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FEBRUARY 2022

ISSUE 230



Local Business



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JOHN FLYNN OPTICIANS AN INDEPENDENT PRACTICE IN THE HEART OF BEESTON

NEW LOW VISION AND EYEWEAR STYLING CONSULTATION SERVICE FOR NEW AND EXISTING PATIENTS!



John Flynn Opticians is able to now provide eye examinations throughout the week on most days. The practice has also a brand new Eyewear Styling Service for existing and new patients at their practice in Beeston after recently training their team as professional eyewear stylists. This individually dedicated consultation service, offers patients a unique and bespoke eyewear styling consultation to help them to discover their perfect eyewear to suit both their optical and style needs. The consultations are curated by Annette and Wendy and this will enable all patients to feel assured they are being given an unparalleled consultation service to find them their perfect eyewear.

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My eye examination with Dr. Janjua picked up an astigmatism that had not been previously recognised. It made a positive difference to my headaches.

All the staff are a delight - friendly and helpful. It's a pleasure to visit."

A. Chidlaw

"Friends and people I know had told me how satisfied they were with John Flynn Optician, so I thought I would give it a try. I do not think my experience could have been bettered by any other practices."

I refer of course to the service and advice of the optician given to me two years ago at this practice at which time I was suffering with cataracts, and under his directive, I received hospital appointments where they were removed o.k. Dr. Janjua once again gave me a good examination.

He, like myself, was happy his last examination and my requirements had been correct.

The practice's team are very good. They are welcoming, happy and helpful. They are a pleasure."

J. Foster

"I was recommended to come to John Flynn Opticians by family. They have lovely staff who explain everything in detail, much more thorough than other opticians I have been to."

I love my new glasses, the shape and the colour. My eye examination was very thorough and detailed and the optician explained what all the technical words meant."

R. Fazal

DON'T JUST TAKE OUR WORD FOR IT... READ WHAT OUR CUSTOMERS HAVE TO SAY...

"Just picked up my third pair of specs from Flynns. I've used them for years and cannot fault them, from the excellent care with my sight test to Annette and Wendy who are on hand to advise, make sure your specs fit and sit properly and just generally make you feel welcome. Nothing is too much trouble. Thank you all. Until my next visit."

E. Taylor

"John Flynn Optician have friendly and knowledgeable staff who take their time to help with frame choices. It's a local opticians with a large selection of frames and a fast service. My glasses are perfect and fashionable. Just what I wanted. The exam with Dr. Janjua was very professional and thorough. He takes his time to explain everything whilst being friendly and kind."

E. Collins

"I cannot speak highly enough of Dr Janjua and all his team at Flynn Opticians in Beeston. Due to wrong prescriptions in the past going to him changed my life. Not only do you get the best product on the market and expert advice, everybody is so helpful and kind. I would not go anywhere else."

J. West

"I'd heard that the glasses were great quality and the service was great at John Flynn Optician. The staff have been very helpful and gave me all the facts I needed. I love the personal touch and that you don't have to ask for help - it's just given. I love my new glasses - the style, the colour, the quality - everything. Dan and Annette have been brilliant from the minute I walked in the door. They are very friendly and provided perfect service in every way. I will be coming back and will share my experience with others."

L. James

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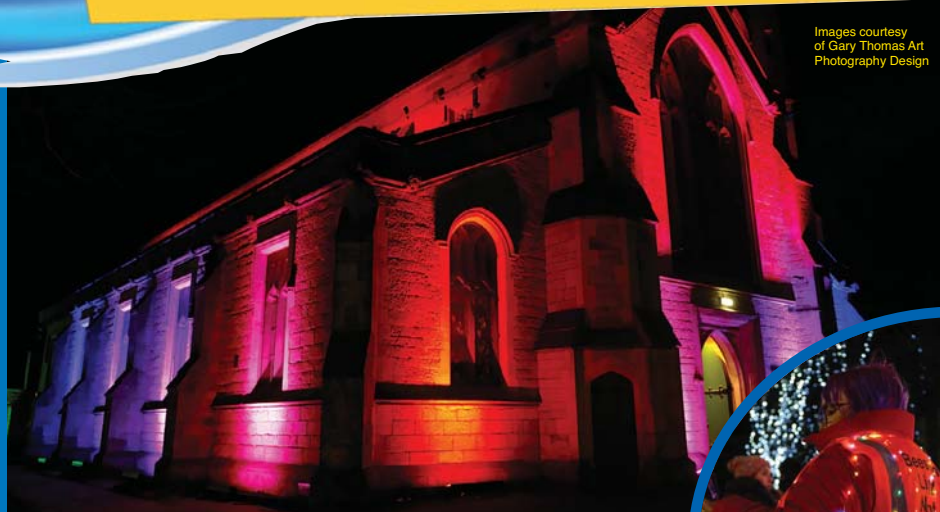
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let there be light!



Images courtesy of Gary Thomas Art Photography Design

MEET SANDRA
Sales Enquiries
07967 282558

Email:

sales@breeze-magazine.co.uk

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Strelley Village – Walker's Paradise!

During lockdown so many more of us have discovered the simple pleasure of a beautiful countryside walk, and Strelley Village has been particularly popular. There's lots to discover – pathways used in Roman times, ancient buildings, ponds, woodlands, and all the many varied birds and animals too; a real haven that's so close to Nottingham's suburbs. It's justly famous for the beautiful bluebells in Oldmoor Wood that flower in spring.

If you want some ideas of where to go, have a look at the website www.mulberrytreestrelley.co.uk as there's now a few walking routes that you can download. Alternatively there's a new booklet that can be purchased in the café, which also has some information on the fascinating history of Strelley Hall and the village. There was a castle on the site of Strelley Hall, built in medieval times and you can still see some of the stones in the Gate Lodge near the Hall's pedestrian entrance.

Why not park the car in the carpark near the Mulberry Tree Café at Strelley Hall, a great place to stop off for a takeaway drink to set you on your way (there's plenty of parking too), then set out on a two mile walk down and then back up Main Street in Strelley village. The walk takes in some of Strelley Village's pretty cottages and gorgeous views with some interesting information about the history of the buildings – then return for a tasty lunch of delicious homemade soup with a cheese scone! The large gazebo in the courtyard means there's lots of outdoor seating whatever the weather.

Finish your day out with a browse around the little courtyard shops, there's lots of choice for original or handmade birthday gifts, the gallery above the café is always worth a look around too.



Mother's Day at Strelley Hall

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www.strelley.com

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Photos by Geraldine Rudham and Hilary South



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making a splash!



The Bramcote AquaStars are the Artistic Swimming (formerly known as Synchronised Swimming) extension of the successful and long standing, Bramcote Swimming Club. In the seven years since the first set of swimmers donned their nose clips and quite literally took the plunge to dive into the world of Synchronised Swimming, its been quite "the journey".

Head Coach Lenka Tanner says, "Realising my dream of setting up the AquaStars has been incredible, but to see it grow from 12 swimmers, to just under 70 swimmers and still be growing is amazing.

During the various lockdowns, we switched to land training via Zoom, kept in touch with our athletes and then hit the water as soon as we were allowed. It's this positivity that has meant we retained our membership and we have come out the other side even stronger."

Our AquaStars range from 6-18yrs old and in the past year we also added a Masters Squad (Age 18+) to the club. Swimmers follow an established pathway, from our Starlets class, then to Rising Stars and then into the AquaStar competitive squads. Lenka Tanner says, "We are now competing across every level of National Competition giving all AquaStars a chance to compete Nationally!"

Parent Liz Pickard says, "The Bramcote AquaStars are a fantastic and inclusive club, catering for the super competitive to the swimmers whom want to swim more recreationally. There really is something for everyone at all ages."

2021 saw the Artistic Swimming community host a series of Virtual National Competitions in response to Covid-19. Clubs filmed their routines in full costumes at their home pool, sent their entries in, which were then judged "as live". Each of the competitions then had its own live showing whereby the pre-judged routines were streamed on social media and medals duly awarded. Within this series, the AquaStars earned a full set at Masters – Gold in Solo, Silver in Team and Bronze in Duet while the younger members earned 2 Golds and 1 Silver for our team combination routines at the National Combo Cup which helped place our club 2nd overall!

In April this year, we will compete in the prestigious National Age Groups in Gloucester over 2 days. The 13-15 Free Team Squad has within it Eve Young whom swims with the England Youth Squad. Eve attended her first International competition in Croatia last year and is preparing to compete again in June at the World Youth Championships with her Mixed Duet partner as well as the rest of the England Youth Squad. In April the AquaStars will also compete at Harvey Hadden in Nottingham at the National Championships where we will be competing against the very best in England in the age 15+ categories. In July, we will once again compete at the Combo Cup, at the Queen Elizabeth pool in London.

For details of how you can get involved, please visit our website at www.aquastarssynchro.com.

Facebook.com/AquaStars or Twitter @bscaquastars



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In brief the generous and stylish interior comprises: Spacious entrance hall, sitting room, open plan kitchen/diner, WC and utility to the ground floor. Rising to the first floor are an en-suite double bedroom, three further double bedrooms and family bathroom and to the second floor is an impressive bedroom suite with good sized double dressing room and ensuite.

Outside the property has a driveway to the front providing ample car standing and enclosed garden to the rear.

Potential purchasers should note that the property is still under construction and therefore some element of choice in the final finish may be available.

Viewing is considered essential to fully appreciate this quality modern home.

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Do something different this year and help your local hospice

enjoy fundraising...



Keeping it
Local Since 2002

Local charity, Treetops Hospice, is encouraging others to do something different this year as it looks to boost its fundraising efforts.

Treetops have a jam-packed year of events planned throughout 2022, including a skydive at Langar Airfield in Nottinghamshire, the Great North Swim - 1 Mile and the annual Notts 10k run.

Participants are asked to raise a target amount of money that will help fund vital hospice services and will receive a charity tech-top and medal.

Gaynor Bentley, raised over £1300 by completing 60 'wild swims' throughout 2021. Gaynor, who admits she's not the strongest swimmer, swam across 60 different wild locations, including Spring Lakes in Nottingham. Her final swim took place on Christmas Day.

She said: "I will never forget the support given to my mum, Ada Clayton, by Treetops Hospice. We wouldn't have got through without the Treetops nurses and the challenge of completing 60 open water swims seemed easy in comparison."

Treetops supports people with life-limiting illnesses, those who've been bereaved and their families and carers. All services are provided free of charge.

Interested? Please call the Fundraising Team on 0115 949 1264 or email fundraising@treetopshospice.org.uk for more information.

About Treetops Hospice

Treetops Hospice, the leading end-of-life care charity in Derbyshire and Nottinghamshire, provides nursing care and emotional support for adults with life-limiting conditions, and their families.

The charity provides support from diagnosis onwards for patients with conditions such as cancer, motor neurone disease and heart and respiratory conditions.

Founded in 1983, Treetops supports thousands of local people – and their families – through the most difficult time of their lives. Our team of over 40 Hospice at Home nurses provided over 23,800 hours of care to terminally-ill patients last year, working day and night to give much-needed support.

"We have a team of bereavement counsellors who provide over 4,000 counselling sessions – over 900 of them to children and young people. Wellbeing team members provide valuable information and support to those who need it, while our experts in end-of life care and bereavement support dedicate many hours to training NHS staff about death and dying".

Treetops are lucky to have over 450 amazing volunteers who help to keep the hospice running smoothly.

It costs £4.2m each year to run the hospice. A counselling session for a bereaved child costs £34. An overnight Hospice at Home nursing shift for a patient at the end of life costs £108.

Treetops is doing all it can to continue to support those in most need and welcomes donations to ensure the future of the hospice and its services: www.treetopshospice.org.uk/donate

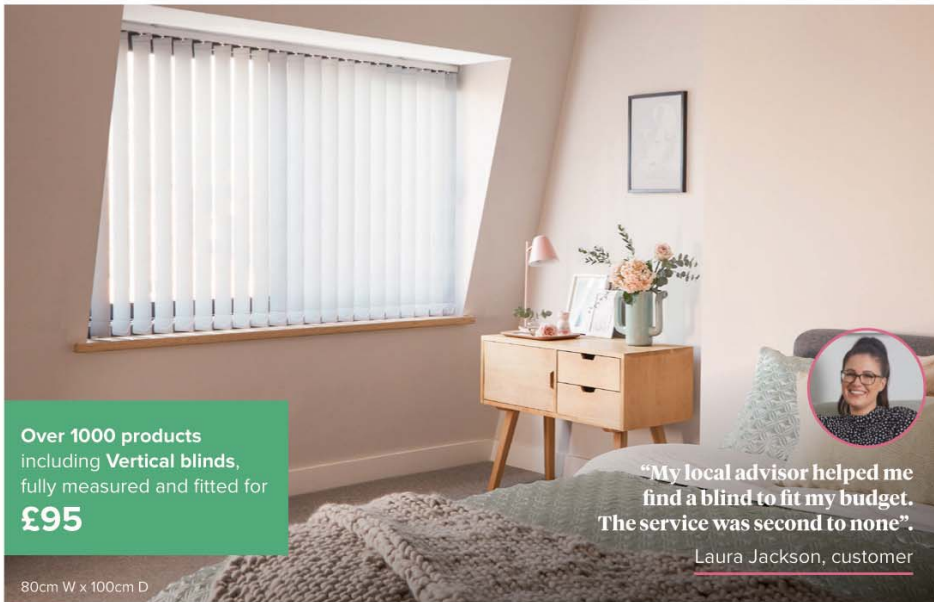
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beeston film festival

Love is in the air this month!

20
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February is officially the month of love – at least, that's what all the adverts keep telling us, right? 'Tis the season for cuddling and canoodling, for candle-lit dinners and snuggling on the sofa in front of 'The Notebook'. Of course, there's nothing stopping us from doing that all year round, but it's nice to have an excuse, right?

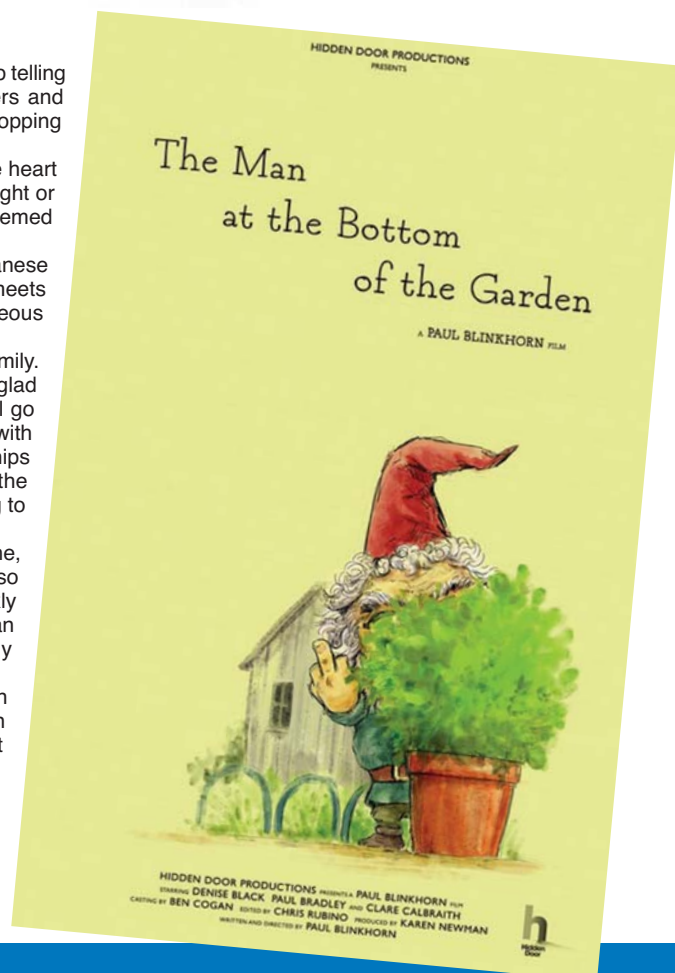
Here at Beeston Film Festival HQ, we're no strangers to love. Love is at the heart of so many great films, after all, whether it's unrequited love or love at first sight or the tragedy of love lost. Here's a small sampling of some of the best love-themed films we've had submitted; hope they make it into the Festival!

Love is a powerful force, even (especially?) in its earliest stages. In the Japanese film 'Hit List/The Love Project', a petty street criminal's smitten with a girl he meets by chance. Can love at first sight redeem him and set him on a more righteous path?

One of the trickiest parts of a new relationship is meeting your partner's family. Will you get along? Will they accept you? If it all gets a bit awkward, just be glad it's not as surreal and horrifying as the family dinner in 'Smiles'! If it does all go well, perhaps you'll have found true love and get to spend the rest of your life with the person of your dreams. That said, even the most long-lasting relationships have their bumpy periods; learn a lesson from 'The Man at the Bottom of the Garden' and be sure to give each other space when the snoring starts getting to you!

And of course, sometimes it's just not meant to be. Love can wither on the vine, tragedy can strike. It's all too easy to lose someone you love, and it can be so hard to move on. In 'Embers', what starts out as the perfect date quickly becomes tragic and bittersweet. And sometimes society stifles love, as in Iranian film 'The Aquarium', where two trans people struggle to express their unjustly forbidden and taboo love.

Love isn't just for Valentine's Day, so why not bring a date to our Best in Festival Winners night on Monday 28th February at Arc Cinema? You can cuddle up and watch the best of the best of the Festival selections from last few years – see you there!



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the memory of water



Riverside Drama Society, proudly present
'The Memory of Water' by Shelagh Stephenson
At the Duchess Theatre Long Eaton from
Wednesday 16th March – Saturday 20th March

This awarding winning play shows three bickering siblings returning to the family's Yorkshire home for their mother's funeral – an event that reveals each of their personal crises.

Mary is a 39-year-old neurologist aching to wrench her married lover, Mike, from his wife and have a child of her own. Teresa, the eldest, is an anxious control freak who runs a health food business and burns with long-buried resentments. Her husband Frank, pines for a quieter life. The wildest, and possibly unhappiest, is Catherine, a hypochondriac exhibitionist who craves love and affection. The other significant character is the dead mother, Vi, who pops up in Mary's memories.

It becomes increasingly clear that memories can be unreliable and that the past has had a crucial influence how much each woman has made of her life. In the end, though, the bond between the women is stronger than petty resentment, sibling rivalry and envy, and for the first time they agree on a shared memory as they prepare to leave for the funeral.

The age-old petition of recollecting family stories, bound by love, laughter, anger and tears is at the centre of this bittersweet story.

This play was originally scheduled for 2020, as such we have kept the prices the same as they were then, as a thank you for supporting our local drama group.

Tickets are just £8 Adults £7 Concessions (available at our Wednesday and Thursday performances only. The easiest way to purchase tickets is online at www.ticketsource.co.uk/riversidedrama.

Alternatively, tickets can be purchased from the theatre Sat mornings between 10-12 or by phoning 0115 8823884 (please leave full name & contact number).

Riverside Drama Company was formed in 1992 and is an active amateur group of over 20 members, mainly from the Long Eaton and Beeston areas. We present three productions a year at the Duchess Theatre in Long Eaton, which gives our members plenty of opportunity to be involved with all aspects of amateur theatre. Our aim is to bring an enjoyable, varied and interesting selection of plays to the local community.

"We're a friendly group, and we're actively seeking new members (in any capacity - acting or backstage). Please feel free to come along and join us, you'll be sure of a warm welcome! You'll probably have the opportunity to appear in a production almost immediately if you want to (particularly if you're male!)"

We meet and rehearse on Thursday evenings from 7.30pm - 10pm in the sports hall at Bramcote Church of England Primary School, adding an additional rehearsal evening (usually a Tuesday) as a production date draws closer".

For more information on membership email contact@riversidedrama.com or better still come and see this amazing production!





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living threads group



The Living Threads Group, present their 20th Exhibition
'Gardens' An Inspiration in Fabric and Thread
Wednesday 30th March - Friday 8th April 2022

After a break during Covid, The Living Threads Group will once again be welcoming visitors to its current exhibition in Long Eaton. The exhibition is a must for those who appreciate fine textile art, showcasing machine and hand embroidery, dressmaking and costume, canvas work, beading, feltmaking, knitwear and so much more. Members workbooks will be available to read throughout the exhibition showing how an idea evolves, through sketch and samples, from inception to completion.

In addition to the main exhibition, work completed during lockdown for three online exhibitions will also be on display.

A great variety of textile treasure will also be on sale in the shop.

Refreshments will be available, so give yourself time to wander around, buy a little gift from the shop, before having a welcome cup of tea.

To find out more about The Living Threads Textile Group, it's members and their work, visit <https://livingthreadstextileartists.com/>



www.livingthreadstextileartists.com

THE LIVING THREADS GROUP

Present their 20th

EXHIBITION

"GARDENS"

Inspiration in Fabric and Thread

Wednesday 30th March
to Friday 8th April 2022


Open daily from 10.00am - 4.00pm
at

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celebrations



**THE LATE JEAN EVANS (nee BIRTLES)
ATTENBOROUGH,
1925 – 2022**

The death has been announced of Mrs. Jean Evans (nee Birtles) born in Yorkshire on 25th January 1924 but resident of Attenborough for 76 years. She passed away peacefully in the Queens Medical Centre, in January.

Jean was one of that wartime generation who, in addition to surviving the war contributed to the Allied victory.

As is typical of many who participated, Jean was always somewhat shy, modest, and indeed reticent to recount her contribution; but she did indeed have a story to tell. She would tell you that she was merely a typist who joined the WAAF

(Women's Auxiliary Air Force) and undertook typing duties throughout the duration of the war. Strictly speaking, this was true; but (only after some cajoling) would she admit to have worked at Bletchley Park, (BP as it is known), from 1942 to the end of the war in 1945.

Bletchley Park was the secret centre for the collection, interpretation, and dissemination of vital military intelligence information. Although it employed over 5000 people in 1943 the Germans never knew of its existence. Its operations were successfully kept totally secret until the early 1980's when stories began to emerge about its existence and operations. Progressively the story came out more fully and many books have now been published regarding its history.

On an organised visit to BP in 2010 the guide noticed a medallion that Jean was wearing awarded to celebrate her service. When he asked where she had worked, he was stunned to hear her meekly say that she was 'in HUT 3'. This was the absolute epicentre of the entire operation. Manned round the clock, the number of staff involved was probably only about 200. He had only met one veteran of Hut 3 previously.

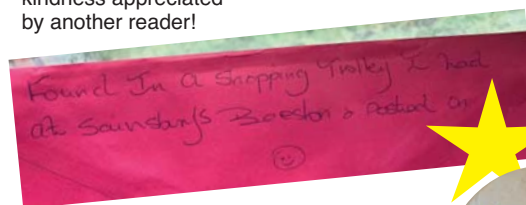
Intercepted German messages, having been received by various listening stations, were delivered to BP, decrypted, translated, and interpreted by senior intelligence officers, both military and civilian. In Hut 3 these were then 'triaged' as to their relative importance prior to their dissemination to commanders in the field and Whitehall. About 4000 German messages were dealt with each day.

Such was the secrecy of BP, when information was sent to commanders in the field, even they did not know the source of the information. Only very top officers had sight of the 'Ultra' intelligence as it was known. Where relevant, and on the sole authority of Winston Churchill, was Stalin made aware of relevant Ultra intelligence. Initially not even the Americans were 'in the picture' but this changed eventually and a small number of American officers were recruited.

Jean, of course, was privately both proud and astonished of what she had been involved in. None of this was without sacrifice, however. At all times throughout this period staff were strictly prohibited from mixing with any other workers at BP – even their accommodation and transportation was limited to members of staff in their immediate sphere or 'Hut'. There were, therefore, many 'cells' that had no contact whatsoever with any other. Such was the seriousness with which the Official Secrets Act and operational instructions were observed. No one individual had an overall view of what work was being carried out.

Indeed, personnel in general, not even those leading the operation, were ever recognised and rewarded for their work. Jean never sought either recognition or reward and this is arguably her greatest contribution.

Massive thank you to a local who posted this birthday card, thought to be lost! It arrived in time, a random act of kindness appreciated by another reader!



To **Annie** -
Here's to celebrating
everyday like it's your
Birthday -
xxx



Happy Birthday **Mum** -
Love you so much
You are an inspiration
to us all xxx



Happy Birthday **Dad** -
Love you
Enjoy your day!
xxx



Happiest of Birthdays
to Our **Simon** -
Enjoy your celebrations!
xxx

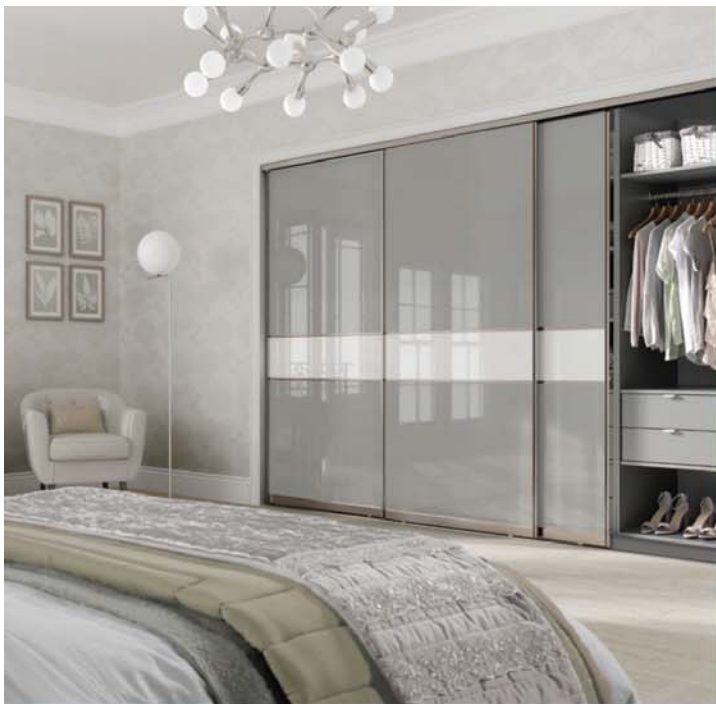
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A gift from GardenGifts.com is a perfect opportunity to show the women you love and care about how much they mean to you. Here are a few of our favourites to wrap up for this special day to celebrate Mum.



Wooden Heart Shabby Chic Garden Mirror (RRP £14.99 - £39.99)

Spread the love with our Heart Mirrors this Mother's Day. Available in three different sizes, the mirrors bring a warm and welcoming feel to your space. Simply place in your hallway, over a fireplace or in the garden add another dimension to an outdoor area.

Cast Iron Blue Tit Bird Ornament (RRP £11.99)

This Blue Tit ornament will make your Mum smile if she is a bird lover. Inspired by nature, this little bird with its beautiful feather detailing will add character and a sense of wildlife to any outdoor space that both adults and children will enjoy all year round.



Daisy Flower Stem Garden Stake - 2 Colours (RRP £9.99)

Give your mum a long-lasting bunch of flowers in the form of our Daisy Stakes. These will provide all year-round interest in the garden and will create a wonderful contrast between the greenery. Available in both silver and rust, and in different heights, they will look perfect in any garden, amongst bushes or borders.



Heart Mobile Wind Chime in Copper (RRP £21.99)

Create a relaxing oasis for mum on her big day with this decorative wind chime. The hearts will sway gently in the breeze creating a relaxing and enchanting sound in the garden.



Decorative Wooden Butterfly Hotel (RRP £25.99)

This stylish butterfly house gives butterflies shelter in bad weather and a place to hibernate in through the winter months. If your Mum has a garden and loves seeing nature up close, then she will love one of these as a thoughtful and unique gift.

Cord Cute Teddy Bear Weighted Doorstop (RRP £14.99)

Mum will love this adorable little bear with its happy smiley face. Our cute doorstop is ideal for propping open any door in your home. A fun and exciting way to decorate any room.



Blue Dragonfly Ceramic Pot Hanger (RRP £4.99)

This decorative dragonfly pot hanger makes a wonderful gift for your Mum if she is keen gardener and wildlife enthusiast. With a colourful and shimmering glaze, this dragonfly will add charm and character to indoor and outdoor container plants.



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keeping mobile and active in NG9



Two of our local Beeston organisations are helping to keep local people physically active in 2022.



Moore Associates Physiotherapy Ltd. (www.mooremovement.co.uk) has been established on Regent Street, Beeston for four years. Owen and Catherine Moore both focus on Musculoskeletal problems such as back and neck pain, shoulder, hip and knee problems and a range of joint and soft tissue injuries. They provide an in-depth consultation to work out what is the cause of the problem to determine the best treatment strategies. Those may be hands on treatments or guidance on the best exercise and self-management techniques. Leigh and Vicky both focus on Neurological Rehabilitation, working with people who may have had a stroke or are living with a long-term condition like MS or Parkinson's Disease.

Physiotherapy looks at helping the person work towards their goals and may be done over a longer period of time, often in the person's house. Teresa is a respiratory physiotherapist and works with people with a range of breathing problems, including long COVID. All of the physiotherapists have over fifteen years of work experience in their field and customers can rely on being in a safe pair of hands.

Four of the team at Moore Associates also work for the recently established Nottingham Rehabilitation Gym CIC (NRG).

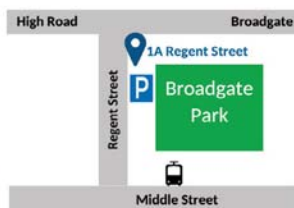
NRG is a community interest cooperation which aims to provide exercise opportunities for people living with long term health conditions or recovering from illness or injury. Physiotherapy led exercise classes and supported gym sessions take place at Trent Vale Recreation Ground.

They are currently running activities on a Monday and Thursday and will be expanding in March to provide sessions on a Wednesday. A timetable of activities can be found on their website www.nrgcic.co.uk Spaces are limited and so booking is required.



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Registering a trust with HMRC's Trust Registration Service

If you are a trustee, you may need to register with HMRC's Trust Registration Service. This service was introduced in 2017 because of anti-money laundering regulations and requires trustees to register all taxable trusts and provide information about the trust, its assets, relevant parties, and beneficiary details.

Which trusts need to be registered?

You need to register a trust if it is liable or becomes liable for any of the following taxes: Capital Gains Tax, Income Tax, Inheritance Tax, Stamp Duty Land Tax or Stamp Duty Reserve Tax.

You must register all UK express trusts unless specifically excluded, and non-UK express trusts even if they have no tax liability. Non-resident trusts should also be registered if they become liable for tax on income coming from the UK or on UK assets.

What details do I need to provide?

You will need the name of the trust, the date the trust was created, whether the trust is an express trust or not, whether a non-UK trust has a business relationship in the UK and details about any UK land or property the trust has purchased.

You also need to provide details of lead trustees, deceased settlors, other organisations and individuals, beneficiaries, the total amount of money in the trust and any other assets.

When do I need to register by?

There are various deadline dates depending on whether the trust is taxable and when the trust was set up. Non-taxable trusts created before or after 6th October 2020 must be registered by 1 September 2022 or within 90 days of creation.

Taxable trusts created on or after 6th April 2021 should be registered within 90 days or by 1st September 2022. For taxable trusts created before 6th April various deadlines apply depending on what type of tax the trust is liable for, and if it has been liable for income tax and capital gains tax before.

If you need help setting up or registering a trust, contact Rotheras' Wills and Probate team on 0115 9100 600 or email enquiries@rotheras.co.uk

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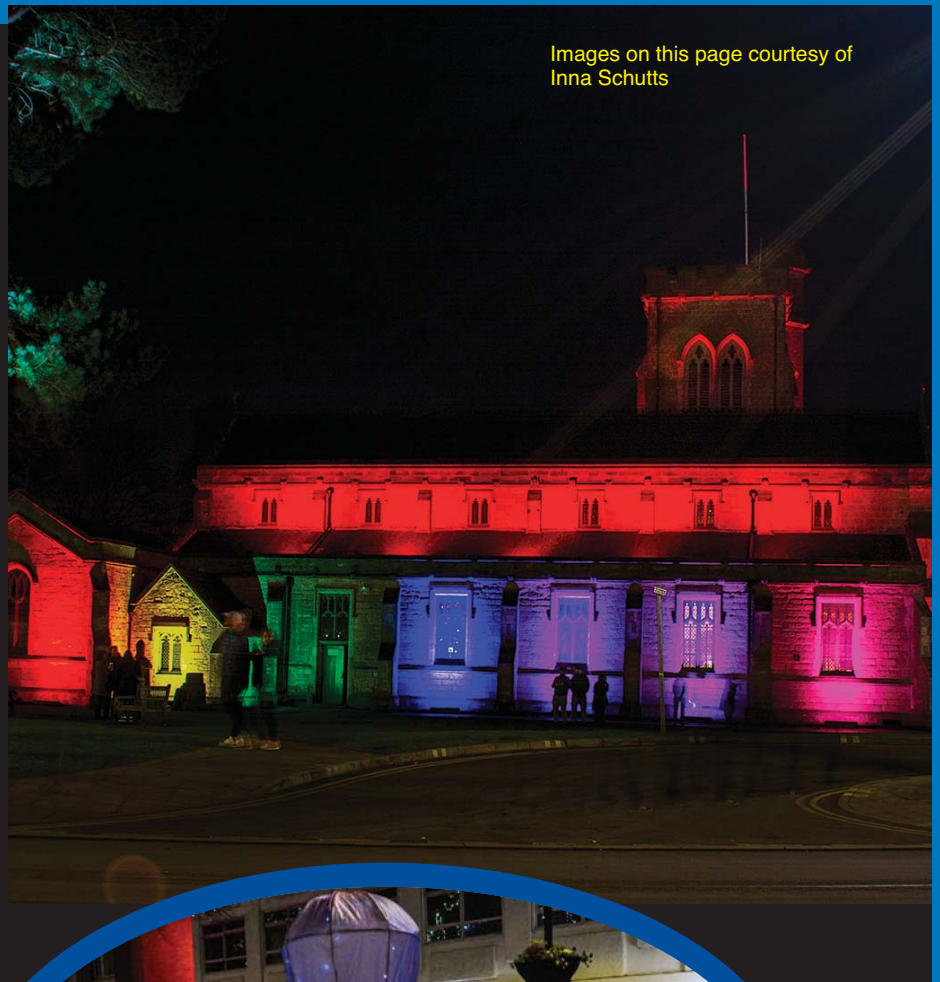


Keeping it
Local Since 2002



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breeze puzzler



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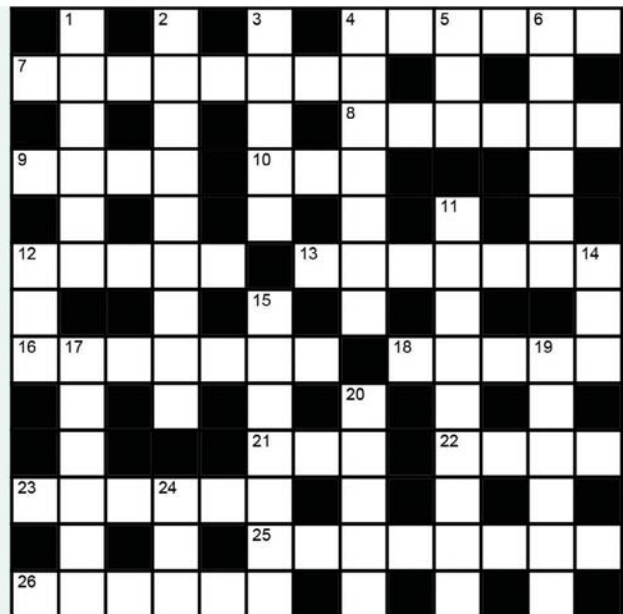
CROSSWORD

Across

- 4 Roof-supporting beam (6)
- 7 Produced by oneself, not mass manufactured (4-4)
- 8 Large brownish European flatfish (6)
- 9 Troublesome child (4)
- 10 Make a mistake (3)
- 12 Bouquet (5)
- 13 Baby of a North American native (7)
- 16 Locally prevalent (7)
- 18 Nautical unit of depth (5)
- 21 Not of the clergy (3)
- 22 Disease of the skin (4)
- 23 Nobody specifically (6)
- 25 Showing malicious ill-will and a desire to hurt (8)
- 26 Commences (6)

Down

- 1 Revulsion (6)
- 2 Month of the year (9)
- 3 Stunned (5)
- 4 Draw back (7)
- 5 Hairy coat of a cat (3)
- 6 Second book of the Old Testament (6)
- 11 Effervescent mixer drink (4,5)
- 12 Expert (3)
- 14 Before, poetically (3)
- 15 Adrift (7)
- 17 Subtle difference in meaning (6)
- 19 Put together two or more pieces (4,2)
- 20 Country, capital Damascus (5)
- 24 Kimono sash (3)



WORDSEARCH HELP

Can you find the listed words in the grid below? Words may run either forwards or backwards, in either a horizontal, vertical or diagonal direction, but always in a straight line.

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

ABET

CURE

HEAL

ACCOMMODATE

EASE

NURSE

ADVANCE

FORTIFY

RALLY AROUND

ASSIST

FOSTER

SECOND

BACK

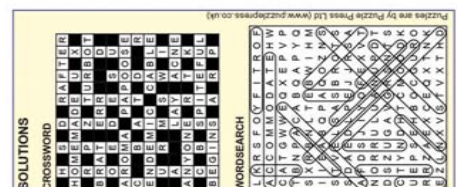
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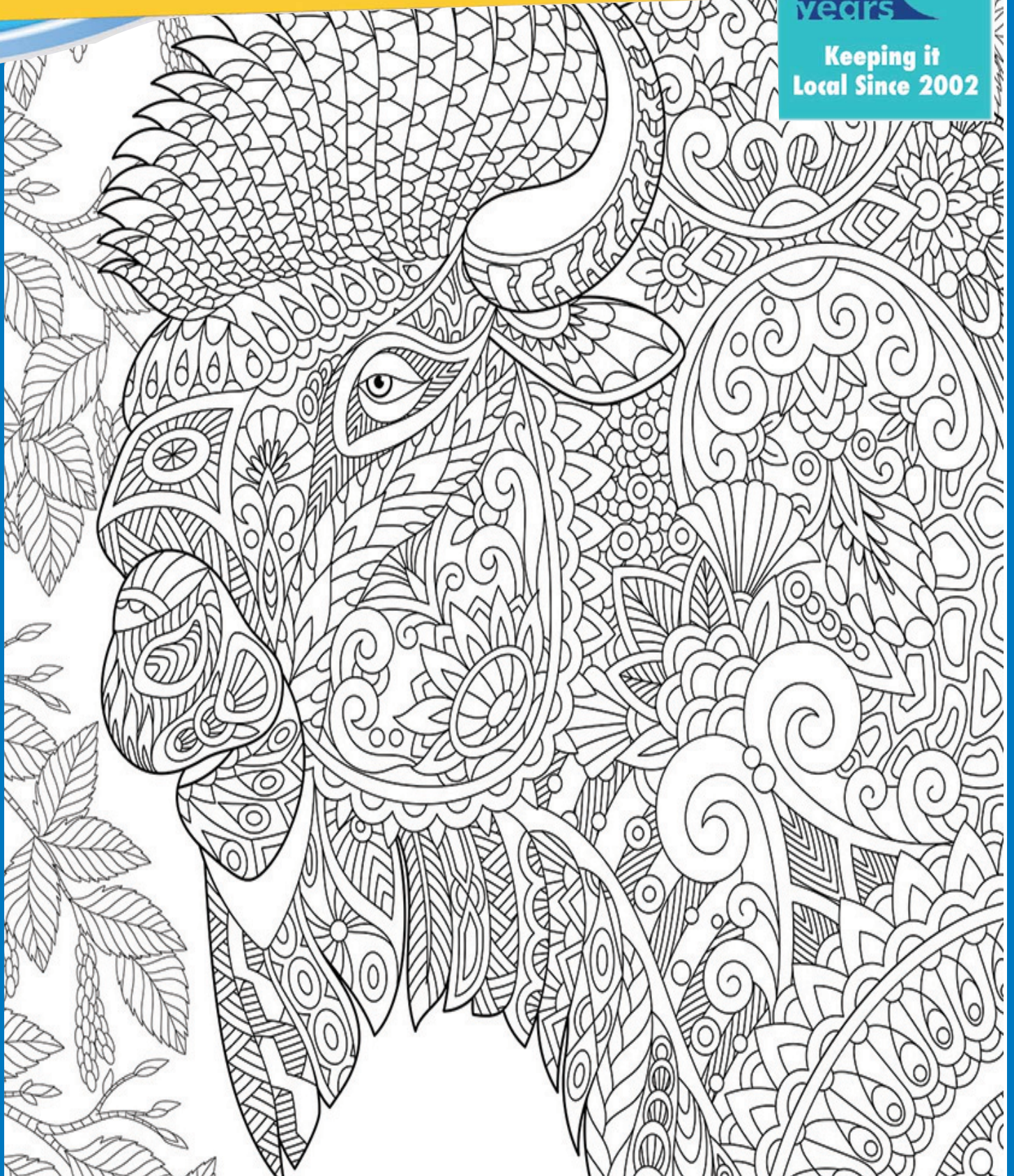
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