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Greenfingers... the Alan Titchmarsh column

He's a magnificent broadcaster, gifted gardener, brilliant author and all-round horticultural visionary. This month, Alan Titchmarsh talks about his favourite colours in the garden.

There's a certain magic in colour when it comes to the garden, and over the years I've come to appreciate certain hues more than others - those that evoke a special feeling, those that change with the light, and those that transform a garden into a place of serenity or vibrancy.

If I had to choose just one favourite, it would be blue. There's something about blue in the garden that feels both calming and mysterious. Perhaps it's the way it recedes, making spaces seem larger; or maybe it's that rare, almost elusive quality that true blues have in nature.



Plants like the Himalayan blue poppy (*Meconopsis*) capture that almost impossible shade, while lavender offers a softer, silvery blue that dances beautifully in the breeze. Then, of course, there are delphiniums - regal, towering spires of deep sapphire that add drama to any border.

Of course a garden isn't just about one colour - we need variety to keep things interesting. With that in mind then I've also always had a soft spot for warm, golden yellows; the kind that bring a touch of sunshine even on a drizzly British afternoon. Rudbeckias, with their cheerful daisy-like faces, are a joy in late summer, while daffodils herald the arrival of spring with an exuberance that never fails to lift the spirits. And let's not forget *Achillea* 'Moonshine', a perfect choice for adding a long-lasting burst of mellow yellow to a mixed border.

And there's no garden that looks complete without green! Some might argue that green is merely the backdrop to what goes on, but I think I'd challenge that. The rich tapestry of greens - from the deep, glossy foliage of a camellia to the soft, feathery fronds of a fern - gives a garden its depth and texture. Variegated hostas, with their striking contrasts of lime and emerald, show just how exciting the colour can be. And a well-placed evergreen, be it a yew



topiary or a billowing box ball, provides a sense of permanence and stability amid the seasonal shifts.

Of course, finally, it'd be remiss of me not to mention white. There's something utterly enchanting about white flowers in the garden, especially in the evening light. White foxgloves, Japanese anemones, or a delicate cascade of *Clematis* 'Henryi' take on an almost luminous quality as the sun sets, making them perfect for a twilight garden.

Colour is, of course, a deeply personal thing, but whatever your taste, the key is to plant what makes you feel something... just do it quickly before it's too late this year!

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Social Climbers

The ultimate guide to climbing plants.

Many climbers will prefer south or south-west walls to get the sunlight they need, yet some prefer to be away from direct sunlight.

Ensure soil is well-drained, with container plants requiring frequent and focused watering. If not using planters, dig a hole in the soil at least 30cm away from the wall. Mix in compost or well-rotted manure, then lean the climber towards the wall, and watch the magic commence!



The most popular climbing plants in the UK are:

Wisteria Sinensis

A south or west facing wall is a particularly great place to grow sun-loving climbers, while the glorious Chinese Wisterias are another step beyond. They'll grow to around 5m tall, with twisting, woody vines and purple-blue flowers.



Hedera helix 'Goldchild'

For a rather shadier vista, the Hedera helix 'Goldchild' is a good choice. This ivy is quintessentially British - green in colour with golden yellow edging, brightening up the dullest of walls.

Virginia Creeper 'Henryana'

Far from sounding like a serial murderer from a few centuries back

who terrorised the Eastern coast of the United States, the Virginia Creeper is perfect for covering an unsightly wall quickly, growing thick and fast, up to 10m high and 5m wide.

Honeysuckle 'Halliana'

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

Answers on page 25

Tracey Lorraine Clarke

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Romy Gill's Coconut Chicken Curry

Introduction

British Indian chef, writer and TV star Romy Gill knows that every household needs a reliable and simple curry recipe in their back pocket.

Method

1. Put the quartered chicken thighs into a bowl with the spices, lime or lemon juice and salt. Toss together well.

2. Heat the oil in a medium non-stick frying pan and fry the chicken pieces for 4-5 minutes, or until lightly browned and cooked through, stirring regularly. Set aside.

3. To make the sauce, heat the oil in a medium non-stick frying pan. Add the cumin seeds and cook for 10-15 seconds, then stir in the onion. Reduce the heat to low and cook for 5-6 minutes, or until softened, stirring regularly. Add the ginger and garlic and cook for 2-3 minutes more, stirring constantly.

4. Pour the coconut water and coconut cream into the pan and bring to a simmer. Add the chicken to the pan and simmer for 3-4 minutes, or until cooked through. Stir in the chilli and spinach (or pak choi) and allow to wilt for 1-2 minutes.

5. Divide the curry between two plates and serve with basmati rice.



Ingredients

Serves 2

- 4 boneless, skinless chicken thighs, cut into quarters
- 1 tsp ground turmeric
- 1 tsp ground cumin
- 1 tbsp fresh lime or lemon juice
- 1½ tbsp sunflower oil
- ½ tsp fine sea salt

For the sauce

- 1 tbsp sunflower oil
- 1 tsp cumin seeds
- 1 medium onion, thinly sliced
- 15g fresh root ginger, peeled and finely grated
- 2 garlic cloves, finely grated
- 400g tin coconut milk, watery liquid (around 250ml) and 2 tbsp of the coconut cream from the top
- ½ red chilli, finely chopped
- 50g baby spinach or pak choi, thickly shredded



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A Design for Life... The Kevin McCloud Column

Designer, writer and television presenter, Kevin McCloud leapt into our consciousness with his vastly successful *Grand Designs* show on Channel 4. This month, the affable architectural business owner talks about colour and texture in the home, and which give him the greatest satisfaction.

Colour and texture – two of the most fundamental tools in the designer's arsenal. Used well, they shape the atmosphere of a space, influencing not just how a room looks, but crucially, how it feels.

For me, there is a deeply personal resonance to colour. Some shades instinctively soothe, while others excite the senses to add drama and theatre. I've always had an affinity for deep, rich hues, with depth and complexity. A dark, inky blue like Farrow & Ball's Hague Blue creates an instant sense of drama. It absorbs the light, pulling a room inwards, creating cosiness without suffocation. And then there's



the timeless elegance of a deep forest green, reminiscent of stately libraries and spaces that exude intelligence and warmth.

At the opposite end of the spectrum, there's something to be said for a muted, chalky palette. Soft greys, dusty pinks, and warm tones have a way of enveloping a space in calm. These shades, especially when paired with natural materials like wood, linen or stone, bring a quiet sophistication, particularly in bedrooms, a snug, or a reading nook where one can retreat with a book and a cup of tea.

Texture, too, is an unsung hero in interior design. Without it, a room can feel flat, lifeless even. Velvet has long been a favourite of mine – it has a tactility that invites touch, and when used sparingly, it can introduce a real sense of luxury. Think of a single velvet armchair in a rich ochre or aubergine, standing proudly in an otherwise understated room. Equally, I love the rough, honest beauty of raw plaster or limewash walls. They have an authenticity about them – a story told through their imperfections.

Then there's timber – a material that, when used well, never fails to ground a space. I'm particularly fond of oak, whether in the form of a reclaimed beam, a well-worn farmhouse table, or parquet flooring that has been walked



on for generations. It's a material that wears its history proudly, acquiring a patina that no synthetic surface could ever hope to replicate.

At the end of the day, it's fair to say the best spaces are those that elicit an emotional response. Whether it's a moody dining room wrapped in dark charcoal, a sun-drenched kitchen with terracotta tiles underfoot, or a bathroom swathed in soft, cloudy whites, it all comes down to one simple question: how does the space make you feel? Get that right, and you're already halfway there!





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Home Is Where Your Art Is

Tips to give a rental home a little more of your personality.

Lights

Ceiling lights tend to really suck the life out of a room, which is why lamps are so good for creating mood and style. Investing in a large lamp for the lounge or a few well-placed desk lamps can really help enhance personality of a space.



LED fairy lights have also become an affordable option and come in a huge array of styles and colours. A bundle of battery-powered lights placed in a glass vase, or a non-functioning fireplace, is a nifty style hack.

Snaps

Photos are a fantastic way to personalise a place. If putting up a lot of picture frames is problematic for your landlord, consider instead a simple coloured string with photos attached by tiny pegs.

Washi wonders

Washi tape is a versatile and colourful tool that can be used to add a touch of creativity to any room. Use it to frame pictures or create geometric patterns on your walls.

Throws and rugs

Rugs can cover up grim and worn carpets or floors, while throws and blankets will conceal cruddy sofas and chairs.

Cushions are another great way to add personal flair and, as an extra bonus, those additional layers of fabric will protect the property, saving you money on cleaning at the end of the tenancy.





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An end to non-fault evictions for tenants

Landlords and tenants should be aware that there is a change in the law coming which will reform the residential rental market in England. The Renters' Rights Bill has had its second reading and is now at the committee stage. The NRLA have warned of potentially devastating consequences for the private renting sector unless the House of Lords approves new amendments.

The Bill proposes wide-ranging changes, most notably: -

- a. The abolition of fixed-term assured tenancies and assured shorthold tenancies (known as ASTs). These will be replaced by periodic tenancies.
- b. The abolition of "no-fault" evictions under section 21 notices.
- c. A right for tenants to keep pets in their rented properties.
- d. A ban on discriminating against prospective tenants who have children or who receive benefits.
- e. Amendments and expansions to grounds for possession.
- f. Amendments to the statutory procedures for proposing rent increases and challenging the amount or increase of rent.

Firstly, and one of the most significant changes, will be the abolition of fixed-term tenancies. This is a



fundamental change as it means that instead of agreeing a fixed term, such as six or twelve months, tenancies will roll on a month-by-month periodic basis by default. This change aims to provide greater flexibility for tenants and to remove the need for frequent renewals. Once the Bill comes into force, existing fixed-term agreements will continue until their natural end date. After this point, they will automatically convert to periodic tenancies unless a new agreement is put in place.

Perhaps the most controversial aspect is the change in the eviction process. Under the current regime, a landlord has the right to serve a notice seeking possession (known as a section 21 notice), which would provide the tenant with two months' notice to terminate the tenancy on or after the fixed term had expired. This was a useful mechanism in order to allow the landlord to obtain

possession of the property in order for them to either sell; re-let or refurbish the property without the necessity of setting any fault which would otherwise be required if a notice was served using the section 8 process (such as rent arrears etc). This obviously gives tenants much more security as landlords will now have to rely upon specific grounds in order to obtain possession of a property (as per the old section 8 route).

To provide some balance, the Bill introduces new grounds under the section 8 route and modifies existing ones to accommodate various landlord needs. These include: -

- a. Landlord or family member intending to move into the property.
- b. Intention to sell the property.
- c. Repeated rent arrears.
- d. Anti-social behaviour by tenants.

These changes do appear daunting; however, with early preparation and the right legal support, landlords can adapt to the new regulations introduced by the Bill effectively. We do recommend that if you are a landlord that you review and revise your documentation, including tenancy agreements and any draft notices that you may possess. If you are a self-managing landlord, we recommend you review your portfolio, conduct an audit of all your rental properties (including getting rent statements updated) and ensure that your documents and practices



are fully compliant with the upcoming obligations.

The change around tenancy structures and tenant protections should be looked at positively. Albeit the Bill creates more protection for tenants, it will also potentially create a more secure and stable environment for tenants. As landlords, a stable tenant base reduces turnover and vacancy rates and should provide landlords with a greater prospect of long-term rental income.

If you are looking for a Solicitor to assist with the upcoming changes and would like some advice, then please do not hesitate to contact me on the details below.

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Puzzle Page

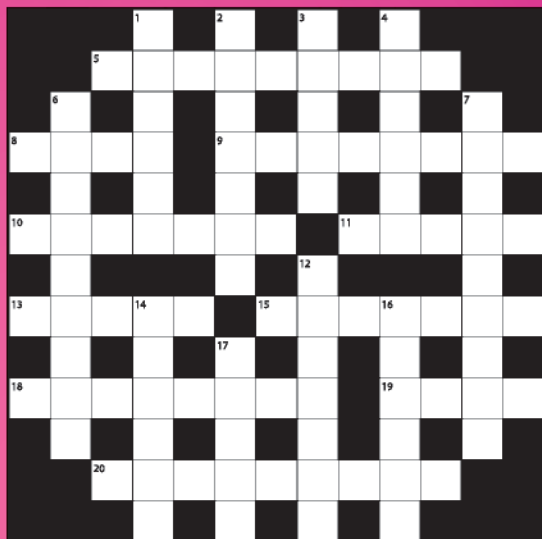
Quick Crossword #051

Across Clues:

5. Easily ignited or burned (9)
8. Short for automobile (4)
9. Type of bread made from rye flour (8)
10. Sold more than someone (7)
11. Early testing stage of a software or hardware product (5)
13. To consume excessively (5)
15. Portable music player (7)
18. Cool, crunchy vegetable often in salads (8)
19. Granular material found on beaches (4)
20. Concerned with beauty (9)

Down Clues:

1. A street gang (6)
2. Green precious gemstone (7)
3. Enthusiastic (5)
4. Relating to flowers (6)
6. Expensive (9)
7. ATM (9)
12. A person or company that delivers parcels (7)
14. Protein found in wheat, rye, and barley (6)
16. Someone who doesn't fit in with a group (6)
17. To lessen or reduce (5)



Word Ladder

Make your way from COAT to CAMP by changing one letter on each step to make a new word!



ANSWERS: (COAT, COAT, COAT, COAT, COAT, COAT, COAT, COAT, COAT, COAT)

Weather Quiz

1. Which storm hit the UK in February 2022 with record-breaking winds of 122mph?
2. What event in 2019 saw Europe's hottest recorded temperature of 48.8°C in Italy?
3. Which phenomenon describes a band of warm ocean temperatures in the central and eastern Pacific affecting global weather?
4. In which year did the world experience the hottest recorded year, surpassing the previous record?
5. Which weather phenomenon brought a cold snap to the UK in 2018, known as "The Beast from the East"?
6. Which phenomenon causes the northern lights, or Aurora Borealis?
7. Which region is most affected by tropical cyclones, or hurricanes and typhoons?
8. What weather phenomenon leads to rapid polar ice melting and rising sea levels?
9. Which continent experiences monsoon rains, typically in the summer?
10. Which instrument measures atmospheric pressure?

Answers on page 25



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Marvellous May Reads

A mixed bag, from fantasy to football, the marine world to marvellous kiddy adventures – May has it all!

Big Dunc: The Upfront Autobiography by Duncan Ferguson

In *Big Dunc: The Upfront Autobiography*, Duncan Ferguson reveals, for the first time, the full story: the truth about his experiences in prison, his parting with African princes and Liverpool gangsters, his fighting with burglars, his making and losing a fortune, and how he turned his life around through his beloved Everton Football Club.

In the process, the book sheds light on one of football's most charismatic but notorious and enigmatic hardmen who remains a pillar of the community on Merseyside, giving back to stricken children who share a similar tough upbringing to his own.

Duncan's book takes readers on a rollercoaster ride of humour, drama and redemption. Buckle up. Published by Century on May 8th

Ocean: Earth's Last Wilderness by Sir David Attenborough and Colin Butfield

From the icy oceans of our poles to remote coral islands,



Sir David Attenborough has filmed in every ocean habitat on planet Earth.

Now, with long-term collaborator Colin Butfield, he shares the story of our last great, critical wilderness, and the one which shapes the land we live on, regulates our climate, and creates the air we breathe.

It is a book almost a century in the making, but one that has never been so urgently needed. Published by John Murray Press on May 8th

The Knight and the Moth - Stonewater Kingdom by Rachel Gillig

From BookTok sensation and New York Times bestselling author Rachel Gillig comes the next big romantasy phenomenon: a gothic, mist-cloaked tale of a propheticess who is forced beyond the safety of her cloister on an impossible quest to defeat the gods.

Brimming with sublime romance and stunning worldbuilding, *The Knight and the Moth* opens a new epic romantasy saga from the TikTok-conquering author of the Shepherd King sequence. Published by Hachette on May 20th



The World's Worst Superheroes by David Walliams

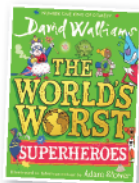
When is the Queen not just the Queen? When she is Wonderqueen!

And is that an especially large bird? Is it a weirdly small plane? No: it's Thunderdog!

Also, when the ancient gods team up to destroy the world, who can possibly stop them? Why, Clive, the God of Scrabble!

David Walliams' mega-selling the *World's Worst* series continues with a volume of 10 thrilling adventures, as the silliest and strongest superheroes on the planet find themselves in riotously unexpected situations.

It all adds up to fun and frolics for young readers. Published by HarperCollins on May 22nd



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Reject The Jab

Want to get fit for summer but are reluctant to try weight-loss jabs? Consider these diet adjustments that can aid in shedding those extra pounds without needing medical assistance.

Fight fat with fibre

Fibre is a crucial component in weight loss. It helps to keep you full longer, reducing overall calorie intake. Moreover, it promotes a healthy digestive system, which is essential for weight management. Whole grains such as oats, quinoa and brown rice are an excellent source of fibre and won't cause a blood-sugar spike like carbohydrates such as white bread.

Broccoli, carrots, and Brussels sprouts not only provide fibre but also a range of essential nutrients alongside beans, lentils, and chickpeas. The power of protein
Proteins play a vital role in weight loss by increasing satiety and boosting metabolism. Including high-protein foods can help in maintaining muscle mass while losing fat. Lean Meats such as chicken breast, turkey and lean cuts of beef provide high-quality protein with less fat.



Salmon, mackerel and sardines are not only rich in protein but also in omega-3 fatty acids, while certain dairy products such as Greek yogurt and cottage cheese are excellent protein sources.

Finally, plant-based proteins such as tofu, tempeh and edamame are great options for vegetarians and vegans.

Fight flab with fats

Contrary to popular belief, not all fats are bad. Healthy fats are essential for brain health, energy and the absorption of certain vitamins. They also help in keeping you satiated when eaten in moderation.

Avocados are packed with monounsaturated fats, while almonds, chia seeds and flaxseeds provide healthy fats and fibre. Fatty fish such as salmon and trout are rich in omega-3 fatty acids, and olive oil is also a great source of healthy fat.

Fat versus fire

Thermogenic foods increase the body's heat production, thus boosting metabolism and aiding in weight loss. Known for its metabolism-boosting properties, green tea is a



fantastic addition to your diet, though it does contain caffeine, so drink moderately.

Similarly, the caffeine in coffee can help increase metabolic rate and fat burning. Ginger is another metabolic booster (it is also great for digestion), and you can also spice up your life with chilli peppers which contain capsaicin.

Lose weight with water

Often overlooked, staying hydrated is crucial for weight loss, but if you can't stand plain water, try herbal teas instead. Drinking water can help control hunger, boost metabolism and improve overall bodily functions, so drink up!





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My ADHD Brain and Me: Living in a Neurotypical World When You Are Not a Neurotypical Girl by Michelle Shavdia

I am a qualified coaching psychologist who was late diagnosed with ADHD, Dyscalculia, and Dyspraxia at 37 years old. I spent much of my life without receiving support for my neurodiverse brain. As challenging as this has been, the positive outcome is that it has led me to my current mission: raising awareness and fostering acceptance of neurodiversity, with a specific focus on ADHD.

Understanding ADHD: More Than Just Hyperactivity:

The tide is changing and there is certainly more awareness of ADHD now than when I was growing up. However, misconceptions persist. Many people still have an outdated perspective on ADHD. The first thing to clarify is that ADHD is a neurodevelopmental condition, not a mental health disorder, which is what some people still believe. While it can contribute to secondary mental health struggles due to the challenges it presents, it primarily affects cognitive functions such as focus, distractibility, impulsivity, and energy regulation.

Core Characteristics of ADHD:

Executive Function Challenges – People with ADHD often struggle with planning, organisation, and time management. This can make it difficult to complete tasks, follow instructions, or manage schedules effectively.

Working Memory Deficits – Retaining and processing information can be difficult, leading to forgetfulness or challenges with multi-step instructions.

Emotional Dysregulation – Unlike neurotypical brains, ADHD brains cannot naturally regulate emotions as effectively. This can lead to intense emotional responses, impulsivity, or difficulty managing stress.

Hyperactivity and Restlessness – While hyperactivity is often associated with ADHD in children, adults too can experience mental restlessness, difficulty relaxing, or a constant need for stimulation.

Impulsivity – Acting without thinking through consequences is common. This can manifest in social interactions, decision-making – even financial decisions!

Managing ADHD: Support and Strategies: The good news is that there are many ways to manage ADHD. Medication can help regulate brain function and give fairly immediate outcomes, but behavioural strategies and lifestyle adjustments are equally

important, although they take up more time. Some effective techniques include:

ADHD Coaching – Provides structure, accountability and tools for navigating daily life. 12 sessions are recommended by the NHS NICE guidelines.

Therapy – Acceptance and Commitment Therapy (ACT) can help with thoughts, emotional regulation, committing to values-based actions and coping mechanisms.

Psychoeducation – ADHD Awareness groups to learn about what ADHD is via a mentor who demystifies and detoxifies it.

Lifestyle Strategies – Techniques such as deep breathing, exercise (walking, yoga) and structured routines can help relieve stress and control impulses.

Why ADHD Awareness Matters: Understanding ADHD is crucial for those who have it, as well as for their loved ones, colleagues, and educators. Without education and awareness, ADHD can significantly disrupt relationships, work, and school performance. Increased knowledge leads to greater support and better outcomes for neurodiverse individuals, which is why I have been delivering ADHD Awareness sessions to the public and organisations for the last 18 months.

Join Our ADHD Support Groups: In addition to the ADHD Awareness groups I have been running, I am now offering a dedicated ADHD Support Group for those who have been diagnosed and are wondering "Now what?" These groups provide a safe space to learn, share and connect with like-minded individuals. **We will start by running these support groups for ADHD ADULTS, then look to run one for PARENTS and one for TEENS soon thereafter.**

Cost: £35 per session or buy one, get one half-price.

Capacity: Limited to 12 participants. To book a place, email amanda@findyourspark.co.uk or message 07928 132 387. If you prefer one-on-one coaching, feel free to reach out with any questions about ADHD coaching services. Subscribe to our newsletter for more information at www.findyourspark.co.uk and follow @findyoursparkadhd on Instagram for tips and strategies.

Hidden Message Wordsearch

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

Love & Romance

Once you find all the words, copy the unused letters starting in the top left corner into the blanks to reveal the hidden message.

Admiration

Affection

Amour

Attraction

Beloved

Bond

Cherish

Crush

Cupid

Desire

Devotion

Embrace

Euphoria

Faithful

Fantasy

Flirt

Forever

Friendsh

Heart

Infatuation

Intimacy

Joy

Kiss

Longing

Rose

Span

Write the hidden message here:

Sudoku Solution

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

"Whenever I'm alone with you. You make me feel like I am home again." —The Cure "Lovesong" (1989)

[illegible]

Puzzle Page Answers

Quick Crossword Solution

#051

Answers:

Across: 5. Flammable, 8. Auto, 9. Ryebread,
10. Outsold, 11. Alpha, 13. Binge, 15. Boombbox,
18. Cucumber, 19. Sand, 20. Aesthetic.
Down: 1. Bloods, 2. Emerald, 3. Eager, 4. Floral,
6. Luxurious, 7. Cashpoint, 12. Courier,
14. Gluten, 16. Misfit, 17. Abate

Weather Quiz Answers

- | | |
|--------------------------|-------------------------------------|
| 1. Storm Eunice | 6. Geomagnetic storms |
| 2. The European heatwave | 7. The Caribbean and Southeast Asia |
| 3. El Niño | 8. Global warming |
| 4. 2016 | 9. Asia |
| 5. Polar vortex | 10. Barometer |

What Am I Bid?

Anyone who has been to a run-of-the-mill car auction will have seen the usual drag of stuttering, juddering, miserable-looking motors working their way around the forecourt, most en route to a final flogging.

Yet at the other end of the scale, top-end models coming under the hammer have shown themselves capable of fetching eye-watering amounts of late.

Here are five incredible auction outcomes, each proving that rarity, historical and exceptional engineering will always get the enthusiasts reaching deep.

1955 Mercedes-Benz 300 SLR Uhlenhaut Coupé

In May 2022, a 1955 Mercedes-Benz 300 SLR Uhlenhaut Coupé shattered auction records by selling for an unprecedented \$143million.



This vehicle, one of only two ever produced, was developed by Mercedes' chief engineer, Rudolf Uhlenhaut.

Its rarity, combined with innovative design and

absolute engineering excellence, has solidified its status as a pinnacle of automotive history.

1962 Ferrari 330 LM / 250 GTO

The Ferrari 250 GTO series has long been celebrated for its performance and exclusivity.

Perhaps then it shouldn't have come as a surprise when, in November 2023, a 1962 Ferrari 330LM/250GTO was auctioned for \$51.7million. This model, distinguished by its racing pedigree and limited production of just 36 units, continues to captivate collectors and enthusiasts alike.

1967 Ferrari 412P by Fantuzzi

Another remarkable sale occurred in August 2023, when a 1967 Ferrari 412P by Fantuzzi fetched a smidge over \$30million at auction.

The 412P, known for its sleek

design and racing success, is a testament to Ferrari's engineering prowess during the 1960s, with limited production and storied competition history contributing to its lofty valuation.



1960 Ferrari 250 GT SWB California Spider

The allure of the Ferrari 250 GT SWB California Spider remains strong among collectors. In 2024, the first-ever produced 1960 model was sold at auction for just over \$17million. Commentators noted the pristine perfection of the model, and their only surprise was that the car in question didn't fetch more!

1954 Mercedes-Benz W196R Stromlinienwagen

Finally, in February of this year, a 1954 Mercedes-Benz W196R Stromlinienwagen, famously driven by legendary racers Juan Manuel Fangio and Sir Stirling Moss, was sold for £42.7million.

This iconic Formula One car, celebrated for its aerodynamic design and racing success, more than doubled the previous record for the most expensive Grand Prix car ever sold.



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I understand that every individual is unique, and I am committed to creating a ceremony that honours their memory in a respectful and personalized way. Whether you envisage a traditional service or something more contemporary, I will work closely with you to craft a ceremony that aligns with your wishes, values, and beliefs. From the very first conversation, I provide support in every aspect of the service – from help with selecting readings, music, and personal tributes, to delivering a ceremony that brings comfort and closure to family and friends.



My aim is to create a ceremony that not only honours your loved one but also offers a moment of peace for those in mourning.

One of the most important aspects of being a celebrant is the ability to craft ceremonies that are meaningful and inclusive. The ability to bring people together in such a meaningful way is what makes this role truly special.

As a funeral celebrant, I bring not only professionalism and expertise but also a deep sense of empathy. I am here to listen, to guide, and to ensure that your loved one's life is celebrated with dignity and love. Let me help you create a ceremony that is as unique and meaningful as the person you are remembering.

Coach Class

Forget about cheap flights abroad - coach holidays are an affordable, easy and fun alternative.

If you've ever watched the popular TV series *Coach Trip*, you'll be familiar with the highs and lows of such a holiday experience. However, unlike the entertaining and high-drama Channel Four reality show, a coach holiday is usually a hassle-free and affordable option.

One of the obvious benefits is you don't have to bother with the boring minutiae of booking numerous things, as everything from the itinerary to accommodation is organised for you. This means you can sit back, relax and enjoy the journey without the stress of planning each leg of your trip.



Additionally, coach holidays are often more affordable than other forms of travel. With group bookings and pre-arranged deals, you can enjoy significant savings on both travel and accommodation costs. This makes coach holidays a budget-friendly way to explore the UK and beyond.

Environmentally conscious travellers will also appreciate that coach holidays are a more sustainable travel option. Coaches have a lower carbon footprint per passenger compared to cars and planes, so you can feel smug that you're also doing your bit for the planet.

Moreover, travelling by coach allows you to enjoy the view. You can take in the scenic countryside, picturesque villages and stunning coastlines without the worry of navigating and driving.

Finally, coach holidays offer a social aspect, providing an opportunity to meet new people and make friends with fellow travellers. Whether you're travelling alone or with a group, the shared experience will ensure lasting memories.

Top 5 UK coach destinations **London**

London is an unparalleled destination for coach travellers as there is so much to see in one place. With iconic landmarks including Buckingham Palace, the Tower of London, and the London Eye, it offers a plethora of historical and cultural experiences.

Edinburgh
Edinburgh is famed for its



historic and architectural heritage. The Edinburgh Castle, Holyrood Palace, and the Royal Mile are some of the must-visit sites, while the famed Edinburgh Festival brings visitors from across the world.

Bath
Known for its Roman-built baths, Bath is a picturesque city filled with Georgian architecture. The Roman Baths Museum, Bath Abbey, and the Royal Crescent are major attractions. The city's compact size makes it perfect for a day trip by coach.

York
York boasts a rich Viking and medieval history. York Minster, the Shambles, and the Jorvik Viking Centre are key highlights. Its well-preserved city walls offer a unique walking experience around the city.

Brighton
In Brighton, the Royal Pavilion and iconic Lanes are major attractions for a trip down to the south coast.

SIX PRINCIPLES OF INVESTING

Whatever stage of life you've reached and whatever plans you may have for the future, you want your money to earn the best return possible without taking undue risk. That's why it's important to invest in a way that's right for you and that will meet your goals.

So what do you need to consider?

1. Have a plan and stick to it

The first thing to consider is your investment objectives based on your goals. It is one thing to have a target, but a sound financial plan can make the difference between simply hoping for the best and actually achieving your investment goals. You need to review your investments regularly to ensure they remain on track and make sure you don't get distracted by short-term market uncertainty.

2. Cash isn't always king

Putting your money in cash can seem a safe option but inflation can eat away at your savings. For most people with longer-term investment plans, cash needs to be supplemented with investment in other asset classes that can beat inflation and offer better growth potential. If you're investing for major goals years away, such as retirement you can't afford to ignore the impact inflation can have.

3. Diversify and always consider your investments as a whole

One of the easiest ways to manage investment risk and improve your probability of success is to have a variety of investments. You can diversify your portfolio across different asset classes, geographical markets and industries. A diversified portfolio, including a range of different assets, will help to iron out the ups and downs and avoid exposing your portfolio to undue risk.

4. Start investing early if you can

Starting early is one of the best ways to build wealth. Investing for a longer is considered more effective than waiting until you have a large amount of savings or cash to invest. This is due to compounding - the snowball effect that occurs when the money you earn investing generates even more earnings. Essentially, you grow not only the original investment, but also any accumulated interest, dividends and capital gains. The longer you are invested, the more time there is for your investment returns to compound.



5. Don't abandon your plans

Some investors suffer from 'activity bias': the urge to 'just do something' in a crisis! When investments are falling in value, it's tempting to sell them, but this can be damaging because you won't be able to benefit from any recovery in asset prices. Markets go through cycles, and it's important to accept that there will be good and bad years. Short-term dips in the market tend to be smoothed out over the long term, increasing the potential for healthy returns.

6. Tailored investment advice

Everyone's needs are different and there's no substitute for an investment approach that's tailored specifically for you. Once we know an investor's risk tolerance and their investment goals, we can put in place a global portfolio of equities, fixed income, cash, and, when appropriate, alternative investments. The goal is to invest with a long-term view and maximise after-tax returns. It may just be the best investment you ever make.

Make informed decisions

Making the right choices can seem complicated but with the right strategy in place you can ensure you are able to make informed decisions to secure the financial future you want. Getting investment advice can be one of the most beneficial things you can do for your personal finances and long-term financial wellbeing.

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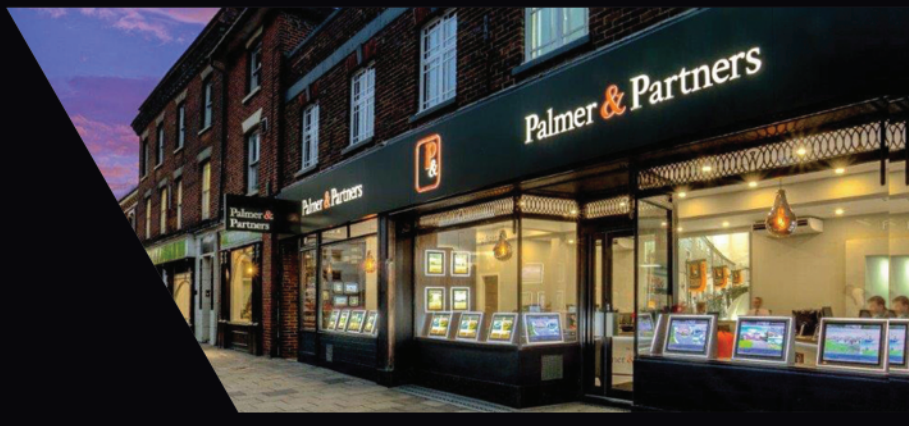
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