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back to school

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

It's frightening how quickly the time goes – one minute I'm talking about summer holidays and days out and the next minute it's back to school and work and thinking about next year's holiday!

As usual, there's a lot of local businesses in here who are ready and willing to help with any of your home improvements, from carpets, curtains and kitchens to decorating, drives and doors! They're all established companies and tradespeople who want to expand their business locally.

And there's also lots of great ideas in this magazine for things to do – from what's on at the cinema and theatre in Solihull to new ideas for places to visit including Yew Tree Farm Shopping Village, Earlswood Garden Centre and Becketts Farm.

Whatever you need help with in your home, or however you plan to spend your time, I hope you find some inspiration inside!

Zoe Reece

Tel: 07557 220585

Email: zoe@dorridgedirectory.com

www.knowleanddorridgedirectory.com



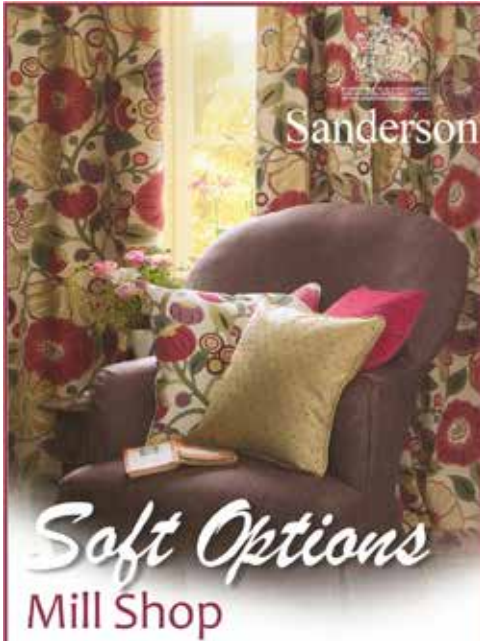
contents



- | | |
|------------------------------------|------------------------------------|
| 6 Local events | 59 Puzzles |
| 18 Cinema and theatre guide | 60 Index |
| 47 Kids' page | 61 Useful telephone numbers |
| 49 Book reviews | 62 Recipe |
| 58 Competition | |

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community events



Solihull Food & Drink Festival Solihull Town Centre

Friday 29th September –
Sunday 1st October

This year Solihull town centre will be showcasing the ultimate food and drink festival! There will be demonstrations from the best loved celebrity chef with a big bike and big heart, Hairy Biker Dave Myers, and CBeebies 'I Can Cook' star Katy Ashworth.

.....
The National
Motorcycle
Museum Antiques
& Collectors Fair

Coventry Road, Bickenhill,
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Sunday 1st October,
9am – 3.30pm

Set inside the luxurious and iconic Motorcycle Museum, this is a fantastic day out and the ideal opportunity for you to find something perfect to complement your home, collection or wardrobe! Up to 120 tables – free parking – on-site café! Entry £3, concessions £2, children free. www.swfairs.co.uk

Farmers' Market

High Street and Mill Lane

Friday 6th October, 9am – 5pm

Support local farmers by visiting this popular market, which

offers a tempting range of local produce sourced from within a 30 mile radius of Solihull, on the first Friday of every month.

Table Top Sale

Sunday 8th October

10.30am – 12.30pm

Arden Academy, Station
Rd, Knowle B93 0PT

ARDEN ACADEMY PTFA are holding another one of their very popular Table Top Sales. Stallholders—£8 for a table / £5 for a clothes rail. Entry - Adults 70p, Children FREE. Email adminptfa@arden.solihull.sch.uk for more information

Bollywood Night

Ramada Hotel Solihull

20th October

Bollywood Night with the funky Bollywood Showgirls. Audience participation included. £25 per person. Price includes 2 course Indian buffet, Bollywood Showgirls and DJ Entertainment. To book call 0121 711 2121.

KNOWLE LIBRARY

- **Jellybeans** - held monthly on a Thursday morning for story-time and rhymes for the under 5's
- **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

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



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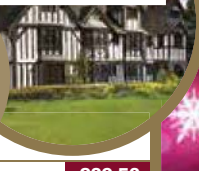
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Sat 21st	THE 'BEE GEES' SATURDAY NIGHT FEVER PARTY with STAYIN' ALIVE	£35.00

NOVEMBER 2017

Sat 11th	MOTOWN DIVAS SHOW with THE DREAMETTES	£32.50
Sat 25th	THE SNOWBALL 'BLACK TIE' PARTY NIGHT with THE SOUNDATIONS	£49.50

DECEMBER 2017

Fri 1st	THE 'TAKE THAT' SPECTACULAR with 'TAKE@THAT'	£39.50
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Sat 2nd	CHRISTMAS 'MOTOWN' PARTY with THE BROTHERS OF SOUL	£42.50
Sat 2nd	BACK TO THE 60'S PARTY with THE REVOLVERS	£37.50
Fri 8th	SWINGING 60's & MOTOWN PARTY with THE KRYSTALETTES	£37.50
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Fri 15th	The BEST 'PARTY ANIMALS' NIGHT with RANG A TANG	£39.50
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Tue 19th	OLLY MURS & BRUNO MARS PARTY with ROBBIE GLENN	£35.00
Wed 20th	GEORGE BENSON - STEVIE WONDER PARTY with NAT AUGUSTIN	£35.00
Thu 21st	THE No.1 ROD STEWART TRIBUTE with GARRY PEASE	£35.00
Fri 22nd	'BACK TO THE 80's' XMAS PARTY with GR80's	£35.00
Sat 23rd	CHRISTMAS MOTOWN DIVAS SHOW with THE DREAMETTES	£35.00
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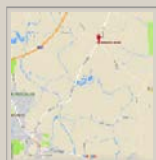
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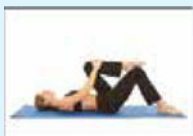


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a taster of what's on in september & october ...

CINEMA



Wind River from 8th September

Cory Lambert, a veteran tracker in the wilderness of Wyoming, discovers a dead body in the 'Wind River' Native American reservation, and the FBI sends a young agent, Jane, to investigate. She and Cory team up to try and solve the case, and they journey deep into a violent, treacherous world that neither of them is prepared for.

Victoria and Abdul from 15th September

This film chronicles the unlikely true story of the friendship between Queen Victoria and a young Indian clerk called Abdul, who had travelled to England for the Golden Jubilee. He'd expected to wait tables, but found himself working as Victoria's personal attendant. Within a year, he had become a powerful figure at court; but their



controversial friendship nearly led to a revolt in the royal household.

Blade Runner 2049 from 6th October

This takes us back to the dark future of the original classic to find a new blade runner, Officer K, searching for the missing Rick Deckard. Deckard disappeared 30 years ago, but K has discovered a secret that could plunge what remains of society into turmoil. With the world continuing to decay around him, he hunts for Deckard, the one man who may be able to help him.



To book please visit
www.cineworld.co.uk

THEATRE

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Memories are Made of This Monday 25th and Tuesday 26th September

This fast moving, roller coaster of a journey through some of the greatest songs of the 50's, 60's and 70's, will be a show you are sure to remember. Over 160 amazing costumes, a touch of humour from one of the UK's top

comedians and performances rarely seen outside the 'West End' from this superb cast of singers and dancers. Including songs by Brenda Lee, Frank Sinatra, Jerry Lee Lewis, Dolly Parton, Elvis Presley, Bee Gees, Barry Manilow, Jersey Boys, Michael Buble and many more..

MYJO & Special Guest Claire Martin

Thursday 28th September

The multi-award winning Midland Youth Jazz Orchestra under the expert leadership of John Ruddick MBE returns with a special guest singer Claire Martin - one of the UK's Finest Jazz singers. MYJO have won so many big band competitions so many times that they were forced to rewrite the rules to give others the chance to win!



Patsy Cline and Friends Saturday 30th September

The Velvet Country voice of Patsy Cline caught the imagination of Sue Lowry who has been a lifelong fan of Patsy Cline and Country Music! Patsy Cline was a record-breaking recording artist, spending 251 weeks in the Country Music Album charts in the USA. Sue Lowry, with her powerful rendition of Sweet Dreams & Crazy, will take you back to those Honky Tonk days of pure Country music.

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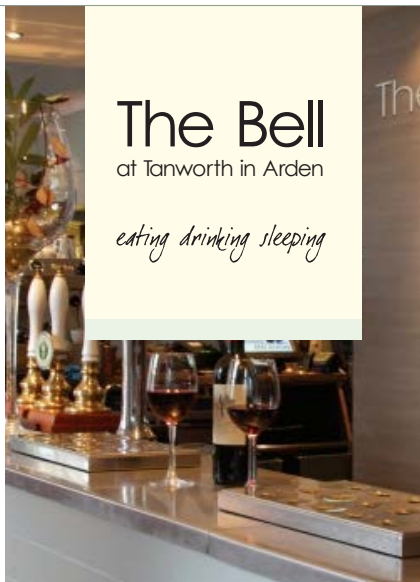
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Beauty and the Beast!

Male grooming is booming

Has your boyfriend been botoxed? No? Are you sure? Well it's probably only a matter of time.

We're far less open about it than women, but a growing number of

us blokes are considering a brow-freeze, a jowl-tighten or a love-handle-lift.

On the whole we tend to favour non-surgical options and not just because we're cowards. Male plastic surgery can look a bit unnatural. Due to the nature and thickness of male skin there can be more stretching and scarring.

Of course, non-surgical procedures are also quicker, ideal for those of us who want to keep our beauty secrets secret!

It's not just surgery. There has been an explosion of interest in male grooming products recently. These now make up an £800 million-per-year market and include intensive moisturisers, eye creams and self-tanners.

Beauticians have noticed an increase in the number of men presenting for manicures.

We no longer think smooth skin and well-groomed hands are the preserve of females.

This may be partly down to style icons such as footballers David Beckham and Cesc Fabregas but it may also be down to basic psychology. Six in 10 men between 24 and 34 are not married and around 50% of those are single. Perhaps we're working harder on our appearance because we're on the lookout for potential partners.

Also, researchers at London's Guildhall University found that taking care of your appearance makes sound financial sense. They discovered, in a survey of 11000 British 33-year-olds, that the most presentable men enjoyed a 15% higher salary than their less well-groomed colleagues. They were also more likely to be married; have more confidence; less likely to be kept waiting in bars and even liable to receive lighter sentences from juries if they ended up on trial!

No wonder it's become macho to moisturise... now where did my girlfriend hide her Clarins?

The Beautiful Bloke's Top Three:

Male Botox Have you been accused of looking grumpy when nothing is wrong? You might have 'angry brows'. Dysport smoothes out a male frown while maintaining the heavier, masculine appearance. It lasts one to nine months and side effects can include soreness, mild headache and bruising. Very occasionally a drooping eyelid can result but this wears off as the injection does.

Carboxy Therapy This is termed the 'miracle gas' and is a treatment for sagging jowls. Carbon Dioxide is injected just below the skin. The body responds by increasing the blood flow to that area, plumping and tightening the skin. It isn't suitable for diabetics, epileptics or those with a connective tissue disorder.

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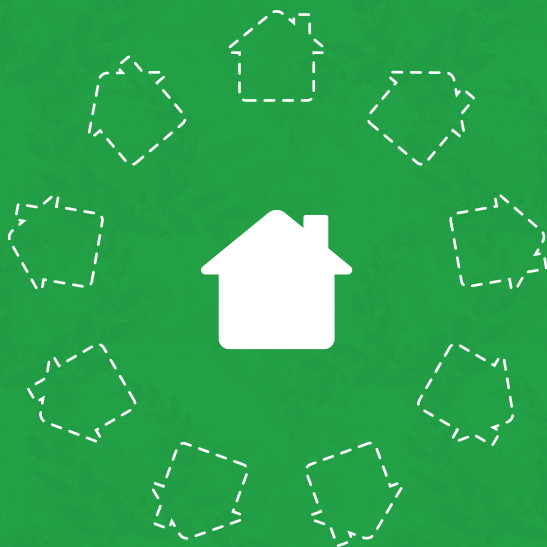
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A brief history of British curry!

I'd always thought of curry as a recent introduction to Britain but bizarrely it all began with the Dutch in the 16th Century. They were world-leaders in the trading of pepper and because they had a monopoly they were able to sell it at an extortionate price.

So Elizabeth I granted a Royal Charter to a small group of merchants allowing them to create a trading company which became known as the East India Company. Its initial purpose was to secure a better price for pepper than could be obtained from the Dutch.

Actually the British had never been keen on trading with India, which was viewed rather arrogantly as simply a handy stopping-off port and a place to exchange goods like cotton and linen. But the Dutch made life very difficult for other traders so private armies, dedicated to the protection of European traders, were set up all along the coast of India.

At the time India was ruled by Emperors and Mughals and there was a lot of infighting. The Europeans

took full advantage of this and seized whole regions and territories for their own purposes. Eventually the Mughals yielded to the British and the East India Company profited, becoming extremely powerful and influential.

The reign of the British Raj was a decadent period and this was expressed in their food.

Indian chefs were trained to cater for a western palate and there was a tremendous cross-over of cultures which resulted in a fusion-style cuisine.



When the British returned to their home country they still craved the spicy Eastern flavours they'd left behind. It's unsurprising therefore that the first published recipe for curry appeared in a 1747 book, *The Art of Cookery*. Initially it included just coriander seeds and

pepper. Subsequent editions added ginger and turmeric. Even Mrs. Beeton included a curry recipe, which used all manner of spices, in her *Book of Household Management*.

The first 'curry house' in Britain was opened by Dean Mahomet, who came from an eastern Indian middle class family.

He chose London because of its cosmopolitan atmosphere, and The Hindostanee Coffee House opened on George Street at the turn of the 19th century.

Curry houses became extremely popular but fell into decline during the two World Wars when people were preoccupied with survival and rationing.

The fall of Hitler and Indian independence in 1947 led to more people from the sub-continent relocating to the UK and once again there was a surge in popularity for spicy cuisine. Curry is now firmly embedded into British culture. When you next bite into a poppadom give a thought for the history of the curry and impress your fellow diners with your knowledge.



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Barely a day goes by without schools making the news in one way or another.

Recent headlines have screamed: *British Children bottom of the European League Table...and Crisis in the Classroom.*

Is it any wonder that as parents we have never been more concerned about our children's schooling?

Many of us are so concerned that we are employing private tutors to help our children achieve their goals.

How do I know whether my child might benefit from private tuition?

Is your child struggling with course work? Are they stressed about certain lessons? Do they avoid certain subjects during homework sessions?

Does your child find course material too simple? Do they complain of boredom and does the teacher accuse them of being disruptive or a daydreamer?

Do you feel that your child is neglected by the system because they are neither special needs,

nor especially gifted?

If you answered yes to any of the above questions then your child might benefit from private tuition.

What sort of tutor should I choose?

School is probably the best place to start. They know your child already and might be able to offer 'in school' help.



Even if that isn't an option good teachers will be happy to discuss what your child needs from a tutor. Some children require just a little extra attention and support with homework. Others benefit from learning study skills. Others might need to re-learn things they missed through absence or that they simply didn't understand the first time around.

What do I look for?

It sounds obvious but you really need someone who can teach! Being specialised in a subject area is great but teaching skills are everything. A tutor should be able to relate to a child and explain things at his level.

Once or twice a week for two or three months is a good starting point. After this time you should have a good idea how much tutoring is helping your child.

What questions should I ask?

Check professional references and qualifications.

Ask to see a copy of their CRB (criminal Records Bureau) check

Ask about any career gaps on their CV

If the tutor is employed at a school you can ask for a reference from the head teacher.

Introduce them to your child so you can see how they relate to each other

The right tutor can boost results but more importantly they can also boost a child's confidence and self esteem.

Kids' Page

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Q: Why did the cow go in the spaceship?

A: It wanted to see the moooooooon!

Q: Why did the cow go to outer space?

A: To visit the milky way.

Neptune
Uranus
Saturn
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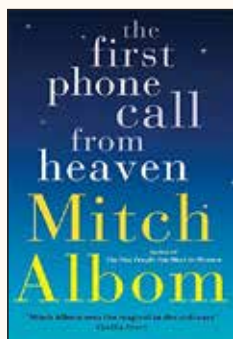
One day a phone rings, then another one, and another. Now a small church in a small town in Michigan needs to deal with the question of what really happened. And it is only a matter of time before the country, and the world, is asking the question too.

All the calls have one thing in common: the callers are deceased and want to tell their loved ones about heaven; to tell them that death is not the end. The town becomes a place of pilgrimage for people who are desperate to hear from their own friends and family.

Of course, some are sceptical. Single father Sully – still grieving for his wife – is concerned when his young son starts asking why his mum hasn't phoned him. So he sets out to unearth the true source of the phone calls.

This touching novel is beautifully written and builds to a page turning climax. Will Sully find out where the calls are coming from? Or are they really coming from heaven?

Ultimately, the novel isn't about where they came from. In fact it doesn't really matter. Alom draws on our natural fear, not of our own deaths but of losing a loved one. What he offers is a story of a group of people who draw hope and comfort from these seemingly miraculous events. And that is the inspiring message from this book. Maybe heaven exists, and maybe it doesn't, but whether you believe or not, you can still take something from this thought provoking novel.

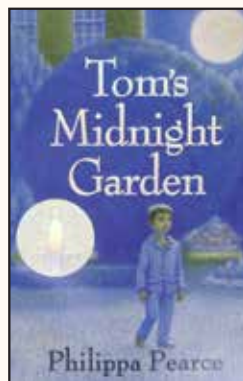


Tom's Midnight Garden by Philippa Pearce

When you are born you occupy a small slot within history and for that period of time you live your life in your own way. But how much thought do you give to those people who came before you? Your house or your school now may have been someone else's house or school; a place where someone else grew up and had hopes for the future.

Tom is getting ready to enjoy his summer holiday when his older brother comes down with measles. To ensure that he doesn't catch it, Tom is sent to stay with an aunt and uncle who live in a small flat at the top of a large old house. This is not how he imagined spending the summer. One night he is lying in bed, unable to sleep, when he hears the old grandfather clock in the house chiming. He counts the chimes. 9 ... 10 ... 11 ... 12 ... 13. And so the most amazing and magical summer of Tom's life begins as he meets Hatty, a young girl who wears strange clothes.

This 1958 novel is a children's classic and is frequently rated as one of the best children's novels published since the war. It is inspiring with its message that life is to be lived to the full and reminds children that even their grandparents were young once.



the humble t-shirt

Hands up if you own a T-shirt. I'm guessing nearly all of us do.



ur favourite garment is an American import, first issued by

the U.S. Navy in the late 19th century around the time of the Spanish American War. The crew-necked, short sleeved top was meant to be worn as underwear beneath the uniform. It got its iconic name from its shape when laid flat, resembling the letter "T". The lightweight fabric quickly made it popular with dockworkers, farmers, miners, and men in the construction trade, who began to adopt the T-shirt, preferring its lightweight fabric in hot weather.

Cotton was at the time inexpensive, and the fact it was easy to clean meant it also became the garment of choice for mothers to buy as outerwear for their boys. By the 1920's "T-shirt" had become an official American-English word in the Merriam-Webster's Dictionary.

It's thought the first T shirts printed with logos were

actually made for the film The Wizard of Oz! They were green T-shirts with 'OZ' printed on them in white, and were worn by workers in the Emerald City. I admit I'd never noticed the T shirts prior to my research and I've watched the film dozens of times!

The credit for the first printed T shirt in a photograph is attributed to the Air Corps Gunnery School T-shirt featured on the July 13th, 1942 cover of LIFE magazine. Mickey Mouse was the first 'celebrity' to be featured a few years later. Marlon Brando played his part in making the T-shirt a seriously cool fashion item when he wore a tight white one in the film, *A Streetcar Named Desire*.

In the late 1960's, the printed T-shirt gradually became a means of self expression, advertising, wearable art, and political protest. At some point in our lives most of us have owned an iconic one. Think of the yellow 'happy face' T-shirt, the Rolling Stones 'tongue

and lips' logo, or the CHOOSE LIFE T-shirts of the eighties.

The garment has a long history as an object of protest and political point-scoring. Green MP Caroline Lucas wore a T-shirt displaying the slogan 'No More Page Three' in large lettering during a Commons debate on sexism in the media. Harriet Harman sat in parliament wearing one bearing the message 'This is what a feminist looks like.' In some parts of the world such messages can have serious consequences for the wearer. Last year an LGBT protester and entrepreneur in Burma printed T-shirts with "Gay is OK" on them (in a country where it is still most decidedly not) and a 20-year-old Egyptian man marked his second year in detention, without charge or trial, for wearing a T-shirt which bore a 'Nation without torture' message.

The humble T-shirt may not be so humble after all. The next time you grab one from the wash basket you might want to consider what your tee says about you!



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beautiful blackberries

Autumn's scent is sweet and sour.

There is a definite tang in the air which indicates that summer is drawing to a close. Don't be sad though, autumn has its compensations, especially at harvest time: picking early apples, cold from the tree and dappled with dampness is one of life's little pleasures. But if you don't grow fruit in your own plot you don't have to miss out, just look to the hedgerows. As kids we used to dig out an empty ice cream tub and go blackberrying in the autumn. It seems to have died-out a bit as a family pastime but that means there's more for the rest of us! Don't worry about breaking any laws. If the fruit is growing in the wild it is anyone's for the taking.

But why stop at wild blackberries. How about growing your own? It's very simple. My dad used to grow them over two discarded wrought-iron gates he found in a skip! You don't need anything quite that elaborate. Rig up a simple post and wire frame. Two



2m / 6 foot posts knocked into the ground 2m / 6 foot apart and joined together with horizontal strands of galvanised wire spaced about 45cm / 18 inches apart will do. You can also grow them over sheds and walls.

Plant the blackberry plant in manure, or compost-enriched soil at the base of the frame and gradually train the plant up it, tying in the shoots as they grow. It will spread to cover the frame and provide an annual crop. Remember to cut out old fruited stems each autumn and tie in the new ones.

If space is limited there are some lovely new compact varieties available.

There are plenty of thornless, highly flavoured varieties. Ashton Cross produces a heavy crop of intensely flavoured fruit and Merton is a compact thornless which produces enormous blackberries and is very suited to a small space.

I encourage you to plant a blackberry bush this year and in the future you will enjoy one of the purest pleasures autumn can offer. Happy gardening,

By Rachael Leverton

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stranger danger

What should you do when someone you don't know is at your door?

If you have a peephole, use it to vet any callers.

If you don't have a peephole use a chain. A door chain is very useful for elderly people.

Have one fitted and use it. Never let strangers into your house unless you have checked their credentials.

If the caller gives you a phone number to ring be suspicious. The person on the other end may be their accomplice. Check in the

phone directory and make the caller wait with the door locked and the chain on while you make the phone call. Beware of anyone who protests at your caution or treats it with contempt.

If you are doubtful dial 999 and explain your suspicions. If you are still unsure politely but firmly refuse entry.

Always close and lock your door before going to look for your purse or anything else.

Extra advice for flat-dwellers

Do not automatically buzz open the main door if a caller buzzes up to your apartment with a plausible sounding excuse.

Never hold the door open for a stranger whose arrival coincides with your departure. Don't worry about appearing rude. Simply smile and cite security. Innocent people will understand.

tattoo removal

If you regret getting a tattoo, you're not alone.

According to findings by the British Association of Dermatologists, almost a third of people regret their tattoos.

Laser treatment is widely regarded as being the most effective method of removal. The laser injects the skin with intense light, which breaks up the ink particles causing the tattoo to fade. The body's immune system removes the broken-down pigments over time. The

laser energy is harmless, and only targets the pigmented skin, leaving the un-inked surrounding skin unharmed. Multiple sessions are needed to break down the tattoo depending on the size and scope of the affected area. There are different laser types which will depend on the age, colour and intensity of the tattoo. Treatments are normally scheduled at least three weeks apart. As tattoos are designed to be permanent

removing them is not always straightforward and it can be an uncomfortable procedure. The lasered area will need to be treated with antibacterial ointment, kept clean and covered with a bandage. New technology has reduced the side effects of tattoo removal but the risks haven't been eliminated entirely. The biggest danger is a risk of infection and scarring. The best way to reduce the risks is by choosing a trained, experienced specialist.



WIN 2 tickets

to see The Electric Strawbs

Thursday 19th October

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:

What time does the show start?

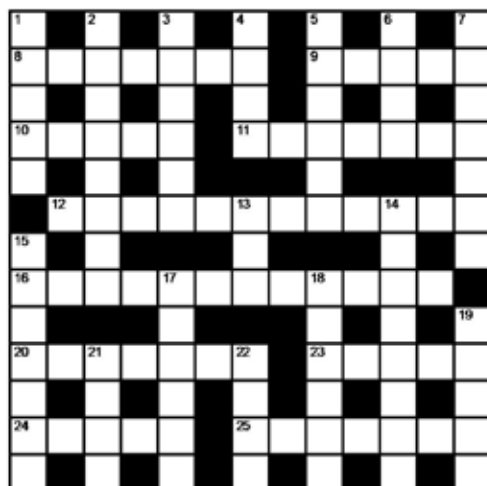
Email your answer to: thecoretheatre@solihull.gov.uk – and please put 'Electric Strawbs' as the subject line

Closing date for entries is 30th September and the winner will be drawn at random and notified by email after this date.

About the Show:

Dave Cousins fronts the show, and in addition to long-time regulars Dave Lambert and Chas Cronk, the Electric Strawbs are proud to have Tony Fernandez on drums, and Dave Bainbridge on keyboards. All in all, this is an impressive combination of terrific talent to showcase some enduring compositions. With their deep roots and immense creativity, the Electric Strawbs offer a show just too good to miss.

crossword



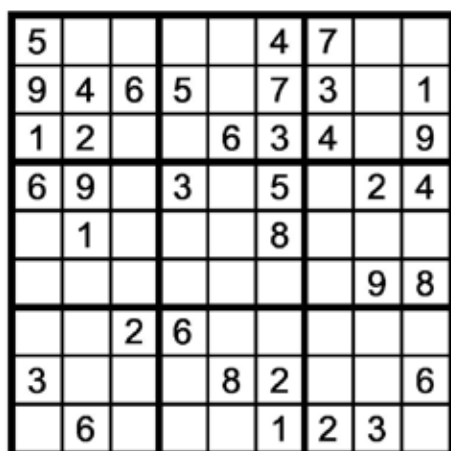
clues

Across

- 8 Heedless, uninformed (7)
- 9 Capital of Egypt (5)
- 10 Soft, creamy confectionary (5)
- 11 Sharp pains (7)
- 12 Relinquishing (12)
- 16 Dismantle (4,2,6)
- 20 Harsh, radical (7)
- 23 Oppressor, persecutor (5)
- 24 Choice few, select (5)
- 25 Keep an eye on (7)

Down

- 1 1950s hairstyle (5)
- 2 Ill fortune (4,4)
- 3 Profession (6)
- 4 Chair (4)
- 5 Lively, agile (6)
- 6 Serenade, croon (4)
- 7 Formally deliver (7)
- 13 Sharp pinch (3)
- 14 Visionary, optimist (8)
- 15 Scrutinised (7)
- 17 Snigger (6)
- 18 Badge, insignia (6)
- 19 Oven-proof glass (5)
- 21 Neutralized by alkali (4)
- 22 Wooden shoe (4)



how to play sudoku

It's simple!

All 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

51 Athos Business Solutions 0333 400 7876

Architects

9 Progression 01564 730191

Bathrooms

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

Blinds / Curtains / Fabric

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

Car Services

2 Easylease 0121 693 0573
10 Crossroads Service Station 01564 703225
39 Johnsons Cars 01564 454081

Care Services

16 Lady Katherine Housing 01564 772850
17 Helping Hands 01564 454379

Carpets

26 Ian Hounsell 01564 772324
27 Don Mander 01564 700 200

Central Heating / Gas Services / Boilers

22 All Aspects 0121 243 3977
25 Stephen Smith & Son 01564 200119

Charity

15 Wythall Animal Rescue 01564 823288

Childcare / Schools

2 The Courtyard Nursery School 07512 107116
64 Kingswood School 0121 744 7883

Cleaning Services

40 Classic Carpet Cleaning 0121 682 7450
40 Arden Chimney Sweeps 07974 087549
41 Dorridge & Knowle Domestic Cleaning Services 07809 567264

41 Village Domestic Cleaning 07854 071892
42 Sparkly Oven 07758 727556

Computer Services

15 Byte Support 0790 151 2544

Drives

21 Dimension Landscape & Driveways 0121 733 1463
29 Central Drives Landscapes 0121 702 1456

Events

1 Solihull Food & Drink Festival
8 Nailcote Hall 02476 466174
12 Becketts Farm 01564 823402
13 Earlswood Garden & Landscape Centre 01564 702314

Fascias & Gutters

28 Proline 0800 956 1315

Fireplaces

35 Woodglow 0121 707 2306

Garden Centres / Services / Landscaping

21 Dimension Landscape & Driveways 0121 733 1463
29 Central Drives Landscapes 0121 702 1456
55 Hampton Gardening 01675 446174
55 Midlands Grounds Machinery 01564 773614
56 Oakland Group 0700 598 2828

Graphic Design

44-45 Hotiobster Design Ltd 0121 369 1977

Health & Beauty & Wellbeing

5 Central England Pilates 07762 311074
10 Equanimity CBT 0844 693 1282
11 The Cardio Shop 01527 854554
11 Taylor Made Hairdressing 07971 720173
14 Daleswood Health 01675 489489
15 Gaynor Kunneke Pilates 07729 712038

Insurance

32-33 a-plan 0121 733 4848

Interior Design

27 Knowle Interiors 01564 772544

Kitchens

20 EH Smith 0121 713 7100
26 Cucina Kitchens 01564 783007

Languages

14 Beech Languages 01564 739621

Painter & Decorator

24 Bill Boyce 0121 744 0040

Plastering

28 Adkins Plastering 07977 354323

Plumbing

3 Knowle Domestic Appliance Repairs 01564 730183
22 All Aspects 0121 243 3977
25 Stephen Smith & Son 01564 200119
34 Cullen Plumbing & Tiling 07896 862916

Property / Land

38 Damson Homes 0121 709 0539

Restaurants

19 The Bell, Tanworth-in-Arden 01564 742212

Roofing

24 C Stevens Roofing 0121 733 1276

Shopping

7 Yew Tree Farm 01564 792701
11 The Cardio Shop 01527 854554

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50 Wallace Robinson Morgan Solicitors 0121 705 7571
52 Probate Solicitors 01564 758055
53 Sydney Mitchell 0121 746 3300

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30-31 Mainstream 01564 320013
35 BMT 0121 771 4999
36 David Cannon 0121 772 5557

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

Sudoku Solution
from page 59

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

Crossword Solution
from page 59

useful numbers

Health

NHS non-emergency	111
Dorridge Surgery	01564 776262
Knowle Surgery	0121 796 2777
Solihull Hospital	0121 424 2000
Spire Parkway Hospital	0845 850 1451

Council

Solihull Council	0121 704 6000
------------------	---------------

Utilities

Electricity power cut	0800 6783 105
Gas leak	0800 111 9999
Severn Trent Water	024 7771 5000
Severn Trent Water (emergencies)	0800 783 4444

Travel

National Rail Enquiries	03457 48 49 50
Network West Midlands (buses)	0345 303 6760

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Slow-cooker Baked Apples

with Nuts and Butterscotch Sauce

Leave these apples in your slow-cooker and return home from an autumn walk to a tasty treat



Preparation Time: 20-30 minutes

Cooking time: 2 hours thirty minutes

Makes 6 baked apples

Ingredients:

6 apples

90g / 3.5 oz Butter – chopped into cubes

35g / 1.5oz slivered almonds

35g / 1.5oz chopped walnuts

$\frac{1}{2}$ tsp Ground cinnamon

225g / 8oz Light brown sugar

180ml / 6fl oz single cream

125ml / 4.5 fl oz apple juice

Method

Core the unpeeled apples but only go $\frac{3}{4}$ of the way through. Make the hole about 4cm / 1.5inches across. Then score the skin around the centre of the apple (to allow for expansion in the cooker).

Mix 30g of the butter with the nuts and, cinnamon and 60g of the sugar. Press the mixture into the apple cavities.

Into the slow cooker pour the cream, apple juice and remaining butter and sugar. Stand the apples in the sauce, cover and cook on the 'high' setting for about 2 hours 30 minutes, until the apples are tender.

Remove the apples from the cooker and keep warm. Drain the sauce into a small saucepan, bring to the boil then simmer for about 5 minutes, stirring continuously until it thickens.

Pour the sauce over the apples and serve.

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