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for residents of knowle and dorridge

february 2024



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Welcome to the February edition


**Hopefully you had a Valentine's Day full of love, whether it was love from a partner, a family member, a friend, or a pet!**

But if Valentine's Day just passed you by, why not show your home some love instead? There's a wide range of local businesses and tradespeople in here who can help you improve your home, whether you need doors, driveways, or decorating.

*Zoe*

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# community events

## Elvis Tribute Night

**23 March, Shirley**

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Join in for a sensational night of music and entertainment as they pay tribute to the King of Rock 'n' Roll with Mark Green as Elvis Presley. Get ready to be transported back in time to the era of Elvis. Feel free to come on your own or bring your friends along for a fantastic night of Elvis tribute music! Tickets from [www.tributenightpromotions.co.uk](http://www.tributenightpromotions.co.uk)

## Diamond Nights - Tribute to Neil Diamond

**22 March, The Lake at Barston**

Don't let them tell you that Neil Diamond doesn't rock! Their longest lasting tribute artist performs "Love

on the Rocks", "Coming to America", "Sweet Caroline", "Crackling Rosie" and "Song Sung Blue". This show will be followed up by a few party songs to get you up dancing. To book tickets call 01675 444890

## Michael Bublé Tribute with Bootleg Bublé

**9 March, Nailcote HALL**

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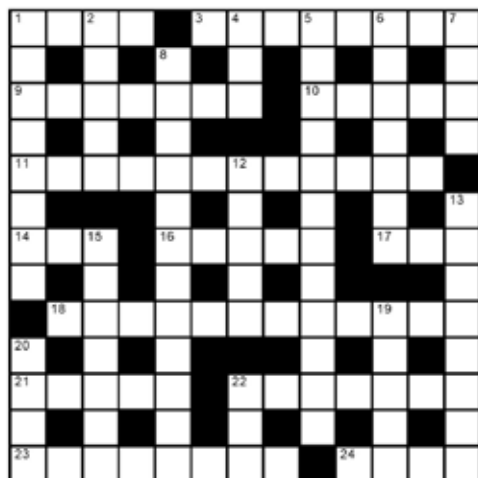


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## crossword



### Down

- 1 Sea creature found in rock pools (8)
- 2 British noblemen (5)
- 4 Frozen water (3)

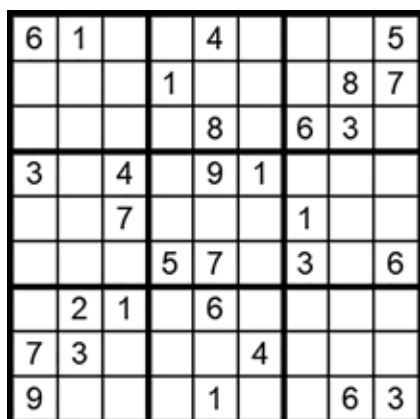
- 5 Eliminates unpleasant room odours (3,9)
- 6 Carnivorous fish (7)
- 7 Make money (4)
- 8 Break, stoppage (12)
- 12 Type of shellfish (5)

- 13 Backslide (8)
- 15 Care about deeply (7)
- 19 Picture (5)
- 20 Predetermined course (4)
- 22 Scrutinise (3)

## clues

- 1 Egyptian canal (4)
- 3 New York City (3,5)
- 9 Put in order (7)
- 10 More infrequent (5)
- 11 State appointed temporary guardian (6-6)
- 14 Cyst, bag (3)
- 16 Recites, announces (5)
- 17 Become older (3)
- 18 How long it takes to react (8,4)
- 21 Plea of being elsewhere (5)
- 22 Tasteful, exquisite (7)
- 23 Embellished (8)
- 24 Curve (4)

answer on page 30



## 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 30

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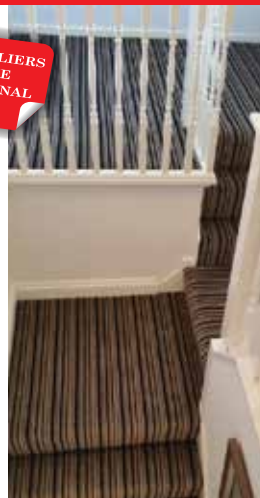
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## What is a Trust?

**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).



**The tax rules around these different types of trust are complex;  
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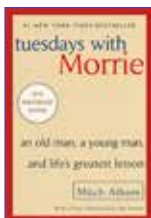
# a good read

By Natasha Donovan

## Tuesdays with Morrie

by Mitch Albom

Tuesdays with Morrie is a memoir that recounts the author's weekly visits to his former sociology professor, Morrie Schwartz, who is in the final stages of ALS, also known as Lou Gehrig's disease. Each Tuesday, they explore one of life's fundamental questions, making this book a patchwork of profound wisdom. Albom's prose is simple yet stirring, capturing Morrie's remarkable outlook on life even as he faces his impending demise. Morrie's insights on love, work, community, family, aging, forgiveness, and, ultimately, death, are both timeless and universally applicable. His teachings emphasize the importance of connection, compassion, and living a life that resonates with one's personal values. But what makes the book truly compelling is the transformation of Albom himself. A successful sports journalist caught in the whirlwind of a career-driven life, Albom's reconnection with Morrie becomes a catalyst for his own introspection and growth. This personal evolution is what lends the book its emotional heft. Tuesdays With Morrie is more than a tribute to a dying man's wisdom; it is an invitation to pause and reflect on our own lives. Its enduring popularity attests to its ability to touch hearts and awaken minds. In a world bustling with noise and haste, Morrie's lessons urge us to embrace simplicity, love, and, ultimately, our humanity.



## Here We Are: Notes for Living on Planet Earth by Oliver Jeffers

Oliver Jeffers is a Northern Irish artist, illustrator, and writer. Here We Are: Notes for Living on Planet Earth is a masterpiece of children's literature that serves as a gentle yet profound guide to our planet and our place within it. Crafted with Jeffers' signature charm and whimsy, this book is a visual feast that effortlessly blends playful illustrations with earnest, heartfelt advice.



The book is structured as a father's narrative to his newborn son, introducing him to the wonders and peculiarities of the world. From the vastness of the cosmos to the intricate details of the earth's surface, Jeffers' vivid illustrations and accessible text make the complexities of our world comprehensible and captivating to young minds. His portrayal of diverse landscapes, creatures, and people celebrates the richness of life and the value of kindness and understanding.

What makes this book truly special is its underlying message of stewardship and compassion. Jeffers doesn't shy away from acknowledging the fragility of our planet and the responsibility we share to care for it and each other. Yet, he does so with such warmth and optimism that it inspires rather than intimidates.

"Here We Are" is more than just a children's book; it's a tender meditation on humanity and our place in the universe. It's a book that encourages curiosity, respect, and wonder, making it a cherished read not only for children but for parents and educators alike. In its pages lies a universal message: despite our differences and the immensity of the universe, here we are together, and that in itself is something to celebrate.

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# Saqib Bhatti MP

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## Get in touch



*It has been another year to remember with so much happening locally and nationally. This year we saw the nation celebrate the coronation of King Charles III. The joyous event brought communities together on a momentous day to welcome a new chapter of the British monarchy. It was also a year to remember for sports with the England women's football team making it all the way to the World Cup Final. Locally we have seen a host of wonderful local community events from fun runs to fireworks displays. I've enjoyed attending all of these events and look forward to another amazing year of community spirit.*


*This festive season I am particularly excited to visit our local shops and support the wonderful businesses in our community. From a wide range of shops to restaurants and cafes, our constituency is home to many exciting businesses, and I encourage everyone to show them support by shopping locally. On the topic of local talent thank you to all the local primary schools that have participated in my Christmas card competition! Picking a winner is always one of the hardest tasks I have to undertake with so many amazing entries and I am always blown away by the talent on display in our community.*

*Particularly at this time of the year, I am sure that you will join me in saying a prayer for those less fortunate than us and praying for peace around the world. As ever, my office remains open and we are conducting surgery appointments, so do not hesitate to book a slot. My contact details can be found below.*

***Finally, I would like to take this chance to say, from my family to yours, Merry Christmas and a Happy New Year.***

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This advert is funded by the Independent Parliamentary Standards Authority (IPSA) for the purpose of assisting Saqib Bhatti MP in the performance of their Parliamentary duties.

# Ouch – How to remove a splinter

**S**plinters are painful and tricky to remove. I remember my mother digging around in the tender ball of my thumb with a darning needle one evening when I was ten. The splinter on that occasion had lodged itself firmly and resisted all attempts to prise it out while I resisted all attempts to have it prised out! Years later a friend training to be nurse taught me how to remove splinters safely and I pass on the knowledge here. First clean the area with soap and water. Inspect the splinter; use a magnifying glass if you have

one. Look at the angle of entry and how deeply embedded the splinter is. If the splinter protrudes from the skin it can be removed with tweezers. Sterilise the tweezers first using surgical spirit (neat Vodka also works) and if you need a magnifier get someone else to hold it; then grip the splinter gently and pull it out along the same angle it entered the skin. Small, fine splinters can be trickier, especially if they are more deeply embedded. In this instance cover the affected the area with Magnesium Sulphate paste (cheap and available

from all pharmacies) and then bandage it. Leave overnight and in the morning the splinter will have surfaced. If it hasn't, reapply and bandage again. The Magnesium sulphate is anhydrous and draws moisture out of the wound and with it the splinter. Once the end of the splinter pokes out you can use tweezers to remove it completely.

## **Remember:**

If you use a needle to break the skin prior to applying the paste make sure the needle is sterile. Never try to squeeze a splinter out; you may drive it in further.



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# Mindbenders

Can you find the hidden phrases?

another one thing

once  
3 o'clock

| r | e | a | d |

answers on page 30

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# Beetroot Burger



**Preparation time:** 30 minutes

**Cooking time:** 40 mins

**Serves:** 8 Burgers

## Ingredients

1 onion, quartered  
3 tbsp olive oil, plus extra for brushing  
2 garlic cloves, crushed  
200g mushrooms (chestnut are good)  
250g tofu  
100g cooked beetroot (about 2-3 beetroot bulbs)  
1 x 400g can black beans, drained  
1 tbsp tomato purée  
2 tbsp vegan mayonnaise  
1 tbsp miso paste  
100g oat flour  
2 tbsp ground flaxseed  
50g pecans  
200g cooked brown rice (75g dry rice is approximately 200g cooked)

## Method

Put the onion in a food processor and pulse until it is the texture of cooked rice. Heat 1 tbsp oil in a large frying pan, add the onion and fry for 10 mins until soft and pale golden. Stir in the garlic and fry for another minute. Remove the mixture to a large bowl and set aside. Now put the mushrooms in the food processor and pulse until they are as small as the onions. Heat the remaining oil in the pan, add the mushrooms and fry for 10-15 mins, until any liquid released has evaporated and the mushrooms are tender. Add to the bowl with the onions. Place the tofu, black beans,

**Perfect for those trying to reduce their meat consumption.**

beetroot, miso paste, tomato purée, mayonnaise, flour, and flaxseed into the food processor and blitz until smooth. Add seasoning then mix this with the cooked veg. Pulse the pecans and half the cooked rice in the food processor until finely chopped. Add this mixture and the remaining rice to the veg too.

Using your hands, shape the mixture into little burger-shaped patties about the same size as the buns.

Vegetable burgers are more fragile than meat burger so chill in the fridge for at least 30 mins before cooking.

I usually pop them in the freezer rather than the fridge.

To cook, heat a frying pan over a medium heat. Brush both sides of the burgers with a little oil. Cook for 5-8 mins on each side, turning once after a crust has formed, until hot through to the centre.

Avoid moving or turning them too often, as they may break up. Toast the buns on the open side, then spread each with a little chilli jam, and fill with lettuce leaves, sliced tomatoes, avocado with lime, vegan cheese and mayonnaise as required.

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# Queen of the Climbers

Clematis, often hailed as the “Queen of the Climbers”, is a beloved

fixture in many UK gardens. Its enchanting flowers, ranging from delicate, star-shaped blossoms to bold, dramatic blooms, can transform fences, walls, and trellises into living art. But clematis, like many plants, needs pruning, and understanding the pruning requirements of your particular clematis will depend on its pruning group.

Clematis are categorized into three main pruning groups: 1, 2, and 3. These groups are determined by the plant's flowering time and the age of the flowering wood.

Group 1 clematis bloom early in the year, flowering on the previous year's growth. These varieties, like the alpine clematis, produce flowers in late spring and are generally the least demanding in terms of pruning. Pruning, if necessary, should be done immediately after flowering. The goal is to remove dead or weak stems and to shape the plant, but heavy pruning is not needed. If left unpruned, these clematis can become a tangle of old wood with few flowers.

Group 2 clematis flower in late spring or early summer on short shoots developing from



the previous year's growth and often have a second, less vigorous flush in late summer on the current year's growth. Examples include the popular varieties like 'Nelly Moser' and 'Miss Bateman'. Pruning for Group 2 should be light, focusing on removing dead and weak stems in late winter or early spring, so February is the perfect time. You can also lightly prune after the first flowering to encourage a more robust second bloom.

Group 3 clematis flower on the current year's growth, producing blooms from mid to late summer until the first frost. This group includes varieties like 'Jackmanii' and 'Sweet Autumn Clematis'. They require more extensive pruning, cut back almost to ground level (15-30 cm above the ground) in February. This encourages strong new growth and a profusion of flowers at a manageable height.

## Why prune at all?

It's important because it rejuvenates the plant by encouraging new growth, which is essential for flowering, particularly in Group 2 and 3 clematis. It helps maintain the shape and size of the plant, preventing it from becoming unruly and tangled. Regular pruning also allows for better air circulation through the plant, reducing the risk of fungal diseases.

When pruning, always use clean, sharp tools to make clean cuts. This prevents damage to the plant and reduces the risk of disease. After pruning, it's beneficial to apply a balanced fertilizer and mulch to provide nutrients and maintain soil moisture.

With the right pruning techniques, your clematis will be a stunning feature in your garden, showcasing its floral beauty season after season.

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### Solution to Mind benders

1. One thing after another
2. Once upon a time
3. Read between the lines

**mindbenders**  
from page 25

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

**Sudoku Solution**  
from page 12

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

**Crossword Solution**  
from page 12



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