Throughout this question the use of a calculator is not permitted.

The polynomial $z^4 + 3z^2 + 6z + 10$ is denoted by p(z). The complex number -1 + i is denoted by u.

(i) Showing all your working, verify that u is a root of the equation p(z) = 0. [3]

(ii) Find the other three roots of the equation p(z) = 0.