirling now and again, until the omelette is just set all over.

3. Transfer to a plate and spread most of the Philadelphia over ½ the omelette (the heat of the omelette should help it spread more easily). Pile the rocket leaves and tomatoes on top and spoon over the remaining Philadelphia and any juices. Fold over the omelette to serve.

Tikka lamb cutlets with new potatoes and peas

- Gluten Free
- Preparation time: 15 minutes, plus marinating
- Cooking time: 15 minutes
- Total time: 30 minutes, plus marinating. Serves: 2

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Ingredients

- 4 lamb rack cutlets
- 1 x 70g Patak's Tikka Masala Paste Pot
- ½ lemon, juice
- 3 tbsp mint raita
- ½ small red onion, finely sliced
- 300g new potatoes, halved
- 160g frozen peas
- Handful mint leaves, shredded

Method

1. Put the cutlets, paste and a squeeze of lemon juice in a resealable freezer bag. Massage the paste into the lamb, then set aside to marinate for 20 minutes (or chill for up to 24 hours). In a large bowl, mix the raita, remaining lemon juice and sliced red onion; set aside.

2. Put a large frying pan over a medium-high heat. Remove the cutlets from the bag and scrape off and discard the excess marinade. Season and fry for 4 minutes on each side, then fry the edges for a couple of minutes to crisp up the fat. Ensure the juices run clear before setting aside to rest for 5 minutes.

3. Meanwhile, cook the potatoes in a large pan of simmering water for 12 minutes, then add the peas. Bring the water back to the boil, then drain thoroughly. Tip into the bowl with the raita and onion, then toss together, season, and fold through the mint. Divide between two plates and serve with the lamb cutlets.

Cherry Bakewell cake

- Vegetarian
- Preparation time: 30 minutes, plus cooling
- Cooking time: 1 hour 15 minutes
- Total time: 1 hour 45 minutes, plus cooling. Serves: 10

Ingredients

- 200g unsalted butter, softened, plus extra for greasing
- 150g Waitrose Cooks' Homebaking golden marzipan, cut into 1cm cubes
- 150g cherries, halved
- 150g self-raising flour
- 200g golden caster sugar
- 3 large eggs
- 1 tsp vanilla extract
- 70g ground almonds
- 1 lemon, zest and 2 tbsp juice
- 3-5 tbsp icing sugar
- 2 tbsp toasted flaked almonds

Method

1. Preheat the oven to 170°C, gas mark 3. Lightly grease and line a deep, 20cm cake tin with parchment. Toss the marzipan

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and all but 4 of the cherry halves in 2 tbsp flour; set aside. Beat the butter and sugar together until light and fluffy. Gradually add the eggs, beating between additions and stirring in a spoonful of flour if the mixture curdles. Add the vanilla, then fold in the remaining flour and ground almonds, followed by the lemon zest and 1½ tbsp juice, to make a thick batter.

2. Spoon about 2/3 of the batter into the tin and top with half the floured cherries and marzipan. Cover with the remaining batter, smooth the top, and add the remaining cherries and marzipan in an even layer, pressing them down slightly (they will sink into the cake as it cooks). Bake for about 1 hour 15 minutes, loosely covering the top of the cake with foil if it browns too quickly. Cool in the tin for 15 minutes before carefully turning out onto a wire rack to cool completely.

3. Roughly chop the 4 reserved cherry halves and squeeze out their juice (or pass through a sieve) into a bowl. Stir in the remaining ½ tbsp lemon juice and the icing sugar until you have a smooth, spoonable, pink icing. Drizzle ½ this icing over the cake, scatter with the flaked almonds and drizzle with the remaining icing to finish.

Green pepper & vegetable paella

- Preparation time: 10 minutes
- Cooking time: 35 minutes
- Total time: 45 minutes. Serves: 4

Ingredients

- 2 tbsp wok oil
- 3 green peppers, cut into small chunks
- 2 onions, chopped
- 3 cloves garlic, crushed
- 250g Waitrose Bomba Paella Rice
- 100g Cooks' Ingredients Paella Paste
- 2 tsp Marigold Organic Swiss Vegetable Vegan Bouillon Powder
- 2 x 160g portions frozen Waitrose Garden Vegetable Steamers
- 25g pack flat leaf parsley, chopped
- 1 lime, sliced

Method

1. Heat the oil in a large frying pan and fry the peppers and onions for 8 minutes, stirring frequently. Add the garlic and fry for a further 2 minutes. Stir in the rice, paella paste, vegetable bouillon powder and 600ml water.

2. Bring to a gentle simmer, cover with a lid and cook for 15-20 minutes until the rice is tender and the water absorbed. Add a dash more water if the pan seems dry before the rice is cooked.

3. Stir in the vegetable steamers and half the parsley and cook for 5 minutes until the vegetables are tender, then season. Scatter with the remaining parsley and the lime slices to serve.

www.cottinghamtimes.co.uk - September 17

ON THE GRAPEVINE

WITH ROY WOODCOCK

Orange Wine, anybody?

No, I can't say I knew much, if anything, about it either, but it's a phenomenon seemingly beginning to take off.

It was something quite widespread in Italy in the 1960s apparently, but had largely disappeared until three or four years ago, when it suddenly became fashionable in some circles again. The wine is so-called because the grapes used are fermented on its skins and the resultant colour which ensues.

And you know it's becoming mainstream when a retailer like Aldi (always a good source of interesting and value-added wines) begins to stock it.

The wine - branded, simply, as just "Orange Natural Wine" with a minimalistic label - retails at £5.99 and is produced by Cramele Recas, a Romanian estate which has ramped up its UK exports in recent years after seeing its sales soar by 35 per cent in 2017.

Aldi say the wine has aromas of quince, pear and a hint of vanilla and is a blend of 85 per cent Chardonnay and 15 per cent Sauvignon Blanc grapes. On sale since the middle of last month, the wine is produced without using sulphites or animal by-products, making it both vegan-friendly and part of the growing natural wine trend.

Its amber hue comes from a long fermentation, with skin contact at lower than average temperatures, which the producer claims gives the wine flavours of "stone fruits, backed up with a powerful tannin structure and long finish."

It's the annual York Food and Drink Festival this month and, as always, there's lots of interest for the wine lover. For instance, under the festival's "Taste Trail" banner, there's an introduction to cheese and wine pairing at the Love Cheese shop in Gillygate on Tuesday September 25, between 3pm and 4pm. White wines with crumbly cheese? Sparkling wine with soft? You'll definitely try something new. Tickets cost £16.50 and more information is available from the festival website, www.yorkfoodfestival.com

At York Cocoa House in Blake Street the same day you can join Peter McKenna for a tutored tasting of Italian Wine. Peter will guide you through this selective tasting of six wines made from entirely native grape varieties, ranging from Piedmont in the North to Sicily in the South. And these exciting wines show why Italy rightly deserves the name "Enotria" - the land of the vines. The tasting runs from 6pm to 7pm and tickets cost £15.

The festival's wine fair takes place on Friday September 28 at the DoubleTree by Hilton (formerly the Monkbar Hotel). Open from 7.30pm to 9.30pm, it's a chance to compare wine offerings from both major supermarkets and independent suppliers - you get a glass and it's up to you to explore. Tickets cost £20.

The festival runs from September 21 to 30 and features dinners, markets, cookery demonstrations and much more. Other wine events include a Pinot Noir tasting with Yorkshire Post wine writer Christine Austin and a tasting of rose wines from around the world.

Locally, there's a wine tasting this month, organised by Beverley-based One World Travel. It takes place on Thursday, September 13, at the Beverley Cricket Club on Norwood in Beverley, starting at 7.30pm.

Ticket cost £5, to include all wines tasted and nibbles. The concentration will be on the small and single-estate vineyards of Australia and New Zealand. Tickets are available by calling in at the Beverley shop in Saturday Market or by calling 01482 280081.

Now, this is not as batty as it sounds, but wine growers in the Dordogne region of France are installing bat boxes around their vineyards to attract the nocturnal creatures that act as a natural pesticide against one of their worst enemies - the dreaded grapevine moth.

The moths and their larvae are the bane of French vintners due to their voracious appetite, with the pests capable of wiping out up to half of some vineyards. Currently, growers faced with an infestation have no choice but to spray their vines with chemicals, but a study commissioned by the wine industry committee of Bordeaux and published earlier this year found that bats were observed swooping to hunt more often towards vines where the bugs were present.

Some 20 wine domains in the area are being equipped with the roosts, with tests due to last up to three years.

Could this be a new trend - wine in a can? Apparently, sales of canned wines are soaring in the United States, with year-on-year sales currently up 43 per cent as consumers become more open-minded to alternative packaging.

The trend has taken longer to hit the UK, but this May new drinks brand The Uncommon released the first English wine in a can - a lightly sparkling Bacchus using grapes grown in Surrey. Drinks "experts" say the can format is proving popular among millennials as they can be taken to picnics, concerts and festivals, and enjoyed on the go.

Melton-based House of Townend and its Cellar Door retail outlet has been shortlisted for regional wine shop of the year in the 2018 Decanter Retailer of the Year awards. Townend's, no stranger to winning awards, are amongst 13 retailers up for the honour, which will be announced at a ceremony in London on the 20th of this month.



BEST BUYS

**Terre del Barolo**

Where: Waitrose

When: September 5 to October 2.

Why: Terre del Barolo is a co-operative winery based in the Langhe area of northern Italy, renowned for the production of the main Piedmontese wines. It is one of the most historic co-operative wineries still active in Piedmont. A full bodied, warming, red wine and at 25 per cent off, this is a perfect opportunity to prepare for those colder autumn and winter nights ahead.

£14.99 (was £19.99)

**Giesen Estate
Sauvignon Blanc**

Where: Sainsbury's

When: Now, until September 18.

Why: Proudly family-owned by three brothers (Theo, Alex and Marcel) and originally from Germany, Giesen has 13 vineyards located throughout the highly sought after Wairau Valley, a sub-region of Marlborough. This is a typically crisp and fresh New Zealand Sauvignon that would be a superb choice with seafood and pasta.

£7.00 (was £8.00)

**Co-op's Irresistible
Australian Chardonnay**

Where: Co-op

When: Now.

Why: This well balanced white wine with crisp ripe peach and apple flavours has thirst-quenching acidity and a mild oak influence. Perfect for creamy chicken dishes such as curries or casseroles.

£7.00

**Chapel Hill Pinot Noir**

Where: Waitrose

When: September 5 to October 2.

Why: A popular Hungarian Red Wine. Elegant and silky with classic aromas of red berries and a hint of spice. The palate is creamy and soft and is a beautiful match to the rich, sweet flavours of duck.

£5.79 (was £7.79)



Property News from Martin English of Homelink

Landlord Oven Clean Dilemma

One of the biggest issues that landlords face when tenants move out is the oven clean.

Why is the landlord oven clean such an issue?

The answer is simple. Landlords remember providing their tenant with a new immaculately presented oven in their buy-to-let property. Wasn't the oven just out of the box and still had the packing paper and the instructions with it? So what is this grease encrusted blackened piece of mangled metal? What happened and surely this transformation of a Landlords oven goes beyond fair wear and tear?

How do you clean your tenants oven?

Landlords can embrace the cleaning of the oven once the tenants have handed back their property. This is a generous act and also borne out of self-interest to ensure that the incoming tenants have a decent oven and property to inhabit. If you are going to have a go at cleaning the oven then there is no shortage of guidance out there. Clearly the easy bit of cleaning any oven is the outside and giving the outside a bit of a clean with a basic cleaning solution to take away the grease followed by a little bit of buffing.

The inside of the oven is where the real challenge for a Landlord lies. Some people maintain that it is possible to clean an oven without any high strength cleaning chemicals with just a little bit of vinegar baking soda and a hell of a lot of elbow grease. Good luck!

The other alternative to a professional oven clean is for the landlord to do it themselves. It's not difficult or impossible for you to get your oven back to a pretty high state of cleanliness. There is a lot of advice out there on the internet and those landlords who want some tips of the DIY oven cleaning tips could do much worse than reading the Good Housekeeping guide involving oven cleaner, plastic gloves and a 10 step guide.

Why tenants view the oven clean differently to landlords?

Some tenants are likely to think that having a weekly roast dinner is all part of having your own place which is fine. But what they tend

to forget is that you need to clean up after your roasting the hog every week. So when the landlord gets back the property, instead of getting the shiny gleaming piece of modern cooking technology they had left, they return to a blackened, crud encrusted box that looks as if it has a small incendiary device has exploded in it.

The big question is, at what point does fair wear and tear become damage, and warrants the landlord to withhold a tenants deposit.

If landlord does decide to hold a tenancy deposit they will need to evidence the change of condition of the oven between the start of the tenancy at 'check in', and the end of the tenancy at 'check out'. A strong pointer is a receipt for a new oven, proving to any arbitrator that the oven was 'brand new' on check in. Failing this, evidence (receipt) for a professional oven clean should be enough for the arbitrator to be convinced that a retention of the tenants deposit for a professional clean is justified. Without this a landlord could be on a sticky wicket.

What do landlords do about the oven clean?

These day many of us simply don't have the time. I must admit my days of rolling up my sleeves and getting cleaning are generally done. I'm not adverse to it, don't get me wrong, but time really doesn't make it viable for me anymore. There are numerous local oven cleaning services also out there as well as good professional house cleaners.

Whichever service you choose the key advantage of having a professional oven clean is it provides proof of the clean state of the oven for any future disputed tenancy deposits.

If you have any comments or suggestions about the column or you have any property related questions that you would like me to cover please feel free to contact me at menglish@home-link.co.uk 01482 875248 or contact through *Cottingham Times* directly.

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It's a Cats Life

As a family, we have had numerous cats over the years, the first being a tabby kitten called Suiki. She was a feisty little thing (maybe because her mum was a farm cat) and ruled the roost, even taking on Brandy, the dog we had at the time. She was well respected amongst the 'Animal Kingdom' and was definitely Top Cat. So when Bisley, you remember him...my one and a half eared cat, came along to join our ever increasing family, emotions ran high. Hissing and spitting first which was then followed by an abundance of fur and of course, Bisley came off worse! Over a period of time they learnt to respect each others territory that was UNTIL Jaffa arrived, the most beautiful ginger tom kitten I had ever seen. Once again we were back to square one, hissing, spitting, fur flying and not forgetting the odd woof and growl coming from Tammy, our cross bearded bitch we got as a puppy after we sadly lost Brandy. Now, at the time, we thought that the feline species get on with each other, just like their counterparts the canines, and that they enjoyed being a member of a pack. To one or two cats this maybe true but surprisingly to the majority, they are solitary... enjoying their own company combined with their owners affection.

Here is a scenario:

I have bought a new kitten Simba to keep my other cat Theo



company. I think Theo is jealous of Simba. He doesn't sit on our knees any more but hisses and runs away if we try to stroke him. He hardly ever comes down from the top of the kitchen cupboards and he will not use his litter tray any more. Instead he is spraying (urine) on the furniture and curtains.

Simba is very good, always using the litter tray and is happy to sleep in the cats bed. She loves being stroked, nuzzling and rubbing her head as we do so. I don't know if we can keep Theo as the smell is awful. I haven't been letting him out since we lost his brother on the road but there have been moments when I have been tempted to risk it.

LET'S HEAR IT FROM THE 'CATS WHISKERS'.....

"Hi, My name is Theo. My territory has shrunk to the top of the kitchen cupboards and I am TOTALLY stressed out. I was purrfectly happy sharing my territory with my brother but now??? Unfortunately he crossed the main road once too often and then I quickly settled down to life on my own. I like my own company and like most cats am not overly sociable with others of my own kind. I want to hunt the prey on my territory, not share it. I was quite content even though I was kept inside most of the time - a little dull but tolerable.

Then CATASTROPHE! Two weeks ago a young kitten TOTALLY invaded my territory. How would you like it if a total stranger moved into your home uninvited, started sleeping on your bed, eating off your dishes and even using your toilet!! Fine if you are a dog.

Clearly, scent marking my territory from my facial glands is not sufficient. The boundaries need stronger defenses so I have begun spraying on the curtains and furniture. I feel a bit safer when there is plenty of my scent in the air. Good news on the toilet front too. When IT is asleep, I sneak down and I have found a quiet corner behind the chair to use instead of the litter tray followed by scratching my claws into the stair carpet on the way back. Fortunately, IT is unable to get up there. My owners are of no help, allowing IT on my things. They then try to touch me when they stink of IT. That really does tick all the wrong boxes - I cannot bear them to touch me! If I could just get outside again and put a bit of space between me and IT, I would have something else to think about."

Cats hunt small prey and often live solitary lives other than when reproducing and caring for their young. Siblings may share parental duties, but go hunting separately. There is no advantage to hunting together. There is benefit in holding a territory to hunt in and avoiding physical conflict through scent marking and respecting other cats boundaries.

The introduction of a new cat into the household IS possible and there are ways of conducting the introduction to give the best chance of having two happy cats living together. This may vary from pheromone sprays/diffusers to relax the atmosphere, to positioning and increasing the number of litter trays.

Here at KINGSTON, we are delighted to have a dedicated resident Cat Advocate, Gillian Railton RVN, who is always on hand to help towards making your home a CAREFREE CAT ATMOSPHERE.

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St. Michael's Church, Skidby, Tower Repairs begin

Work has now begun to repair the Tower Roof, Nave North Roof and Associated works.

Grants have been received from the Heritage Lottery Fund, Garfield Western Foundation, Allchurches Trust Ltd, Yorkshire Historic Churches, the Diocese of York and Skidby Parish Council.

Many donations have been received from local residents, members of St Michael's congregation and beyond, as well as two years of fundraising to enable us to reach this point.

The PCC would like to formally record their thanks to everyone who has helped towards this stage in the completion of this very costly renovation work. With the generosity of all the above, this Grade II* Listed Church will continue to be open and safe for future generations. *THANK YOU.*

Thwaite Hall – Cottingham's hidden gem, a green oasis in the suburbs

Many reading this article will know of Thwaite Hall and its estate in Cottingham. It is owned by the University of Hull and until recently was used as a student residence. The large estate includes a lake, woodlands, lawns, meadows and botanical gardens complete with greenhouses. The Hall and the majority of the estate are now up for sale (see www.thwaitehall.co.uk). For the purpose of the sale the land has been divided into three. Two parts are for sale and the third part is to be retained. The bids are to be considered in September.

The story so far: The botanical gardens i.e. green house area and adjacent lawn (behind Green Wickets) is being retained by the

University. For many years the Friends of Thwaite Gardens has been involved in conjunction with the University in maintaining this area and it is anticipated this will continue. Although privately owned by the University, many people have had access to the full estate through membership of The Friends or during the open days.

The estate once contained the national collection of hawthorns, many of which are still present and the estate still has many mature specimens of trees from around the world. 80 are recorded on the tree register of Britain and Ireland, 31 are Yorkshire champions and 6 are English champions for their height and girth.

The lake is an ARC site for the indigenous crucian carp which is currently rarely found in this country and The Environment Agency is involved in a long term project with these fish.

Thwaite Hall is being sold on a 5.5 acre plot as a redevelopment opportunity which must conform with the Cottingham neighbourhood plan. This may be sold with the remaining 17.4 acres amenity land. This garden includes the lake and woodland. If not sold with the Hall, the plan is to sell the garden area separately. The garden has a Grade II historical garden listing, is located within conservation area and is part of the flood alleviation scheme. It is anticipated that the lake and woodland area will be expensive to manage / maintain due to public liability insurance, security and maintenance costs.

The beauty of Thwaite: Thwaite is an amazing asset. Green tranquil spaces nourish the soul. It is a great place to see the seasons unfold. Wildlife is in abundance and the tall majestic trees and the serene lake capture the imagination.

The vision: would be to work with the buyer for limited or controlled public access to a maintained and managed estate. The Community should celebrate the gardens and protect and promote the wildlife and biodiversity. Don't let this gem be a paradise lost!

If on reading this you would like to be involved with a community working party or have any suggestions regarding funding please email holidayjulie32@gmail.com.

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"The Tooth and Nothing but The Tooth"

by
Chris 'Dr. Smile
Maker' Branfield

Heart of Glass

Hello again. I hope that you are well and have a great summer. We've had some really good weather this year. We did another French adventure towing a caravan down to Vendee. It got to 40 degrees in the shade and start to melt at about 23 degrees. Lots of time in some water was needed! We have just been to Tribfest again at Sledmere House. It's a really good tribute band music



festival and is loads of fun. Music, comedy and even fancy dress themes.

There was a pirate themed day so I had a go at Captain Jack Sparrow. I once wore this to a party and somebody thought that I was Adam Ant!



Why Heart Of Glass?

To be honest this a really poor link but bear with me.

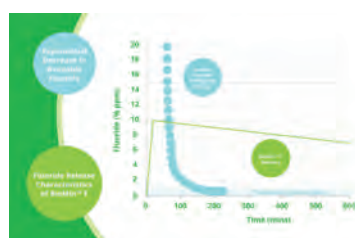
At the festival there are some really diverse acts from Bruno Mars and Little Mix to Led Zeppelin and Elvis. One act that I have seen every year since going is a Blondie tribute called Heart Of Glass. They are always brilliant and put on a good show.

Well, this may now sound a bit random but I'm going to go on a bit about Bio-Glass. Apologies. I got there in the end.

Bio-Glass To Strengthen Teeth

A while ago I was asked to do a TV advert for Sensodyne. I liked the repair and protect toothpaste by sensodyne because it had a bio-glass that sticks to surface like a protective layer to help stop tooth sensitivity. There is another toothpaste called Biomin. BioMin™ is a technology developed by scientists at Queen Mary University London and Imperial College, London, for over the past decade.

Traditionally, to try and strengthen teeth and protect against



decay with a toothpaste, fluoride is used in quite high concentrations. Most adult toothpastes have 1400 parts per million (ppm). One that has to be prescribed has 5000ppm. That's a lot of fluoride. The thing is that this is soluble

fluoride so it washes away quite quickly. Also it has to be used correctly and not swallowed. Research has shown that you more benefit from low doses of fluoride with a sustained release than a high dose that washes away. That's where the biomin F comes in with a low dose fluoride release over 12 hours. It also releases calcium and phosphate that are needed for tooth repair. By using the F version the tooth repair after an acid attack is stronger when fluoride is present by making a tighter Fluorapatite crystal. There is a non-fluoride option that slowly releases calcium and phosphate called Biomin C.

More Economical

Prior to Biomin you could get an extra source of calcium and phosphate with a product called Tooth Mousse and then use it with a high concentration fluoride tooth paste as well. This is in more extreme cases like excessive acid erosion or dry mouth syndrome. This all starts to get a bit pricey, (the tooth mousse is particularly expensive) so a single toothpaste that gives the benefit of both sounds really good. Oh, and it's good for sensitivity as well.

I'm off to Morocco with dental Mavericks in early October. The charity has really moved on and this will be the largest group and we are working with the local health authority

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 25 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' humanitarian work go here now www.castleparkdental.co.uk.

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Cottingham Wild Spaces News

The Wild Spaces Group, who meet on the first Sunday of every month to look after The Dene and Millbeck Field, have received a very generous cheque from Cottingham Parish Council.

This money is a percentage from the sale of the dog poo bags, and so dog owning residents can be proud that they are helping this environmental group with their work in the village.

The Group is very grateful to the Parish Council as this contribution will enable them to replenish supplies and also purchase more specialised equipment.

This will help them keep their regular areas tidy and indeed the other areas they look after on a one-off basis, and for the second year running local two members of the LifeStyle scheme also joined in the fun. Anyone wanting to volunteer will be most welcome, please contact Trevor on (01482) 841967 for more details.

Pictured above: Cllr Ros Jump presenting the cheque to Mr Trevor Collier (Chairman).

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September is generally a cooler month than August although if we are lucky the Summer will extend into Autumn months and of course the days are noticeably shorter. There's still plenty to do 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. If you want lovely grass in the Spring now is the time to give your lawn some TLC. There is also

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the offering of lovely Autumn colour in your garden from Autumn bedding the smiley faces of violas and pansies are always a welcome addition. Why not refresh your hanging baskets with some ivy, grasses and cyclamen for beautiful autumnal shades. Many people's lawns aren't looking their best at the minute after the long hot summer we have had. To give it the best chance of revival follow our top tips below.

Autumn lawncare

There are many treatments you can do to your grass in Autumn that will ensure it is at its best the following Spring.

Scarifying

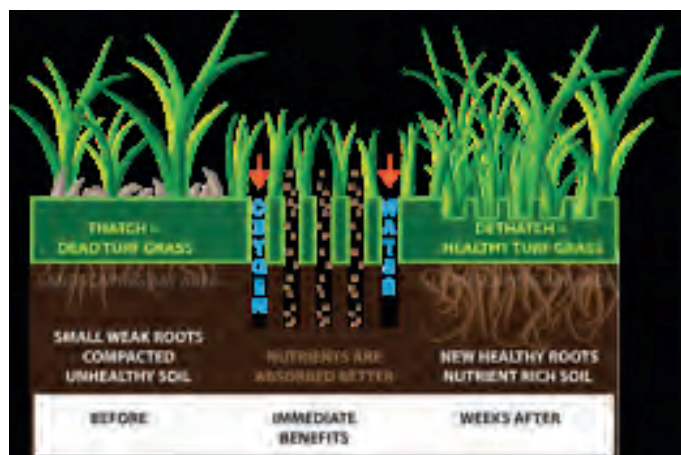
Regular raking (or scarifying as it known) keeps levels of thatch (old grass stems, dead moss and other debris) at an acceptable level. Layers of thatch greater than 1cm (3/8in) deep can impede water and fertiliser penetration.

To remove thatch, rake vigorously but carefully with a spring-tined rake. For larger areas powered tools are available as single units or mower attachments.

Note: Turf is damaged if scarified too deeply.

Aerating (spiking)

Aerating (or spiking) lawns allows better movement of air and water in the root zone. A well-aerated lawn will manage better in periods of drought or waterlogging. For an average lawn, aeration every two to three years should



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. Refresh Summer hanging baskets & containers with Autumn bedding
7. Start to reduce the frequency of houseplant watering
8. Clean out cold frames and greenhouses so that they are ready for use in the autumn – Smoke fumigators are ideal for this
9. Cover leafy vegetable crops with bird-proof netting
10. Plant spring flowering bulbs

be adequate. Concentrate on areas that receive the most wear and those that are compacted.

Small areas can be spiked with a garden fork, spacing holes 10-15cm (4-6in) apart and deep. On clay or waterlogged soils use a hollow-tine aerator every three to four years. This extracts plugs of soil from the lawn. After hollow-tining, sweep up the plugs and then rake a top-dressing (see below) into the holes to improve air and moisture penetration.

Top-dressing

Top-dressing is the application of loam, sand and well-rotted organic matter to a lawn in order to correct surface irregularities and improve the texture of difficult soils. This encourages greater rooting and thickening of turf.

The top-dressing mix is three parts sandy loam, six parts sharp sand and one part compost or leaf mould.

Flattening

To correct bumps and troughs, use an edging iron or spade to slice through the turf and roll it back. Fork over the underlying ground and add or remove soil as needed. Replace the turf, pressing the edges together, and water thoroughly.

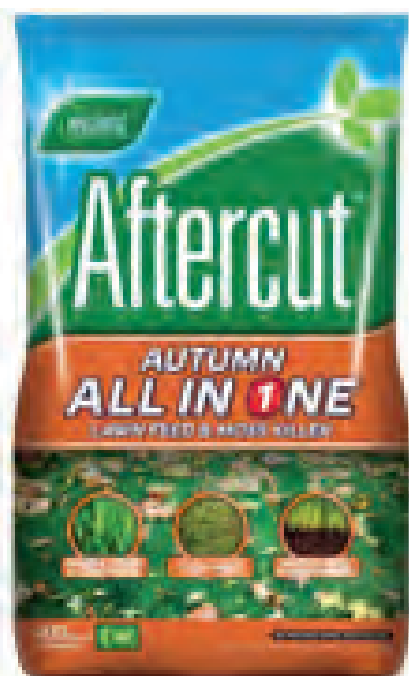
Problems

Lawns can suffer from a variety of fungal problems including red thread, fairy rings and take-all patch. Damage created by lawn pests such as leatherjackets and chafer grubs, as well as their predators, can be really devastating. Worm casts are also a nuisance in wet weather.

Autumn is a good time to repair damage caused by fungal diseases or pests.

At Coletta and Tyson we have a great product for autumn lawns – Autumn all in one is specially formulated as a granule to keep your lawn healthy over the winter months and will eradicate moss and prevent discolouring. It can revitalise any problem areas by adding essential nutrients. It is also high in potash and ferrous sulphate.

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Your Stars for September 2018

By Kay Gower

Aries (Mar. 21- April 20)

This is it, your perfect month. There's some loving, some learning, a pinch of adventure and a dash of glamour, and of course, a fine opportunity to make a little money.

Taurus (Apr. 21- May 21)

Break out of old routines and bring some fresh energy back into your life. If single, you could meet up with someone who truly charms you.

Gemini (May 22-June 21)

This month could bring so many special offers to you, Gemini. It should be gratifying to see that others are beginning to value your services, and that your instincts about which route to take was the right one after all.

Cancer (June 22-July 22)

Routines are not likely to impress you much this month, and this is odd because you like to know what is expected of you. When it comes to change or alterations in your personal life - a central position is probably more sensible right now.

Leo (July 23-Aug 22)

Whatever you decide, the stars back you up. Using your talent brings financial good fortune, but the personal rewards will be even greater.

Virgo (Aug 22 - Sept. 23)

During the next few weeks it will be easy for you to become preoccupied with solving the temporarily unsolvable. Take your time.
By the end of the month you will have pieced together a future plan.
Just don't put it in stone.

Libra (Sept. 24 -Oct. 23)

Listen to your inner wisdom and your intuition; keep your actions and efforts as giving and as loving and generous as possible. You won't regret it.

Scorpio (Oct. 24 - Nov. 22)

New projects are just waiting for you to take charge. You don't like ordering people around, but if no one directs the action, nothing will get done.

Sagittarius (Nov. 23 -Dec. 21)

Let go of attitudes and situations that you have outgrown, and reassess your goals. A winning streak starts this month, so leave your doubts behind and aim high.

Capricorn (Dec 22.- Jan. 20)

You know you have talent, and over the next five weeks you to get the accolades you deserve. Problems that at first seem to be overwhelming are the biggest opportunities for you to shine.

Aquarius (Jan 21 - Feb 19)

You're not the type to wait around, you're up and on to the next adventure. But you might just benefit if you pause to reflect on what has happened over the last few weeks.

Pisces (Feb. 20-Mar. 20)

There are no guarantees that there will ever be a time when you'll feel safe, secure or inspired enough to do the thing your heart wants to do. So do it now.
This would be a great month for new beginnings.

East Riding Flower Club Coffee Morning in the Civic Hall on 24th September

The East Riding Flower Club will meet at 2pm on September 24th at Cottingham Civic Hall.

Ann Simpson from New Earswick will demonstrate 'Willow, Wood and Wine' at 2pm in the Cottingham Civic Hall.

The East Riding Flower Club will be supporting the Macmillan Charity this year and is holding a coffee morning prior to this meeting, to raise funds for the worthy cause.

It is hoped that as many people as possible will join us at the Civic Hall between 11am and 1pm on this day. There will be plant and cake stalls, bric a brac etc along with coffee, cake and plenty of chat. All are welcome. A donation of £3 is suggested.



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Sudoku Answer from page 12

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

Hull and District Cats Protection Rehoming show

The Hull and District Cats Protection will be holding their Cat Rehoming show on Saturday 22nd September, in the Darby & Joan Hall, Finkle Street, Cottingham from 11.30 am to 1.30 pm.

Come and meet the cats and kittens looking for permanent loving homes. Stalls will include cakes, jams, calendars, cards, gifts, cat accessories, bric-a-brac and a tombola Refreshments will be available.

We will also be at the Cottingham Market on 27th September and the Caravan Show at the Lawns on Saturday 8th and Sunday 9th September.

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

Looking back over 10 years of caring for patients at the Queen's Centre

A centre providing oncology and haematology services for more than one million people was announced by the Government in July 2002.

Services for cancer and haematology patients were to be shifted to the new centre at Castle Hill, with beds increasing from 1,495 to 1,533 while 118 extra clinical staff were to be recruited.

Along with oncology and haematology, the centre also offers neurological rehabilitation, immunology and allergy, haemophilia and lymphedema

Nine courtyards with intimate walled gardens were incorporated in the design along with a high-level glazed walkway known as the "walk in the woods".

The Cottingham countryside influenced the design, with the sloping site used as a natural way of reducing the thickness of the concrete protection required from radiation equipment.

Almost every one of the 800 rooms in the centre benefits from natural sunlight and views over the countryside.

The centre was officially opened by the Queen and the Duke of Edinburgh on March 5, 2009.

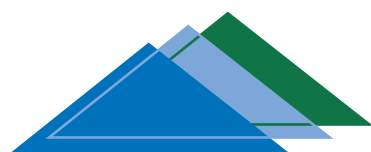
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Brantingham Wold

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

Enjoy excellent views, woodland paths and green lanes on this highly-recommended walk.

Ordnance Survey Explorer Map 293

Car Parking Facility

Village hall at parish council discretion and permission for large groups. Roadside parking available where eastern end of Sprout Hill meets the road - responsibly please

Refreshments

Pub and shop in Brantingham and Elloughton - check opening times before setting off

Public Conveniences

Various sites in Hessle - check opening times before setting off

Distance (Miles) 8
Distance (Kilometres) 13
Shortened Distance (Miles) 2

Description

To begin your walk follow a green lane uphill. (You will see a large hall through the woods to the south. If the sky is clear you might also see the towers of Lincoln Cathedral).

Next follow the woodland paths to Welton Dale Road. Walk along a road and field headland to reach, and pass by, a large farm unit at Wauldby. (A century ago this unit held a population of 86 and a small church.)

After following a further field headland - part of the Wolds Way - to a green lane, turn left to return to Brantingham. Pause to appreciate the fine views across the Vale of York.

You can split this route into two short walks (of one mile or of four miles) by using the shortcut shown on the map, running through South Wold Plantation.



Start Point: Brantingham HU15 1QG

End Point: Brantingham HU15 1QG

Towns & Villages

Brantingham, Elloughton and South Cave

Parish: Brantingham

Start Easting: 494,760.00

Start Northing: 429,844.00

End Easting: 494,760.00

End Northing: 429,844.00

Features of Interest

- Brantingham is a picturesque little village with many fine houses and quaint cottages lying at the foot of the popular Brantingham Dale. The 'ham' suggests an early Saxon settlement and evidence of Roman occupation has been found.

- During quarrying in 1941, walls, mosaics and tessellated pavements of a Roman Villa were found. One of the two mosaic floors is displayed in a Hull museum and the other one was stolen.

- The unusual war memorial in the village is built out of stones from the old Hull Town Hall and was once described as "lovingly awful". The 'urns' seen around the village are also from that building.

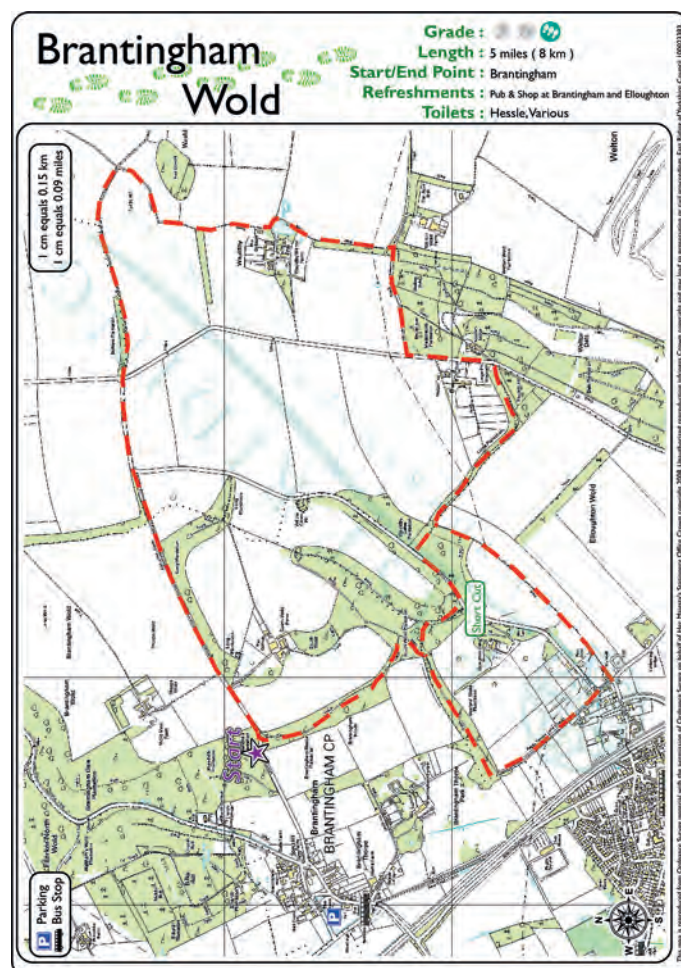
Accessibility Information

This route:-

- contains some steep slopes.
- contains kissing gates and hand gates.
- contains steps
- crosses at least one road.

Additional Information

You are advised to confirm opening times and availability of pubs, shops and public toilets before setting off in case of recent changes.



Walk of Art (HU5) in the Avenues, Sunday 9th September from 11.00 am till 5.00 pm

On Sunday, 9th September, local artists will be holding their 2nd WALK OF ART (HU5) in the Avenues - 11.00 am till 5.00pm.

There will be artwork on display, and for sale, in gardens, garages, forecourts, the Avenues Centre and in some of the homes of artists in the Avenues. There will be something for everyone - paintings, drawings, prints, textiles, jewellery, pottery, photography, cards etc. A chance to buy original works of art! See the poster on page 40 for details.

Community Speed Watch to be developed across East

Yorkshire and Northern Lincolnshire

“Police and Crime Commissioner Keith Hunter and Humberside Police Chief Constable Lee Freeman have agreed to the development of a Community Speed Watch scheme across the force area, the exact arrangements of which will be developed further in the coming weeks.

The decision follows a successful pilot earlier this year at a village in North Lincolnshire, followed by visits to similar schemes already operating in other police force areas to establish best practices.

Community Speed Watch allows residents, particularly those in rural communities, to become police-trained volunteers monitoring vehicle speeds in their communities, with the aim of changing the

behaviour of some road users who drive above the speed limit through small towns and villages.

Keith Hunter said: “There has always been a persistent problem with drivers speeding in all our towns and villages but particularly in rural areas. Communities tell me time and again how this inconsiderate behaviour blights their lives and how they want to help the police to reduce it.

“I have always said I want more power passed to communities who want to make a positive difference where they live and Community Speed Watch looks to give residents what they have been asking for. We have received numerous requests for a Speed Watch scheme across the force area so I am delighted Humberside Police will now be developing our own in the coming weeks.

“Similar projects have been in place up and down the country for some years so we already know what works well and not so well and will develop our own scheme accordingly. It relies on volunteers coming forward who want to make a difference in their town or village and we will work with them to make their community safer and stronger for everyone living there.”

Further details on how communities can become involved in Community Speed Watch will be release in due course.



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Reusable cups introduced at Hull Royal Infirmary and Castle Hill Hospital

A hospital trust is introducing reusable cups to slash the number of disposable cups sold in its restaurants by 180,000 in two years. Hull and East Yorkshire Hospitals NHS Trust has brought in black and lime green reusable cups in all of its outlets at Hull Royal Infirmary and Castle Hill Hospital.

Last year, the trust used 390,000 disposable cups in its restaurants, cafes and retail outlets and the aim is to halve that amount by 2020.

Cups cost £5.50 or £5.75 with a hot drink and staff, visitors and patients will receive a 10p discount on all future hot drinks.

Catering manager Neil Woods said the trust would also be introducing discounts for people bringing in their own reusable cups in the next few weeks.

He said: "This is a win-win for everyone – the trust saves money on disposable cups, people save money on their drinks and the environment benefits because we're reusing rather than buying single-use cups destined for landfill."

"We are looking at ways of reducing our environmental footprint over the coming weeks and months by introducing changes in our catering and retail outlets."

"But we're asking staff, visitors and patients to play their part. People can help by "eating in" and using crockery and cutlery rather than taking their food away in plastic containers, using plastic cutlery."

"Together, we can make a huge difference."



New Walking for Health Walks in Cottingham are proving popular

The flourishing local Walking for Health scheme has expanded and the new 30 minute walks launched recently in Cottingham are already proving popular.

East Riding of Yorkshire Council runs a programme of health walks aimed mainly at people who take little or no exercise. It is part of the national Walking for Health initiative and offers led walks for beginners.

The new walks take place every other Monday at 10.30am. The next will be on 17 September from Cottingham Sports Centre, King George V Playing Fields, Northgate, Cottingham. The walk lasts for approximately 30 minutes and afterwards there is the chance to socialise and have refreshments. Everyone is welcome.

Pat Moody, Cottingham's volunteer walk leader, says: "This is a fantastic area with lots of great walks. Walking is the perfect way to stay active and meet lots of new people."

The new 30 minute walk links in with the existing one-hour walk that runs on the third Wednesday of the month at 1pm and the two-hour walk on the first Wednesday of the month at 1pm, from Cottingham Sports Centre.

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Laura Hutchinson, scheme co-ordinator, says: "Walking at a brisk pace for as little as 10 minutes per day can lead to massive health benefits by lowering the risk of type 2 diabetes, cardio vascular disease, dementia and some cancers. The new 30 minute walk not only provides you with 30 minutes of exercise, but it also gets people walking in their local community and improving their mental well-being"

East Riding Walking for Health welcomes new walkers throughout the year. Over 70 walks take place each month starting from a variety of locations around the East Riding of Yorkshire. Anybody who would like to walk with any of East Riding's Walking for Health groups or train as a Walking for Health Volunteer Walk Leader, should contact the Scheme Co-ordinator, Laura Hutchinson, by phone on 01482 392527 or email laura.hutchinson@eastriding.gov.uk.

See the full programme and find out about other health walks in the area by logging onto www.walkingforhealth.org.uk or <http://www2.eastriding.gov.uk/leisure/sport-and-play/clubs-and-activities/activities-for-adults/>

Little Weighton Village Hall available for bookings

Since Little Weighton Village Hall reopened last November following extensive refurbishment, thanks to a grant from the Big Lottery, the residents of Little Weighton and other users have been most impressed by the lovely new facilities.

It has a wonderful new kitchen and full disabled access and toilets. It has proved very popular for parties for all ages, as it is fully equipped with 100 of everything and would be ideal for those wanting a low cost wedding.

August Bank Holiday weekend saw a wonderful display of photographs by Andrew Chandler and on 1st September two of the Tre Amici tenors performed a sell-out concert. There is a weekly watercolour class tutored by Skidby's David Thomas and members of this class will be displaying their pictures as part of the East Riding Open Studios weekends on 15/16th and 22nd/23rd September.

In November, The Likely Lads pop duo will return by popular demand to perform their brand of pop with a bit of bite, the local Voices of Weighton Choir will put on a Christmas concert over three evenings and the Christmas Fair will return to the hall.

Bookings Secretary Prue Campbell said that anyone interested in any of these events or regular activities such as keep fit, Yorkshire Countrywomen, coffee morning or Gardeners' Club should look at the Little Weighton Village Hall website for further information: littleweightonvillagehall.org.uk.

Pictured below: Left to right: Pat Davison and Alison Kirby.



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

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Brambles and Babies

As this extraordinarily hot, dry summer is waning into very Autumnal changes, we are seeing much shorter days and feeling welcome cooler temperatures. It's been a harsh summer to work outdoors in at times. The heat affected and drained the energy out of both us humans and our animals. The act of training horses in that intense heat had to be done carefully and in short sessions.

Flies have been a huge problem much earlier this year too, where our horses have been plagued by the biting and painful nuisances. This negatively affected their behaviours and their disposition at times, which was more than understandable. Although we cover them in every brand and make of fly sprays available, none seem to make any real difference. I think it simply makes us humans feel better that we at least tried!

I personally, am glad to have the temperatures drop into a kinder, easier range because working outdoors has become more comfortable. Who would have thought that we bemoaned such a wet winter and spring! Snow in March and mud so deep we lost our wellies in it frequently! I wonder what lies in wait for us this coming winter? Will it be dreadfully wet again or a continuation of this long dry spell? I will put my money on it being mild and wet again.

Last night I went Bramble picking where I discovered Sloes too high for me to reach. While I was problem solving how I could harvest those elusive Sloes for my Sloe Gin, I was thinking about a subject which is prominent in the horse world just now - weaning this year's foals from their mothers.

In the old days, foals were just ripped away from their mothers without warning, stabled up alone and left to "get over it". Sometimes this was the first time humans really handled them too, so were then flooded by humans doing things to them, like tying them up to a wall and picking their legs up to handle their feet.

The sensible owner should have invested much time over the past six months quietly handling, leading, grooming and foot handling their equine babies but this is not always the case. So many wild bred youngsters are forcibly removed from our moors and fells each year. They are herded down

into ready-made corals and split up from their mothers.

My old boss in Gloucestershire used to wean all her foals in one go and together. She put an old broodmare in with them to give them security and a much needed motherly nuzzle. Their mothers were moved away to another field a long way away. I witnessed very real grief from some of the mares and very real relaxation from others, glad to find peace. Their foals would grieve too but without a doubt they found solace in the old nanny broodmare and in the company of each other.

Scientific studies now show that the best way to wean foals is slowly and as naturally as is possible and over a whole year rather than this human defined 6 months cut off point.

In the wild a mare will slowly wean her foal off in preparation for the next foal to come along. In the wild, foals have the company of a whole herd of other horses from youngsters to matriarchs. They can forage and graze over great distances and become independent very easily within a group. This is not the case for most foals bred by humans in captivity where they are most likely to be the only one.

It has been proven, beyond doubt, that the emotional fall out caused by abrupt and harsh forced weaning can affect a horse for its entire life time. Separation anxiety and gut instability issues like a predilection to painful stomach and gut ulcers. It has been proved that these horses may become very easily stressed in life and become difficult to train. Their immune system can become compromised leading to a whole range of issues. They can be less able to fight off infection and be more open to illness and diseases.

Horses tend to have many homes throughout their lives by being sold on so they experience the self -same trauma each and every time. Sadly, the majority of horses fall into this category where they are taken away from all they have known as safe, time and again losing bonded partners and thrust into a whole new strange and scary world. This can lead to escalating separation behaviours, fear and rage driven with a large handful of grief thrown in.

Life can be harsh for our animals as they have no power of choice in what happens to them, so often labelled as bad, naughty, difficult and down right dangerous. Who knows how many are set up to fail in life by how they were weaned in the first place? Food for thought for sure.



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Swanland Screen to show "The Greatest Showman" on Saturday 15th September

If you have been missing your monthly film throughout the summer, all is well and the new season begins with the award winning "The Greatest Showman" - the story of P.T. Barnum indulging his limitless imagination to create the Barnum & Bailey circus in the 1800s. Featuring musical numbers, exotic performers and daring feats, the mesmerizing spectacle takes the world by storm to become the greatest show on Earth. Where? Swanland Village Hall. When? 7.30pm Saturday 15th September; How much? £4 adults, £2 schoolchildren. (tickets on the door). All films will then be on the third Saturday of each month so keep reading this magazine for future titles. Details on www.swanlandvillagehall.info/forthcoming-events.htm.

Launch of the Cottingham Village Lottery

Cottingham Village Trust has now been running the Civic Hall and Council Offices buildings for five months. We hope you have been enjoying the new events and shows that have been coming to Cottingham.

Many people have said that they would like to contribute financially to the running of the buildings and, in response to this, the Trust has decided to launch a village lottery to raise funds for repairs and renovation of the buildings. This is to provide a venue that works well and effectively for Cottingham.

For an annual subscription of £48 or £4 per month payable by standing order you will be entered into a prize draw where half of the money collected (less expenses) will be distributed in prizes. The remainder will

fund essential repairs and maintenance costs.

There will be three cash prizes each month. The draw will take place on the last Wednesday of every month. It will be in the Civic Hall at around 11.30 a.m. after the Zumba Gold class.

The lottery can have up to 500 subscriptions, and all subscribers must be aged 16 years or over. You can have more than one subscription.

Although the Trust only launched the lottery a few weeks ago, many people have already subscribed. Forms are available from trustees and from volunteers helping to organise the lottery. If you would like to take part, and help provide Cottingham with a great venue, you can get a form from me. Telephone 845734 or e-mail mcclure@mcclure.karoo.co.uk.

Katrin McClure, Cottingham Village Trust

The continuing saga of the Needler Hall Letter Box



In reply to many queries from local residents in this area of Cottingham, here is the history behind this sorry tale.

Local residents may remember that the post box was removed from the wall of Needler Hall well over a year ago with the promise of its return.

Well, we all waited and waited, and only after Geraldine and I went to the press did the letter box reappear but in a strange location – on Queen's Way opposite Sewell's garage. The box sat there for many weeks but not open for business – one resident thought it was a creation of Banksy's. Someone at the Royal Mail had forgotten to order the 'plate' – which displays the collection times. This is being sorted out, so hopefully, by the time you read this the box should be in operation.

Ros Jump & Geraldine Mathieson

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BDS

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Three shows booked for the Autumn season

Three shows have been booked for the autumn season so make sure you read this magazine for further details of the Canadian play "Our Frances" on 13th October; French folk singer Flossie Malavialle on 27th October and the Jazz duo, Alan Barnes and David Newton on 10th November. Details of all these can also be found on www.swanlandvillagehall.info/forthcoming-events.htm.

1st Cottingham Girls Brigade Needs You!

We are the Girls Brigade and we are looking for new members to join our friendly company. It is Girls Brigade's 125th Birthday and our company turns 40 this November! Come and join the fun and celebrations.

We are here for Girls aged between seven and 18 and boys from four till seven too. Everyone attends at the same time on the same night as we believe this creates good role models and learning from peers. If you're looking to volunteer you are more than welcome. We are passionate about helping our local community

We have lots of fun on an evening, playing games, working towards badge-work, doing crafts, fundraising, fellowship and taking part in national competitions. Our badge work program teaches life lessons such as charity, anti-bullying and citizenship. We are passionate about teaching children the skills and values they can take with them in to the world.

We meet up with other companies in the area and have craft and fun days on a termly basis plus there is an opportunity to go on camp every other year. This will give the children a chance to form good life-long friendships with other children across the city.

Once your child reaches 8 years old, they can also learn to play an instrument in our brass marching band. You can learn to play a cornet, drum or glockenspiel for only £1 per week!

Come and join us on a Tuesday evening, (6:30pm – 8pm) your first week is free and is £1.50 a week thereafter. We meet at Zion URC Cottingham. We start back on the 11th. September after the summer holidays.

For more information please email: brookie81@hotmail.co.uk or call 07930878959

Until the 8th September there is "The Great GB Logo Trail" taking place in Hull. It is free for everyone. It's our 125 birthday celebration! Please help us to celebrate by finding 11 GB125 Logo's around Hull City Centre. It is completely free and fun.

Maps can be found in Waterstones whom have also kindly donated a prize for you to win. All you have to do is complete the trail and submit your pictures!

Some of our members started us off on the 14/07/18 the event runs until 08/09/18. https://www.facebook.com/pg/HullandeastYorkshiregirlsbrigade/events/?ref=page_internal

To download the booklet and for more information visit <http://www.girlsb.org.uk/the-great-gb-logo-trail-1176>



How many employment allowances can you claim?

by Nick Robinson of Yorkshire Accountancy

Your existing company employs several workers. You're starting a new business shortly which will also employ staff. Are you entitled to just one NI employment allowance to cover both businesses or can you legitimately claim two?

Employment allowance

The government introduced the employment allowance (EA) in April 2014, hailing it as a tax cut for employers. It's actually an NI cut, but who cares what you call it if it saves you money. The EA reduces employers' NI bills by £3,000 per year (originally £2,000). After a few teething problems and the introduction of some anti-avoidance rules to prevent one-man companies claiming it, the EA is now a permanent fixture.

Claiming the allowance

Unless you personally tackle the payroll for your business you probably don't think about the EA. Your payroll software automatically takes it into account assuming that the person who crunches the numbers for you ticks the right boxes. However, there are several situations where more thought is required. We've already mentioned that the EA can't be claimed by one-man companies; another potential stumbling block is where you have two or more businesses.

Trap. Where you own, or partly own, two or more businesses, they may be entitled to only one EA between them.

One EA only

The **Trap** can apply:

- if you're self-employed in two or more businesses, even if they are entirely separate. For example, if you're a bookkeeper and own a shop
- where two or more companies are connected and are "interdependent", i.e. they use common resources such as premises, staff, finances. Connected means where one company controls the other or the same persons control both. There's an exception to this rule, see below
- where two or more limited liability partnerships are connected. Broadly where one has the right to more than 50% of the other's assets or income.

Tip. The good news is that in some circumstances where you would expect the **Trap** to apply because two or more businesses are connected, loopholes in the rules mean that each is entitled to claim the EA.

Connected companies

The condition which limits connected companies to one EA between them (see the second bullet point above) applies only at the start of each tax year. For example, if you own one company and later in the tax year start another, both companies can claim the EA for that year, but for the year following they must share one.

Different business structures

Where you own two businesses through different structures, each is entitled to the EA. For example, if you are self-employed and own or partly own a company, each business can claim the EA. Similarly, if you're self-employed but are also a partner in a business, each qualifies for the EA.

If the new business is a company, both it and your current company can claim the employment allowance, but the following year they must share it. If the new business is run as a sole trader or partnership, it and your existing company can each claim the employment allowance for every year.

Key dates – September 2018

19 – Monthly deadline for postal payments of CIS, NICs and PAYE to HMRC

22 – Monthly deadline for electronic remittance of CIS, NICs and PAYE to HMRC

Please do not hesitate to contact Nick Robinson, Director at Yorkshire Accountancy Limited for any help or guidance you require.

Telephone – 01482 845750; Email – nick@yorkshireaccountancy.co.uk
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Hull CHA Rambling Club

We are a friendly walking club established 1911, whose members enjoy walking in the Yorkshire Wolds, Howardian Hills, North Yorkshire Moors, Yorkshire Coast, occasionally to Lincolnshire, and walk throughout the year.

Sunday rambles are once a fortnight. Travel by coach to the starting point. Fare £10

We pick up on route to the city centre at Bilton and Holderness Road.

Pick up at City Centre is now **0830 am** for the spring and summer months continuing Beverley Road and onto Beverley.

Walks with leaders.

A walk 10 to 12.5 miles.

B walk from 7 to 9 miles

C walk 4 to 5 miles may be available (please enquire)

Sunday 2nd September

Brimham Rocks

A. Brimham Rocks – Kingstone Farm – Dallow Moor – High Skelding – Brimham Rocks

B. Brimham Rocks – Pately Bridge – Brimham Rocks.

For a C walk please enquire with the Joint Rambles Secretaries.

Sunday 16th September

Cresswell Crag Visitor Centre.

A. Duncanwood Lodge – South Lodge – Clumber Park - NT Visitor Centre – Ash Tree Hill Wood – Trumans Lodge – Robin Hoods Way – Cresswell Crag Visitor Centre

B. NT Visitor Centre. – Clumber Park – Trumans Lodge – Robin Hoods Way – Cresswell Crag Visitor Centre.

For a C walk please enquire with the Joint Rambles Secretaries.

Sunday 30th September.

A. Ampleforth College – Gilling East – Park Wood – Yearsley - Peel Park – Holy Hill – Thorpe Hall – Amleforth.

B. Ampleforth College – Gilling East – Park Wood – Yearsley – Thorpe Hall - Ampleforth.

For a C walk please enquire with the Joint Rambles Secretaries.

For further information and book a place on the coach, please contact Joint Rambles Secretary Sue O'leary on sue@sueoleary.co.uk telephone 07767420646

Pauline Borger on Pauline.borger223@btinternet.com telephone 07929933323

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

Find us on face book. Hull CHA Rambling Club

You will be very welcome.

Phoenix Walkers

If you like walking in the countryside/a social day out then why not join Phoenix Walkers we are a very friendly walking group with walks on Sundays in picturesque areas of Yorkshire, Lincolnshire and Derbyshire.

The coach picks up on Ferensway Hull then through to Cottingham Green coach fare £10.

Three levels of walks,

A Group 8-10 miles

B Group 5-7 miles

C Group 'The Strollers' a very leisurely 3 miles or so.

Sunday 9 September Sheffield Park

Sunday 23 September Maybeck

For further information and pick up times please ring Dulcie Hartley 01482 509000.

Wykehykers Walking Club

Please come along and try a walk or two with this friendliest of long established clubs before deciding whether to take up membership.

We go out every other Sunday and have many more planned trips to picturesque locations across Yorkshire, Derbyshire and Lincolnshire to come this season; full list available upon request. Choice of guided walk each time usually of around 4 or 8 miles and often with further option to simply enjoy a day at leisure at our scheduled destination.

We pick up from Ferensway to Beverley via Beverley Road when Northbound or from Beverley High Road, Ferensway, Anlaby and Boothferry Roads when Westbound starting at 8.30am and usually home around 6pm. Coach fare is £10.

Go ontake those first few steps! Any queries or further info needed? Just ring Alan on (01482) 850997 or Keith on (01482) 782917.

The Cottingham Branch of the Royal British Legion seeks volunteers for the Poppy Appeal 2018

The Cottingham Branch of the Royal British Legion seek volunteers to help with the 2018 Poppy Appeal, i.e. manning the stalls in the Co-operative and Aldi stores. Days and hours to suit, October/November 2018.

For more information please contact ALLEN SHORES Branch Secretary on 01482 841604. Your help is very valuable in remembrance of those who gave their today, for our tomorrow.

This year has been the hundredth anniversary of WWI. Our thank you for the life and freedom we enjoy today.

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At The Darby And Joan.

Debbie will be discussing the importance in looking after your skin and discussing the basic tips to keep looking young and healthy. Debbie and her team will be doing a hair demonstration highlighting the latest trends and tips in how to look after your hair.

There will be face mapping and skin bars, and hair advice stations afterwards.

Tickets £2 to help cover cost of the hall hire.

Food, drink and goody bag. All welcome. Ask inside for tickets.



Hundreds of doctors join Hull Royal Infirmary and Castle Hill Hospital

Hundreds of new junior doctors started work at Hull Royal Infirmary and Castle Hill Hospital recently.

Hull and East Yorkshire Hospitals NHS Trust welcomed about 400 newly-qualified doctors starting their first jobs as trainee doctors, some of them returning to Hull for the next stage of their training.

The trust held inductions at the Medical Education Centre at Hull Royal infirmary today to mark the annual event, taking place every year on August 1, when junior doctors “rotate” to different organisations as part of their education.

Welcoming the junior doctors to the organisation, interim Chief Medical Officer Dr Makani Purva said “You have a great experience waiting for you here.

“We are a forward-thinking and very supporting organisation.

“Care, honesty and accountability are our three values and we live up to those values.

“We hope those values will support you in having an excellent experience with us.”

Dr Audrey Fox is joining the trust as a Specialist Trainee in her fifth year (ST5) in emergency medicine after working in Scarborough.

She has worked in Hull Royal Infirmary’s emergency department twice before, between May 2012 and August 2013 as a clinical fellow in accident and emergency and again in 2016 as part of her training in paediatric emergency medicine.

Hull is a regional Major Trauma Centre, where doctors are involved in saving the lives of patients with severe injuries from all over Yorkshire every day.

Dr Fox said: “You see major traumas and really poorly patients here, more than you would see in other smaller hospitals.

“You get a different kind of experience here and I’m very keen to see what it’s like as a more senior doctor.”

Dr Meenu Mohan, 31, is joining the trust’s obstetrics and gynaecology team as a Specialist Trainee in her first year and will work at Hull Women and Children’s Hospital.

She trained in India before coming to the UK in 2016 to further her education, working as a senior house officer in Winchester before applying to come to Hull.

Dr Mohan said: “The training in the UK is so much better than in India and I’ve heard great things about this hospital and the training you receive.

“I’m looking forward to it.”

Dr Adnan Ahmed, 41, and Dr Chin Soo will join the cardiology team at Castle Hill Hospital as Specialist Trainees in their third year. Both worked as cardiologists at the Royal Preston Hospital before coming to Hull.

Dr Ahmed, who qualified in Pakistan before coming to work in Lancashire before moving to Hull, said: “I’ve heard a lot of positive things about Castle Hill Hospital and the work they do in cardiology so it’s really good to be here.”

Dr Soo, who qualified as a doctor at the University of Edinburgh, said: “Yorkshire is a very beautiful place and I knew about Hull as City of Culture so it’s a really nice area to live and work.”

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Haltemprice Lions Club

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What's On - Continued from page eight

St. Mary's Church, Cottingham

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

Cottingham Rangers AFC

Cottingham Rangers AFC was founded in 1972 and is one of the biggest football clubs in the area. We have a total of 25 teams (17 Boy's teams at under 7 to under 19 level, 4 Girl's teams at under 10, 12 14 and 16 level, 1 Men's teams, 1 Veterans teams and 2 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 840924 or visit our website www.cottinghamrangers.co.uk

Zion United Reformed Church, Hallgate

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

Play Badminton

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

Fitmums & Friends Run, Walk

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

Cottingham Bridge Club

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

The Alzheimers Society

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

Cottingham Cricket Club

The club provides cricketing activities and games for boys and girls from the age of 6. We run 4 Saturday sides, and teams at U9, 11, 13, 15, 17 and 19 and also Girls Teams. All new players of any ability are welcome. Training starts in January with Indoor Nets at Sirius Academy North for all age groups and Seniors on Wednesday evenings 6.00 pm till 8.00 pm and at Cottingham High School (Sports Hall), (tennis ball/kwick cricket ball) for ages 6-15, on Saturdays 12.30 pm till 2.30 pm till Easter. Summer training for Juniors is Friday evenings and Seniors is on a Wednesday. For more information and details contact Rob Rhodes on 842215. Or email cottinghamcc@hotmail.co.uk

Calligraphy, Quilling and Folk Art classes

Held during term times in Swanland on Wednesday afternoons; in Woodmansey on Thursday evenings and in Hessel on Friday mornings. Contact Jane Jenkins 01482 843721 for details.

Continued on page 42

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Celebrations go to their heads at the RVS

On Friday 27th July the Cottingham Darby & Joan Club celebrated the 80th birthday of the Royal Voluntary Service. In addition to the usual entertainment, members enjoyed a special tea thanks to a bequest from a past member, and volunteers added to the party atmosphere by wearing their tea on their heads (made of polystyrene, thankfully).

The RVS was founded in 1938 and was then known as the Women's Voluntary Service for Air Raid Precautions. Since 1952 The Queen has been the Patron and in 1966 she awarded the RVS the honour of adding 'Royal' to the organisation's name to become WRVS. 2013 saw a name change again with the 'W' dropped to make the organisation more inclusive and the Duchess of Cornwall was also appointed President.

The Darby & Joan Club, run by a team of volunteers, meets weekly on a Friday in the Darby & Joan Hall, Finkle Street (excluding August) for lunch, freshly cooked on the premises, followed by entertainment. New members and volunteers are always welcome.

For more information please phone Jennifer Hodge on 01482 849077.

Haltemprice Art Group - "It's socialising, with a pencil or paintbrush in your hand"

The Art Group meets during school term time, in the art room at Cottingham High School. The meetings are held on Tuesday evenings between 7.00 and 9.00 pm. Our new season begins on September 11th 2018.

We have an interesting and varied Syllabus from September to May. Meetings vary between sketching, with a life model or still life to choose from, themed subject matter, or demonstration / workshop by a professional artist. It can be an opportunity to try something different!

We hold an Annual Exhibition every year, in March or April in Cottingham and every member is allowed to exhibit their work, there are no selection committees.

Early June to the end of July, we meet at venues around the area, for the experience of painting or sketching outdoors (when the weather allows).

We would love to hear from anyone who would like to join us, for the experience of painting with a friendly group, in whatever medium or style you prefer. Whether you are a novice or experienced, you will be made very welcome. If you enjoy drawing and/or painting, we would love to meet you.

Annual subscription is just £25, with an extra charge only for demonstrations.

Interested? For further information about the group, please call one of the following.

Pat Tillotson on: 01482 352840

Jill Hardaker on: 01482 650926

David Goldsmith on: 01482 633397

email david_carol_goldsmith@hotmail.com.

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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 07966 091513 heyhappinesgroup.weebly.com

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. 843253 - 07531 762593 or 473042.

Cottingham Food Bank

The Cottingham Food Bank will be open every Wednesday from 10.30 am to 12.30 pm, and Saturdays from 10.30 am to 12.30 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 845920.

Scottish Country Dance Club

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

Humberside Steppers Square Dance Club

We meet at the Marist Social Hall, 119 Cottingham Road, Hull on a Thursday evening from 7.30 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 philme79@gmail.com for further information.

Hull Zingari

Hull Zingari Cricket Club (est 1896) will be holding indoor net sessions for junior and senior players and new players will be made very welcome. JUNIORS Haltemprice Sports Centre, Springfield Way, Anlaby. 10 Sundays 6pm - 8pm starting February 12. £4 a session. Fully qualified ECB coaches in attendance. Hard ball and softball. Equipment can be provided. Ring Steve on 447568 to book a place. SENIORS Hymers College Sports Hall, Hymers Avenue, Hull. 9 Fridays 6.30pm - 8.30pm starting January 27. 3 sides playing weekend cricket in the York and District Senior Cricket League. Excellent playing and social facilities. If you are new to the area or looking to play in a higher grade of cricket then contact Ron Biggs (Hon Sec) on 571205 for details of how to join the City's longest established cricket club. www.hullzingari.play-cricket.com and on facebook and twitter

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/

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 Methodist Church on Hallgate, Cottingham on Tuesday evenings at 7.30pm. 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 442758) .

Card making classes at Cottingham Methodist Church Hall
Classes restart Monday 10th September 2018. Every Monday (Except Bank Holidays) - 1.30pm to 3.30pm New members welcome. All levels. Contact Ann on 07932833578 for further details.

The deadline for entries in the October 2018 "What's On" section, is no later than the 18th September 2018.



Everyone's invited to Hull's brightest night-time walk!

Dove House Hospice wants to make the streets of Hull shine as hundreds of people walk together to support their local hospice. The Starlight Stride, which takes place on the evening of Saturday 20th October, takes in iconic views such as Hull Minster, the Old Town and the Marina. Walkers can choose a 10K route (starting at 8pm) or challenge themselves and take on a half marathon (starting at 7pm).

Registration is just £15 and the hospice is asking everyone to fundraise a minimum of £20 sponsorship. As well as an event t-shirt everyone taking part will be given a bright neon accessory to wear throughout their walk and will receive a medal on the finish line.

The Starlight Stride is open to everyone – families, friends, colleagues and team-mates and you can sign up now: www.dovehouse.org.uk/starlightstride.

Dove House Hospice cares for people living with a terminal illness across Hull and East Yorkshire. A big part of what the hospice does is to support friends and family, both throughout an illness and after their loved one has died.

Anita Brien, Fundraising Coordinator said: "Fundraising events such as the Starlight Stride are so important to the hospice to help us raise the £7.5 million we need to keep our doors open every year. We can't wait to light up the streets of Hull with hundreds of people walking all to raise money for their local hospice".

For more information and to sign up to the walk, visit: www.dovehouse.org.uk/starlightstride.

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Further Exciting Announcements for the Cottingham Food and Drink Festival!

The organisers of the popular Cottingham Food and Drink Festival have some exciting news to announce.

The annual foodie extravaganza returns to the East Yorkshire location on Sunday 16th September 2018 (10am to 5pm).

The event is now in its sixth year, and will feature stalls in Market Green, King Street and Hallgate for this one-day foodie extravaganza.

Around one hundred of the best regional food and drink producers will nestle alongside tasty street food, cookery demonstrations and a children's fun fair.

This year's wide range of stalls is set to include award-winning Totally Baked Pies, Zachary's Gelato, Arnold's Oyster Bar and The Taste of Sardinia plus a great selection of others new to the Festival.

This year's cookery demos include TV chef and Yorkshire lad Brian Turner along with Chris Harrison of renowned Hull eaterie Shoot The Bull, plus chefs from Whites Restaurant in Beverley and Michelin recommended Winteringham Fields.

Caroline Anderson of the Market Managers, who are organising this year's event, said: "It was a privilege to be asked to run such a high profile event. Over the years, it has developed into a top-flight food festival and we will do our best to build on its success.

"Not only do we have Brian Turner making a guest appearance, we've also got local chefs and some fabulous artisan food producers which will make for a fabulous foodie event!"

Councillor Helen Green, who has run the event since its inception, said: "This is a fantastic event for Cottingham and I am delighted that it has become such a huge attraction.

"This year I am taking a break from organising duties and have asked The Market Managers to run the festival.

"The festival attracts many thousands of visitors to Cottingham, and we are largely keeping to the winning format of previous years. We would also like to thank the sponsors, EY Events, Graham & Rosen Solicitors and DM Keith (Skoda), for their support."

During the day, TV chef Brian Turner CBE returns to headline in the festival's Cookery Theatre. Always a big hit with audiences, he will do several demonstrations throughout the proceedings. Brian commented: "The festival is such a well organised event and it's a pleasure to be coming back, seeing old friends, making new ones, back home in Yorkshire! Come and see my demonstrations and let's have some fun!"



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.



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Haltemprice Art Group's up and coming classes

We start our new year of meetings, on September 11th at 7pm, in the Art Room at Cottingham High School.

If you enjoy socialising with a pencil or paintbrush in your hand, we would love to meet you at one of our meetings.

Our Syllabus up to October half term is:

Sept. 11th - Opening evening, review our summer sketchings

Sept. 18th - Paint a miniature no bigger than 3"X4", any medium.

Sept. 25th - Sketching Evening with model and still life options.

Oct. 2nd - Demonstration By Loraine Walker. (£3 charge).

Oct. 9th - One Picture suits all. We all paint the same picture (any medium).

Oct. 16th - Sketching Evening with model and still life options

Oct. 23rd - Appraisal and critique with Phil White (Radio Humberside) £3 charge.

First meeting for new members is free! (See if you like us).

Annual subscription £25 covers all meetings except Demonstrations and Appraisals.

For more information contact: Mrs P Tillotson 01482 352840 or Mr D Goldsmith 01482 633397.

Trust celebrates having two surgeries in the region's Top 10 after results of patient survey are revealed

The best GP surgeries in Hull and East Yorkshire have been revealed in a new patient survey.

Humber Teaching NHS Foundation Trust is celebrating after two of its GPs are listed in the Top 10 for the region.

Hallgate Surgery and The Chestnuts Surgery, both in Cottingham, have been hailed amongst the best of the best after receiving positive feedback.

The annual poll, which is compiled by NHS England, questions over one million people covering more than 7,000 practices across the country.

Patients were asked various questions ranging from how easy it is to get an appointment, whether opening times are convenient, to whether they trust their GP.

Speaking about the results, Head of Primary Care for the Trust, Jon Duckles said: "This is fantastic news for the Trust and we are delighted to have received such positive feedback from our patients."

"All of our Trust staff have worked incredibly hard since our first acquisition to make Primary Care a success.

"This is not just great recognition for the staff who work in the surgeries each day, this is also a great result for all staff who support surgeries and work hard behind the scenes to make the service the best it can be."

Alongside the NHS England survey, patients can give feedback to the Trust about their experiences in the Family and Friends Test which is offered to all patients and extended contacts on discharge from NHS services.

Recent comments for the Cottingham GPs the Trust operates include:

"Staff go out of their way to help... I've recently been diagnosed and the doctor and his team have supported me. I'm seeing a GP regularly until I see a Consultant. Excellent service."

"I have been with this surgery for 70 years...The care we have both received is exemplary."

"Reception staff very helpful; I like that the GP will call you back when they know you have a chronic condition."

Explaining the value of patients and family taking part in feedback surveys Jon said: "The Friends and Family Test is a really useful tool. We take time to study the feedback patients share and do everything we can to improve the care we deliver using it."

Support the advertisers who appear within the Cottingham Times



"Taking the soft option

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

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

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

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

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

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

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



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The Multi-Storey Orchestra and conductor Christopher Stark perform Schumann's captivating Symphony No 2

Flemingate Shopping Centre Multi-Storey Car Park, Beverley, Saturday 8 September 2018 at 5pm

Classically Yours continues in September after a successful funding application to Arts Council England which secured funding until March 2020. The Multi-Storey Orchestra will be visiting Flemingate Shopping Centre, Beverley with a programme to delight the family. They started in 2011, presenting extraordinary performances in unexpected settings. From car parks to schools and festivals, they create amazing live classical music experiences performed by incredible musicians. Winners of 2016 Royal Philharmonic Society Award, The Orchestra has been celebrated as one of the most exciting ensembles to emerge in recent years.

The evening starts off with musicians spread across the car park, with the audience free to explore and get involved; finding out about the music and meeting the 60 piece orchestra, before everyone comes together for a full performance of Schumann's Second Symphony.

Schumann Symphony No 2 + Living Programme Notes

Conductor: Christopher Stark

Living Programme Notes Director: Fraser Trainer

Suitable for ages 8+

Tickets cost Adults £6, Children £5 and are available from Beverley Library, The Spa Box Office (01262) 678258 or Bridspa.com.



What is Yoga really all about

Yoga is something you may or may not have tried. Perhaps you practice yoga all of the time and wouldn't want to live without it. Or maybe you find it a little strange and put it into the category of "new age" therapies that are not for you. It helps to gain a better understanding of what it is really all about in order to demystify it. Let us delve into the philosophy that underlies yoga.

Yoga is a holistic therapy that has as its purpose the redirecting of negative energy and stress in order that stress will not have the opportunity to build up in the body and lead to problems in the form of disease and illness. In fact the preventative approach is what makes up most holistic practices.

Yoga practitioners (also sometimes referred to as yogis) feel that what we want most from life is to find joy and happiness.

However, they believe that many people settle for so much less. They feel that at some point in time the desire for deeper and lasting happiness is something that everyone wants to find. This is what yoga seeks to do – discover a deeper feeling of bliss that comes from inside, as opposed to fleeting pleasures that come from the outside.

If a person feels that their life is lacking in bliss, joy and a sense of purpose, then yoga can help them to find meaning that comes from within, as opposed to meaning that is sought through external avenues such as their work or the money they earn. Yoga is something that can be practiced at any age but many people do not make it a part of their lives until they find themselves needing more from their lives than they presently are receiving.

As the spirit evolves in your life (which is what yoga taps into – the spirit that lies within everyone) an individual can discover a greater sense of both peace and tranquility within themselves. This comes from the core of what makes you who you are.

As your life progresses and your spirit grows wiser and more insightful you are brought to a new stage of your life in which you yearn for a greater sense of well-being, and want more happiness, joy and peace. Yoga can help bring you that. You can work towards renewing and enriching your spirit and this can motivate you to higher stages of growth.

Yoga comes out of a Buddhist tradition and got its start in China. It has been practiced there for centuries where it is widely popular. Here we have looked at yoga in an abstract manner. If you are the kind of person who prefers concrete concepts then yoga can best be described as being "an applied science of the body and the mind."

Practicing yoga regularly and not just once in a while can benefit you physically in that it helps with balance and poise as well as helping to keep the body strong and healthy. It helps you to grow, develop and thrive. It works well when combined with a healthy lifestyle of eating nutritiously and getting plenty of physical activity. Yoga can center your mind and keep it calm, serene and clear which will enable you to turn your focus inwardly to listen to your spirit.

Yoga can help many to discover a path they didn't know existed and which leads to true happiness and fulfillment.



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	H	A	L	L	U	C	I	N	A	T	I	O	N	S
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29	C	O	N	S	T	I	T	U	T	I	O	N	A	L

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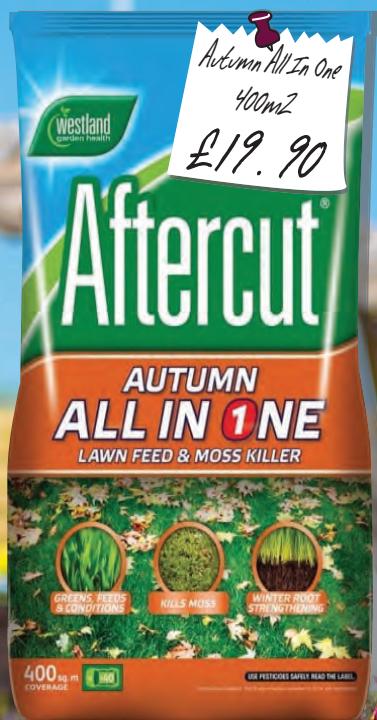
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