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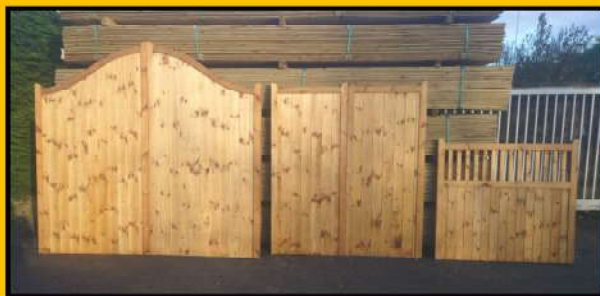
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As the cost-of-living spirals and more of our children struggle to get a footing on the property ladder it is now more important than ever to plan our family's inheritance. The team at Sanctuary Tax & Trust explain how many families find themselves 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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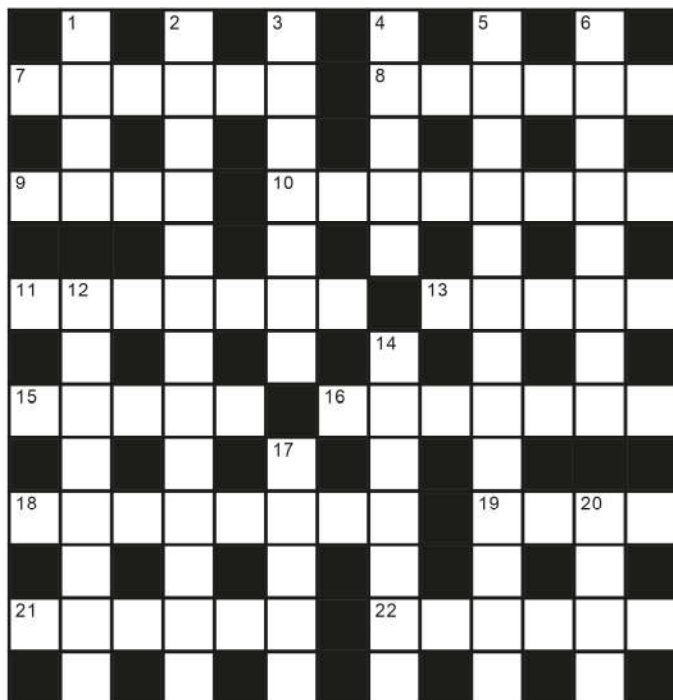
Quick crossword

Across

- 7 Absorb (6)
- 8 Worn away (6)
- 9 Wooden shoe (4)
- 10 Sailing (8)
- 11 Stealing (7)
- 13 Evil spirit (5)
- 15 Take away (5)
- 16 Ask for (7)
- 18 UK minimum voting age (8)
- 19 Chilled (4)
- 21 Well known (6)
- 22 Decorated (6)

Down

- 1 Herb (4)
- 2 Locale (13)
- 3 Remaining (7)
- 4 Compassion (5)
- 5 Donations (13)
- 6 Fragments (8)
- 12 Authentic (8)
- 14 Reconciliation (7)
- 17 Stop (5)
- 20 Consumes (4)



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A close-up photograph of a child's hand in a blue shirt dropping a silver coin into a pink piggy bank. The piggy bank is on a white surface. The background is a solid blue color.

Money ABC

It's important to help your children become financially literate.

In 2028, England will finally add personal finance to the primary school curriculum but it's still worth giving your child real-world lessons in managing money.

As cash payments become increasingly rare, financial education is arguably more important. The most crucial lesson to teach is that money is not about numbers but about opportunity cost: if you buy one thing, you can't use that money to buy something else. It's a simple lesson but it can be hard to learn and enforce. Ultimately, your child needs to experience the trade-offs of purchasing decisions and sometimes even regret their choices.

Early lessons

With younger children, start out by turning the weekly shop into a financial conversation. For example, ask their opinion on whether brand-name cereals are really better, then ask if they'd prefer to get the own-brand or economy version if that means getting a packet of sweets as well.

There's no perfect amount for pocket money or allowances, but a good starting point is just enough to let them make meaningful but low-stakes decisions. Tying some of the money to household chores can help them think harder when spending their hard-earned money.

Older and bolder

With older children, introduce concepts like savings and interest to their pocket money. Financial experts suggest a three-pot approach where you

split the money equally between cash the child can spend now, cash they must save for a certain period and cash to donate to their chosen charity.

Remember that the first experience many children have of spending is in-app purchases for mobile and console games. Make sure you understand how these work and what limits apply, then ensure your child understands this is still real spending. Before giving older children unsupervised internet access, be certain they understand how to spot financial scams.

Banking for kids

As a general rule, children can usually open a bank or savings account from around the age of six. These accounts must be set up and jointly managed by the parent or guardian, who has complete access to what is happening. They don't usually have debit cards.

Many high-street banks let children open an account in their own right when they are around 11, while features such as online or app access, direct debits and standing orders have older limits. Overdraft facilities are nearly always restricted to over-18s.

Most children's accounts offer a debit card. Don't confuse these bank account cards with prepaid cards. These are cards you can "load" with money, which your child can use in most places that accept debit cards. They often carry monthly fees but some prepaid cards offer much more parental oversight via apps.

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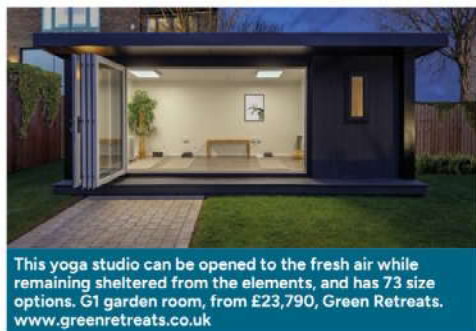
For years, we've associated garden buildings with home offices. But there's growing interest in outdoor wellness rooms. The possibilities are extensive, from Pilates or yoga studios and home gyms to reading retreats and calm relaxation areas for meditation and mindfulness, fitted with soft seating and low lighting. Even easier is a timber deck for yoga or a hanging chair in a hidden spot.

Saunas, tubs and more

Traditional acrylic hot tubs are popular, but there's an increasing market for designs that integrate more naturally into the landscape. They may be clad in timber, sunken into the ground or even made from a rugged, natural material such as cedar or stone.

Saunas are another fast-growing sector in garden design. Even in a small plot, you can fit a compact, barrel-shaped design for one or two people. It's also relatively easy to complement a sauna with a cold-water plunge pool.

A quirky option is an outdoor bath, perhaps a traditional roll-top type, which could be plumbed in or placed within reach of a hose.



This yoga studio can be opened to the fresh air while remaining sheltered from the elements, and has 73 size options. G1 garden room, from £23,790, Green Retreats. www.greenretreats.co.uk

Lighting

Good, functional lighting is essential. Aim for warm bulbs set at a low level and try to choose organic materials and shapes for the fittings. Hang string lights through tree branches for a pretty glow.

Water features

A gently bubbling water feature can be a soothing addition to a garden spa. Alternatively, simply add a wall-mounted or free-standing fountain, provided you can connect it to a power supply.

Practical considerations

Use hedging or tall plants to create a natural screen, or add trellis or slatted-timber screens in appropriate places. Hide a hot tub, plunge pool or bath beneath a pergola and plant climbers if you are overlooked. Check whether you will need planning permission for large structures or major landscaping and always involve a qualified electrician where electricity is concerned.

Small touches make a big difference: add a hook or two near a hot tub for robes or towels, and a table near a relaxation area for books or a glass of water.

With curved walls and a front canopy featuring two seats or storage spots, this very special barrel sauna is crafted from slow-grown spruce. Anlo sauna barrel, £4,721.54, Tuin. www.tuin.co.uk



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DIESEL DEALS

Six used diesel cars that make sense today.

BMW 3 Series

The BMW 3 Series is one of the best compact executive saloons on the market. It comes as standard with rear-wheel drive, while the precise steering and refined cabin make it entertaining to drive.

The entry-level 318D is fitted with a 2.0-litre turbocharged unit that develops 148bhp and can return a claimed 55.4mpg. The mid-range 320D boosts power to 187bhp and can still achieve around the same 55mpg, while the flagship 330D is hooked up to a 3.0-litre turbocharged engine that produces 261bhp and can manage a claimed 47.1mpg.

Secondhand prices start at £17,000 for a low-mileage 320D, while a 330D can be picked up for £28,000.

Peugeot 208

If you want a good-looking, efficient supermini, the Peugeot 208 is hard to beat. The 1.5-litre BlueHdi engine is strong and capable, developing 101bhp and 249Nm of torque. It can sprint to 60mph in ten seconds and will deliver a claimed 73.6mpg.

Expect to spend around £12,300 for a used example; a GT model can be yours for £13,300.

Seat Leon

The Leon is a practical, economical and great-to-drive family hatchback. It shares the same platform as the Volkswagen Golf, but is a sportier alternative.

There's a 2.0-litre turbocharged diesel engine pumping out 113bhp and returning a claimed 64mpg.

Look to spend £14,500 for a five-door hatchback example in FR trim, while an estate variant will cost £15,995.



Skoda Superb

The Skoda Superb packs one of the largest interior cabins of any car on the market and is effortless to drive, thanks to its light controls, refined diesel engine and smooth ride.

The 2.0-litre turbocharged engine is extremely efficient, managing a claimed 57.7mpg on average.

Prices start at around £18,000 for an estate variant in SE trim, while a hatchback is £19,000.

Volkswagen Golf

You can get the latest eighth-generation model in a frugal diesel powertrain, which uses a 2.0-litre turbocharged setup that can deliver up to a claimed 67.3mpg.

This small family hatchback delivers a comfortable and mature driving experience with nicely weighted steering, good visibility and lots of torque.

A 2022 example is £14,500, while sporty R Line cars come in at £18,240.

Volvo XC60

The XC60 is the best-selling Volvo of all time. It benefits from a premium image, a comfortable interior, lots of standard kit and safety technology.

You can pick up a secondhand example with an efficient diesel powertrain using a 2.0-litre turbocharged setup that produces 187bhp and 400Nm of torque, while doing a claimed 41.5mpg.

Look to spend £23,200 for a 2019 R-Design that's covered 33,000 miles.



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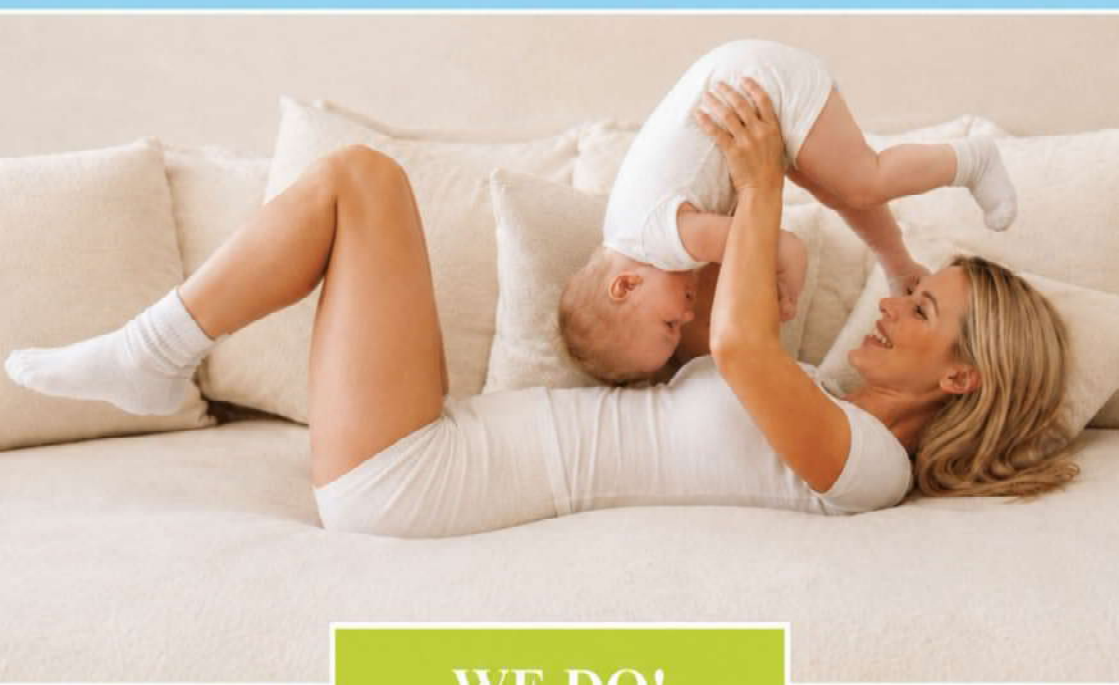
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- ¼ small red cabbage, finely shredded
- 1 large carrot, peeled and cut into small strips
- 1 red pepper, sliced
- 400g cooked Golden Turkey, cut into strips
- A small handful of fresh coriander leaves, plus extra to serve

For the dressing

- 75ml rice wine vinegar
- 75ml sweet chilli sauce
- 2 tbsp soy sauce
- 2cm piece fresh ginger, finely grated
- Juice of 2 limes
- 2 tbsp chilli oil
- 2 tbsp sesame oil

Method

1. Put the cooked noodles into a bowl and roughly separate them out. Line a plate with paper towel.
2. Put the oil into a deep frying pan and place over a high heat. When the oil is hot enough (it's ready if the noodle sizzles on contact), carefully drop the noodles into the hot oil using a pair of tongs. Cook for 1-2 minutes, until the noodles are crispy and golden, transfer to the lined plate and allow to cool. When cool enough to handle, roughly break the noodles up into pieces and leave to one side.
3. Put all the dressing ingredients into a small bowl and whisk to combine.
4. Place the noodles into a bowl along with all the other salad ingredients and toss to combine. Pour over the dressing and serve immediately with the extra coriander leaves scattered over.



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Chris Shemilt's Money Corner

A very scary thought – financial implications upon death of your partner

Only a generation or two ago (or maybe three!), it was quite usual for a husband to be working full time, with his wife being a stay at home housewife and mother. There's nothing sexist about this, it's just the way it was.

Things are different now of course, with the overwhelming majority of couples each working full time and contributing to household finances and cash flow. There are numerous reasons for this, far too many to comment on here.

However, along with this change, something else has changed very significantly. In the 'old days' families could manage on one wage (though money may have been tight with very little available for 'extras'). Now, it is very often the case that two incomes just cover outgoings with far too many households allowing their monthly income to be stretched to the limit. If we throw in a curve ball like having to replace a car or attend to some other emergency, it's easy to see how some people can get into a bit of a mess.

This got me thinking about a scenario which arises more frequently than you might think. So I am asking you to spend a minute right now thinking about how YOU might cope financially if your partner were to die. How might your partner manage if you were to die? Seriously – do it now - imagine that.

We are by nature reluctant to think about our own mortality and it's too easy to be dismissive with "it won't happen to me". But of course it can (and does). This is especially important if you have dependants who rely on your finances either in part or in whole. It is equally important if you are older and depend on a pension income which might halve upon death if it's a superannuation income or stop completely if it's a personal pension or annuity arrangement.

Adjusting to life after the death of a partner is not easy. Your grief and all the things you suddenly find yourself responsible for (including funeral costs) can be overwhelming. Along with getting used to a different life, there are routine matters to take care of, like taking over the household bills and budget, making changes to banking, dealing with credit cards, mortgage loans or other debts. Would you have enough income and/or capital to deal with everything and also feed/clothe your children and give them the lifestyle you would like?

We have recently experienced a spike in enquiries from people who want to protect their family's financial position in the event of the death of one or other partner – or even both. In too many cases there isn't even enough cover to pay the mortgage, let alone provide a replacement income - the emotional and financial implications are obvious.

Protecting yourself with the correct type and level of life cover is surprisingly easy to calculate and cheap to put in place these days. It's a small price to pay for peace of mind during your lifetime and for the financial security it provides for your loved ones if the worst happens.

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Understanding sepsis

By Susannah Hickling

Cases of this life-threatening condition are rising dramatically. But what exactly is sepsis and can it be prevented?

Sepsis is common and on the increase. The condition affects around 245,000 people a year in the UK, on a par with heart attacks, according to the UK Sepsis Trust. Sadly, 48,000 people die from it annually – that's more than from breast, bowel and prostate cancer combined. But doctors argue that better awareness could save thousands of lives.

Here's what you need to know:

What is sepsis?

Sepsis is a medical emergency. It's the body's extreme reaction to an infection, whether that's viral, bacterial or fungal. The immune system goes into overdrive, potentially leading to shock, organ failure and even death. Sometimes people need amputations to save their life. Others may have poor memory and concentration afterwards.

What causes it?

The condition always starts with an infection, such as flu, a urinary tract infection, a skin infection or pneumonia. Covid was a common cause of sepsis in the early days of the pandemic. The very old and the very young are disproportionately affected and people with diabetes or another underlying illness are more vulnerable. Pregnancy also increases the risk. But often it's not known why sepsis strikes some people rather than others.

Why are cases rising?

One reason is that more cases are being spotted, thanks to growing awareness among healthcare professionals. This gives people a better chance of early treatment and survival. Treatment often

includes antibiotics and intravenous fluids. But there are other factors behind the surging figures: an ageing population, people living longer with chronic illnesses, antibiotic resistance, and more invasive procedures carrying a greater chance of infection afterwards.

Can you prevent sepsis?

There no single way of avoiding it, but some measures might help protect you. Have all the jabs you're eligible for, including flu and Covid, and make sure you wash your hands frequently and thoroughly. Keep any wounds clean too. Always take the full course of antibiotics and, crucially, act fast if you suspect sepsis.

How can you spot it?

It's easy to miss the signs. They can sometimes be vague or you might just think you have flu. In adults, the signs spell out the word **SEPSIS**:

- Slurred speech or confusion
- Extreme shivering or muscle pain
- Passing no urine in a day
- Severe breathlessness
- It feels like you're going to die
- Skin mottled or discoloured

Children may have a fit, a rash that doesn't go away when pressed, look pale or have blueish or mottled skin, feel cold to the touch and be difficult to wake. Meanwhile, signs in infants might be persistent vomiting, not feeding or not peeing for 12 hours. Go to the GP or A&E if you notice any of these symptoms, and ask the question, "Could they have sepsis?"

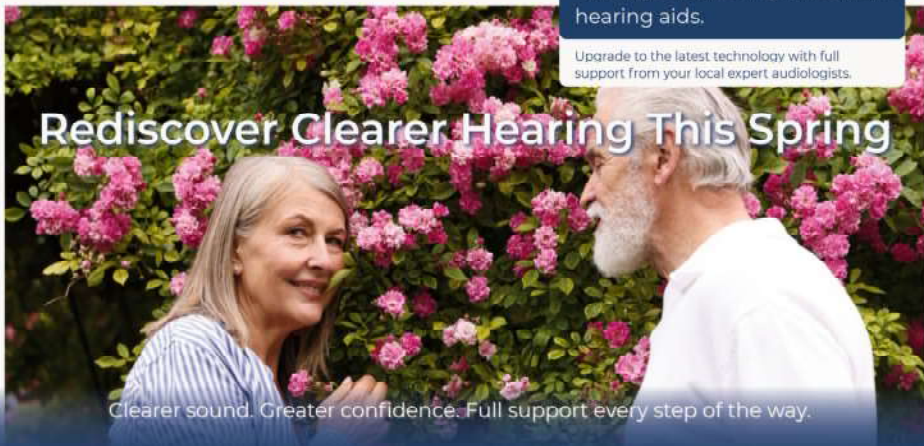
Remember, early action could save a life.

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What's new?

By Caroline Knight

Gardens, like clothes, are subject to changing fashions. Find out what's in, what's out and whether you could be a trendsetter.

Fashions come and go. But trends within gardens are a little different.

Plants advance thanks to human-directed evolution. Breeding desirable traits leads to new cultivars which expand the availability of positive features. This results in appealing attributes such as bigger and brighter blooms, improved disease resistance, stronger scent, better taste or yield or more robust climate resilience. The parent plants still exist, but the successful cultivars go on to be best sellers.

In vogue

New planting trends have resulted in entire genera being ignored. Take the naturalistic style. It mimics nature, with plants filling the soil without gaps and blooms appearing from early spring through to autumn. Certain species adapt well to the concept. They include ornamental grasses, biennials and meadow perennials, such as salvias, geums and foxgloves, and echinacea, perennial sunflowers and oxeye daisies.

This creates a great garden for pollinators. But it means some traditional garden favourites have fallen out of fashion because they don't blend in with the loose, flowing design.



Oxeye daisies



Fallen from favour

Take Rhododendrons.

When they produce their blousy blooms, these woody shrubs are spectacular. But they demand space, the rigid form isn't quite right for a naturalistic style, the flowering season is short and they require acidic soil, which might not suit perennials. A limited number is purchased today, compared to 40 years ago.

Heather is a low-maintenance evergreen that should be adored for its wonderful flower colour and ability to satisfy pollinators across the seasons. But during the 1970s, this sub-shrub was frequently planted in dwarf conifer gardens and left to become woody and sprawling. Over half of Erica cultivars are said to be "at risk" because people no longer want them.

Chrysanthemums flower in late summer and keep going until the first frosts, so what's not to love? The problem seems to be that people associate them with funerals and cheap supermarket bouquets. They have yet to stage a comeback, although some believe newer cultivars will transform their image. Let's hope they enjoy a similar popularity revival to dahlias.

Comeback queens

Hydrangeas also fell out of favour but breeders concentrated on producing stout stems and colour-changing flowers, and the paniculata varieties were rediscovered. Newer cultivars have improved this attractive shrub which brings late-season interest. Paniculata and arborescens Hydrangeas thrive in full sun and easily fit into contemporary planting schemes, especially when used en masse.

So don't undervalue older varieties. Be ahead of the next trend by reinventing the way you use plants in your garden. Before long, the neighbours might be copying you!





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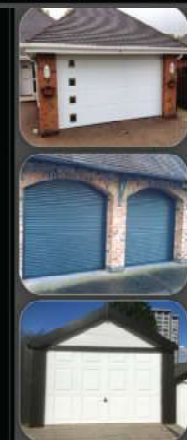
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**SATURDAY
3RD OCTOBER**



2PM - 5PM



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ST7 2EA**



FAMILY EVENT



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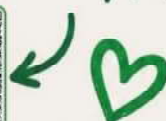
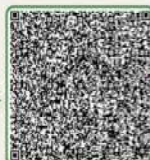


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CC REG No. 519969 www.alsager-animals.net

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Next Coffee Morning 12th September 2026. 9.30 - 11.30 a.m.

Alsager Civic Centre - Admission 50p

We help to rescue, rehabilitate and rehome cats & dogs. We also provide a rehoming from home service.



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by candle light in aid of

Alsager Community Support

registered charity no. 1200173

featuring the award winning choirs

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Sat Oct 10th 2026 @7pm



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Alsager Library

Opening Hours

Monday 10am to 5pm

Tuesday 10am to 6pm

Wednesday 10am to 5pm

Thursday CLOSED

Friday 10am to 5pm

Saturday 9am to 1pm

Congratulations to everyone that
took part in this years Summer
Reading Challenge!



READ to the BEAT

Illustrations © Harry Woodgate 2026 Read to the Beat © The Reading Agency 20



PRE SCHOOL

**RHYME TIME
MONDAY 11AM**

*

**MINI BUILDERS
WEDNESDAY 11AM**

*

**STORIES AND SONGS
FRIDAY 11AM**

*

**BABY BOUNCE
FRIDAY 2PM**

*

**FAMILY STORIES &
SONGS SATURDAY 5TH
SEPTEMBER**

CHILDREN'S

**LEGO CLUB
MONDAY 3:30PM**

*

**CRAFTERNOON
WEDNESDAY 3:30PM**

*

**GAMES CLUB
FRIDAY 3:30PM**

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WEB PAGE
FOR FUTURE EVENTS**

ADULT

**COLOUR AND CHAT
MONDAY 2PM TO 4PM**

*

**2ND TUESDAY MURDER
CLUB**

**THRILLER BOOK GROUP
TUESDAY 8TH
SEPTEMBER
2:30PM**

*

**CRAFTY NATTER
TUESDAY 2PM - 4PM**

*

**COFFEE MORNING
WEDNESDAY
10AM TO 12PM**



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1. A Coin 2. The Future

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