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may – the month of holidays!

Welcome to the May issue of The Knowle & Dorridge Directory.

With 2 bank holidays and with half term starting in May, it's a great month! To help keep the kids entertained in half term Hatton Country World are having a Pirate Festival from 29th May (see page 8 for more details).

If you like planning ahead, check out Summer Fest which is coming to Solihull in August (see page 9) and will feature Peter Andre, Gabrielle, Feeder, Lulu and many more. Get your tickets booked early so you don't miss out.

For those of you who are working hard on improving your home or garden we've got lots of reliable companies who advertise in here who can help do some of the hard work for you.

Whether you're working or playing this month, have a great one!

Zoe

Zoe Reece

Tel: 07557 220585

Email: zoe@dorridgedirectory.com

www.knowleanddorridgedirectory.com



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Locally designed by: hotlobster design ltd **Printed by:** Warwick Printing Company

PLEASE RECYCLE THIS MAGAZINE

skin deep

the skin is our largest body organ

It works quietly away, constantly renewing itself, shedding dead cells every 28 days. It also provides a barrier against the environment and keeps our insides where they should be!

The skin on our face and hands is more exposed than other areas so it's unsurprising that the combined effects of pollution, UV exposure and stress mean these are the places which show signs of aging first.

There are thousands of products on the market that promise us all manner of miracles but do any of them work and is there anything we can really do to hold back time?

What about facials? Having a facial is a luxurious but is it really doing anything? Beauticians say yes. Although the skin self-renews, dead cells on the surface make it look dull. Facials help by physically removing dead cell build-up, to reveal younger fresher skin underneath.

There are a bewildering array of facials to suit skin type, age and budget but they all follow a similar pattern.

The first step is a deep cleanse, followed by exfoliation then, depending on which treatment you've agreed with your beautician it can include steaming, blackhead and whitehead extraction, massage, face mask and moisturiser. Variations include aromatherapy oils and acupuncture.

Your face should never feel sore or puffy when the treatment is over. You should look like a cleaner, shinier, healthier version of you!

I'm up for that.

WHICH SKIN TECHNOLOGIES REALLY WORK?

Alpha-hydroxy acids These are present in many moisturisers. Their effectiveness depends on concentration. Between 8-15% they are a very effective skin smoother. At strengths of over 15% they are used in chemical peels which should only be carried out by a Dermatologist.

Trans-retinoic acid It's been proven to reduce wrinkles, increase epidermal thickness and stimulate collagen deposition. It is effective in serum at very low concentrations but the effect is cumulative, so you will need to view it as a long-term strategy. It's also very sensitive to sun light and breaks down on exposure, and can cause a mild skin reaction so should only be applied at night.

Vitamin C

serum This is a highly effective anti-oxidant and wrinkle-reducer but needs to be concentrated (10% or more) and stabilised in order to work. Keep it out of the light and use in the morning. It breaks down on exposure to sunlight so use it under a moisturiser with a high SPF. Use only stabilised, colour-free preparations. If there is a yellow tinge, it's no longer effective.



discover better skin

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Improve your skin health at the UK's leading skin clinic

Dickens Heath, Solihull has a brand new addition: sk:n, the UK's leading, award-winning skin clinic, has opened its forty fourth UK clinic in Dickens Heath Village opposite Mortons Kitchen Bar & Deli. sk:n have acquired what was formerly known as Waterside Aesthetics and now offers residents of Dickens Heath and the surrounding areas an even wider range of clinically proven skin health and wellness solutions, right on their doorstep.

sk:n's heritage dates back to 1990 when it was founded in Harrogate in a private clinic. Initially specialising in port wine stain birthmark removal, sk:n invested in the highest grade medical lasers on the market and operated in partnership with the NHS. Before long, sk:n doctors were treating NHS patients for broader dermatological needs and an ongoing, exclusive partnership emerged. A stand-alone clinic was opened in Birmingham City Hospital in 1993 followed by a private clinic on Harley Street the same year. Fast forward two decades on and sk:n's treatment mix and clinic portfolio has expanded dramatically. We caught up with sk:n Dickens Heath's regional manager,

Victoria Jupp, to tell us a little bit more about what to expect from the brand new, state of the art clinic...

"As the nation's skin expert, we pride ourselves on providing the best service to our clients.

Medical expertise is at the heart of everything we

do; we understand that skin is precious and demands the most expert treatment from individuals who only specialise in skin." Victoria continued, "Here at sk:n Solihull, we will

continue to offer direct access to expert doctors, nurses and therapists for in-depth consultations. What's more, our new clinic is governed by a Medical Director and will bring an additional range of high-grade, cutting edge dermatology treatments to help local residents discover better, more radiant skin, whilst also offering the latest in; laser hair removal, anti-ageing injectables, dermal fillers, facial treatments including microneedling, a range of peels for rejuvenation and to combat acne and the award winning HydraFacial treatment."



READER OFFER: To celebrate the launch of sk:n Solihull, the clinic are offering **The Knowle & Dorridge Directory** readers **50% off their first treatment***.

Visit www.sknclinics.co.uk/DH to find out how to claim your 50% off saving.

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Chartered Architects Gary Winn RIBA and Dean Poulton RIBA are Progression Architects and have been based in Solihull since 1992. They are about to celebrate 25 years in practice.

The practice specialises in the design of domestic house extensions, one off houses and conversions, although they also have some corporate blue chip clients.

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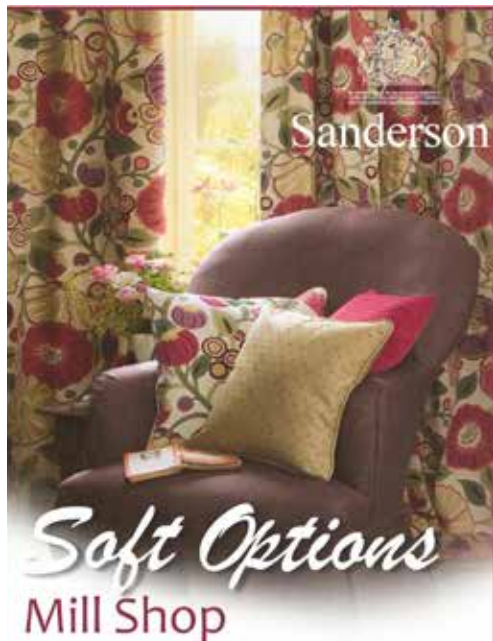
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At Progression we are also Chartered Town Planners and members of the Royal Town Planning Institute. We specialise in dealing with planning applications and negotiating with the Local Authorities. We also prepare, submit and attend Planning Appeals, where applications are refused, putting our case forward from an applicant's point of view.

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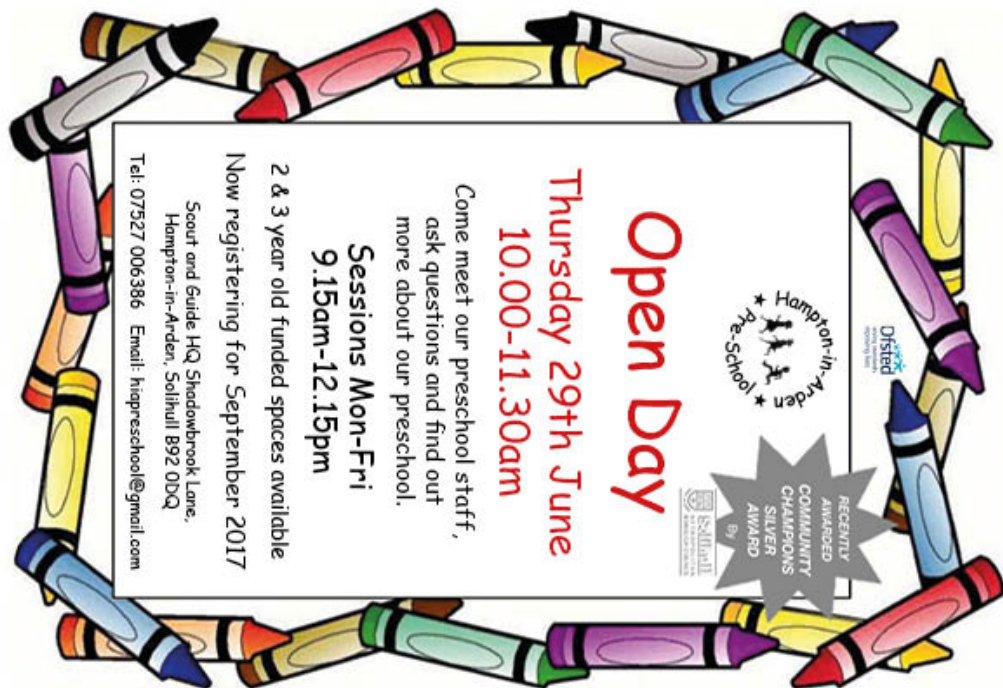
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no job is too big or too small!

Tudor Rose Curtains is a local interior design company that specialises in designing and manufacturing soft furnishings. Sarah Harper spearheads the business and she has over 20 years' experience in the interior design.

One of Sarah's recent projects was to restore some existing curtains that had degraded and disintegrated over time and Sarah suggested replacing and repairing sections instead of new curtains. She presented designs, and new fabric choices were selected before Sarah removed the existing tails, smallest swags and all six drops of curtains and took them back to her workshop. The deteriorated silk was removed, the main

vintage fabric protected and the leading edge was replaced with the new fabric colour.

From removal to refit took just over one week.

The smaller swags were replaced with flat pelmets for a more contemporary feel and the deeper shade of secondary fabric enhanced the original curtains to great effect.

Sarah from Tudor Rose Curtains said "Here we took the opportunity of upgrading the stylish vintage curtains which fitted in with a client's house perfectly and used all our skills and design creativity to enhance the lounge".

Coming this Autumn: sewing machine lessons. All levels catered for. Spaces will be limited, so please contact Sarah well in advance to book or for more information.

To make contact with Tudor Rose Curtains please email SJ@TudorRoseCurtains.co.uk, phone Sarah direct on mobile 07518 851063 or leave a voicemail at any time on the 24-hour machine messaging service 0121 445 2072.



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Gilbert and Sullivan Meet Lerner and Loewe

Knowle Village Hall

Saturday 3 June 7.30pm

The Strolling Players, a singing group based in Knowle, start the summer with a concert celebrating two great musical partnerships, and

including highlights from favourites such as "The Mikado" and "My Fair Lady". Advance tickets are £8, available from 01564 772071. Each year the Players support a good cause, and have chosen Guide Dogs for the Blind for 2017.

Solihull Carnival

Saturday 10 June 11am

Tudor Grange Park

Featuring charity stalls, Bob Wilson's Funfair and plenty of entertainment including a spectacular bike act, Chinese dragon, Phillippa School of Dance and SoLO Choir. No entrance fee but charity donation welcomed.

Inspire Stitched Textile Group 10th Anniversary Exhibition

St. Swithin's House, Barston

Friday 16 & Saturday 17 June, 10am - 4pm

A celebration of work created over the last 10 years, which features a wide variety of embroidery, stitched textiles and mixed media pieces, using contemporary and traditional techniques. Admission is free. There is parking, wheelchair access and refreshments.

Mum2mum market Solihull

Bentley Heath community centre, Widney Road, Solihull, B93 9BQ

Saturday June 24th, 10.30am-12.30pm

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Heart of England Bike Ride

Sunday 16 July

Chose between 12, 18, 30 or 60 mile routes from Packwood NT House around the Warwickshire Countryside. Invite your friends and family and make day of it. Help raise funds for British Heart Foundation and local causes. Enter now at www.knowleanddorridgelions/bikeride to get a reduced entry fee.

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- **Alphabet Club** - and story-time 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

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- **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

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ready for revision

Exam time is stressful for the whole family. So what's the best way to cope?

There's no way round it, the answer has to be planning and preparation.

Set up your revision timetable as early as possible, that way you can pace yourself. It's too tempting to put everything off then face a last-minute panic.

How do you study best? Some people prefer to spend a whole day on one subject, others prefer to break their time into smaller blocks and tackle several subjects in short burst. Whichever you choose, make sure you take a short break every hour or so. Pop outside, stretch your legs, have a drink and maybe a snack. Oxygen, nutritious food and water are essential for concentration and mental alertness.

Effective brain function relies on neurotransmitters, which are chemicals made from amino acids. These are found in food rich in good quality protein, like lean meat, fish, soya and beans. In order to convert the amino acids into neurotransmitters the body also need vitamins and minerals, so top up on fruit and vegetables. Refined sugar, found in sweets and chocolate releases glucose too quickly

into the bloodstream and this can cause mood swings. Emotions run high around exam time anyway, so it is better to snack on nuts, seeds and fruit, which provide a slow, steady release of glucose.

Our brains also depend on proper hydration to function optimally. Brain cells require a delicate balance between water and various elements to operate. Research has found that if we're even slightly dehydrated we find it more difficult to focus. Aim to drink around up to 1.5-2 litres of water, diluted fruit juice or herbal teas per day. Drinks rich in caffeine, such as Red Bull or coffee trigger production of the stress hormone cortisol which can make you feel even more edgy and nervous, and make it harder to focus and find the right words under exam pressure.

Gentle exercise, such as walking, or cycling, in between study improves the blood circulation to the brain and actually relieves stress, making you feel more relaxed.

On the day of an exam focus on breathing; slow deep breaths in and out will help to reduce levels of the stress hormone cortisol. Try not to engage in pre-or post



exam discussion, as this can make you feel anxious.

If you're well prepared and well-rested then you are ready. But remember they are only exams. They are one measure of your ability taken at one point in time. They do not relate to who you are as a person, or how well you will ultimately do in life. All you can ever do is try your best on the day. Good luck.

WHAT TYPE OF LEARNER ARE YOU?

Visual learners - prefer note cards and tend to map out information on paper.

Auditory learners - prefer to read their notes aloud, and listen to them being played back.

Kinaesthetic learners need action – Record your voice and play back the information while walking. Take revision notes to the gym and read while running on a treadmill, even sitting on a swing reading notes can work.

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Choosing a new fridge

The fridge has come of age. Gone are the days of a squat little white cupboard with a tiny freezer compartment. Fridges have gone large! Some even come with custom panels that exactly match your kitchen cabinets.

There are six basic types of fridge:

Top Freezer - A traditional fridge, that's good for a fairly tight spot. These tend to offer the most space for their size but need space for a wide swing of the doors. They also require you to crouch to reach the lower shelves which may be an issue if you are tall or have arthritic knees.

Bottom Freezer - We tend to use the freezer less so it might make good sense to have the fridge shelves at eye-level. You tend to need a larger model to get the same useable capacity as a top freezer.

French Door - This has two narrow doors on top, opening from the centre, and the freezer below. The space-saving small-swing doors have the added value of opening only half the fridge when stashing smaller items.

They tend to be wider than top or bottom freezers.

Side-by-Side -

With the fridge on one side and freezer on the other, these usually have through-the-door ice and water dispensers and temperature-controlled. The narrow doors can be useful if your kitchen is small about some don't open wide enough for large boxes, and the tall, narrow compartments can mean some items disappear to the back, never to be seen again!

Built-In - These are made to fit almost flush with cabinets and counters. They are typically bottom-freezer or side-by-side styles and match your cabinets.

Compact or Mini - Perfect for a bedsit or a kitchenette. Keep in mind these models may have only one quarter the capacity of a regular fridge, but cost just as much to operate.

Always measure where you plan to put the fridge before you buy. Check too that it can fit through doorways and remember that you will need



space to open the swing doors and for a one inch clearance around sides and back for adequate airflow.

Bigger is probably better as it means you can shop in bulk, and smaller models do not necessarily mean smaller running costs.

Energy efficiency - All new fridges are a lot more efficient than they were a decade ago. They all have to be A+ rated now. Yet even between A+ models running costs can vary widely. Your fridge runs for 24 hours per day so it makes sense to do your research. Compare the Energy Guide labels of your favoured fridges, and then compare the annual operating costs and the kilowatt-hours used per year.

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bank holidays

I'm in two minds about bank holidays. On the one hand it's a holiday, yay, and there are two of them in May... another yay; on the other it's a prescribed holiday so most people are off work at the same time, so there are queues and traffic jams wherever you go. It would make more sense to me if bank holidays were rolled into an additional 8 days of compulsory leave which could be taken anytime we like.

The UK fares pretty badly in the bank holiday stakes

- 8 public holidays is not a lot. The Italians have 12 days; the Austrians 13, while Spain and Portugal enjoy 14 public holidays per year!

There has been a long-running campaign for an extra bank holiday in the UK around October as the period from August Bank Holiday to Christmas is a long time to work without a break! Past Prime Ministers have indicated this might be a possibility.

Not everyone would welcome it though. The Confederation of British Industry calculates that

one extra day could cost the nation £6.5 billion. That's a lot but they also calculate that the cost to the economy of work-related stress problems is £4-5 billion, and that sick-days cost over £12 billion per year. Given those figures, a couple of extra days' holiday per year could prove beneficial over all.

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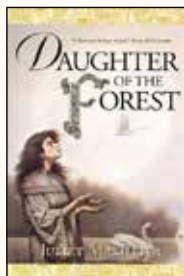
a good read

reviews By Willow Coby

Daughter of the Forest

by Juliet Marillier

Authors draw inspiration from many places and it has been said that there are only so many stories to be told. Very often the skill of the storyteller is not in the story but in how it is told. Ancient mythology is a common source of inspiration and it is from the old Celtic myths of Ireland that this New Zealand author has turned for this historical fantasy fiction.



Based loosely on the legend of the Children of Lir and elements of the German fairy-tale 'The Six Swans' Marillier manages to conjure up the rich and mystical landscape of ancient Ireland.

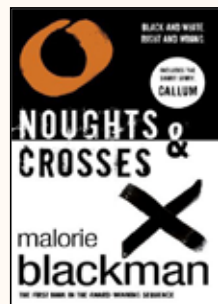
Sorcha is the youngest of seven children and is raised largely by her six older brothers following the death of her mother during her birth. Her father remarries but his new wife is jealous and attacks the children. Sorcha escapes but her brothers are all turned into swans. Desperate to save them she learns that they will be freed if she weaves six shirts out of nettles without speaking a word to anyone. Retreating into the forest to complete her task she is cared for by the faerie-folk and visited twice a year by her brothers in human form. But if Sorcha thought that this seemingly impossible task was all that awaited her she was very much mistaken.

This engrossing story will completely transport you to a magical landscape, evocative of Tolkien and ancient mythology.

Noughts and Crosses

by Marjorie Blackman

For today's teenagers the mid-20th century really is history, and the attitudes of that time are alien to their lives. Young people today are exposed to such a range of cultures and people that segregation (South African apartheid or the Jewish ghettos) can seem unimaginable.



Yet even a cursory glance at the news reveals that it is perilously real for some, and not just those in foreign lands.

This is why Marjorie Blackman's award-winning teen novel is so unsettling. It tells of a divided society with two groups. The Crosses are the lucky ones: born into privilege and wealth. They run the country and have the best funded schools. But the Crosses couldn't function without the other half – the noughts. The noughts are the bottom half of society. Their purpose is to work for Crosses and to keep the country ticking over. They are suppressed at every opportunity. This is segregation taken to the extreme: and it doesn't work along the lines you might think it does.

At the start of the story 13-year-old Sephy (a Cross) is secretly continuing a childhood friendship with Callum (a nought). This is a friendship that seems to be on a path to self-destruction as their feelings for each other grow. Fuelled by the growing uprising among noughts and the Liberation Militia the two teenagers are destined to be pulled apart.

Blackman presents many echoes of the past: America in the 50s, South Africa under apartheid, and even the IRA of the 70s and 80s. Add to this some inspiration from Romeo and Juliet and you have a novel that will challenge the way you view the world.

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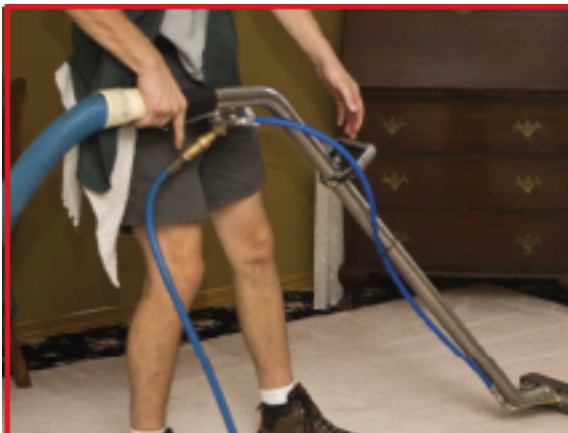
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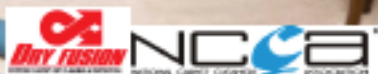
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a taster of what's on in may & june...

CINEMA



Baywatch from 29 May

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Colossal from 19 May

Gloria is an out-of-work party girl who finds herself in relationship

trouble and is forced to move back to her tiny hometown to get her life back on track. She reconnects with childhood friend Oscar and resumes her drinking lifestyle. Meanwhile, on the other side of the world, a larger-than-life creature begins attacking Seoul, South Korea on a nightly basis. One night, Gloria is horrified to discover a connection between these catastrophic events and her own fractured psyche. This is a fantastical tale that also triumphs as a wholly original and subversive romantic comedy.

To book please visit
www.cineworld.co.uk

THEATRE

The Core Theatre, Solihull
(formerly Solihull Arts Complex)



Alice in Wonderland by Ballet Theatre UK

1 June, 2.30pm & 7.30pm

Basing his ballet on Lewis Carroll's much-loved children's books, Alice in Wonderland and Through the Looking Glass, Ballet Theatre UK's Artistic Director Christopher Moore has created a captivating piece, brimming with wit, humour and charm. With its whimsical flights of the imagination, eclectic music and joyful dance, Alice in Wonderland is delightful entertainment for all ages.



And Finally Phil Collins

3 June, 8pm

'And Finally... Phil Collins' are recognised throughout the industry as the market leaders and definitive Phil Collins and Genesis tribute show. Now, celebrating their '10th Anniversary' year together, this truly amazing eleven-piece band which includes the 'And Finally Horns' faithfully re-create all the classic hits from the Phil Collins and Genesis timeless back catalogue. Last year for the second time in a row 'And Finally... Phil Collins' were voted by the 'Agents Association of Great Britain' at the 'National Tribute Music Awards' as the... 'OFFICIAL UK No.1'.



Jongleurs on the Road

8 June, 8pm

Jongleurs is the byword for live stand up comedy. These shows will feature a host and three live stand up comedians. From time to time acts are changed to suit TV filming etc - so please check website for up to date info. Suitable for age 16+.

To book please visit www.thecoretheatresolihull.co.uk





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Wallace Robinson & Morgan solicitors are pleased to be able to offer a fixed fee divorce package for all work in connection with obtaining your divorce. This will include preparing the divorce petition and other necessary documentation, liaising with you, your partner and the Court and applying for the two Decrees required to finalise the divorce. Please contact us to discuss your individual circumstances so that we can give you details of our fixed fees and any other costs involved. Please note that our fixed fee offer is subject to the divorce being undefended and without any unforeseen complications. It excludes work done in relation to the finances or any children.

Collaborative Law

Wallace Robinson & Morgan also offer an innovative new approach to resolving family matters. We believe that, in the majority of cases, the best and most amicable solutions are those agreed between the couples themselves. Collaborative Law allows couples to meet face to face, with the support of their respective solicitors, and discuss their views and suggestions for resolving the matter. This enables couples to reach agreement without the need for costly, stressful and time-consuming Court battles. Everyone in the room has the common goal of finding the best solution for the couple and their family.

Collaborative Law has numerous benefits: participants still have their own independent legal advisor but maintain control without being threatened by Court proceedings. The couple set the agenda for each meeting, enabling them to discuss the issues that matter most to them and their family. Furthermore, it is crucial for a harmonious future relationship, particularly when children are involved, to maintain communication between the parties, and Collaborative Law ensures this is achieved.



Dipika Mistry and Kathryn Ferris
Wallace Robinson & Morgan Family Lawyers

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 issue, our fixed fee divorce offer or find out more about the Collaborative approach, please contact us.

Contact: Kathryn Ferris on 0121 705 7571
email: kathrynferris@wallacerobinson.co.uk

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blooming baskets!

It's hanging basket season! They can be a source of delight but also a source of stress.

They can be a source of delight but also a source of stress. Too sparsely filled and they look bedraggled.

Too little water and death is swift! The secret to a successful basket lays both in the way it's planted and in sensible aftercare. Plant the basket with bedding plants at the beginning of May but give them some shelter for a couple of weeks in a porch, or unheated greenhouse, or under polythene. This allows the new plants to grow and toughen up a little. Check your bracket and chains for signs of rust and check the bracket is securely

fixed as the baskets can be very heavy, especially when wet. Planting is easiest if you balance the basket on a large flowerpot or bucket. Fibrous liners help to retain water and look nicer than polythene. For extra moisture retention place a circle of polythene in the base of the basket before filling with soil.

The best planting medium is soilless multi-purpose compost, mixed with water-retaining granules. Place a layer of compost in the base of the basket and push the first layer of plants through. Trailing plants such as lobelia, bidens and

ivy-leaved pelargoniums look lovely. Water the plants in their containers before planting them and squeeze the rootball firmly to make it small enough to push though the mesh from the outside. Plant quite densely and gradually build up layers of plants and soil. When it's full to within 3 cm of the rim you can plant up the top with more upright, compact bushy plants like begonias, petunias and pelargoniums. Make sure your basket never dries out. If you water it at least once a day and feed with dilute tomato fertilizer once a week I promise it will be a blooming basket!.

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Please mention 'The Knowle & Dorridge Directory'

Chocolate Fondant Tart

Ingredients

Pastry

100g/3½oz plain flour
50g/1¾oz icing sugar
50g/1¾oz chilled butter, diced
Yolk from 1 large egg
1 tbsp water

Filling

100g/3½oz butter
150g/5½oz dark chocolate (70%)
150g/5½oz golden caster sugar
75g/3oz plain flour
6 medium eggs
To serve
Icing sugar
Strawberries or raspberries
Cream



Method

For the pastry

Place the flour and icing sugar in a large bowl. Rub in the butter with your fingertips until the mixture resembles fine breadcrumbs. Add the egg yolk and water and mix quickly so that it comes together to form a firm dough. Wrap in cling film and leave to rest in the fridge for about 30 minutes. Preheat the oven to 200C/ Gas 6 (180C fan). Dust the work surface with flour and then roll out the pastry to form a circle about 5cm/2in larger than your flan tin. Line the tin with the pastry. Pop it into the fridge to chill for a further 15 minutes. You now need to blind-bake the pastry. To do this prick the base of the pastry with a fork then line the pastry case with a circle of greaseproof paper and fill with baking beans (these are ceramic beads, but you can use lentils or dried beans if you don't have any). Bake the pastry for 10 minutes, or until just lightly golden-brown, then remove the paper and the beans

and return the tart to the oven to cook for a further 5-7 minutes, or until golden-brown and dried out.

For the filling

Melt the butter in a medium pan over a low heat, then add the chocolate and stir until melted, smooth and glossy. Remove from the heat and beat in the sugar and flour, then beat in the eggs, one at a time. Place the pastry case on a baking tray. Pour the chocolate mixture into the pastry case, filling it almost to the top then place in the oven. Bake for 10-12 minutes, or until just set around the edges and still slightly wobbly in the centre. Remove from the oven. You can serve it warm with raspberries or strawberries, or allow it to cool and dust with icing sugar.

Preparation time: 45 mins (plus chilling time)

Cooking time: 30 mins

Serves: 6-8



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Are you looking for a change?

Do you have 8-10 hours a week that you can spare to create a better future for your family? I run my own business online, from home, and I can teach you how to do the same!

I had a successful career when I started my family but despite working hard, I never achieved financial security... I was giving my all to line someone else's pockets. Sound familiar?

I realised that a 'traditional' career could not give me everything I wanted - it couldn't even give me the security I craved as I was made redundant not once, but twice. I needed a change...

Fortunately, I learnt how to run my own home-based business around my then 5 month old, Rosie and 3 year old, WILL. Working from home, part-time, using a laptop and a mobile phone.

If you can answer yes to any of the following questions then you may be exactly who I'm looking for...

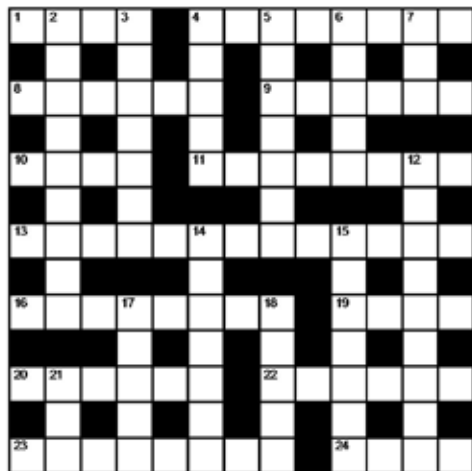
- Can you free up 10 hours per week?
- Do you have a burning desire to change your current circumstances?
- Are you a positive, outgoing person and willing to learn?
- Are you ambitious and driven to succeed?

Do you want to run your own business whilst having the support and backup of a successful team behind you?

I will provide full training, support and personal mentoring for the right candidates.

You can do everything!

crossword



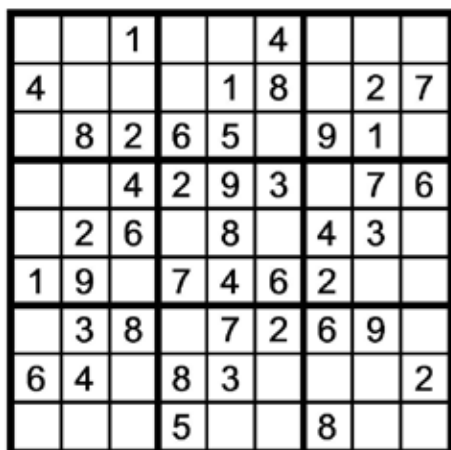
clues

Across

- 1 Hand-me-down, nearly new (4)
- 4 Small, exclusive shop (8)
- 8 Balloon which carries people (3,3)
- 9 U.S monetary unit (6)
- 10 Adept, capable (4)
- 11 Mahogany, teak or oak (8)
- 13 Glenn Miller player one (5,8)
- 16 Pain-relief tablets (8)
- 19 Identical (4)
- 20 The 10 commandments were inscribed on a stone _____ (6)
- 22 Have something in mind, plan to (6)
- 23 Defers, puts off (8)
- 24 Informal name for a cat (4)

Down

- 2 Escalates or proliferates rapidly (9)
- 3 Road to nowhere! (4,3)
- 4 Tree with silvery bark (5)
- 5 Experience, endure (7)
- 6 Relative by marriage (2,3)
- 7 _____ Stubbs, of Sherlock fame (3)
- 12 Salves, balms (9)
- 14 Cheep, chirp (7)
- 15 Place to wait for public transport (3,4)
- 17 Eskimo house (5)
- 18 _____ roll, jam filled sponge. (5)
- 21 Assistance, relief (3)



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

Accountants

49 Angel Accounting 0121 251 2285

Architects

5 Progression 01564 730191

Bathrooms

20 EH Smith 0121 713 7100
37 OT Bathrooms 0121 707 8612

Blinds & Curtains

11 Soft Options 01564 783399
15 Tudor Rose Curtains 0121 445 2072
25 Grange Blinds 01564 702036

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19 Parkfield Building Service 0121 241 2959

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46 Johnsons Cars 01564 454081

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27 Don Mander 01564 700 200
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13 Hampton in Arden Pre-School 07527 006386
32/33 The Courtyard Nursery School 07512 107116

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41 Dorridge & Knowle Domestic Cleaning Services 07809 567264
41 Village Domestic Cleaning 07854 071892
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9	7	1	3	2	4	5	6	8
4	6	5	9	1	8	3	2	7
3	8	2	6	5	7	9	1	4
8	5	4	2	9	3	1	7	6
7	2	6	1	8	5	4	3	9
1	9	3	7	4	6	2	8	5
5	3	8	4	7	2	6	9	1
6	4	9	8	3	1	7	5	2
2	1	7	5	6	9	8	4	3

Sudoku Solution
from page 59

U	S	E	D	B	O	U	T	I	Q	U	E
N	E	I	N	N	N						
H	O	T	A	I	R	D	O	L	L	A	R
W	D	C	E	A							
A	B	L	E	H	A	R	D	W	O	O	D
A	N			G							I
S	L	I	D	E	T	R	O	M	B	O	N
L				W				U	T		
A	S	P	I	R	I	N	S		S	A	M
	G	T			W	S	E				
T	A	B	L	E				I	N	T	E
I	O	E	S	O	T						
A	D	J	O	U	R	N	S		P	U	S

Crossword Solution
from page 59

useful numbers

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Dorridge Surgery	01564 776262
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Spire Parkway Hospital	0845 850 1451

Council

Solihull Council	0121 704 6000
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Severn Trent Water (emergencies)	0800 783 4444

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WIN 2 adult & 2 child tickets

**to see Steve Hewlett –
30 Years Talkin' to Myself!**

Saturday 5th August at 2.30pm

The Core Theatre, Solihull (formerly Solihull Arts Complex)

For your chance to win these tickets, worth £40, visit the Core Theatre website page for this event - www.thecoretheatresolihull.co.uk - to find the answer to this question:

On which talent show did Steve Hewlett reach the final in 2015?

Email your answer to: thecoretheatre@solihull.gov.uk

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

About the Show:

Steve Hewlett & his hilarious Friends are Back on Tour in '30 Years Talkin' to Myself'.

From the QE2 to the Royal Albert Hall, from Britain's Got Talent to his cameo on Strictly Come Dancing, Steve is a favourite worldwide on ships and in theatres including his latest Tour with The Osmond's in America & the UK. Come and set your nan up with Arthur Lager... or audition for Simon Cowell, maybe turn your dad into a dummy for the night or just sit and laugh out loud at one of the best loved comedy Ventriloquist's in the UK. The whole family will love this show & there's a photo opportunity at the end to meet Simon Cowell (The Puppet) & Steve.

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