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Love is in the air!

Welcome to the February edition.

If you're looking to spoil your loved one for Valentine's Day then why not treat them to a night out, rather than buying yet another box of chocolates?!

Whether you fancy soul music, a classic musical, or a fun tribute act, there's something for everyone – just check out page 6 to see what's happening in the local area. But if you prefer dogs to humans then head up to Crufts instead for a little bit of puppy love!

And if Valentine's Day will just pass 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...

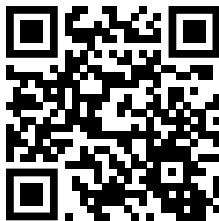
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Aladdin

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24 February, The Village

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Crufts

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answers on page 22

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Myths about next of kin

If a friend or family member has lost capacity due to illness or an accident, you'd expect their next of kin to automatically be able to help them with their finances and make decisions about their care – however, next of kin is not a legal term and this is not as easy as it sounds. Hannah Tait, partner at Shakespeare Martineau in Solihull explains the common misconceptions of managing the medical and financial needs of loved ones.

Can I make decisions on behalf of a family member?

Apart from in the special case of children, no individual has the ability to make decisions on behalf of another without first being legally appointed as their Attorney under a Lasting Power of Attorney (LPA) or as a court-appointed Deputy. Even married couples or those in civil partnerships are unable to make decisions for their spouse or partner without these authorities in place.

What is a Lasting Power of Attorney?

Your Attorneys are nominated individuals - such as a professional, family member or friend you appoint to make decisions relating to your financial affairs as well as your personal health and welfare on your behalf, if you become unable to make those decisions yourself due to mental incapacity. Your Attorneys can step in when needed to ensure your affairs remain in good order, money can be easily accessed and to protect your assets together with articulating your personal wishes when it comes to the type of medical treatment you receive.

What is a court-appointed Deputy?

A Deputy is appointed by the Court of Protection to make decisions for someone who is unable to do so on their own. This can be a long process and is a decision made by the court, not the individual who has lost capacity. Therefore it is best to be prepared and put in place and register LPAs before mental capacity becomes a problem and the long winded Deputy route is your only option.

I have a Will – do I still need a Lasting Power of Attorney?

Yes. The Executors you identify in your Will can only make decisions concerning your Estate after you die – not while you are alive. LPAs are in effect an insurance policy against mental incapacity and ensure those who are close to you can assist you with ease and without delay.

Who should I choose to be my Attorneys?

This is ultimately up to you – but it should be someone you can trust implicitly to make decisions in your best interests; whether that be a family member, close friend or a legal professional.



For more information and support call 0330 024 0333
email Hannah.Tait@shma.co.uk or visit www.shma.co.uk

Raspberry Tartlets



Preparation time: 1-2 hours

Cooking time: 10 to 30 mins

Serves: 8

Ingredients

Pastry

175g plain flour, plus extra for dusting
2 tbspc icing sugar
100g butter, chilled, cut into small pieces
1 egg, beaten

Crème Pâtissière

150ml whole milk
1 tsp vanilla extract
25g caster sugar
25g plain flour
1 free-range egg
75ml double cream
Raspberry Topping
4 tbspc raspberry jam
450g raspberries

You will need 8 small 10cm loose-bottomed metal tart tins and some baking beans.

Method

Preheat the oven to 200C/180C Fan/Gas 6. To make the pastry, rub the flour, icing sugar and butter together until the mixture resembles breadcrumbs. Or place the flour, icing sugar and butter in a food processor and pulse. Then add the egg and combine until the mixture forms a ball. Place the dough on to a floured surface. Roll it out with a rolling pin. Cut eight rounds big enough to line the base and sides of the tins. Chill in the fridge for 20 minutes. To bake blind, prick the pastry bases, line the tins with baking parchment, fill with baking beans and bake in the oven for 10

minutes. Carefully remove the beans and paper and return the bases to the oven for 5 minutes, until cooked and a pale golden-brown. Leave to cool.

To make the crème pâtissière, place the milk and vanilla in a saucepan. Heat until the milk it is just scalded (just on the point of boiling). Place the sugar, flour and egg in a mixing bowl and whisk. Pour in half the hot milk and whisk until smooth. Pour in the remaining hot milk.

Pour the mixture back into the saucepan and cook over a low heat, stirring all the time, until the custard becomes very thick.

Pour into a bowl, allow to cool then cover with cling film and chill in the fridge until cold. Once cold, pour in the double cream, whisking constantly. Spoon this crème pâtissière into the tart cases and return to the fridge to chill.

To make the glaze, heat the jam in a saucepan with a tablespoon of water and whisk to combine. Strain the liquid through a sieve into a small bowl.

Arrange the raspberries to stand upright on the crème pâtissière then brush the warm glaze over the top.

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				1		2		
6	4	9					3	
2								7
	8					5	4	2
		2		4				
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7	1		9		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 26

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How to enter

For your chance to win, email zoe@dorridgedirectory.com with the subject line Facial or Romeo & Juliet or 80 Sounds (or all!) 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 March 2023. There is no cash value nor exchange for these prizes. *This complimentary facial will be valid for use until 30th June 2023.

Spring Lawn Care Tips



*Nathan & Alex
Your local lawn experts*

Nathan and Alexandra run local lawn care company GreenThumb Solihull, helping keep more than 2,000 local lawns in tip-top condition. With over 20 years of experience in turf-care between them, they have the know-how to help your lawn look it's best! Here they give some advice on how to get your lawn off to a flying start this year...

Clear Up

Rake away those dead leaves and twigs - the less debris on the lawn, the healthier it will be.

Lawns don't like shade

Over-hanging border plants, shrubs and trees encroach on the lawn's space and weaken it by denying it light, so make sure to trim these back.

Thin out the moss

After the wet Winter we have had, many lawns have been invaded by moss. To thin out the moss in your lawn use a wire hand rake or scarifier machine.

Roll out the mower!

Check your mower blade is sharp so you get a good finish and avoid stressing the lawn. Raise the height of your first cut to just 'top' the grass, then reduce this down to 1 - 1.5 inches over the next few mows.

Look out for yellow, sickly looking patches

These could be caused by fungal infection or could be signs of Leatherjackets or Chafer Grubs - insect larvae which can devastate a lawn in spring by eating the grass roots. If you suspect a problem, get professional advice.

If you would like help caring for your lawn or would like to know more about GreenThumb Solihull's lawn care service then give them a call on **0121 705 6395** for a **free professional lawn inspection and report** and a **no obligation quote**.

a good read

By Natasha Donovan

The Midwife of Auschwitz by Anna Stuart

Ana Kaminski is a midwife who is taken to Auschwitz with her young friend Ester Pasternak. As they pass through the iron gates and reach the front of the processing line, Ana steps forward and quietly declares her profession, saying Ester is her assistant. Their arms are tattooed, and they're ordered to the maternity hut. There Ana vows to do everything she can to save the lives of mothers and their infants.

But she soon learns that the SS snatch the blond-haired babies from their mothers to place with German families. In spite of her horror Ana realises that for these children there is at least the hope of survival. With rumours of the war ending Ana and Ester begin to secretly tattoo the newborns with their mother's numbers, praying one day they might be reunited.

The novel is fiction, but it's based on a true story and many of the characters are based on real people at Birkenau (the largest camp in the Auschwitz complex). Ana is a Catholic, Ester is Jewish and Ana was the midwife who delivered her. Ana's family were part of the Resistance helping Jewish people escape the Nazi enforced Ghetto until Ana was arrested along with two of her sons. Her husband and other son were not home at the time, so Ana does not know what happened to them at the time she arrives in Auschwitz. She and Ester cling to their friendship and each other through the horror and evil around them. When Liberation comes will they find a way to get home together? And what awaits them there?

The voice of women is often absent from history, even quite recent history. Anna Stuart's sensitive, beautiful novel showcases one woman's incredible story which is a tribute to those who suffered at the hands of the Nazis.



The Girl of Ink and Stars by Kiran Millwood Hargrave

Isabella Riosse (Isa) is a teen trapped on the island of Joya, a land full of myths; forbidden to travel further than the forest that flanks her village by the Governor, and all the while dreaming of the faraway lands her cartographer father once mapped.

When a string of unsettling events and the disappearance of her closest friend Lupa make it necessary to journey beyond the forest in search of answers, Isa joins a team of explorers on an adventure that will test her map-making skills and her courage.

As she follows her map, her heart and an ancient myth, Isa discovers the true purpose of her quest: to save the island itself.

The story is a fantasy set in a parallel magical world. The author draws on mythology and folklore and blends these with themes of friendship, adventure and courage. As a bonus the text is enhanced with beautiful illustrations and maps.

The Girl of Ink and Stars is officially a children's novel but I suspect there are many adults who will also enjoy this richly drawn world and its characters.



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Solution to Mind benders

- Swim under water
- Back in five minutes
- Leave no stone unturned

mindbenders
 from page 12

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

Sudoku Solution
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Councillor surgeries these are face-to-face meetings held by councillors for local people to raise issues in their area. Held at The Core Library, Solihull on the first and last Saturday of the month, 10am – 12 noon.



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