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ARE YOU GETTING THE VERY BEST FROM YOUR WILL?



In recent years the law relating to Inheritance Tax has changed considerably. Not all wills are written in a way that will enable the family to claim all tax allowances.

Few people realise that if you die without a Will the law distributes your estate to your family in a way that you may not wish and also in a way which may result in much higher tax. Without a Will your spouse will not necessarily inherit everything, and minor children will be the responsibility of the Local Authority.

'Do it yourself Wills' often result in expensive legal disputes causing family bitterness and legal expense. So, if you want to ensure that your wishes are carried out and that the tax bill is as low as possible it is sensible to have a Will drawn up by a professional.

Many Wills include discretionary trusts which were intended to protect young beneficiaries. Many of these trusts would now attract a higher level of inheritance tax and ongoing fees.

These days the incidence of second marriages is considerable. This often means there are children of the first marriage. If they are dependant they should be provided for. Even adult children can make a claim. A separated or divorced spouse may also be able to make a claim.

If you are not married or in Registered Civil Partnership, and have no Will, your partner has no automatic inheritance rights. A Will is vital.

Doing the job properly now can ensure that the right people are provided for and the lowest level of tax is paid. A Will is a 'one off' cost.

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LPAs enable your chosen attorneys to manage your affairs and pay your bills. Without them if you should suffer an accident or become ill or infirm and unable to manage, then even a joint bank account is frozen and a family member will have to apply to Court for a Deputyship Order. This is cumbersome and expensive.

If the Local Authority considers that an elderly person should move to a Care Home, a Deprivation of Liberty Order can be served. If the person has an LPA for Health and Welfare this decision rests with the chosen attorneys.

It is always best to discuss such matters with a professionally qualified person.

If you would like to discuss any of these issues please do telephone Susan Shaw on 01525 862053.

Susan has degrees from Kings College London University. She has worked in London as a corporate lawyer, has lectured in commercial law, followed by working for a Solicitors firm in Surrey prior to setting up on her own ten years ago.



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Hello Readers



And it's been another busy month in Oracle land! First off a trip to Barton-le-clay to visit Jason at LPMX who's turned a hobby into a serious business! All you two-wheel addicts should turn to page 6 for more details.

Then, on to Shefford to be treated by the magic hands of Sarah at Serenity Holistics. Seriously, if you've never tried reflexology or Indian Head Massage, you do not know what you are missing!. See page 13 to find out how you can make an appointment.

I know I don't have a crown on my front cover and I suspect I'm the only publication that doesn't. But I will be there waving my flag Jubilee weekend. I wish you and HM the Queen a joyous weekend of celebrations!

All the best, *Kirsty*

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The Allure of Two Wheels

Some people are lucky – they have a hobby or a passion that they are able to turn into a full time occupation! Jason Meads runs LPMX, an off road and road bike shop, and is just such a person.

Jason has ridden bikes since he was 4 years old. His father took part in motocross races and passed on his love of bikes to his son. Jason began racing motocross bikes at the age of 6 and hasn't stopped since. As a teenager he competed at British level. He doesn't compete now but still rides regularly. And history is repeating itself because Jason says his 4 year old son is a 'natural' on two wheels too.

Whilst competing Jason had to train 5 days a week, combining this with serious work in the gym. If you've ever seen a motocross bike up close, you will understand why! You can't just jump on one of these bikes and go. It takes skill and strength.

On leaving school Jason initially trained as an electrician but after 5 years he decided to open his first bike shop in Ampthill. He met his wife Charlotte here and they now live in Silsoe with their three children. As the business grew he needed bigger premises so moved to Barton Industrial Estate in 2021.

Motocross is a popular sport world wide and attracts fans of all ages. You don't have to travel far to find a motocross track round here and Jason is kept very busy selling a range of bikes and accessories as well as offering servicing and repairs. Given the choice, Jason says he would race 'all the time'. But growing his business and taking on more manufacturers to offer a bigger range of choice will do for just now!

So, whether you're a professional podium chaser, an enthusiastic weekend competitor or just starting on two-wheels, you'll find a comprehensive range of bikes at LPMX with experienced and knowledgeable staff to help you.

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Anybody can travel with Flittabus and if you have a bus pass they are accepted on all routes.

The routes are designed to provide services to shops and town centres from village locations not well served by commercial bus companies.

The service is aimed at all ages, including those who find it difficult to walk to and from main bus routes with heavy shopping and our drivers always try to be flexible with pick-up and drop-off points.

SCHEDULED SERVICES

Scheduled routes travel to major shopping centres like Central Milton Keynes, Interchange Retail Park, Bedford and Hitchin as well as local centres such as Ampthill and Flitwick.

Towns and villages included in our scheduled services are shown on the map and to get further details of routes and timetables visit www.flittabus.co.uk.

Our buses also carry printed timetables so please ask the driver for further information.

CONVENIENT

Whilst we have scheduled bus stops we also operate a "hail to ride" policy, so if you see a Flittabus going in your direction just signal clearly and the driver will stop (if it is safe to do so).

SERVING THE COMMUNITY

So if you want a special trip to the major shopping centres, need to pop into town for something or just to meet up with friends for a coffee Flittabus is here to serve the community.

EXCURSIONS

Throughout the year we run excursions to many and various places of interest, from show gardens to heritage railways, transport museums to seaside trips.

Upcoming excursions for 2022:

25 June Black Country Living Museum

2 July Epping Ongar Railway

6 July Brooklands Transport Museum

16 July Southend on Sea

These are open to the general public and further details and costs can be found on our website or contact Derek Wood on 07563 170067 or 07715 161621 or email excursions@flittabus.co.uk.

COMMUNITY HIRE

Our buses are also available for hire by community organisations (Schools, clubs etc.). The buses are licenced to carry 16 passengers. Full details of charges are available from the Community Hire line 07563 170067 or use the "contact us" page on our website to find out more – www.flittabus.co.uk



Home Counties Loft Ladders, Quality You Can Trust!

These days most homeowners suffer from a lack of storage space. So many precious items that need to be kept - but where to store it all? That's where Home Counties Loft Ladders come in.

The company, based locally, offers homeowners the opportunity to maximise their storage space with a loft ladder. 50sqft of boarding and a light - all fully fitted in less than a day from just £444! But it's not just the affordability of the package that makes Home Counties Loft Ladders stand out, as manager Jamie Oakley explains: 'Our

watchwords are Quality, Integrity and Value. Quality in the materials that we use for all our installations and the fact that all our loft packages are fitted by time served tradesmen, so our customers are assured of the best job.

Integrity in that we will turn up at the time we say and make sure the house is spotless when we leave, and value in that we offer our services at a price people can afford.

Our business relies on referrals and we get a huge amount of our calls from people who have been referred to us by our existing customers

- that simply wouldn't happen if we didn't adhere to our overriding principles.

At the end of the day the old adage that happy customers lead to more happy customers is true and we work hard to make that happen for

every installation we carry out!

So, if you want to make use of your loft space, call Jamie free on **0808 301 9558** and he'll be happy to pop round and give you a no obligation quote so you too can make use of your loft!



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TIME FOR YOU

My name is Sarah Perry and I run Serenity Holistics. My aim is to provide treatments that can aid both your physical and mental wellbeing. Life is full of stresses and strains, and I believe that it's really important to take time to look after yourself.

I've been a community midwife for 25 years. Being any kind of a nurse is a hard job, but I have always enjoyed the work. I just love looking after people and making sure my ladies are safe and happy.

I also see how detrimental stress can be physically and how beneficial it is to be able to relax.

That's what took me to reflexology. After I had a treatment for myself, I knew it was such an effective way of helping you to relax, in a very pleasurable way. I am also trained in Indian Head Massage and holistic facials.

I have a calming treatment room in my home in Shefford and would love to introduce you to the amazing benefits of these holistic treatments.

Please just give me a ring if you'd like to make a booking or discuss a treatment with me.

Sarah

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REFLEXOLOGY has been used for thousands of years as an alternative treatment for a wide range of conditions. Pain relief, nerve stimulation, blood flow, migraine relief, and so much more can be achieved through reflexology. And, in the absence of abnormalities, reflexology can promote better health, relieve the symptoms of stress, injury and improve your mood.

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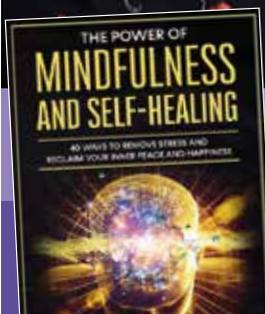
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Is it time to leave your job?

So I manifested a fox this morning. Say what?

Well, I was out on my walk through the woods and just thought: 'ok universe, send me a fox if my gran is here with me'. (To be clear, my lovely gran passed about ten years ago, and I was just hoping for a little sign from the universe that she was with me in spirit).

Then I thought nothing of it other than: 'yeah a nocturnal animal at 10:30 in the morning, that's super-likely'.

But whaddaya know, less than five minutes later, a huge fox runs out in front of me from a housing development, across my path and into the woods! Not a dog, not a big cat, not a badger, but an actual honest-to-god fox.

I was so shocked I stood there with my mouth open for a whole 30 seconds. And I know I'm a little bit woo-woo – I get it – but whatever you believe, that's one heck of a coincidence, isn't it?

And to add a little more 'weird' into my day, when I got home and asked the current husband if he'd had a nice evening last night, he said that he had and that he'd been to a great pub in Pirton called... any guesses?... 'The Fox'.
I mean...

So why am I telling you this, other than to establish my credentials as a total oddball?

I guess I just want to draw attention to the fact that sometimes the universe works in weird

ways. When you are stuck in that stressful or demotivating job, and aren't sure whether to jump ship or stick with it, just pay attention to any little signs.

- Are you noticing that you're getting low level health issues happening – headaches, stomach issues, skin conditions?
- Have several other people left your workplace recently?
- Are you coming across repeating messages – books, radio or social media - about 'changing your life' or making a career pivot?

Of course, they could mean nothing, but all I'm saying is stay open.

Stay open to what the universe might be trying to tell you about your situation.

Notice if there is alignment between those messages and your own inner knowing about what you are ready for in your life.

And then choose what you want to do with that.

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Oracle Quiz

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*What's a celebration without a drink?
But what alcoholic drinks are these?*

- | | |
|---|--|
| 1 Brendan, Jodie and swimmer Mark | 11 Camberwick Green's Windy has lost weight. |
| 2 A powerful bend from the waist | 12 Bread, Zebra & Rice combine to make this drink. |
| 3 Put at ease in Alabama | 13 A gem in Mumbai |
| 4 The "Toon Army" sunburnt ? | 14 Sir Paul's designer daughter. |
| 5 He guards the crown jewels. | 15 The campanologists' drink? |
| 6 A drink from the rice fields | 16 Sibelius symphony. |
| 7 Is magician Paul's brother from Swansea? | 17 These three letters suggest you are corrupt or bad. |
| 8 Frozen water follows mix up from fins. | 18 Radio 2 disc jockey. |
| 9 This slang for a beak can be heard in the forest. | 19 Marx meets up with ship sinker without ice. |
| 10 It's strange seeing young sheep on a fleet of ships. | 20 Cleverer flower part. |

Please send your answers with subject DRINKS QUIZ to kirsty@thebedfordshireoracle.com or post to Oracle Quiz, JAC Publications Ltd, Stewart House, Station Road, Ampthill MK45 2RE. All entries must be in by 12th June 2022. Winner will be selected at random and contacted.

NAME:

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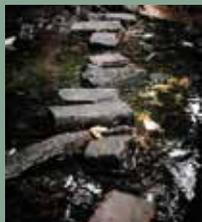
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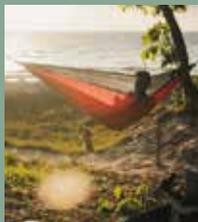
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The Garden Diary

Jobs for June

Whether you've had a bit of extra time off over the Jubilee or you're simply making the most of the longer evenings now the warmer weather is here, I've put together some of the things you might want to add to your to-do list.

Prune late spring and early summer shrubs

To keep your shrubs that flower from November to June in tip top condition, it's important to give them an annual prune. Even if you're just removing dead stems, it helps to promote healthy growth and prevents unproductive material building up. For RHS advice on pruning visit www.rhs.org.uk/plants/types/shrubs/pruning-early-flowering

Support tall perennials



Sometimes nature needs a little extra help to keep things upright, so use canes or sticks to support

floppy, top-heavy perennials, such as hollyhocks. Tying the stem gently using a figure of eight loop (so part of the twine passes between the stem and cane) can help to prevent the plant rubbing.

Liquid feed containers and baskets

Containerised plants can quickly use up nutrients held within the compost, so boost their

performance using a liquid fertiliser, such as tomato feed. The liquid feed is absorbed quickly by the plant, encouraging flower development during the growing season.

Woolly aphids

These little fluffy pests have been a real, well, pest this year. If you've found white, sticky, fluffy stuff on your woody shrubs or hedge, chances are it's these little critters. Ladybirds and other predators do their best to munch their way through them, but because of the way woolly aphids breed, they can quickly get out of control. Keep a regular look out for them - that way you can treat small outbreaks with an organic soap solution. Larger infestations may require pesticide application to avoid the plant being permanently damaged.

Pinch out tomato side shoots

If you're growing your own tomatoes this year, keep pinching out those side shoots on cordon varieties (side shoots are the bit between the main stem and the primary leaves). This encourages upright growth and concentrates the plant's energy on producing a high quality crop.

See you back here in July!



Adrian Cole, Arcadia Horticultural Services



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You may see our volunteers monitoring the sites each month. This includes taking sample counts of flowers and insects, as well as photographs, so that we can build up a picture of how the sites are performing year by year. We will also be trying to build up a total species list for each site. We now have a gallery of wildflowers on our website, so why not take a look and see if you can spot any.

IF YOU WANT TO HELP WILDLIFE IN YOUR OWN GARDENS, HERE ARE OUR TOP TIPS:

- Put out some water - vital for both birds and insects
- Plant pollinator-friendly plants
- Allow some of your lawn to grow long, or cut less frequently.
- Don't use pesticides

There are 21 wildflowers hidden here. See how many you can find.

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Reading Dogs

How does it make you feel when a dog runs towards you?

During walks with my dog and training clients alike I'm constantly analysing the body language and demeanor of dogs. And their owners. This will tell you an awful lot about what might unfold. I also 'read' the physical reaction of the dog I'm walking with. Dogs are incredibly expressive with their body language which enables us and other dogs to understand how they are feeling and what their intentions might be.

For example, a happy dog is likely to display a relaxed, open mouth; lolling tongue, neutral or slightly set forward ears with their tail up and wagging. In stark contrast, a dog with a tense mouth, chest thrust forward and ears back might try to assert itself and a confrontation could result. Having the ability to interpret these signs, enables us to manage the resulting interaction more proactively.

Dogs are emotive. For those of us who are dog lovers, the prospect of a dog running over to 'say hello' is joyous. However, you might feel apprehensive of an approaching dog if your dog is anxious, aggressive or injured/recovering from an operation and thus are likely to have your dog on a lead. I've always tried to observe the basic etiquette that I won't let my dog approach a dog on a lead (in areas where it is safe to be off lead). I interpret the dog

being on lead for good reason and give them plenty of space.

I work with clients to manage the behaviour of dogs who are at various



points on the amiable spectrum. Some puppies and dogs are super friendly and want to run and greet every person and other dogs in the hope that they might receive attention and play. In contrast, some dogs are very reactive to approaches and their responses might include barking, snapping/biting and lunging. Consider the challenge of trying to handle a 50 kilo dog that doesn't like other dogs approaching when a happy little puppy comes bounding over! It's not much fun for the owner attached to the dog on the lead.

Now try to imagine that you feel frightened by the prospect of a dog anywhere near you. An adult might visibly tense and move away yet a child might call out for help and run away. As dog owners, we need to recognise these cues and react promptly to keep our dogs away.

Our dogs are assessing and interpreting our signals all the time as well as the dogs they interact with. If we possess the knowledge to read our dogs, then we are empowered to manage situations more effectively.

Awareness and courtesy towards others are also important themes. Being mindful of where our dogs are and how or whether they approach other dogs and people will ensure that going for walks is a thoroughly enjoyable experience for everyone.

Katherine Patrick



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History of Jubilees

Jubilees mark a major milestone in the reign of a Monarch, celebrating their life and service and this year, HM The Queen became the first British monarch to celebrate a Platinum Jubilee, marking seventy years of service.

Edward III celebrated his Golden Jubilee in 1376 with a spectacular weeklong joust at London's Smithfield beginning with a magnificent procession from the Tower of London accompanied by trumpeters.

George III celebrated his jubilee on 25 October 1809, the start of the 50th year of his reign, but since the reign of Queen Victoria, Golden Jubilees have been celebrated after the completion of 50 years of service.

Queen Victoria had largely withdrawn from public life after the death of Prince Albert in 1861. Her Golden Jubilee was seen as an important opportunity to reconnect with the nation. The celebrations began with a lavish outdoor breakfast near Prince Albert's mausoleum at Windsor on 20 June 1887. She then travelled by train to London for a banquet at Buckingham Palace.

The following day Victoria processed in an open carriage to Westminster Abbey. On her return to Buckingham Palace, she appeared on the balcony and was cheered by the crowd. Ten years later, on 20 June 1897, Queen Victoria became the first British monarch to celebrate a Diamond Jubilee.

Queen Victoria's grandson, King George V, celebrated his Silver Jubilee on 6 May 1935. It was the first ever celebration of



a British monarch's Silver Jubilee. The day was declared a public holiday and pageants, fetes, and parties were held.

In 1977 HM The Queen celebrated her Silver Jubilee, and it was a major national and international event. The Queen and HRH Prince Phillip travelled some 56,000 miles on a series of jubilee tours that would take in Australia, New Zealand, and the Pacific Islands.

In 2002 HM Queen Elizabeth II celebrated fifty years of service. On her Golden Jubilee, The Queen and Prince Phillip toured the UK and the Commonwealth and held a concert at Buckingham Palace, followed by a spectacular firework display.

Highlights of the 2012 Diamond Jubilee included the Thames Diamond Jubilee River Pageant, a spectacular flotilla of 1000 boats which travelled from Chelsea to Tower Bridge, led by The Royal Barge, on which the Queen travelled.

Big Jubilee Lunches were held throughout the UK and around the world, attended by an estimated 8.5 million people in the UK alone. On 2 June, the anniversary of the Queen's coronation, a 62-gun salute was fired at the Tower of London and elsewhere.



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My name is Klara Stanbridge and I am the owner of Imperium Interiors. I have been completing Interior Design projects around Bedford, throughout London and all over the world for the past 10 years. I have worked on beautiful projects of all scales, from a simple bedroom to an entire hotel and I have built up invaluable product knowledge, trade contacts and design management skills. I began Imperium Interiors to offer a complete design service that was affordable and helped clients with projects, from a single curtain to an entire new build design scheme.

Clients approach me overwhelmed with the amount of choice available these days : high street stores and boutique upcycling companies, online retailers and antique fairs. Where do you start?

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I always begin by getting to know my clients. How do they live? What does their typical day look like? What are their likes and dislikes? I then build a picture of a design that suits all members of the household whilst maintaining a consistent yet practical scheme. Home is the one place in the world we all get to have exactly how we want, so have fun with it and make it a place you cannot wait to

get back to after a long day out.

Over the years my coveted book of suppliers has grown and grown and now I work with tradesmen I have known for years and trust with my projects. This alone saves my clients costly mistakes as well as time hunting down a reputable company.

I like to use unique touches, whether it be a custom-made kitchen bar made from reclaimed wood, or a custom printed fabric to upholster that gorgeous footstool we've found! I love thinking of unique ways of maximising storage space to keep areas clutter free and using unique pieces can really help with this.

I have specialised in fabric my whole career, particularly made to measure furnishings such as curtains, blinds, cushions and reupholstery. This is where a lot of fun can be had. I recommend larger pieces such as sofa's, walls and wood-work are kept fairly neutral. However, the accessories we can play around with fabric, pattern, and texture. That way, if my client suddenly starts to love the colour orange next year, it won't cost the earth having a colour refresh!

So if you have a project you want to get stuck into this year, get in touch and experience why you NEED an Interior Designer!

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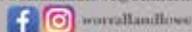
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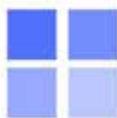
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Tuesday 21 June 2.30pm	Bedford National Trust Assoc. AGM & 30 min. talk by Mike Muncaster "Gone for a Burton". All welcome.	Addison Centre Kempston	Robin Salter 01234 261897
Sat 2 Jul 11-5pm Sun 3 Jul 1-6pm	Toddington Open Gardens. Approx 10 gardens open, Plant sale. Tickets £5.	Tickets from Wilkinson Church Hall	Run by Friends of Toddington Parish Church

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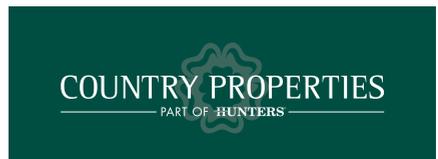
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