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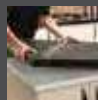


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# Spring is in the air (hopefully)!

## Welcome to the March edition...

It's a great time of year to start thinking about your next house move, or having a Spring clean, or maybe getting around to those home and garden improvements you've been putting off and off...

We have a wide range of organisations and tradespeople who advertise in here who are all local and keen to take on more work in the area.

Don't forget Mothers' Day on Sunday 31st March – there's loads of lovely restaurants and walks in the area to treat her to - and check out page 6 for some ideas on local events.

Until next month,



A handwritten signature in black ink that reads "Zoe".

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# community events

## Quiz Night

**Wednesday 27th March**

**6.30pm - 10pm**

**West Warwicks Sports**

**Complex, Olton, Solihull**

Arrival from 6.30pm, start time 7pm. £10 entry per team, maximum of 6 people per team. Food and drinks available to purchase on the evening, and prizes to be won. Call 0121 706 3594 to book.

in advance is recommended as they get booked up quickly. To book, please call the restaurant on 0121 704 5215.



## SPRING SING! Charity Concert

**Saturday 13th April 7.30pm**

**The Core, Solihull**

Popular community choir Sing! Bentley Heath's concert features songs from Queen, Abba, Cliff Richard, The Carpenters, The Greatest Showman and The Lion King. This event will raise funds for charity and tickets (in advance only) are £9.50 from Palmers clothes shop on Knowle High Street, or from The Core Box Office - 0121 704 6962. [www.singbentleyheath.org.uk](http://www.singbentleyheath.org.uk)

## St Mary's Market and Car Boot Sale

**Saturday 13th April**

**10am - 1pm, St Mary's**

**Church, Hobs Moat, Solihull**

Refreshments are available during the day. The cost is £6 per car, no need to book, just turn up on the day. This will then run on the 2nd Saturday of each month until October.

## Ladies Fashion Show and Pop- up Shop

**Saturday 30th March - doors  
open 1.30pm, show starts 2pm**

**Knowle Village Hall**

Colours fund raising fashion show featuring favourite High Street brands at 50% off or more and a fabulous raffle. Tickets £7, inc. refreshments on arrival, to be purchased in advance. Contact Stephen Yeomans on 01564 778163, Carolyn Abbott on 01564 779898 or Keith Williams on 01564 779445.

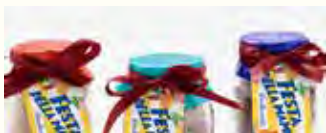
## Knowle Fun Run

**Sunday 19th May**

Entries are now open for May's 36th Knowle Fun Run. Now with a choice of 5k or 10k, runners have no excuse not to get fit for Solihull's longest running Fun Run. Join in for a great community atmosphere on traffic-free streets and help raise funds SoLO Life Opportunities and Sepsis UK Trust with half of all proceeds being retained for local causes; or run for your own cause. Enter online at [www.knowlefunrun.org.uk](http://www.knowlefunrun.org.uk).

## KNOWLE LIBRARY

- **Jellybeans** - held monthly on a Thursday morning for story-time and rhymes for the under 5's 10.45am -11.30am
- **Monday Story Times** - Weekly story time and rhymes for toddlers and pre-school children 10.30am-11.00am
- **Under - fives** Rhyme Times at 2pm every Friday
- **Knowle Knit and Natter Group** - held monthly on a Tuesday 10.30am -11.30am
- **The Reading Café** - Monthly on a Friday morning 10.30am -11.30am
- **Self-Running Family History Group** - Monthly on a Tuesday 2.15pm -4.00pm
- **Reader's Circles** - Knowle Readers Circle meets monthly on a Friday 2.15pm
- **Knowle Library Self Running Readers Circle** monthly meeting Tuesday 11.00am -12pm
- **Poetry Group** - Monthly on a Tuesday 11.00am -12.00pm
- **Scrabble Club** - Adult Scrabble Club Fortnightly - Thursday 2.00pm



## Festa Della Mamma Menu at Carluccio's

**Sunday 31st March**

**Carluccio's, Solihull**

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# How to beat the Stress Fest!!

It's 19.45 on a Wednesday night and I am tapping away at my laptop, I have been working all day apart from a run to the Co-op and I am still not going to get everything done before my meeting tomorrow. I have grabbed 10 minutes with my children after persuading my lovely Dad to take our youngest to MacDonald's so I don't have to cook!

I can barely stand up because I have been on a crash diet all week so I can fit into a dress for a business dinner I am attending tomorrow night... Why do we put so much pressure on ourselves? We want to be the perfect parent, partner, employee and it is exhausting! Pressure can be positive when it leads to greater creativity but it's a fine line between that and negative impacts on our health. Symptoms of stress come in various guises; anxiety, lack of sleep, depression, eating or drinking disorders and lack of sleep are just a few.

## So how can you help reduce stress levels in a week?

### Set aside time for yourself.

When you are amidst the fog of stress, that's all you can see. Spend 10 minutes a day to focus on yourself and relax in a quiet space. "Headspace" is a great app that helps focusing on breathing and relaxation.

### Respect yourself.

Building self-esteem empowers us to deal with life's challenges far easier. Take 5 minutes before bed to look back on your day and write down in a journal (filling in the blanks):

A quality I liked about myself today is....  
 Something someone did or said to make me feel good is...  
 An activity I enjoyed is....

### Let Guilt Go and say NO!

Do you find it hard to say "no" when asked for a favour? Practice being assertive and gently saying no if helping someone will make your day more stressful. You are rejecting the request not the person and your stress levels are just as important as anyone else's!

### Fun isn't just for kids!

Make a list of what makes you happy, then get each item booked into your diary! This may just be coffee for one, or a walk with a friend - as long as it's fun for you then it should go on the list!

### Look after your health.

Tempting though it is to smoke or drink more when we are stressed, these things actually increase stress. Healthy eating, a brisk walk and a good night's sleep within your daily routine can ensure you build resilience.

Well, must go and do some of the above before bedtime! **Have a good month!**



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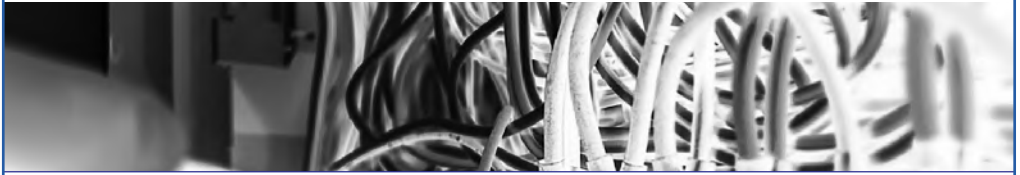
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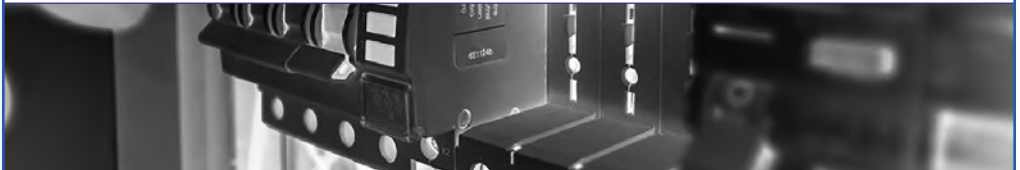


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# Mindbenders

Can you find the hidden phrases?

Blonde

IDK

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Answers on  
page 50

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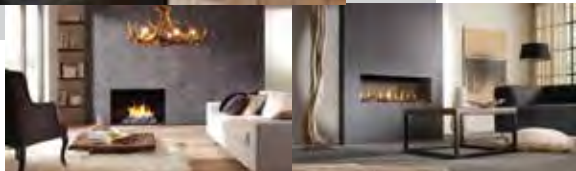
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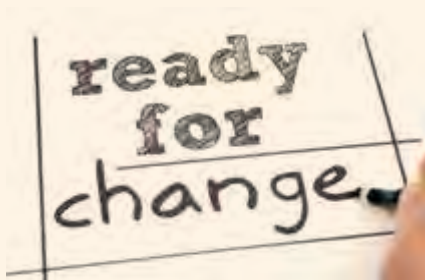
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# Mothers' Day Musings

By Kath McLean

**March 31st is Mothers' Day** and I wonder if I'm the only mum who finds it irritating?

I mean, I love flowers and chocolates as much as anyone, but I value them more when they come 'just because', rather than because Clinton Cards emailed a prompt. And don't get me started on Primary schools and their 'Mothers' Day mornings. Rearranging my working day so my child won't be disappointed by my absence is stress I don't need...



I thought Mothers' Day was supposed to be about me! My husband is a hands-on dad, who knows how to cook and wield a

vacuum cleaner; but if I didn't remind him about Mothers' Day he'd forget, and so would the kids.

Last year I didn't remind, they forgot, then they all felt bad. So, we had a chat. I told them I knew they loved me, and Mothers' Day wasn't important to me, but perhaps each of them could pick a time when they did something little and nice for me, when I least expected it, and tell me it was for Mothers' Day.

A few weeks later my 12-year-old left a dark chocolate Bounty Bar on my desk one evening with a note that read '**For Mothers' Day** because I know it's your favourite'; and a few weeks after that my nine-year-old drew me the most beautiful picture of a dragon because he knows I like dragons. Somehow those gifts felt more real than any I'd received before.

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# What the Doctor Ordered

## The rise and fall and rise of the Dr.

**Marten boot.** When you read the words Dr Martens, what do you think of? Skinheads? Clowns? Workmen? Or high fashion?

Because in spite of being associated with all the groups above, Dr Martens have remained one of the most consistently cool items of clothing in the past 50 years.

They really were invented by a doctor too, Dr. Klaus Maertens, **a German army doctor.** He injured his foot while skiing and found standard issue WWII army boots very uncomfortable and not at all conducive to recovery. So, he designed his own shoe, which replaced the leather soul with one which had air-cushioning. Originally the boots were sold as orthopaedic devices and bizarrely the majority of its customers for the first fifteen years were housewives, mainly over forty years old. But then an advert for the boots with the air-cushioned sole caught the eye of the Griggs family, who ran a shoe company in Britain, specialising in sturdy work boots, and they bought the patent.

They made a few tweaks to the design, including reshaping the heel, and they also anglicised the name. The classic yellow-stitched Dr. Martens AirWair boot was launched on April 1st, 1960. The date gave rise to the name 1460. This footwear was no April Fool joke though. The boots quickly became popular with factory workers, postmen and police officers. But these were not the kind of people known for inspiring fashion choices **so how did Dr. Martens become so cool?**

By Sarah Davey



It started with youth sub-cultures, like Mods and Skinheads, who adopted the boots as symbols of working-class pride. There was some irony in the fact that when these groups clashed with police BOTH sides were wearing Dr. Martens!

**Pete Townsend of The Who** is generally credited with giving Dr. Martens international exposure, when he chose to wear them on stage at concerts. From about 1966 they began to gain fashion status, generally by groups who associated themselves with ant-establishment values. Punks, Goths, New Wave and Grunge groups all embraced the Dr. Marten, and they gradually became more mainstream with Britpop.

But by the new Millennium sales were dropping. The Dr. Marten 1460 was seen as old. Eventually the company moved production to China. In 2004 a new line of footwear was introduced, deliberately designed to appeal to younger buyers. They were softer, easier to break in and had a translucent heel. This paid off and sales began to climb again. In 2012 Dr. Martens had its best year for sales ever. Shortly after they were sold to the investment firm Permira, and have continued to rise in popularity ever since, becoming a mainstream wardrobe staple.

**I wonder what the original Dr. Maertens would make of all that!**



# COMPETITION



## WIN 4 TICKETS

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**Wednesday 24th April 2pm**

**The Core Theatre, Solihull (formerly Solihull Arts Complex)**

For your chance to win these tickets, visit the Core Theatre website page for this event - [www.thecoretheatresolihull.co.uk](http://www.thecoretheatresolihull.co.uk) - to find the answer to this question:

**What other time do Pop Divas Live! perform on 24th April?**

Email your answer to: [thecoretheatre@solihull.gov.uk](mailto:thecoretheatre@solihull.gov.uk) – and please put 'Pop Divas' as the subject line

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

### About the Show:

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## How to **Wake-up Refreshed**

**Do you spring out of bed each morning with the bright eyes and energy of a five-year-old on Christmas morning?** No, me neither.

But there are a few tips which might help:

**Get enough sleep** – It's so obvious it actually does need stating: most of us do not get anywhere near enough sleep. Sleep needs vary from person to person, but most of us need at least eight hours uninterrupted shut-eye. I haven't slept like that since my children were born, and the oldest is now eight!

**Make your room dark and quiet** – Too much

extraneous light and noise is not conducive to good sleep. Invest in thick curtains or a sleep mask if light is an issue and soft earplugs if your neighbour has noisy dogs or a twitchy car alarm.

**Renew your mattress** – Mattresses do not last forever. They become saggy and less supportive with age, which makes us fidget and interferes with the quality of our sleep. A good mattress should support your spine and allow your body to relax totally.

**Have a bath** – Yes really. A soak before bed will relax your muscles and calm your mind. Lavender bath

products are especially good at inducing sleep.

**Clear your head** – It's difficult to sleep if your head is still whirring from the events of the day. Concentrate on your breathing and allow thoughts to float away. Anything you are dealing with will still be there tomorrow and you'll cope better if you've had a good night's sleep.



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## Read Right!

### Could your child benefit from a binocular vision exam?

When Sarah's 10-year-old daughter Maisie complained of headaches after school, she booked an eye test. After a 15-minute exam she was told that Maisie did not need any glasses and that there was nothing wrong. But her symptoms remained, and her grades started to suffer. Eventually she was given glasses, but they didn't help.

Sarah's friend advised her to take Maisie to see the optometrist who had helped her son when he had struggled with similar issues.

Optometrists who specialise in what is known as **Behavioural Optometry**, or who run specialist binocular vision clinics, understand that an eye examination should be about more than whether a child can read the bottom line of a chart some distance away. In a classroom eyes need work as a team at all distances.

They should be able to point accurately at the same point on a page, then be able to refocus quickly and accurately on the whiteboard and back again, hundreds of times per day. They need to be able scan across lines of text without drifting off to another line.

**If eyes can't work as a team**, children might try for a while but often develop unhelpful coping mechanisms like turning their head, screwing their eyes

up, and excessive blinking. Eventually they give up and may become disenfranchised from learning.

**Binocular vision examinations measure the ability of the child's eyes to work together**, and then the optometrist can make helpful suggestions, such as glasses, or exercises (sometimes called vision therapy), or a mixture of both. Occasionally coloured overlays might prove useful too.

Unfortunately, these types of examination are **not available on the NHS**, but Sarah says that her money was well spent. "Maisie had some new glasses and a short course of exercises. Within weeks her grades had picked up and she was coming home more cheerful and with no headaches. I would recommend that all parents should take their child for a specialist eye examination if they feel something is wrong."

**Useful websites: [babo.co.uk](http://babo.co.uk)**



By Kath McLean



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# Dash Cams

These are special cameras, mounted on a car dashboard to record sounds and images while you're driving. Here are some benefits of having one:

**Evidence in case of a car accident** - This is the main reason people invest in one. If you're involved in a collision you can prove that it was not your fault by submitting the camera footage as evidence.

**Reporting a dangerous driver** - Sometimes you see a driver do something so irresponsible that you fear for the safety of other road-users. Reporting that person becomes much easier with evidence.

**Extra insurance for parents** - We worry when our teens first start to borrow the car that they may not stick to the rules of the road. Knowing that there is a dash cam monitoring their driving behaviour is an extra incentive for them to pay attention.

**Prevention of insurance claim scams** - Some drivers purposely cause minor accidents to put the blame on the other party, to extort money. The victim has no way of proving their innocence but a dash cam will at least allow you to prove that you were not at fault.

**It keeps an eye on your car while you are not in it** - Have you ever returned to your car in a car park to find it's been scratched? A well-installed dash camera can efficiently record such events because most can be set to record even when the car engine isn't running.



**Because the best camera is the one you have with you** - It's not all about the car! Check out online videos of dash cams capturing unexpected phenomena. A family of ducks stopping traffic in Birmingham, a plane crashing right in front of a guy driving down a highway, and one Russian car driver's dash camera recorded an enormous meteor that flew over Russia. The clip ended up being viewed millions of times on YouTube!

Dash cams are set to become as necessary an addition to our driving life as sat-navs. **If you don't already have one, perhaps you should think about it.**

By Tom Hancock





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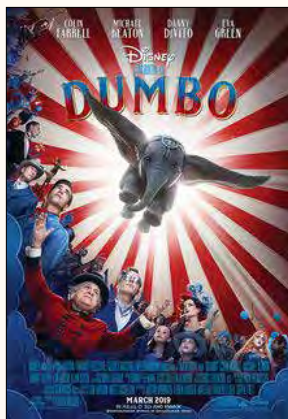
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a taster of what's on **March & April...**

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**Fisherman's Friends**  
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A fast-living, cynical London music executive heads to a remote Cornish village on a stag weekend where he's pranked by his boss into trying to sign a group of singing fishermen. As he's drawn deeper into the traditional way of life, he's forced to re-evaluate his own integrity.



"too Marilyn" for him, as he leaves for Harvard Law School. She sets out to win him back and prove him wrong by getting enrolled too. Along the way she is laughed at and told she is not good enough, but she achieves what she had always been told was impossible.



**What Men Want**  
from 15th March

Ali Davis is a successful sports agent who's constantly boxed out by her male colleagues. When Ali is passed up for a well-deserved promotion, she questions what else she needs to do to succeed in a man's world... until she gains the ability to hear men's thoughts!



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**STARMAN – The Story of David Bowie**

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**Planet Dance Goes to the Circus**

7th April

This is a family dance show, with children and adults performing all styles of dance, including: acro; ballet; bollywood; contemporary; freestyle; tap; musical theatre; breakin' and street.



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**Dumbo**  
from 29th March

Circus owner Max enlists Holt, a former circus star, to care for a new-born elephant whose oversized ears make him a laughing stock. But when Holt's children discover that Dumbo can fly, a persuasive entrepreneur and an aerial artist swoop in to make Dumbo a star.

**Legally Blonde - The Musical**

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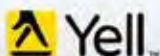
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# In a Heartbeat

By Louise Addison

## What are ectopic beats?

**E**ctopic heartbeats are extra heartbeats that occur just before a regular beat. Ectopic beats are normal and usually they are not a cause for concern. About 70% of medically normal adults without any symptoms at all have ectopic beats if monitored over 24 hours. They are far less common in children and are more likely to be a result of an underlying heart abnormality in those cases.

## There are two types of ectopic beat:

**PAC** - Premature atrial contractions, which begin in the upper chambers of the heart.

**PVC** - Premature ventricular contractions, which begin in the lower chambers of the heart.

An ectopic beat might be felt as an extra awareness of the heart beating; a feeling of faintness; a sensation of the heart stopping for a second, or a fluttering sensation in the chest.

The fact that some people become aware of their ectopic beats doesn't automatically mean there is a problem. Most commonly people who become aware of their ectopic beats are also susceptible to anxiety. What tends to happen is that during an episode of anxiety their system is flooded with adrenalin and their heart begins to race. They become aware of their heart racing, and then suddenly they experience a (perfectly normal) ectopic beat, only it feels anything but normal to them because their heart is already racing. They can then become hyper-aware of any perceived differences in rhythm, and this can feed their anxiety.

Most GPs can diagnose ectopic heartbeats from symptoms and by listening with a stethoscope. Sometimes they will arrange a precautionary electrocardiogram (ECG).

If someone is aware of their ectopic beat only when they are sitting quietly, **this is less of a concern** than if the ectopics become noticeable after exercise, such as running upstairs. Ectopics are also of more concern if there is a history of a previous heart attack, or a family of heart disease. A GP will want to rule out complications such as ventricular tachycardia and arrhythmia.

**If further investigation is required the GP might order an echocardiogram** (heart ultrasound), or a coronary angiography, an MRI, a CT scan, or exercise testing.

In most cases ectopic heartbeats do not require treatment; however, there are certain well-known triggers. It can be helpful to review all medications and their possible interactions, stop smoking, reduce alcohol and caffeine intake, and reduce stress and anxiety as much as possible.

**Remember, most ectopic heartbeats are not a cause for concern**, but if they are persistent, or you are worried, then **consult your GP**.





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# 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.**

**A**lthough 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 legally-binding 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.



**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.

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# Hardy Annuals

**H**ardy annuals: the name is an oxymoron. Hardy plants are supposed to be able to survive the winter aren't they, but annuals, by their definition, don't.

In fact, the names hardy, half-hardy and tender, when applied to annuals, refer to the relative cold tolerance of the newly planted seeds.

Hardy annual seeds can handle being frozen in the soil so are **ideal for planting outside**, either in the autumn or now. Productive, adaptable and cheap, they are the ideal credit-crunch plants. They are also easy-to-grow, so are brilliant for beginner gardeners.

**For best results** sow them as thinly as possible, cover lightly with sifted soil then firm it down. Protect them from cats and birds with netting until the seedlings are well established then thin them out to the distance recommended on the packet. Good flowers for the annual-novice include poppy, calendula, larkspur, fried-egg plants (limnanthes), love-in-the-mist, clarkia and cornflowers.

If I could grow only one it would be *Nigella damascena* (love-in-the-mist). It's an old cottage-garden plant and 'Miss Jekyll' is a beautiful, soft, pure blue variety with the added bonus of stripy seed pods once the flowers have faded.

**The king of the hardy annuals though has to be the sunflower.** Children particularly love to grow them. Sow them singly in small pots or directly into the earth. If you sow them directly, plant two seeds into each hole and thin to one once

they are established. They may need to be staked as they grow. There are some terrific varieties. A favourite of mine is Prado Red, which as the name suggests, produces deep red flowers. If you pinch them out, they'll grow to five feet and produce numerous blooms on each plant. If sunflowers are the kings of the hardy annuals, then **sweet peas are surely the fragrant queens.** Old-fashioned or antique varieties tend to be best for scent though their flowers are slightly smaller. The great thing about sweet peas is that you have to pick them to prolong flowering so you have a wonderful excuse to have a fragrant home all summer long. Sweet peas should be planted a little deeper than other annuals. They are very thirsty flowers. My granddad used to line his sweet pea trenches with lots of wet newspaper. He won prizes for his blooms, so he obviously knew a thing or two about it. Next time you're at the garden centre...walk right on by the showy (and expensive) potted plants and head for the seed section. For a very small outlay you can add colour, shape, interest and completely transform your plot **...and if you don't like it, you can always change it again next year.**

**Happy gardening!**



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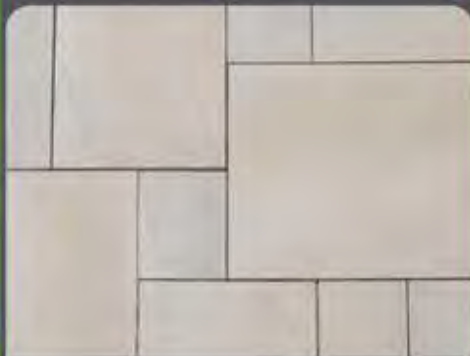
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Ideal for domestic lawns, sports pitches & general recreation

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**TOPSOIL**

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Bulk Bag (0.5cu.m) from **£22**

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DECORATIVE AGGREGATES**

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25kg  
**Polybag**  
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**Loose Tip**  
**£55**

0.5cu.m  
**Bulk Bag**  
from **£65.55**

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SHEDS



SUMMERHOUSES



TOOL STORES



BESPOKE BUILDINGS

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- Requires regular maintenance
- Susceptible to strong winds



### A ColourFence



- No warp, rot or rust for 25 years\*
- Virtually no maintenance required
- Proven to resist winds of up to 130mph

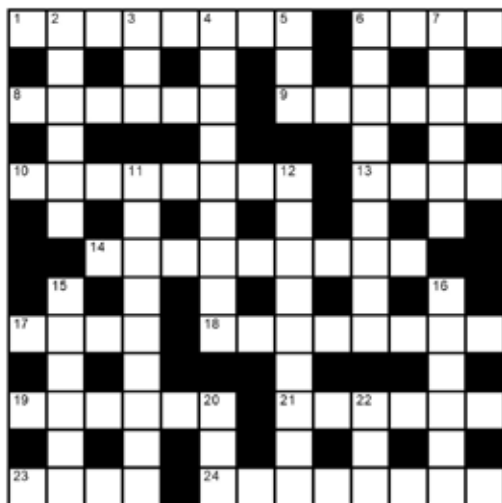


**Call Mark Today on 0121 439 8924**  
 for a **FREE quote** or visit  
**colourfencesolihull.co.uk**

\* full terms & conditions on website or on request



# crossword



## clues

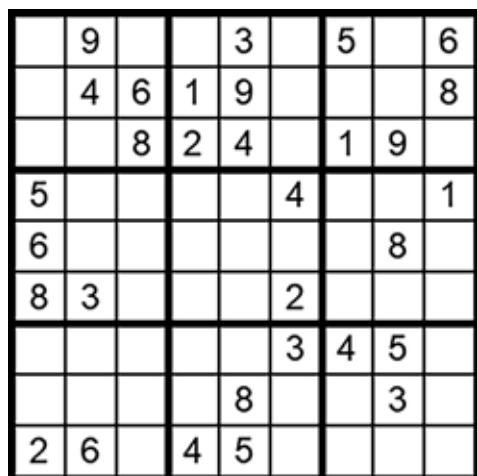
- 1 Judged the value of (8)
- 6 Exclusive, only (4)
- 8 Possible danger (6)
- 9 Clarify, explain (6)
- 10 Shock \_\_\_\_\_, car part (8)
- 13 Delight, joy (4)
- 14 Paddle-wheel driven river vessel (9)
- 17 100th of a Euro (4)
- 18 Awful, terrible (8)
- 19 Recreational gambling (6)
- 21 Deep purple-blue (6)
- 23 Dowels, pins (4)
- 24 Hotchpotch (8)

### Down

- 2 Threadbare (6)
- 3 Period of time (3)
- 4 Decorative cupboard or bureau (9)
- 5 Faulty (3)

- 6 Protect, shelter (9)
- 7 Joined, connected (6)
- 11 Surpasses, exceeds (9)
- 12 Burglaries (9)
- 15 Anaesthetise (6)

- 16 Yeast, mushroom, mildew (6)
- 20 Sticky substance, rosin (3)
- 22 Dike, barrier (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 50

# Spinach and Ricotta Lasagne

**A creamy vegetarian version of this supper classic**

**Preparation time: 45 mins**

**Cooking time: 30 mins**

**Serves: 6-8**

## Ingredients

Pack lasagne sheets  
125g Mozzarella, sliced  
30g Parmesan

### For the tomato sauce

Olive oil  
1 Onion, finely chopped  
2 Garlic cloves, crushed  
150ml Red wine  
2 x 400g Tins chopped tomatoes  
1 tsp Sugar  
2 tbsp Worcester sauce  
2 tbsp Tomato purée  
Bunch fresh basil, chopped

### For the creamy spinach and ricotta sauce

375g Spinach  
Knob of butter  
500g Ricotta  
250g Mascarpone  
4 medium free-range egg yolks  
Grated zest 1 lemon  
Pinch freshly grated nutmeg  
40g Parmesan, grated

## Method

Preheat the oven to 200°C/180°C fan/ gas 6. Heat the oil in a medium pan, then fry the onion for 6-8 minutes until soft. Add the garlic and fry for a further minute. Pour in the red wine; turn up the heat and simmer for 3-4 minutes to reduce the liquid by half. Add the tomatoes, sugar, Worcester sauce and tomato purée. Reduce the heat and simmer for 15-20 minutes until thickened. Add the basil, and season well.

Place the spinach in a large pan with a knob of butter. Cover and cook over a medium heat for 2-3 minutes until the spinach has wilted. It will seem to almost disappear! Drain the cooked spinach in a colander and press to squeeze out any excess water. Roughly chop, then mix with the rest of the creamy sauce ingredients. Taste and season well. Spread a little of the spinach and ricotta sauce over the base of the baking dish, then cover with slightly overlapping lasagne sheets. Pour over a third of the remaining white sauce, sprinkle over a little of the grated cheese and top with half the tomato sauce. Cover with another layer of lasagne sheets, top with half the remaining white sauce, then all the remaining tomato sauce. Add the final layer of lasagne sheets, then spread with the rest of the white sauce. Scatter with the remaining grated cheese. Top with mozzarella slices and the grated Parmesan and bake for 30 minutes until golden and bubbling.

**Serves: 6-8 people**  
**Preparation and cooking time: 75 minutes**



# 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

## LOCAL COUNCILLORS

### DORRIDGE & HOCKLEY HEATH

#### Ian Courts

Tel: 01676 535490  
 icourts@solihull.gov.uk

#### Andrew Mackiewicz

Tel: 01564 230294  
 amackiewicz@solihull.gov.uk

#### Ken Meeson

Tel: 01564 777772  
 kmeeson@solihull.gov.uk

### KNOWLE

#### Diana Holl-Allen MBE

Tel: 01675 443112  
 dhallen@solihull.gov.uk

#### Jeff Potts

Tel: 01564 774804  
 jpotts@solihull.gov.uk

#### Alan Rebeiro

Tel: 01564 200047  
 arebeiro@solihull.gov.uk

## local police contact for knowle & dorridge

Sergeant Mike Lloyd

Telephone: 101 ext 892 6037

Email: rural@west-midlands.pnn.police.uk



## Accountants

25 Athos Business Solutions 0333 400 7876

## Bathrooms

26 Cullen Plumbing & Tiling 07896 862 916  
29 EH Smith 0121 713 7200

## Car Services

11 Crossroads Service Station 01564 703 225  
14 AP Alloys 07972 852758  
36 Johnsons Cars 01564 454 51

## Care and Childcare Services

9 Carer / housekeeper 07816 138770  
19 Lady Katherine Housing 01564 772 850  
51 The Courtyard Nursery School 07512 1071 16

## Carpets

22 Don Mander 01564 700 200

## Cleaning Services

40 Wainright's Carpet Cleaning 07748 801658  
40 Sparkly Oven 07758 727556  
41 Dorridge & Knowle Domestic Cleaning Services 07809 567 264  
41 Village Domestic Cleaning 07854 0718 92

## Computer Services

13 Byte Support 0790 151 2544

## Conservatory Roofs

52 Green Space UK 0800 65 25 157

## Curtains, Blinds & Fabric

13 Soft Options Mill Shop 01564 7833 99

## Doors and windows

9 Garolla garage doors 01564 340028  
10 ACS Interior Doors 07910 289 565

## Drives

17 Dimension Landscape & Driveways 0121 733 1463  
32 Central Drives Landscapes 0121 702 1456

## Electricians

10 AC Electrical 07960 266 271

## Estate Agents

7 DM & Co 01564 4777 314

## Fascias & Gutters

44 Proline 0800 956 1315

## Fireplaces

16 Woodglow 0121 707 2306

## Garden Services

17 Dimension Landscape & Driveways 0121 733 1463  
32 Central Drives Landscapes 0121 702 1456  
43 Oakland Group 0700 598 2828  
44 Midlands Grounds Machinery 0156 4773 614  
45 Earlswood Garden Centre 01564 702 314  
46 Colourfence 0121 439 8924

## Graphic Design

34-35 Hotlobster Design Ltd 0121 369 1977

## Handyman Services

15 Prestige Multi-Trades 07886 922 280

## Health & Beauty & Wellbeing

9 Guru You 07930 1477 997  
11 Matthew Chinn Podiatry 0756 157 1742  
16 Equanimity 0844 6931 282

## Kitchens

2 Granite Transformations 01926 675 230  
29 EH Smith 0121 713 7200  
31 Dream Doors 0121 314 0956

## Memorials

12 Yardley Memorials 0121 706 2473

## Online selling

37 ebuygumm [www.ebuygumm.co.uk](http://www.ebuygumm.co.uk)

## Painter & Decorator

23 Bill Boyce 0121 744 0040

## Plumbing

3 Knowle Domestic Appliance Repairs 01564 730183  
26 Cullen Plumbing & Tiling 07896 862916

## Restaurants

5 The Henley 01564 793715

## Roofing

1 N Bird & Son 0800 195 6946  
23 C Stevens Roofing 0121 733 1276

## Solicitors

27 Probate 0156 4758 055  
38 Wallace Robinson Morgan Solicitors 0121 705 7571

## Tiling

26 Cullen Plumbing & Tiling 07896 862916

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

**Sudoku Solution**  
from page 47

A	S	S	E	S	S	E	D	S	O	L	E
H	R	I	U	A	I						
H	A	Z	A	R	D	E	F	I	N	E	
			E	E	K						
A	B	S	O	R	B	E	R	G	L	E	E
Y	U	O	O	U	D						
	S	S	T	E	A	M	B	O	A	T	
C	E	N	T	D	R	E	A	D	F	U	L
D	R				R						N
G	A	M	I	N	G	I	N	D	I	G	O
T	P	U	E	A	U						
P	E	G	S	M	I	S	H	M	A	S	H

**Crossword Solution**  
from page 47



### Solution to Mind benders

1. Fair and square
2. Mixed-Up kid
3. Backseat driver

**Mindbenders Solution**  
from page 13



# THE COURTYARD

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Full and Part Time

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Places  
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Website: [www.thecourtyardnurseryschool.co.uk](http://www.thecourtyardnurseryschool.co.uk)

Facebook: [fb.com/thecourtyardnurseryschool](https://www.facebook.com/thecourtyardnurseryschool)

# Do you use your conservatory all year round?



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**AFTER**

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*Mr & Mrs Barber, Wells*

### Warmer in winter

"There is no doubt that the conservatory is much warmer than previously, and no, the room is not darker either!"

*David Birch, Chichester*

### Usable all year round

"The conservatory is now used throughout all seasons of the year and is far more comfortable to sit in whatever the weather outside."

*Mr & Mrs Gibson, Portishead*

### Mould & condensation

"This is the best thing we have done in this house. Used to run with condensation and now zero."

*Karen Thomas, Chippenham*

### Cooler in summer

"You could have fried an egg on the table in there in the summer, I now look upon the conservatory as a new room. It is quiet, restful and cosy."

*Carol Doyle, Surrey*

### Reduces energy bills

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*Anne Bird, Bristol*



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