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As the cost-of-living spirals and more of our children struggle to get a footing on the property ladder it is now more important than ever to plan our family's inheritance. The team at Sanctuary Tax & Trust explain how many families find themselves victims of avoidable losses and why simply writing a will does not guarantee our family will inherit as we wish.

For the vast majority of people, we spend all our lives working to build up wealth, through property, savings and pensions we look at providing financial security for our families and when our final day arrives, we hope these assets will pass to the people we care about the most, partners, children, relatives and friends. Traditionally, people have chosen wills to document their wishes and while writing a will is important, it does not provide any protection for the assets within it.

Considerations when planning Inheritance

Care Fees – As we live longer the likelihood of needing care becomes greater and under the government's changes to the social care act should the need for care arise, we could see our asset taken down to just £23,250. The new assessment process will see everybody with property and saving over a combined value of £100,000 being required to pay for their care.

Relationship Failure – When passing assets purely through a will we see many leaving their assets to their children but not giving consideration to what would happen if one of their children was to divorce. This can lead to a child seeing half of their inheritance in the hands of an ex-partner and in the event of early bereavement this can lead to grandchildren being disinherited.

Inheritance Tax – The current IHT framework can be complex and unknowingly people can leave their children and even grandchildren with an Inheritance tax issue.

Probate – The cost of probate has risen dramatically over the last few years, and it can be a lengthy and drawn-out process. On average, with a will, probate will typically take 6-12 months to complete, without a will it could take up to 2 years.

Its Never the Wrong Time To Do The Right Thing—While people appreciate that inheritance planning is important many will delay seeking the correct advice. By putting off today what we can do tomorrow we run the risk of running out of time or, in the event of an illness, seeing our options being dramatically reduced.

Why Sanctuary Tax & Trust Services?

With over 20 years of experience in Estate and Inheritance planning we have helped families in the area protect their assets and plan their inheritance in the most cost-effective way. While the individual family's circumstance may vary, the one constant is that each family aims to provide the maximum amount of inheritance possible without the stress of complexed legal jargon.



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HEARING AID REPAIRS

On this subject do hearing aids need repairs?

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Mini has chopped the roof off its latest Cooper hatchback. Cameron Richards uncovers what effect that has on the driving experience.

What is it?

To complete the latest Mini line-up, we have the new two-door Convertible, further boosting the appeal of one of the world's trendiest small cars, the Mini Cooper hatchback.

What's new?

The exterior design keeps the traditional rounded front end and Union Jack-styled tail lights. The only exception is a foldable fabric roof.

Mini is focusing on sustainability, with the Convertible's interior featuring the firm's 2D knitted dashboard and cabin plastics made from recycled materials.

What's under the bonnet?

The engine variants remain the same as the Cooper hatchback, with three levels of powertrain – 'C', 'S' and 'John Cooper Works'.

We're driving the sportier Cooper 'S', which features a 2.0-litre turbocharged petrol engine. This enables a power output of 207bhp, with the car topping out at 147mph. The 'John Cooper Works' (JCW) has the same 2.0-litre turbocharged unit with its power boosted to 234bhp. The Cooper 'C' comes with a 1.5-litre three-cylinder unit that produces 165bhp.

All Mini Convertibles come with an automatic gearbox and petrol engines.

The Mini Convertible retains the hatchback's eager, cheeky character. On a corner, it sticks to the road like glue.

Wind buffering is kept to a minimum when the roof's down – thanks to the large wind deflector – but visibility is impaired with it up because of the extremely large blind spots from the rear quarter sections.

An additional 56kg has been added for more structural rigidity. However, thankfully, the Mini Convertible is just as fun and impressive to drive as the regular hatchback.

How does it look?

The drop-top Convertible features the distinctive circular Mini front headlights and hexagonal front grille. Our test car's fabric roof features a smart Union Jack design.

What's it like inside?

The interior is identical to the hardtop. However, the circular 9.5-inch OLED infotainment screen is tricky to operate on the move.

The glovebox, two cup holders, knitted centre storage bin and decent door pockets make it practical for front occupants but legroom in the back is virtually non-existent.

Boot space is an issue. The 215-litre capacity reduces to 160 litres when the roof is folded down.

What's the spec like?

There are four different trim levels – Classic, Exclusive, Sport and John Cooper Works (JCW).

Prices kick off at a steep £27,120 and rise to £36,580 for the performance-focused JCW. Our test car comes in at £32,270 with the Union Jack fabric roof costing an additional £700.

Verdict

Mini's Convertible has always been popular for those wanting an entertaining drop top. This latest model has taken things to a new level with its refinement, fantastic driving experience and quirky, stylish and sustainable interior.

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Honey mustard Puy lentil salad

Packed with crunch and colour, and bursting with flavour, this vibrant salad can be made ahead of time. Serve it on its own or as the perfect accompaniment to barbecue fare.



Makes 3 portions
Preparation time 15 minutes
Cooking time 25 minutes

Ingredients

- 180g Puy lentils
- 1 avocado
- Juice of ½ lemon
- 150g tenderstem broccoli, trimmed and cut into bite-sized pieces
- 100g green beans, trimmed and cut into bite-sized pieces
- 2 handfuls of cherry tomatoes, halved
- · 3 handfuls of rocket
- · 3 tbsp pumpkin seeds

For the dressing

- 4 tbsp olive oil
- · 1 tbsp wholegrain mustard
- 1 tbsp honey
- Juice of 1 lemon
- 1 tbsp white wine vinegar
- Salt and black pepper

Method

- Put the lentils into a saucepan and cover with three times the amount of water.
 Bring to the boil, then reduce the heat and simmer for 20 minutes until just tender. Drain and set aside.
- Peel the avocado, cut into cubes, tip into a bowl and squeeze the lemon juice over the top.
- 3. Bring another saucepan of water to the boil and have ready a bowl of iced water. Cook the broccoli and green beans in the boiling water for 3-4 minutes before plunging them into the iced water to halt the cooking process and preserve their green colour. Drain and pat dry.
- 4. In a separate bowl, mix the dressing ingredients and then spoon evenly into the bottom of three lidded containers so that, when stored, nothing goes soggy. Layer the lentils on top, followed by the blanched greens, cherry tomatoes, a handful of rocket, the pumpkin seeds and a sprinkle of salt. Store in the fridge for up to 3 days.
- Just before eating, shake everything in the container to mix the dressing with the salad.

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www.mytrainpal.com, www.splitmyfare.co.uk and www.traintickets.com.

Keep your eyes peeled for promotional deals run by different train companies. A good place to look is Money Saving Expert, which also covers bus discounts: www.moneysavingexpert.com/deals/ cheap-coach-train-ticket-deals.

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Bus travel tends to be good value, but all savings are worth investigating. Plusbus (www.plusbus.info) is a discounted ticket giving unlimited bus and tram travel that you can add to your train ticket. Prices start at £2.50 a day. Young people and railcard holders get a third off.

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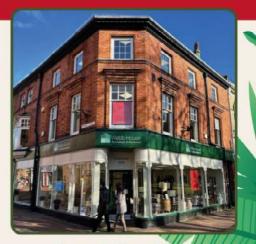


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Gardening goodness

Gardening is great for both mental and physical health. First and foremost, the physical activity it offers can help with fitness, balance, strength and flexibility. Even if your health is compromised, moving around a thoughtfully planted outdoor space is valuable exercise and good for well-being.

Of course, injuries can happen too. It's common for people to cut themselves with secateurs and power tools, strain muscles and break bones. Meanwhile, gardens with steps, slopes and uneven paving pose more hazards than flat spaces but are more interesting, It's all about being aware of potential dangers. A handrail in a tricky part of the garden can become part of an attractive design.

Grow your own

Growing food can boost the health benefits of a garden. You eat produce that is associated with few, if any, food miles and it can be chemical-free if you avoid sprays or artificial fertilisers. With freshness guaranteed, nutrients are not depleted.

In August, the advancing year will limit what can be sown or planted, but there's still plenty of scope for growing salad crops, as well as some types of spinach and radishes.

You can sow spring onions directly into the ground but they don't generally do well in high temperatures, so you might need to provide some shade. Turnip seeds can also be sown in August and it's the perfect time to sow spring cabbages for harvesting as either spring greens or more mature cabbages next year.

Healthy herbs

Herbs offer many advantages. Several well-known plants are said to impart a positive impact on mental health, including lavender, rosemary, mint and lemon balm. Plant them near paths, where you can brush past them to enjoy their calming scent. They help reduce stress and can also be added to a bath or even a tea.

Lavender is associated with better-quality sleep. English lavender, Lavandula angustifolia, is claimed to have the best calming effect and is said to have anti-bacterial properties to help the healing of cuts. On the other hand, Lavandula latifolia, known as spike lavender, tends to energise and stimulate. It can also be used to help ease aches and pains.

Peppermint is also believed to have excellent healing qualities. Used in tea, it can aid digestion, reduce stress and promote good sleep. Pop some into a bath for an uplifting soak.

Plant care

During August, you can sow chamomile, coriander, parsley and dill. Also include hardy small plants within your herb garden, such as rosemary, sage, thyme, parsley, chives, mint and oregano. Some will appreciate winter protection if you want to continue your harvest throughout all seasons but others, including rosemary, will keep on giving. The key to success in August is water, so keep your newly planted crops hydrated in dry weather.



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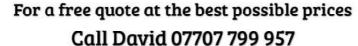
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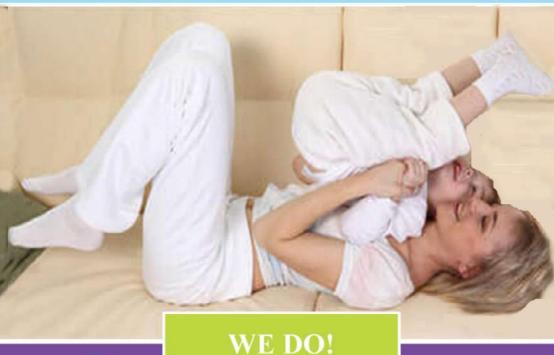
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- 11 Space craft (7)
- 13 Loosen (5)
- 15 Perfume (5)
- 17 The mean (7) 20 Put into order (8)
- 21 Knitting stitch (4)
- 23 Taken without consent (
- 24 Almost (6)

Down

- American coin (4)
- 2 Longs for (6)
- 3 Incorrectly (7)
- 4 Thick sweet liquid (5)
- 5 Occur (6)
- 6 Permitting (8)
- 12 Precise (8)
- 14 Obvious (7)
- 16 Tidily (6)
- 18 Revoke (6)
- 19 Representative (5)
- 22 Annoy (4)

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Chris Shemilt's Money Corner

Wills, Will Trusts & Estate Planning

Wills.

A Will is a legally binding document that enables you to set out your wishes in relation to the distribution of your assets after your death.

A well written Will puts you in control, by appointing your **executors and trustees** to carry out your wishes i.e. to ensure your assets pass to **your beneficiaries**, your loved ones, avoiding any confusion.

Without a Will in place the Intestacy rules apply and the state writes your Will for you; nobody wants that.

Will Trusts.

A Will Trust is a legal arrangement empowering your **trustees** to manager and distribute your money, property or other assets on behalf of your **beneficiaries.** In most cases the appointment of trustees involves those who you have the utmost confidence in.

Will Trusts include:

Protective Property Trusts, used to protect your share of the family home against divorce and care fees, depending on circumstances

Children's Trusts, for those under the age of 25 to protect against financial immaturity;

Inheritance Tax (IHT) Planning Trusts, used to mitigate IHT for unmarried couples or business owners; at the same time helping to minimise the impact of Inheritance Tax.

Vulnerable Beneficiaries Trusts used to protect against loss of means tested benefits and unscrupulous third parties.

Most importantly, you can achieve maximum protection with complete flexibility, to protect and preserve family wealth.

Estate Planning and Will Trusts.

Each of the above trusts serve different purposes and work well together. Most modern Wills have at least one Will Trust in them but the larger the estate the more Will Trusts are necessary.

Taking professional Estate Planning Advice is essential before setting up any trust. This is where we can help.

Next Time we will consider Lifetime Trusts.

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Roasted apricots, cardamom cream and pistachio brittle

Simple yet effective, this is a perfect light summer pudding. The pistachio brittle stores well, so feel free to make a lot of it. Ring the changes and use plums in place of apricots.



Ingredients

- 6 apricots (or plums), stoned and quartered
- Juice of ½ orange
- 1 heaped tbsp honey

For the pistachio brittle

- 100g caster sugar2 tbsp water
- 80g unsalted shelled pistachios, roughly chopped

For the cream

- 200ml double cream of choice
- ½ tsp ground cardamom

Method

- Preheat the oven to 190°C, fan 170°C, Gas 5 and line two baking trays with baking parchment.
- 2. Start by making the brittle. Put the sugar and water in a small saucepan over a low heat. Bring to the boil, swirling the pan until the sugar has dissolved. Continue cooking the sugar for about 10 minutes it will change colour from light golden to deep amber. Watch it carefully so it doesn't burn it's a fine line! Once it reaches deep amber, remove from the heat and add the pistachios, stirring to coat the nuts, then pour onto one of the lined baking trays while still malleable. Set aside to cool it will need about 15-20 minutes to set fully before you can crack it into pieces.
- Next, lay the apricot quarters on the other lined baking tray. Pour over the orange juice and honey, and mix well. Transfer to the oven and bake for 20 minutes until tender. Let them cool for 15 minutes before serving.
- While the apricots are in the oven, whisk together the cream and cardamom to a thick dropping consistency.
- 5. Once the apricots are cooked, spoon a couple of dollops of cream onto a small plate, create a well in the middle using the back of a spoon, and then spoon a few apricots in followed by a drizzle of their juices. Top with the brittle and serve.



Recipe extracted from 'Cooking Fast and Slow' by Natalia Rudin, published by Penguin Life, price £25, with photography by Issy Croker.

Serves 4
Preparation
25 minutes
Cooking time
30-35 minutes,
plus cooling





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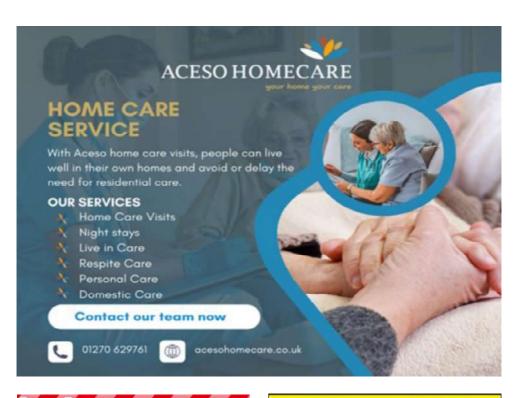
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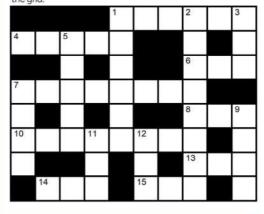
Sudoku

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

Mini Cross

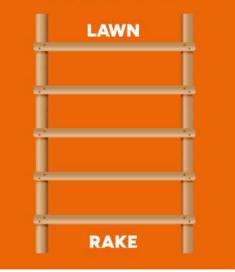
Solve the anagrams, then put the words into the grid.

AGS ENO COPY ACLLO AACILNRV
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DEGHLOPU



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Garden style



It just takes a few simple steps to create a gorgeous environment in which you can relax, dine al fresco or entertain friends. You can achieve this whether you have a spacious lawn, a small balcony or a patio.

Choose beautiful furniture

Pop a simple chair in a quiet corner, with a coffee table nearby, to make the perfect spot for spending time with a good book or unwinding with a drink. For two people – especially if you're short of space – a bistro dining set is inexpensive and convenient.

For family meals and entertaining, place a larger, sturdier table close enough to the house to carry food and drink in and out easily. A sofa or bench seat with plump cushions is ideal for relaxing in the sun.

Layer your lighting

Adding lighting to your garden creates atmosphere, helps guide you in the dark and provides additional security. If you're planning landscaping work, including a permanent outdoor lighting circuit is a good idea, but quick fixes are highly effective.

You have two options: solar or battery power. Why not hang a paper globe over a dining table, stand lanterns along a pathway and entwine string lights over a fence, around a tree or across the top of a gazebo? Portable LED lamps are great on a dining table, beside the barbecue or standing in the porch. Another option is old-school candles and night lights, protected from breezes in lanterns and jars.

Set the table

If you want to make your meal in the garden feel really special, lay your table in advance. Spread a pretty cloth over the top or a runner along the centre, add co-ordinating place mats, and arrange your most attractive crockery and glassware, cutlery and a jug of water. Add some table lamps and a vase of garden flowers.

Add plenty of accessories

Bring the inside out by adding colour, pattern and texture in the form of textiles and other accessories. Prop co-ordinating scatter cushions on seats and drape complementary throws over the backs in case the day turns cool. Add an outdoor rug (made from polypropylene to withstand the weather) to soften hard surfaces and give that extra feeling of homeliness. You could also prop a large mirror in a dark corner, or hang one on a wall, to reflect additional light and add decorative interest.

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		8					9	
6	5	4	9	2	3	7	8	1

PICTOGRAMS

- 1. Pit Stop
- 2. Excuse My French
- 3. What Goes Up Must Come Down

MINICROSS



CROSSWORD

Across: 7 Reform, 8 Chosen, 9 Aids, 10 Stubborn, 11 Merrier, 13 Ankle, 15 Above, 17 Frisked, 20 Umbrella, 21 Lute, 22 Recess, 23 Gemini.

Down: 1 Desire, 2 Foes, 3 Smashed, 4 Scrub, 5 Combines, 6 Petrol, 12 Reversed, 14 Arrange, 16 Bumper, 18 Eating, 19 Close, 21 Lamp.

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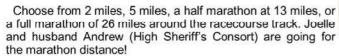






High Sheriff of Cheshire's Walk for Families 2025

Alsager resident Joelle Warren MBE DL is The High Sheriff of Cheshire from April 2025-April 2026. As one of the special events in this year of office, Joëlle is calling on families, friends, and workplace teams across Cheshire to lace up their walking shoes for a powerful cause. The Walk for Families: The High Sheriff of Cheshire's Sponsored Walk 2025 takes place on Saturday, 27th September at the iconic Chester Racecourse and everyone is welcome to take part.





It would be wonderful for Alsager (and beyond!) residents to support this event by walking on the day or making a donation – see details of how to do this below. At the Racecourse, there will be musical entertainment, hot drinks, food trucks and water stations available throughout the day.

All funds raised will be distributed by Cheshire Community Foundation to support the Thriving Families programme and other vital local charities working with families. These organisations provide essential services like mentoring, parenting support, mental health assistance, and early intervention programmes that help families stay strong and resilient.

Joelle points out:

"We know that if children have happy and supportive families, they are more likely to succeed later-on in life. So, helping struggling families helps us all and the earlier we can offer that support, the better. Do come and walk with me on 27th September."

The fundraising goal is £30,000, and participants are encouraged to set personal fundraising targets or sign up as teams to multiply their impact. It's a chance not just to walk, but to walk with purpose. Local workplaces are encouraged to get involved too, using the walk as an opportunity for team bonding while giving back to the community. It's a powerful, morale-boosting way to make a real difference close to home. Perhaps you can encourage your workplace to take part?

Dogs are welcome too—no member of the family needs to be left behind! Event Details:

Date: Saturday, 27th September 2025 Location: Chester Racecourse Distances: 2, 5, 13 or 26 miles Fundraising Target: £30,000

You can sign up to walk or make a donation here:

https://cheshirecommunityfoundation.org.uk/news/sponsored-walk/

Volunteers are needed to help this event run smoothly. If you would like to help with registration of walkers, stamping walkers' lap cards and other important tasks, contact Rachel White on 077665 86740. Rachel is volunteering for the full day and can take 4 others in her car, leaving at 7.30am and returning at 5.30pm approx. If you would like a lift with Rachel, please give her a call. Alternatively, if would like to volunteer for part of the day, there's the train - the Racecourse is about 25 minutes' walk

from Chester Station - or drive - there are car parks near to the Racecourse; charges apply.

For full details, visit www.cheshirecommunityfoundation.org.uk/ news/sponsored-walk. Together, let's walk to ensure every family in Cheshire has the opportunity to thrive.



Stoke on Trent man stages indoor triathlon raising funds to match cost of his mechanical heart valve

A Stoke on Trent man who underwent lifesaving surgery is vowing to match the cost of his replacement heart valve through fundraising challenges for the British Heart Foundation.

Peter Holdcroft, 61, a retired insurance broker was born with a bicuspid aortic heart valve, which is when the heart's main valve only has two flaps of skin rather than the usual three. These flaps, called leaflets, help control blood flow around the body.

He was unaware of his condition until he completed the 2015 Potters' Half Marathon and felt unwell. He was diagnosed with an aortic aneurism, which is when an artery swells to an abnormal size and needs to be monitored to ensure it doesn't grow so big that it bursts, which usually causes death.

Peter eventually underwent open heart surgery to replace the valve and repair the aneurism at the Royal Stoke Hospital in 2018.

Later, in May 2023, he was fitted with a pacemaker, which is a small electrical device that's put under the skin in your chest. It's used to treat some abnormal heart rhythms, known as arrhythmias that can cause your heart to beat too slowly or miss beats.

Peter said:

"I have been very lucky to have received so much expert care and treatment, and I want to give back. I was told that the valve replacement would have cost £16,000 if I had needed to pay for it, so I decided to raise that same amount to donate to the British Heart Foundation to fund research. "I've gradually built my fitness again and did the Manchester Half Marathon last year and completed two half marathons in May within the space of 5 days. I turned 60 last year and I promised myself that I would complete 60 challenges."

Peter's next challenge will be an indoor triathlon at Kidsgrove Leisure Centre on July 18 when he'll be completing a 750m swim, 20km cycle spin and a 5km run.

"I'm grateful to Kidsgrove Leisure Centre for facilitating it for me. It means the world to me to be able to keep going with my fundraising to reach my target and help the BHF fund further research."

Zoe Roberts, British Heart Foundation fundraising manager said:

"We are so very grateful to Peter for taking on this incredible challenge and pledging to raise such a huge amount for the British Heart Foundation.

"Through donating to Peter's fundraising link, you will help the BHF power groundbreaking cardiovascular research to save and improve lives, bring hope to families, and keep hearts beating across the UK.

"It is only through donations and fundraising like this that the BHF can fund advances in research that will get us closer than ever to a world free from the fear of heart and circulatory diseases."

British Heart Foundation

Hello

Oh no, another charity fundraising appeal, but a few minutes of your time and you might think this is a bit different. My name is Pete Holdcroft, I live in Alsager. I've been a runner since aged 10 and I got diagnosed with a heart complaint aged 13. Things were ok until I was 51, after completing Potters Arf I got pneumonia and the medics discovered an aortic aneurysm. I had Open Heart Surgery in 2018; the cost of the valve alone was £16,000. I Immediately committed to raising this



amount and have currently secured £11,000 of fundraising for British Heart Foundation. I had a bit of a setback in 2023 and now have a Pacemaker too. I continue to run 10km races and Half Marathons in support of British Heart Foundation. This year, with the support of the team at Kidsgrove Leisure Centre I'm completing an Indoor Sprint Triathlon on Friday 18th July between 10 am and 12pm.

In addition to fund raising on the day we aim to raise awareness of blood pressure issues and doing some on site testing too.

I hope my efforts reflect your values as a business. If you can support in any way I would be grateful, details of my Just Giving Page are shown below

https://www.justgiving.com/page/peter-holdcroft-4

Peter Holdcroft's JustGiving Page





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NSM Electrical	39	Alsager Mowers	41	Windows	_
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Cheshire Fences	24	Lockrite Locksmith	35	Premier Windows	25
Crewe & Nantwich Timber		Loft Installation	^	Target Windows	8
Express Fencing	26	Access4lofts	9	Window Repair Centre	1
		Oven Cleaners	0.4		
		Oven Gleamers	34		



YOU'VE BUILT A LIFE TOGETHER. NOW, IT'S TIME TO PROTECT IT.

We can help!

Estate planning ensures your legacy is preserved and your loved ones are taken care of. Without a Will, the government will decide how your assets are distributed, leading to unnecessary stress for your family. Our expert team is dedicated to crafting comprehensive Estate Plans tailored to safeguard your assets and secure your legacy.

Our Services

Wills

Trusts

Power of Attorney

Funeral Plans

Probate Administration Services







YOUR LOCAL INDEPENDENT HEARING SPECIALISTS

ARE YOU SUFFERING FROM A BUILD UP OF EAR WAX?

Blocked ear wax is the most common cause of hearing loss.

The staff at Ridgways Hearing Care are trained experts at understanding your hearing needs.

DO YOU NEED A HEARING AID? AND WHICH ONE IS RIGHT FOR YOU?

Our team will use their years of experience to be sure your hearing is assessed to the best industry standards and if a hearing aid is required, we will explain all the options for the latest hearing technology.

ARE YOU SUFERING TINNITUS?

We can assess and advise you on potential solutions to minimize the effects of tinnitus.

CALL US TO MAKE AN APPOINTMENT TODAY

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OUR PRACTICES

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