

GRANDSLAM NEWSLETTER

ISSUE 02 - MAY 2020

TAKING CARE OF YOURSELF

In these difficult times it is more important than ever to take care of yourself and your family.

Many people are rushing to make Wills at present, but the importance of Lasting Powers of Attorney should not be overlooked, and the documents should (ideally) be prepared together. Wills and Lasting Powers of Attorney can only be executed when the person making them has the requisite mental capacity to do so. As mental incapacity can strike at any time through accident or illness or general deterioration, it is important to get your affairs in order whilst you are fit and well.

Making a Will allows you to say who inherits your estate after death. The Will does not take effect until death and therefore does not dictate what you can do with your estate in your lifetime – it is yours to do with as you please whilst you are alive.

The Will simply takes care of what is left of your estate on death and

accordingly should be drafted to protect and provide for those who are left behind.

A Will should be reviewed on a regular basis to ensure that it still meets with your wishes. Family circumstances can change quickly, and your Will should adapt accordingly.

Without a Will, the law dictates who will inherit your estate – don't let that happen.

Making a Lasting Power of Attorney allows you to say who deals with your affairs in your lifetime. There are two types of Lasting Power of Attorney – one that relates to your property and financial affairs, and the other that relates to your health and welfare. The two Lasting Powers of Attorney complement each other and enable you to say who should look after your affairs in the event that you are unable to.

Without Lasting Powers of Attorney in place, your legal next of kin have to

apply to the Court of Protection in London for an order to be able to deal with your affairs.

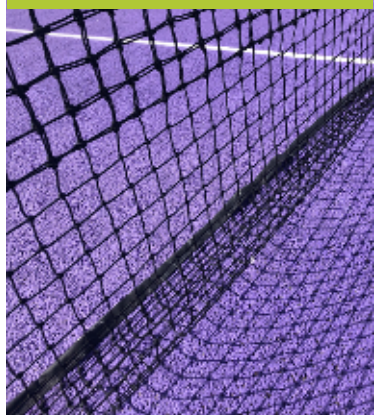
this can prove to be a lengthy and expensive process at a time when time may be of the essence – don't let that happen.

So, don't delay – take care of yourself today!



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TENNIS IS BACK!



It is great to see people back using the courts and playing tennis under the guidelines set by both the LTA and Government. Tennis and sport in general have proven benefits to both physical and mental health. Whether you are a regular tennis player returning

to tennis, or perhaps thinking about trying the sport for the first time, now is the perfect time. Tennis practices social distancing, whilst providing you with a great workout. The sport also keeps the important sending and receiving skills in check



IN THE COMMUNITY

Legal Records was set up in 2011 by musician and club member Kate Chilton (Isaac) and comprises an independent record label, recording studio and music teaching studio. Kate's vision was to set up a welcoming, creative facility in a quiet, rural location close to Skipton.

The **recording studio** is fully equipped with a purpose-built live room, grand piano and state-of-the-art Pro-Tools hard disc recording system. There is a full selection of microphones and outboard effects, and the studio has access to a number of session musicians ranging from drummers to string players and brass players. We can produce any style of music from a simple demo to a full album and we specialize in performance-based music. Kate is adept at arranging, and is an experienced songwriter, pianist, saxophonist and clarinettist.

Recent clients have included jazz singer Josh Hindle and his quartet, singer-songwriter Anne Cleveland, comedy duo "Quack and Sparklers", saxophone quartet "Perfect Fourth" and Skipton Ladies' Choir.

The **teaching studio** offers lessons to all ages in piano, clarinet and saxophone from beginner to diploma level, and basic singing coaching. There are lots of



opportunities for students to play in ensembles, and we run regular "music play days" where there are jazz and classical workshops, ensemble playing and

masterclasses with visiting musicians.

Currently lessons are taking place online, but will recommence live as soon as possible.

Because of the current situation the studio is currently closed to visitors, but we hope to be able to open soon if you'd like to pay us a visit!

Legal Records is very proud to support the Sponsored Player Initiative at Skipton Tennis Centre. **We're offering club members 20% discount on a day's recording session, and also a free Zoom or FaceTime introductory taster music lesson, or a free one-to-one lesson in the studio.**

Contact Legal Records:
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COACH TIP OF THE MONTH



Jonny brings us some hints and tips on returning to tennis after having some time off.

BEFORE PLAY:

Mobilise your body, tennis involves a lot of changing direction and short bursts of movements in different directions that your body hasn't done recently. To prevent injuries a proper warm up is key.

WARM UP IDEAS:

- **Dynamic stretches** ie. forward, back and side lunges
- **Balance / stability** for your lower body with coordination e.g. bouncing and catching a tennis ball whilst hopping
- **Shadow swings** - forehands and backhands with relevant footwork and different stances without the ball.

DURING PLAY

1. **Find a rhythm** in your swing by sending the same ball back to your hitting partner. Same speed, same direction, same height, move to position early and swing smoothly to achieve this.
2. **Hit serves** to get back match fit you must be starting rallies with the serve and the return.

HOW SPONSORSHIP IS USED

Thanks to the continued support from Bradford Grammar School we have been able to use their sponsorship contribution to help with the improvement of the club's facilities.

We have also been able to improve the support to primary schools. STC have made good use of the contribution in 3 areas:

1) Club improvements such as painting, landscaping and surface repairs.

2) Equipment for primary tennis delivery. This has had a great impact at the Carleton Hub for key workers during the pandemic.

3) Work on the new fence will be starting soon and BGS contribution is received with thanks. This will have a huge benefit to everyone using the club.

Entering our 2nd year working with BGS is very exciting for both the school and tennis club. We will have an update early June regarding scheduled fun junior tournament.



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