#### the august 2017 vle & dorrid directory community magazine and business directory f y in

for residents of knowle and dorridge

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мнівгьоог

# event season

## Welcome to the August issue of The Knowle & Dorridge Directory.

There's loads of great local events happening over the next month – Tudor Grange Park plays host to 2 big events: Summer Fest in August and Fun in the Park in September (see page 17 for more details). And don't forget to support Dorridge Day, a family fun day in Dorridge Park, on 10th September (see the ad on the inside back cover). Fingers crossed the weather holds for all these great events!

If you're looking for something different, check out 'Foot Golf' at the Henley Golf and Country Club (see ad on next page) – you have to get the ball into the hole using only your feet in the fewest number of shots possible. But be warned, it's very addictive! And if the weather is rubbish then check out the events at the Land Rover Sports and Social Club in Solihull (see ad on next page) or see what's on at the cinema or Core Theatre in Solihull (page 18). Whatever you end up doing, have a great Summer!

Tel: 07557 220585 Email: zoe@dorridgedirectory.com www.knowleanddorridgedirectory.com

Zoe Reece



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### Join us in the Courtyard September 3rd 2017





All the shops will be open as normal and we have an art exhibition from The Yellow Hat Tribe all day. At 2pm we have Sambassadors of Groove, who are a great fun samba drumming band. The Cardio shop is doing a fundraiser by holding a marathon by walking, running or cycling for 1 mile in The Cardio Shop. Equipment provided. **Anyone interested in taking part to help raise money for a defibrillator please phone Andy on 01564 792410.** 

YEW TREE FARM COURTYARD SHOPPING, STRATFORD ROAD, WOOTTON WAWEN, WARWICKSHIRE B95 6BY. GENERAL OPENING TIMES TUESDAY - SUNDAY 10AM - 5PM. SOME UNITS NOW OPEN 7 DAYS A WEEK. WWW.YEW-TREE-FARM.CO.UK

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#### FOR FURTHER INFORMATION

contact

Chris Mundell Fundraising & Marketing Officer 01564 772415 *cmundell@leveson.org.uk*  Kevin Allen Registered Care Manager 01564 772850 *kallen@leveson.org.uk* 

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# Achieve Your Goals

hink back to January 1st. Did you make any resolutions? To shed 30lbs / pay of the credit card / start your own business? How are you doing? Truth is few people ever achieve their goals, but some do! How do they do this?

Set a time limit – "I want to set up my business in two months." Then write down every step you think you need to take to achieve it. Be thorough. Does two months still seem reasonable? Would twelve months be more realistic? The more you get into it and break it down the more manageable the little steps will seem and the more tangible the big goal.

Set micro goals - Each time you achieve a goal it motivates you to achieve another. Now you've broken your big goal into micro goals take the first one, set a time limit and do it. If you want to lose weight the first step might be to research different methods (Weightwatchers / 5:2 / calorie counting etc.) and choose one by Friday. When you've done that move on to the next micro goal: you might book a health check to ask about blood pressure / blood sugar etc... so you have a starting point to work from and compare with as you make progress.

Only set important goals -Any worthwhile goal requires you to do things you would prefer not doing (e.g. saying no to cream donuts if you're trying to shed weight, or restrict your spending if you're trying to cut debt). If your goal is not your priority, you won't do what's required to achieve it because the prize isn't important enough. You have to want it badly! Identify the biggest obstacle

 If there's more than one potential obstacle make a list.

Work out in advance how you will deal with them. Maybe you want to reduce your debt but are scared to open unpaid bills and see just how much you owe. Perhaps enlist the help of a trusted friend or mentor to sit with you and support you. Or maybe there is a local free debt advice charity you could contact. Ask, "Am I willing to make sacrifices?" – Be honest. If the answer is no you're setting yourself up for failure. Maybe now is not the right time for you.

Work your plan – Check in with your plan on a daily basis and ask, 'What am I going to do today to move towards my goal?" You'll need resolve and discipline because some days you won't feel like doing it. If this happens don't beat yourself up, just get back on the plan the next day.

Hold yourself accountable – This is the number one key to success and it's the one that trips most people up. It's your life and your goal. Hold yourself accountable to working your plan, and refuse to make excuses.

Enjoy the journey – Encourage yourself daily as you might encourage your best friend. Congratulate yourself when you do things that challenge you or you've stepped outside your comfort zone. As you reach each micro goal, reward yourself.

Remember success isn't a destination it's a journey. Happy travelling.

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If you live locally and would like to earn some extra cash by hand delivering this magazine to houses in Knowle and Dorridge once a month then please get in touch.

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To advertise call Zoe on 07557 220585 or zoe@dorridgedirectory.com

#### local events

# community events

#### Life's a Beach at Touchwood

#### Saturday 15 July – Sunday 3 September

Touchwood is once again giving local residents the chance to be transported to sunnier shores with the return of its muchanticipated Costa del Solihull urban beach this summer.

#### The Big Sleuth Solihull Town Centre Until 17th September

The Big Sleuth, so named because sleuth is the collective noun for a group of bears, will see individually designed sculptures appearing throughout the city and outlying regions, inspiring residents and tourists to uncover Birmingham, Solihull and Sutton Coldfield's cultural gems and discover areas they may not have before. The sun bear, also known as the honey



bear, has been chosen because it's the smallest of the worlds eight bear species – making it the perfect choice for Birmingham Children's Hospital to help it raise vital funds when the bears go to auction. Start

your trail off in Solihull, and why not send Solihull bid a picture with your bear, which may feature on their website. Check out www.solihullbid. co.uk for ongoing updates.

#### **KNOWLE LIBRARY**

- Jellybeans held monthly on a Thursday morning for story-time and rhymes for the under 5's
- Alphabet Club and storytime session for the under 5's, held on alternate Mondays at 2 - 2.30pm
- Knowle Readers Circle meet monthly on Fridays at 2.15pm
- Knowle Society available each Saturday morning for

local history enquiries

- Under-fives Rhyme Time every Friday at 2pm
- Coffee mornings on the first Thursday of the month at 10.30 - 11.30am
- New monthly Saturday Craft Club - for ages 10 - 12 years at 11am - 12noon

www.solihull.gov.uk/Resident/ Libraries/Find-a-library/ knowlelibrary



#### local events



Car Boot Sale St. Mary's Church, Hobs Moat Saturday 19th August, 8am – 12noon

Refreshments are available during the morning. The cost is £6 per car, and if you wish to book a pitch, please call 07954 783405.

#### Solihull Summer Fest 2017

Tudor Grange Park, Monkspath Hall Road, Solihull, B91 3LU Saturday 26th and Sunday 27th August, 12 noon until 10pm

The Solihull Summer Fest returns to Tudor Grange Park on August Bank Holiday weekend 2017 for its second year. A two-day event offering the people of Solihull



the opportunity to experience the fun and excitement of a festival within their own town. Peter Andre, Lulu, Gabrielle and Lemar will be headlining Saturday 26th August while Feeder, The Pigeon Detectives, Toploader and the return of The Wonder Stuff are headlining Sunday 27th August. Tickets from www. solihullsummerfest.co.uk

#### High Summer Craft Market

Mell Square and Mill Lane Solihull Saturday 26th August, 9am - 5.30pm

Visit this craft market for a chance to purchase handmade items from





home and abroad. The market showcases the work of local artists and jewellery designers, as well as offering artefacts from Morocco and other overseas locations. Clothing, garden furniture and street food are also available.

#### 'Afternoon Tea with Music'

#### Knowle Village Hall Saturday 9th September, 1-4pm

Tickets cost £5 and are available from The KVHA Friday Coffee morning (June Williams 01564 779445); Royle Household Home and Hardware (Knowle Precinct) and Stephen Yeomans (KVHA, 01564 778163). All proceeds will go to the Knowle Village Hall Refurbishment Fund. The KVHA is a registered charity No .523004.

### Fun in the Park

Tudor Grange Park, Monkspath Hall Road, Solihull, B91 3LU Sunday 17th September, 11am – 5pm

A great day out for families with performances in the arena, a dog show, stalls, classic car and motorbike show, pony rides, nature trails, food outlets and lots more fun things for kids! Entry £6 for families, adults £3, kids £1.

#### what's on

#### a taster of what's on in august & september ...

#### CINEMA



#### The Hitman's Bodyguard from 18 August

The world's highest-rated bodyguard has a new client: one of the world's most infamous assassins. Now he's 'The Hitman's Bodyguard'. These mortal enemies have been thrown together on an outrageous adventure to get from England to The Hague, and hopefully to bring down a ruthless dictator while they're at it.

#### Rough Night from 25 August

Jess is in Miami for her bachelorette party, but what should be the best weekend of her life becomes a 'Rough Night' when her



friends accidentally kill a stripper. They don't see each other often, so they make up for it with a weekend of drinking and dancing. What should have been an amazing night turns into a disaster as they frantically try to figure out what to do with the body.

#### The Nut Job 2 from 11 August

This film sees Surly and the rest of the animals on the search for a new home. When the nut shop explodes, they move to the city park, a



beautiful green space with more than enough food for all of them. But when the mayor announces plans to bulldoze it and turn it into an amusement park, it's time for the animals to fight back!

To book please visit www.cineworld.co.uk

#### THEATRE

The Core Theatre, Solihull (formerly Solihull Arts Complex)



#### Folk It!

#### Wednesday 23rd August, 2-4pm

Brand new art and craft workshop by Helen from Mindful Crafts. In this first lesson, Helen will show you how to paint 3 beautiful designs using simple dotting techniques. You will also learn how to create a vintage distressed paint effect to decorate an MDF hanging heart and greeting card.



#### Mark Thompson's Spectacular Science Show

Friday 1st September, 2.30pm You think Science is boring, think again; this is science like you have never seen before. Designed for children of six years and up, the brand new Spectacular Science Show explores the strange and magical properties of matter with exploding elephant's toothpaste, vortex-generating dustbins, dancing paste, vanishing beakers and even exploding Pringle tubes!



#### STARMAN – The Story of David Bowie

#### Friday 15th September, 7.30pm

From Rebel Rebel to China Girl, Let's Dance to Young Americans. Ashes to Ashes, Life On Mars, Changes, Heroes, Sound And Vision, Golden Years, Absolute Beginners, the list goes on and on. Songs from all eras of David Bowie's celebrated career are performed to perfection in this highly charged show.

To book please visit www. thecoretheatresolihull.co.uk



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# You Could 3D Print That!

3D printing has come a long way in the last few years. What started out as an ultraexpensive development tool can now be bought as a desktop gadget for a couple of hundred pounds. But what is a 3D printer and why might you want to buy one?

hen vou make an item usually you start with the material e.g. a bia block of wood or metal and then cut bits off and shape it until you get to what you want. Or maybe you start with a mould and a liauid substrate which hardens. With 3D printing you start with nothing but gradually add layers of material to build up your object in an 'additive manufacturing process'.

You design your item using computer aided design software (CAD) then feed it to a special 'slicer' program that cuts it into very thin layers which are then printed one on top of the other. The beauty of this is that it lets you create incredibly complex articles that you simply wouldn't be able to make at home in any other way.

The most common home printers (FDM printers) use a reel of plastic wire. This is fed into a heated extruder where the material is melted and then forced out through a verv fine nozzle. This nozzle is then moved over a buildplate by computer to make a solid, thin layer of plastic which forms one slice through your design. The process is repeated over and over until all the slices have been stacked up, leaving you with the finished object.

Price-wise you can pay anything from around £100 to a few thousand for a professional machine. At the cheaper end you tend to get 3D-printed kits (yes 3D printers making 3D printers!). But for a few hundred pounds you'll get fully assembled, metal framed (more rigid) examples. There is a vast array of printers to choose from, but do your research and don't underestimate the importance of helpful online user support groups. 3D printing is not an exact science. When you press the GO button you don't always



As for what you can do with a 3D printer? Really the only limit is your imagination. I've built a plastic case for my latest Raspberry Pi project; a vase, a music stand, several fidget spinners and a replacement part for a Lego set. My sevenyear-old designed and made a alow-in-the-dark sword! Take a look at www.thingiverse. com. One of the greatest bits of this technology is that you can share your designs and work and have anyone, anywhere in the world print their version of your creation. So go get creating!

#### home improvements

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- Underfloor Heating
- Solar Installations
- Renewable Energy



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#### Blinds

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or front entrance and back entrance, there are three main types of products used in homes today – wooden, UPVC and composite doors.



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# International Left-Handers' Day

he 13th of August is International Left-Handers' Day. Launched in 1992, it is now an annual event where left-handers everywhere can celebrate their sinistrality (that's the posh word for left-handedness) and increase public awareness of the disadvantages of being left handed (like scissors... conventional scissors are made for righties, a fact which made my primary school years in the less-enlightened 1970s somewhat frustrating), and

also the advantages, because there are quite a few. In many sports for instance, we seem to have an advantage. Leftfooted soccer players and tennis players find it easy to wrong-foot an opponent. A right-handed player is used to 'like-handed' opponents who play a similar game. A lefty will have faced more righthanders and thus be used to their "opposite" style of play.

We're also more creative, possibly due to the way our brains are wired: The left half of the brain, which controls the right hand, is also responsible for speech, language, writing, logic and numerical thinking. The right half, which controls the left hand, is also responsible for music, art, creativity, perception, spatial awareness and emotions.

I've learned to embrace my left-handedness over the years. It's part of who I am and I'm pleased to announce that since I purchased a pair of left-handed scissors I can now cut out neat paper shapes with the best of them!





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#### **book** reviews

# a good read reviews By Willow Coby

#### Shtum by Jem Lester

"I love you, Jonah, but sometimes I wish you had never been born."

For most parents this would be an unthinkable phrase to utter. But Ben is desperate. He doesn't mean it, of course, but the thought is there, uttered



only when his 10 year old son is asleep. Even if Jonah heard he wouldn't say anything.

Jonah doesn't say anything. Jonah is non-verbal. He has autism. This is not your Rain Main depiction of autism where Jonah is a gifted child in at least one area. He has the mental age of a toddler and his parents have reached the end of the road.

He is about to make the transition to secondary school and Ben and Emma are convinced that he would be better off in a residential specialist school. The local authority doesn't agree and this is where the novel starts.

Two parents battling to get the best for their son, and battling to communicate with each other. This is a brutally honest look at the highs and lows of parenting a child with autism. The author, Jem Lester, should know what it is like as he is father to a child just like Jonah.

But it is also a story about an adult son trying to repair his relationship with his aging father. Geog is a Holocaust survivor and has kept his past hidden from Ben. It is his conversations with Jonah that allow him to open up and Ben has to come to terms with the fact that his father won't open up to him. It would seem that Jonah, who has the least to say, will be the one that teaches the adults in his life to live, love, and forgive.

#### Gladiator Boy vs The Raging Torrent by David Grimstone

Decimus Rex, the hero of this series, was captured by slave-takers in Italy and taken to Rome to compete in the gladiator arena. Along with his cell-mates he is determined to escape and after a series of trials they manage to escape their captor Slavious Doom, But this is only the start of their troubles as they find themselves



in one quest after another.

This is the eighth book in the Gladiator Boy series and it leaps right in where the previous book left off. Decimus, Olu, Ruma, and Gladius are sailing across the seas to China to rescue their friend Teo. But when they arrive in Yelang they find none other than Slavious who challenges them to survive the water maze.

This is a great series for young readers and this instalment is no exception. From attacks by Japanese Ninjas to a water filled maze with encroaching walls this is sure to be one that readers will not want to put down. Johnsons Knowle should be your first stop when looking for a pre-owned vehicle.



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comprehensive

# the cat's whiskers!

s a card-carrying dog-lover I admit I didn't know much about our feline friends so I was fascinated to unearth some cool cat-facts!

- Cats are believed to have been domesticated in ancient Egypt.
- Cats sleep for two-thirds of their lives. They usually spend 13-16 hours of the day asleep. (I am definitely coming back as a cat!)
- Adult cats 'miaow' to

communicate with humans rather than each other.

- Cats use their whiskers as sensors to find out how wide a space is – and whether they can fit through it.
- A cat's heart beats two to three times faster than a human's.
- A cat's tongue has rows of hooked scales that act like a comb to groom its fur.
- Cats only sweat through their paws
- A group of cats is called a clowder.

- A cat has the ability to jump up to six times its length.
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# wine

There are around 60 species of vine but only one bears the fruit which when fermented produces wine.

Evidence of grape pips at Palaeolithic sites indicates humans were eating grapes from around 7000BC. The first vineyard dates from 3200 BC when the Egyptians and Phoenicians began planting and tending vines.

t first grapes were grown only for eating. It is likely that wine was an accidental discovery. It would only have taken a few hours in full sun for ripe juicy grapes to begin fermenting (the process by which natural sugars are turned into alcohol) aided by the natural yeasts present in the 'bloom' on the fruit. Before long wine was being made throughout the Mediterranean.

Ancient methods of viticulture (wine-making) bear a lot of similarities to those still in use today. In Egypt grapes were collected in wicker baskets then trodden in huge wooden vats to get the fermentation process started. Once crushed the grapes, juice and skins were poured into loosely corked earthenware jars and left to finish the fermentation process. Finally the mixture was filtered, flavoured and poured into sealed amphorae.

We would be horrified now at what passed for wine in earlier ages. Makers preserved their wines with additions such as heavily sweetened date juice, honey and spices, and even pepper.

By the Middle Ages people tended to prefer full-bodied fortified wines (more akin to our sherries and ports) which were stored in wooden casks.

Over the course of the centuries wine-making evolved. Makers learned that vines grown on the thinner mountain soils seemed to produce superior wines to those grown on the plains.

All the European vines originated from the same species. This made them vulnerable to pests and diseases (a problem affecting banana producers nowadays). A highly destructive aphid called the grape phylloxera reached Europe at the beginning of the 20th century and wiped out almost all of the Old World vines in just a few years. Fortunately scientists

stepped in and managed to develop healthy plants by grafting European varieties on to American rootstock. because the American vines were resistant to the aphid. This helped the Americans too because their native vines produced inferior wine. All of today's Chardonnay and Cabernet Sauvignon wines are produced from

'rescued' vines!

There are now a huge variety of grapes for manufacturers to choose from and this, coupled with modern wine-making techniques have made wines more standardised and reliable. But recently there has been a move back to artisan wine-making by passionate manufacturers who want more individuality, uniqueness or 'terroir'. Truth is there has never been a better time to be a wine-drinker. Cheers!



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#### kids time

# **Sime** During the long summer break it's good to have a trick or two up your sleeve to entertain the kids on a rainy day.

ne of my...erm sorry their favourites is making slime! It's fun and teaches them a bit of chemistry too.

#### What you need

White glue Sodium tetraborate (Borax) Water Sealable plastic bags A large spoon A jar with a lid A bowl for mixing

Note: Borax is less easily available now than it used to be but you can buy it in good hardware stores, garden centres and online. Borax substitute doesn't work! You've been warned.

#### How to make the slime

Place equal quantities of glue and water in the bowl, mix well with a spoon.

In the jar combine a cup of water with a tablespoon of sodium tetraborate powder or crystals. Screw the lid on tight and shake well. If all the sodium tetraborate dissolves add a bit more. You want a saturated solution. Keep adding a little more sodium tetraborate and shaking until no more will dissolve. Now your solution is saturated.



Add a small auantity of the sodium tetraborate solution to the glue and water mixture, and stir rapidly. The trick here is to add just the right amount of sodium tetraborate solution. Too little and there will be too much alue so the mixture will be sticky. Too much and it will be to liquid. Add a small amount at a time and keep touching the mixture with your hand when it doesn't look like liquid anymore. If it feels sticky add a little more solution. If it feels too wet but not runny remove it from the bowl and knead it a little in your hands. It should gradually become more slimy as the excess sodium tetraborate evaporates. If it's runny then you've probably ruined it! Try adding more alue but you may have to start again. I suggest you make a small amount to begin with to get a

feel for proportions and texture.

When you're happy with your slime you can colour it with food colour and even add glitter or tiny plastic insects or tiny googly eyes. Slime keeps for a long time in sealable plastic bags. You can add a little more water if it starts to dry out.

#### The science bit!

The white glue and water mixture is a polymer. Polymers are used in all kinds of plastics and some cloth fibres like nylon. Sodium tetraborate is a cross-linking substance which binds the polymer chains together. This makes the glue solution thicker. If the polymer chains get too bound together it becomes more difficult for them to move around and the mixture becomes more like putty.



Mixed-Up Missing Number Grid All the numbers from 1 to 20 appear twice in the grid except one. Can you find which number only appears once?

#### Cut & Fold

Which of the three patterns below is created by folding and cutting a square of paper as shown?



Twist Your Tongue! Try reading our tricky tongue-twister as fast as you can

One-One was a racehorse. Two-Two was one, too. When One-One won one race, Two-Two won one, too.



**Fascinating Fact** 

The month of August was named after Roman emperor Augustus Caesar. Before this the Romans called it sextilis as it was the sixth month in their calendar.

6 - nawanA bloff & tuQ

<u>Mixed-Up Missing Number Grid</u> The number which only appears once is 19

### A Pre-nuptial Agreement offers protection

A pre-nuptial agreement is a formal document which describes what assets each party owns at the time of the marriage. It also sets out how these assets and finances will be divided in the event of divorce or separation.

Ithough couples marry in the belief that the marriage will be forever, it is an unfortunate fact that almost 50% of marriages now end in divorce and parties need to protect their financial position.

#### Pre-nuptial agreements are important where...

- One party has or is likely to have significant inheritance prospects.
- One party has significantly greater capital or income than the other.
- One party has a successful business that they would like to keep separate from personal finances.
- One or both parties are entering into a second marriage and they wish to retain their previous divorce settlement.
- One or both parties have children from a previous marriage and they wish to protect their children's inheritance rights.

#### The court's starting point

In deciding financial settlements, the Court's starting point is a 50/50 split of all the assets. It then considers a variety of factors in deciding whether to move from this position such as whether or not the couple have entered into any prior agreements.

#### Given significant weight by the Courts

Although pre-nuptial agreements are not legallybinding documents, since the landmark Supreme Court case of Radmacher v Granatino in 2010, the courts now give significant weight to them when assessing finances.

If it can be shown that both parties freely entered into the agreement and understood the implications of signing it at the time, then as long as it is not unfair to hold the other party to the agreement the courts should uphold it.Pre-nuptial agreements must be drafted and dealt with carefully to ensure the Court have no reason not to uphold it.



lallace

Dipika Mistry and Kathryn Ferris Wallace Robinson & Morgan Family Lawyers

#### Saving you a lot of time and money

A well prepared pre-nuptial agreement could save you a lot of time and money should your marriage come to an end.

If you are getting married, contact us to talk to one of our family law solicitors who can advise you as to whether such an agreement will be right for you.

#### **Co-habitation Agreements**

If you are not getting married but are planning to share a home with your partner, you may want to consider a co-habitation agreement. As the law does not afford the same protection to cohabiting couples, there are a number of things which should be taken into consideration when setting up home outside of marriage, including:

- Whether the home should be held as joint tenants or tenants in common, and how the parties' contributions to the purchase price can be protected
- Whether a life insurance policy should be taken out
- Whether the parties need to make a Will and, if so, what provisions should be made for each other. Under the intestacy rules unmarried partners will not inherit upon the other's death, and so this is an important thing to consider.

The legal position regarding any children will also be affected by the fact the parents are not married. A cohabitation agreement sets out arrangements to apply both whilst the parties are living together and on the breakdown of the relationship.

#### How we can help

Wallace Robinson & Morgan Solicitors have the expertise to help draw up an appropriate agreement that both you and your partner are happy with and one that the courts will uphold.

We will make sure that both of you have obtained independent legal advice and fully understand the implications of the agreement.

We will make certain that both of you have given full and frank financial disclosure and ensure that the agreement is realistic and fair. Our specialist family lawyers can advise you as to whether these agreements are right for you.

Head of the Family Law department, Kathryn Ferris is a qualified Collaborative Family Lawyer and offers the benefits of this revolutionary approach to her clients. Dipika Mistry, is an accredited Law Society Family Law solicitor. Kathryn and Dipika are both members of "Resolution," an organisation that promotes constructive, non-confrontational methods to resolve family issues.

If you would like to discuss any family law issues please contact us on 0121 705 7571 or email kathrynferris@wallacerobinson.co.uk





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# honeysuckle

I know Wisteria is considered the king of climbers by many gardeners but surely honeysuckle must be the crown prince. The fragrance is nothing short of heavenly.

t grows wild in a wood near my home and the scent stops walkers in their tracks whenever they come across it. Honeysuckle stems emerge from the ground and grow slowly upwards until they find something around which to twine. At this point they romp away, scrambling up frameworks or trees decorating them with spidery flowers and showering the air with that heady scent on warm summer eveninas.

The most common complaint I get about honeysuckle is 'failure to thrive'. People buy one, plant



it and it struggles on for a couple of years before it turns up it's toes and keels over. 'Why did that happen?' they ask imploringly. Mostly it happens because although



they are undemanding once established, honeysuckles are quite fussy about their situation. Honeysuckle prefers its roots in damp soil, not too heavy, and enriched with plenty of leaf mould. This makes perfect sense if you think about the forest floor where it grows wild. And it likes its head in the sun to encourage prolific flowering.

I grow it like clematis - I place a couple of bits of paving over the soil that surrounds the roots to over the cool shade they require. Honeysuckle is not at all fussy about the support it

#### garden services

needs. I have some growing over a pergola, and some over a wigwam in a border near a bench, just so I can get the benefit of the scent when I sit there. I'm trying to establish one over the porch too. As it's against a wall I am having to make sure that it receives enough water.

My father had one growing over an old tree in his garden. If you want to do the same I'd advise planting it near the extremity of the branch canopy rather than near the trunk where root competition will be fierce. Train the stems upwards



along some garden twine into the branches and the result will be breathtaking.

There are lots of varieties to choose from. Our native honeysuckle, Lonicera periclymenum has early and late-flowering varieties and for scent they are difficult to beat. I do have a lovely Italian honeysuckle, Lonicera caprifolium, which was recommended to me by Alan Titchmarsh at a Gardeners World event many years ago. I wanted summer fragrance and I have not been disappointed with the great Mr. T's suggestion.

Now is actually a good time to buy a honeysuckle as you can conduct a scent test at the garden centre. Happy sniffing!

By Rachael Leverton



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# WIN 2 tickets to see Rockin' on Heaven's Door

#### Thursday 21 September The Core Theatre, Solihull (formerly Solihull Arts Complex)

For your chance to win these tickets, worth £47, visit the Core Theatre website page for this event - www.thecoretheatresolihull.co.uk - to find the answer to this question:

How was the show referred to in The Stage & Television Today? Email your answer to: thecoretheatre@solihull.gov.uk – and please put 'Heaven's Door' as the subject line

Closing date for entries is 31st August and the winner will be drawn at random and notified by email after this date.

About the Show:

Rockin' on Heaven's Door is a roller-coaster ride back to the heady days of the very first teenagers – fabulous 50s and the swinging 60s.

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#### crossword



#### Down

- 2 Ticket lottery (7)
- 3 Prize, trophy (5)
- 4 Intellectual, resourceful (13)
- 5 Small assorted sweets (5, 8)
- 6 Squares of chocolate cake (7)
- 7 Hopeless, bumbling (5)
- 13 Professional who kneads muscles (7)

clues

#### Across

- Assault, strike (6)
- 5 Detritus, scrapings (6)
- 8 Jane Austen novel (4)
- 9 Observer, eyewitness (8)
- 10 Sang The Scientist, and Fix You (8)
- 11 Message, missive (4)
- 12 Hurt, injured (6)
- 14 Freezer (6)
- 16 Fried or poached \_\_\_\_\_(4)
- 18 Approximate judgement (8)
- 20 Eleventh month (8)
- 21 Drop, nip (4)
- 22 Scant, skimpy (6)
- 23 Screened, sheltered (6)
  - 15 Anger, indignation (7)
  - 17 Band, association (5)
  - 19 Mass communication (5)

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## how to play SUDOKU

#### It's simple!

Fill in the grid so that each row, column and 3x3 box, contains the numbers 1 through to 9 with no repetition. You don't need to be a genius. These puzzles use logic alone. Watch out! Sudoku is highly addictive.

answers on page 60

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Mindhenders

Solution to Mind benders

3. Feeling under the weather

**Mindbenders Solution** 

1. Just for fun

from page 27

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Suduko Solution from page 59								

Services .

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NOVEMBER L Е

**Crossword Solution** 

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SPARSE

from page 59

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Knowle Surgery	0121 796 2777	1
Solihull Hospital	0121 424 2000	· · ·
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### local police contact for knowle & dorridge Sergeant Mike Lloyd Telephone: 101 ext 891 6011

Email: knowledorridge@west-midlands.ppn.police.uk



# veggie burgers

#### Who Needs Meat?



#### Preparation Time: 20-30 minutes Cooking time: 20-30 minutes Makes 6 burgers

#### Ingredients:

3-4 tbsp sunflower oil
1 onion, peeled, thinly sliced
250g/9oz firm tofu, finely chopped
1 cooked beetroot (not in vinegar), peeled, grated
150g/51/2oz fried mushrooms, drained
1 carrot, peeled, grated
1 tsp smoked paprika (optional)
1 garlic clove, peeled, crushed
1 tsp chopped fresh thyme
1 tbsp chopped kidney beans
salt and freshly ground black pepper

#### To serve:

- 6 burger buns
- 6 tbsp ready-made mayonnaise (optional)
- 3 beefsteak tomatoes, thickly sliced
- 2-3 gherkins, sliced

#### Method

Heat half the sunflower oil in a pan over a low heat and fry the onions for 15 minutes, stirring frequently, until they are softened, translucent and beginning to turn golden-brown. In a bowl, mix together the cooked onions, tofu, beetroot, mushrooms, carrots, smoked paprika (if using), garlic, thyme and kidney beans. Season to taste, with salt and freshly ground black pepper. Divide the mixture into six equal portions and shape into burgers. It's easier to do this if your hands are a little damp. Heat the remaining olive oil in a frving pan and fry the burgers for 3-4 minutes on each side, until golden-brown. You can finish cooking them for a few more minutes and serve them like this but I prefer to heat a griddle pan until smoking hot, then add the cooked burgers and fry for a further 1-2 minutes on each side, until there are clear deep char lines. Serve the burgers in buns and add any extras of your choice, such as tomato slices, gherkins, chargrilled peppers, salad leaves, coleslaw or mayonnaise.

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