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# Have an Eggsellent Easter!

Welcome to the April edition

Hope you enjoyed your lovely long Bank Holiday weekend - whether you relaxed, jetted off on a long-awaited break, or just used the time to catch up on all those jobs that never seem to get done.

And if you need help sorting out that never-ending list, why not see if some of the people and businesses who advertise in here can help you. Whether you need your roof fixed, the kitchen updated, your washing machine repaired, the house decorated, or a new carpet, there's lots of lovely local and helpful people in here who can help.

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### local events

# community events

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#### 8 May, from 10am, Knowle Village Hall

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## The Commitments

#### 24-29 April, Birmingham Hippodrome

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#### Kinky Boots 25-29 April, Core Theatre Solihull

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### The Reggae Shed 29 April, Shirley British Legion

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by Dr Daphne Hazell, GP, Home Wound Care

ur patients often ask us what they can do to help their skin heal faster after an injury and we offer the following advice. Food: People with wounds need a lot more protein in their diet to aid healing but achieving the recommended protein intake for wound healing can be challenging. Simple changes we recommend include eggs with your morning toast, high protein yoghurts, protein pasta and high protein snack bars. Vitamins and antioxidants in

fresh fruit and vegetables also help improve wound healing. **Alcohol:** Alcohol significantly reduces the rate of skin repair and high alcohol use doubles the risk of wound infections. We recommend cutting down alcohol to an occasional drink, and no more than 2 drinks on any one occasion.

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# **National Pet Month**

pril is National Pet Month, which celebrates and raises awareness of responsible pet ownership through educational campaigns. During the pandemic, many more families acquired a doa and there are now around 12 million pet dogs in the UK. Owning a dog comes with significant responsibilities, which are crucial not just for the well-being of your pet, but also for the safety of other people and animals in your community. The basics: food, water.

#### shelter, and medical care

- Your dog needs high-quality food appropriate for their age, breed, and size. They must have access to clean drinking water and a comfortable place to sleep. Regular checkups at the vet for vaccinations, and preventative care are essential.

#### **Exercise and mental**

stimulation - Dogs are highly active animals social animals that need to be able to run, play, and explore. Without adequate exercise, dogs can become overweight, lethargic, and develop behavioural



issues. Mental stimulation such as interactive toys, puzzle games, or agility sessions, are important to keep their minds active and engaged. During National Pet Month there will be lots of advice and professional guidance about caring for your dog so that you can enjoy a healthy, happy, and safe life together.

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# What is a Trust?

## Families have used trusts to protect their wealth for centuries.

But what is a trust? Hannah Tait, partner at Shakespeare Martineau in Solihull explains...

#### What is a trust?

A trust is the formal transfer of assets (e.g. property, shares or cash) to a small group of people known as "trustees", with instructions that they hold the assets for beneficiaries. If the trust is to be made in your lifetime, then it is usually evidenced by a trust deed, often referred to as a 'settlement deed'. If it is to be created on or shortly after your death, then the trust rules must be set out in your will, known as a 'will trust'.

#### What are the different types of trust? Discretionary trust

The key element of a discretionary trust is that no one beneficiary has an absolute right to receive income generated by the trust assets (e.g. dividends, rental income) or to receive any capital. Such decisions are made by Trustees, and usually there will be a Letter of Wishes to guide them. As none of the chosen beneficiaries have an automatic right to either income or capital, none of the trust assets are deemed to be theirs and therefore, do not generally impact their entitlement to receive benefits, or form part of their own estate for inheritance tax purposes. This type of trust forms part of a tax regime called the relevant property regime.

#### Interest in possession trust

This type of trust generally means beneficiaries have the right to receive an income from the trust assets, or occupy property that the trust owns. Generally, your trustees do not have the discretion to deprive chosen beneficiaries of that right, and any income generated by the trust must be paid over to them. Given that the beneficiary has the right to receive income from the trust, this will impact their own tax position when they receive the income and the trust assets will form part of their estate for inheritance tax purposes when they die.

#### **Bare trusts**

Bare trusts are the most basic type of trust structures and are particularly useful as a means of accurately recording the true beneficial ownership of an asset, while the legal title is still vested in another (for example, while an adult trustee holds the legal title of a property on behalf of a child). For all tax purposes, the underlying trust assets are treated as though they are held in the beneficiary's own hands (with certain exceptions for minors).

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vour muscles, and helps to reduce the risk of chronic diseases such as diabetes. obesity, and heart disease. Enhances Mood: Walking releases endorphins, which are natural feel-good chemicals that improve your mood and help to reduce anxiety and depression. Walking outdoors in nature is particularly beneficial, as studies have shown that exposure to green spaces enhances the mental health benefits. **Increases Energy Levels:** 

Walking helps to boost your energy levels and reduce fatigue. Regular walking can improve the quality of your sleep, increase your metabolism, and reduce sluggishness.

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## crossword



## clues

#### Across

- 1 Clockwork model of the solar system (6)
- 4 Strengthened, supported (6)
- 9 Nevertheless (7)
- 10 Snapshot, image (5)
- 11 Beatles' drummer \_\_\_\_\_ Starr (5)
- 12 Outmoded person (3-4)
- 13 Seasonal spruce-up (6-5)
- 18 Mountainous European country (7)
- 20 Doomed person (5)
- 22 Goodbye! (5)
- 23 Delinquent, thug (7)
- 24 Irritates, irks (6)
- 25 Very thin (6)

#### Down

- 1 Extras (6)
- 2 Mountain Ash (5)
- 3 Filled pasta parcels (7)
- 5 Cables, lines (5)
- 6 Waterborne disease (7)
- 7 Soaks, saturates (6)
- 8 The study of spelling and letter usage (11)
- 14 Love, ardour, desire (7)
- 15 Journal, ledger (7)
- 16 Spanish for 'tomorrow' (6)
- 17 Dowdy, without style (6)
- 19 Dangerous (5)
- 21 Synthetic fabric (5)

#### answer on page 34

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

# how to play sudoku

## It's simple!

Fill in the grid so that each row, column and 3x3 box, contains the numbers 1 through to 9 with no repetition. You don't need to be a genius. These puzzles use logic alone. Watch out! Sudoku is highly addictive.

answer on page 34

# COMPETITION



## Win 2 tickets to see the Brighouse & Rastrick Band

The Brighouse & Rastrick Band is regarded by many as the best and most consistent `public subscription band' in the world. In its time the majority of premier band championships have been held by `Briggus', most recently becoming National Champion Band of Great Britain in 2017. The band has also attracted a formidable reputation for highly entertaining concerts for both the general public and brass band connoisseur.

#### How to enter

For your chance to win, email zoe@dorridgedirectory.com with the subject line Band and you will be added to our database to receive our monthly e-newsletter about offers and events in Solihull. The winners will be notified by email after the closing date of 1 May 2023. There is no cash value nor exchange for this prize.

32 Mention the Knowle & Dorridge Directory when responding to advertisements



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# What's all the buzz about!

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- » Enter competitions
- » Find offers

- » Discover local events
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#### local police contact for knowle & dorridge

Sergeant Mike Lloyd Telephone: 101 ext 892 6037 Email: rural@west-midlands.pnn.police.uk

8	1	2	6	3	5	4	7	9
7	9	3	1	4	8	6	5	2
6	4	5	7	2	9	3	8	1
3	6	4	5	9	1	7	2	8
5	8	9	2	6	7	1	4	3
2	7	1	4	8	3	9	6	5
4	3	6	9	5	2	8	1	7
1	5	8	3	7	4	2	9	6
9	2	7	8	1	6	5	3	4
Suduko Solution rom page 31								



#### LOCAL COUNCILLORS DORRIDGE & HOCKLEY HEATH

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Really pleased with job done by Don and family to install our hall, stairs and landing carpet, quick, knowledgeable and professional, wish we had found them sooner! Would highly recommend. Claire Price, Solihull

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