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Holidays!

Welcome to the August edition

For those of you that aren't jetting off overseas this Summer, there's lots of great things happening locally, including tribute acts and beer festivals.

Check out the local event guide on page 6 to see what takes your fancy. Whether you're staying locally or exploring Europe or further afield, this Summer, have a great month and make the most of the weather and the Summer holidays, while they last!



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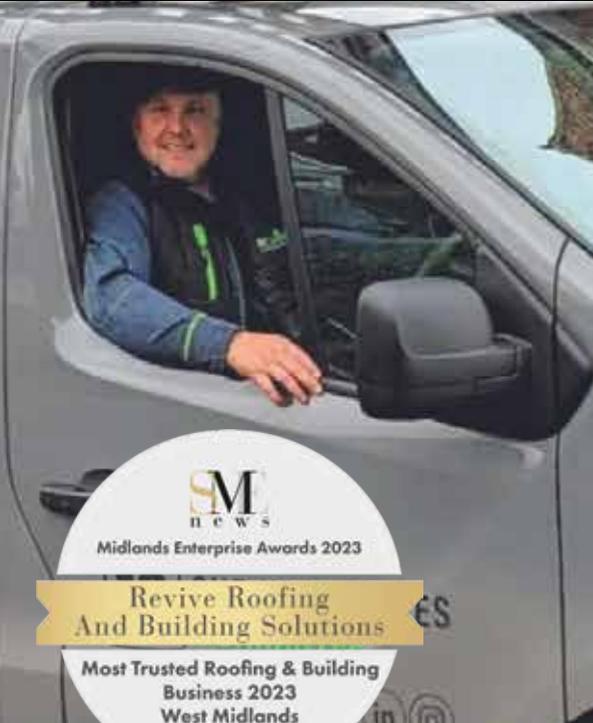
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community events

The 3 Lions Beer & Cider Festival

6 & 7 September 12noon -

11pm, Shirley British Legion

Entry is £10 which includes a souvenir beer glass, tasting notes for all the beer and cider, £5 worth of beer/cider tokens, and live entertainment from Ray's Open Mic Night. Tickets can be obtained from the Legion or at www.shirleylions.co.uk/events/beerfestival.html



Circus & Storytelling Workshop

27 August, Core Theatre Solihull

Join circus artist and storyteller Gaby for an exciting day of circus skills and stories. You'll even get to make your own piece of circus kit to take home. Don't miss out,

the circus is only in town for one day! For ages 7 to 13. Tickets £30 from www.thecoretheatresolihull.co.uk

"The Supremettes" tribute to Diana Ross & The Supremes

31 August, The Lake at Barston
Among others The Supremes

had number ones with "Baby Love", "Stop! in the name of love", "Come see about me", "Ain't no mountain high enough" and "You can't hurry love". Tickets £33 per person, or £28 in the Annexe, which includes a 3 course Dinner, Entertainment and late bar. Ticket price show only - £10 per person. Call 01675 444890 to book.



Hits Radio Live

22 November, Resorts World Arena

Hits Radio Live is back in 2024 for an incredible night of performances from your favourite hits and throwback artists. Previous Hits Live shows have included Lewis Capaldi, Rita Ora, Tom Grennan, Anne Marie, Craig David, James Arthur, Becky Hill, Busted and many more! Tickets from www.resortsworldarena.co.uk

Getting your affairs in order

It's easy to think "I'll sort it later", but it's crucial your loved ones aren't left in lurch should the unthinkable happen. Hannah Tait, partner at Shakespeare Martineau in Solihull, explains what you should prioritise to ensure your affairs are in order.

Will

Your will is the cornerstone of your succession planning and ensures those you trust are in control when you die. Your will ensures your assets pass to your chosen beneficiaries and family members and guarantees, subject to changes in legislation and circumstances, that this happens in the most practical and tax-efficient way to protect your loved ones and assets in the future.

It is important to keep this up to date, particularly if you get married, divorced or have children. Ideally, you should review your Will every few years.

Lasting powers of attorney (LPAs)

Save in the case of minor children, no individual has the ability to make decisions on behalf of another without being legally appointed as their attorney under a LPA or as a court-appointed deputy.

Your attorneys are nominated individuals – such as a professional, family member or friend – you appoint to make decisions relating to your financial affairs and health and welfare on your behalf, if you become unable to do so yourself due to mental incapacity.

A deputy is appointed by the Court of Protection. This can be a long process, so it is best to be prepared and put in place and crucially, register LPAs before the long-winded deputy route is your family's only option.

Consider how your property is held

If you own your home with someone else, the property can be held as joint tenants or tenants in common. Where property is held as joint tenants, on the death of one owner, the property passes automatically to the other by survivorship – regardless of the provisions of that person's will. Many family homes are held as joint tenants as this is often seen as the "default" for couples, but this may not be suitable for you if you want your share to pass to children, for example or into a Trust for asset protection reasons. Where property is held as tenants in common and one person dies, the share belonging to them passes in accordance with the terms of their will. If they don't have a will, it will pass via the intestacy rules to potentially unwanted beneficiaries, such as a family member rather than your partner (if you're unmarried).



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The power of deadheading

Deadheading is quite simply, the removal of dead flower heads from a plant. It's one of the most important August jobs in the garden.

Faded, browning flowers can spoil the appearance of beds, borders and containers, especially in small gardens where each individual plant has more of a starring role. Deadheading helps keep displays looking lovelier for longer.

In addition:

Plants put more of their energy into stronger growth and more flower production, instead of producing seeds (obviously leave the flowerheads untouched if you WANT seeds).

It prevents plants from self-seeding. Some plants that self-seed readily can become a nuisance, such as sea holly (*Eryngium*) and lady's mantle (*Alchemilla mollis*).

It prevents petals scattering everywhere.

Deadheading is best carried out as soon as the blooms begin to look scruffy. For some plants, such as summer bedding, this might be a daily task, whereas for others it can be carried out weekly. Some plants,



like lilacs might only need deadheading once, after a brief blooming period. I don't worry about timing too much. I usually take off fading flowers as I'm pottering about in the garden of an evening.

The simplest method is to pinch or snap off the spent blooms with a finger and thumb, aiming to remove the flower with its stalk, to keep the plant looking tidy. For plants with tough or stringy stems, you use secateurs, scissors or even a knife. On most plants, trim the dead flower just above the next bud or leaf on the stem.

Plants like delphiniums and lupins produce heads of multiple flowers. In this case pinch off individual flowers and then eventually, when all the flowers have died, prune the entire head to just above a lower bud, leaf or side shoot. Some plants, like

hardy geraniums, cat mint (*Nepeta*) and lady's mantle (*Alchemilla*), will produce a second flush of flowers if you cut them back close to ground level after flowering.

Not all plants need to be deadheaded. Fuchsias, obligingly and neatly deadhead themselves, saving you the trouble. Others don't set much seed in the first place (e.g. bedding lobelias). Some plants, such as *Deutzia* and *Spiraea* produce so many flowers that deadheading becomes impractical, and some are simply too tall to reach!

I never deadhead rudbeckias, cornflowers, sunflowers, viburnums, *Amelanchier* and rambling roses because the birds love to eat the seeds, berries and hips they produce.

And finally, the other plants that don't require deadheading are probably my favourites, those which have ornamental seedhead as attractive as their flowers, such as *love-in-a-mist* (*Nigella*) and Chinese lantern plants (*Physalis alkekengi*).

If you're looking for a super simple way to increase the flowering potential of your garden this summer, try a spot of deadheading.

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The journey to seek an ASD assessment can feel daunting and filled with uncertainty. Parents can feel understandable worries about being faced by stigma, yet living

with undiagnosed ASD can be a challenging and often confusing experience. Diagnosis can provide a framework for your child to understand their unique experiences and develop strategies to navigate the world.

The value of an ASD assessment goes beyond a diagnosis. It can be a pivotal moment filled with a mix of relief, confusion and questions about the future. Post-assessment support can provide a young person with the opportunity to understand and build an insight into ASD, provide resources and strategies to navigate the world

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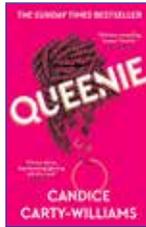
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a good read By Natasha Donovan

Queenie

by Candice Carty-Williams

Queenie Jenkins, a 25-year-old British-Jamaican journalist in London, faces a life-altering change when her white boyfriend, Tom, suggests a break. She is forced to reassess her life, questioning her actions and identity. Queenie could be 'just another chick lit novel' about a twenty-something navigating her career and relationships. She has been called the Black Bridget Jones, but if this is the case then it's Bridget Jones without the cushion of middle-class white privilege. Throughout the novel, Queenie confronts and challenges various forms of micro-oppressions and injustice. Carty-Williams tackles societal issues head-on; the depiction of casual systemic racism is eye-opening, and handled with a deftness and inside humour of



one who has experienced all of it. Queenie and her friend Kyazike are compelling in their struggles and resilience, offering a portrayal of young Black women just living their lives, which is often missing in books and media. Queenie's experiences as a woman are relatable for the majority of young women, evoking laughter one moment and discomfort the next. It's an honest depiction of life as a twenty-something in a big city. Despite covering many important topics, it's an easy read. The humour is sharp, and the storytelling fosters a deep empathy with the characters. The reader will care about Queenie as she battles her demons. Carty-Williams has managed to strike a balance between light and dark, reinventing the rom-com to include significant issues. This blending of tones makes this a cut above the usual romantic holiday read.

puzzle time

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

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It's simple!

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answer on page 26

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Ingredients

Marinade

- 1 tbsp coriander seeds
- 3 garlic cloves, finely chopped.
- 2.5cm piece of ginger, finely chopped
- 3 tbsp finely chopped lemongrass
- 2 kaffir lime leaves, shredded
- 1 tbsp vegetable oil
- 1/2 tbsp soy sauce
- 1/2 tbsp brown sugar
- 500g skinless, boneless chicken thighs

For the sauce

- 2 bird's eye chillies seeded and finely chopped
- 5 shallots, finely chopped
- 3 garlic cloves, finely chopped
- 1/2 tsp shrimp paste
- 1 tbsp vegetable oil
- 150ml coconut milk

- 2 tbsp brown sugar
- 150g unsalted peanuts, roasted and roughly chopped (or finely ground if you prefer a smoother sauce)
- Juice of 1 lime

Method

Toast the coriander seeds in a dry pan until fragrant, and then grind to a powder in a pestle and mortar. Add the garlic, ginger, lemongrass and kaffir lime leaves and pound to a rough paste along with a generous grinding of black pepper. Transfer to a large bowl and stir in the oil, soy sauce and sugar. Cut the chicken into long strips about 3cm wide and stir into the marinade, mixing well. Cover, refrigerate and leave to marinade for at

least 30 minutes. While the chicken is marinating soak eight wooden skewers in water until ready to use. Meanwhile, make the sauce. Put the chillies, shallots, garlic, and shrimp paste into a pestle and mortar, or the small bowl of a food processor, and pound or blitz to a paste. Heat the oil in a wok or wide frying pan, and then fry the paste for a couple of minutes or until it smells cooked. Add the coconut milk and brown sugar and simmer for a couple more minutes, then add the peanuts and simmer until slightly thickened. Stir in the soy sauce and lime juice, add a little water or coconut milk if it's too thick, then taste to check the balance of flavours; add more lime juice, sugar, or soy sauce to your own taste. Serve warm or at room temperature. Thread the strips of meat onto the skewers in an "S" shape. Pushing them down so they all touch. Cook the skewers on a barbecue, or a griddle pan over a medium-high heat, for about 20 minutes until cooked through, turning regularly. Serve with the sauce, crispy fried shallots, and a green salad.

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answers on page 26

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

Sudoku Solution
from page 22

Solution to Mind benders

1. The dark side of the moon
2. Forty winks
3. Too much, too young

mindbenders
from page 24



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