

# A2B RADIO CARS

**Book faster, download the app!**

**Now includes Go Carz  
Shropshire & West Midlands!**

## App features

- 1 Priority booking
- 2 Book in just 3 taps
- 3 Track your car
- 4 Easy payments
- 5 Digital gifts

**Scan here:**



Download on the  
App Store

GET IT ON  
Google Play

a **veezu**. company

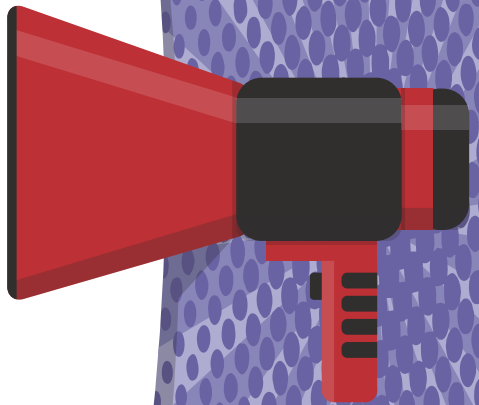
# Win a £20 Touchwood Gift Card!\*

**All you need to do is  
follow the [Knowle &  
Dorridge Directory](#)  
on Facebook.**

**It's that simple!**

The lucky winner will be  
selected at random and will  
receive their gift card by  
[10th February.](#)

\*Closing date 31 January 2022. To qualify  
you must live in Knowle or Dorridge,  
be 18 or over, and have your photo taken  
for publishing on social media. The  
voucher will be delivered to the winner  
by 10 February 2022.



# ***Knowle Domestic Plumbing Service & Appliance Repairs***

## ***All Plumbing Work Undertaken***

- ***Burst pipes/leaks***
- ***Taps, Sinks, Waste Units***
- ***Ball Valves, Overflows***
- ***Tanks, Cylinders,  
Immersion***
- ***Toilets, baths,  
Showers***
- ***24 Hour Emergency***

## ***Appliance Repair Services***

- ***Washing Machines***
- ***Dishwashers***
- ***Tumble Dryers***
- ***Electric cookers***
- ***Vacuum Cleaners***

**£10 OFF for first time customers with this ad.**

*Valid until: 10th February 2022*

***12 month guarantee, same day call-out  
special rates for OAP's***

**Office: 01564 730183**

**Mobile: 07770 698196**

# Happy New Year!

Welcome to the January edition...

And to celebrate the start of a new year we're running 2 competitions this month. Take your pick from a chance to win a **£20 Touchwood voucher**, or **4 tickets to see The PAW Patrol Movie**.

If your new year's resolution is to do more, or try new things, then have a look to see what local events are running – there's **comedy, live music, shows** - just see what takes your fancy. Or maybe you've challenged yourself to improve or extend your home – if so, there's lots of local businesses who advertise in here who are keen to help.

Here's to a healthy and happy 2022.



Zoe Reece

Tel: 07557 220585

Email: [zoe@dorridgedirectory.com](mailto:zoe@dorridgedirectory.com)

[www.knowleanddorridgedirectory.com](http://www.knowleanddorridgedirectory.com)



## contents

**2 & 30** Competition

**6** Events

**24** Puzzles

**28** Book reviews

**34** Recipe

**40** Useful telephone numbers

**41** Index

Locally designed by: hotlobster design ltd Printed by: Norwood Press

PLEASE RECYCLE THIS MAGAZINE



# Welcoming Communities Where Friendships are Made

Avery Healthcare offers a safe and supportive environment where residents can flourish, make new friends, maintain contact with their local communities and live a life of possibility.

- Residential, nursing, respite and dementia care •
  - Nutritionally balanced seasonal menus •
  - Spacious, beautifully decorated bedrooms •
- Stimulating schedule of daily activities and entertainment •
- Safe visits for family and friends • Highly trained staff teams •

**Birchmere House**  
01564 621393

**Birchmere Mews**  
01564 621701

**Knowle Gate**  
01564 621012





# community events

## Comedy Night

**21 January**

**Shirley Royal British Legion**

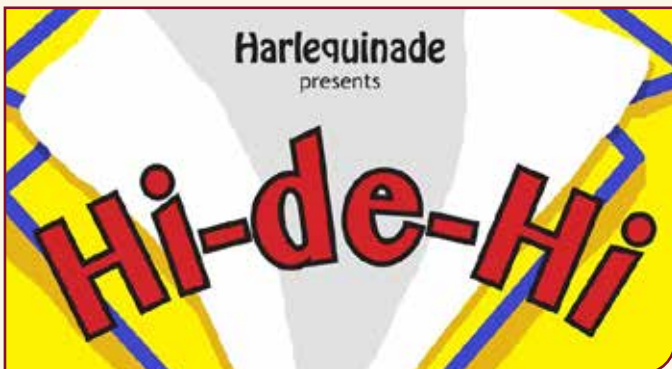
Featuring some fantastic talent with headline act Scott Bennett who was crowned Comedy Cellar New Act of the Year 2011, runner-up of English Comedian Of The Year 2014, and Comics' Comic of 2020, after presenting a series of gigs from his garden shed during the Covid lockdown. For tickets visit [skiddle.com](https://www.skiddle.com)

## Jack and the Beanstalk

**23 January**

**Dovehouse Theatre, Kineton  
Green Road, Solihull**

In this year's GIANT pantomime adventure, we join Jack, his mother Dame Trot and brother Silly Billy in the village of Merryhale. Can Jack rescue Jill and save the village from Giant Blunderbore and his evil henchman, Fleshcreep? There's only one way you'll find out! Visit [ticketsource.co.uk](https://www.ticketsource.co.uk) to buy your tickets.



## Midland Vintage & Antique Fair

**5 February**

**Fentham Hall,  
Hampton in Arden**

Family-run fair which is held on the first Saturday of every month. Visit [midland-fairs.co.uk](https://www.midland-fairs.co.uk) for more details.

## George Michael Tribute Night

**12 February**

**Knowle Royal British Legion**

UK's No. 1 George Michael Tribute. Visit [ticketsource.co.uk](https://www.ticketsource.co.uk) for tickets.

## Hi-De-Hi

**31 January – 2 February**

**Core Theatre, Solihull**

Based on the TV show of the same name, all of your favourite characters are there including Jeremy, Gladys, Ted, Spike, Barry, Yvonne and Peggy. It's the start of a new season and founder Joe Maplin announces that he is setting up a camp in the Bahamas and needs female yellowcoats to go and work there. The annual 'Miss Yellowcoat' competition will decide who. Imagine the rivalry! Box Office: 0121 704 6962.



# Stephen Smith & Son Plumbing & Heating Services



Accredited  
Installer



Gas Safe reg no: 198187  
Natural Gas, LPG & Oil



**Tel: 0121 247 4957  
or 01564 200119**

**10 years Manufacturer's Warranty  
on all Worcester Greenstar  
gas boilers installed\***

[www.stephensmithandson.co.uk](http://www.stephensmithandson.co.uk)

**"Family business. Local and reliable."**

## Work carried out includes:

- Boilers / Radiators
- Natural Gas - LPG and Oil Installation and Repair
- Landlord Gas Safety Inspections/Certificates
- Boiler Servicing
- Hot Water Cylinders (vented and unvented)
- System Powerflushing
- Cold Water Tanks
- Shower Installations / Repairs
- Pipework
- Underfloor Heating

\*Worcester Bosch terms apply

## HILLARYS

Solihull

✓ Friendly in-home service   ✓ Options for every budget   ✓ Price includes measuring & fitting



"My local advisor helped me find a blind to fit my budget. The service was second to none".

Laura Jackson, customer

## YOUR LOCAL BLINDS, CURTAINS & SHUTTERS SPECIALIST

- I provide expert advice on the best window solutions
- Flexible appointment times
- Blinds & curtains tailor-made here in the UK
- Ask me about multi-blind discounts
- I won't be beaten on price\*
- Electric blinds available

ROLLERS | ROMANS | VERTICALS | VENETIANS | CURTAINS | SHUTTERS | WOODEN BLINDS

Call me for a free in-home appointment:

**Chris Gaite 07738990211**

\*Based on the same spec, size & levels of service.



## RAISE MONEY FOR YOUR LOCAL SPORTS CLUB!

You and your mates can win money for yourselves AND raise money for your local sports club, just by tapping into your football knowledge.

Download the FREE SoccerPots app and set up an Affiliate League with your local sports club. Pay into a communal pot and predict football match results from local or international football – and split the pot between the winners and your club.

**[www.soccerpots.co.uk](http://www.soccerpots.co.uk)**



## PHYSIO + HEALTH MATTERS

restoring your health



Kiran Sharma and her excellent team of highly qualified and experienced physiotherapists can help to reduce pain, improve mobility and increase strength.

Some of the services we offer:

- \* PHYSIOTHERAPY \* ELECTROTHERAPY
- \* NEUROLOGICAL REHABILITATION
- \* ACUPUNCTURE
- \* SHOCKWAVE THERAPY
- \* SPORTS MASSAGE \* HOME VISITS

Call or see our website for more information

21D Station Road, Knowle, Solihull, B93 0HL

Tel: 01564 660557

Email: [reception@physioandhealthmatters.com](mailto:reception@physioandhealthmatters.com)

[www.physioandhealthmatters.com](http://www.physioandhealthmatters.com)



# TAMARINDS

CAFE · DINING · LOUNGE

EVERY  
MONDAY & TUESDAY  
BOOKING RECOMMENDED

ANY **STARTER**

ANY **MAIN DISH\***

ANY **NAN** OR **RICE**  
& **COFFEE** OR **TEA**

**£12.90**<sub>PP</sub>



\*(FISH & KING PRAWNS £3.00 EXTRA PER DISH) \*\* (PLAIN COFFEE)

01676 533308

WWW.CAFETAMARINDS.CO.UK  
376 KENILWORTH ROAD, BALSALL COMMON CV7 7ER

# What's Your Hobby?

## Are you looking for a new hobby for 2022?

We have some great ideas, most of them modest, proving you don't have to spend a fortune to have a hobby.

**Painting** - If you felt that you failed at art when you were at school why not try again as an adult? It's not about aiming to be the next Monet or Picasso (though you never know!), but about learning to express yourself in a no pressure environment.

**Join a Choir** - Now that singing is allowed again the time is right to join a choir. Communal singing is good for reducing stress and improving your health. It also helps to make new friends.

**Try Pottery** - If every you've watched The Great Pottery Throw Down (and if you haven't why not?) and thought 'That looks fun!,' now is the perfect time to investigate pottery classes at your local college. It's a tactile, absorbing hobby and you'll get to meet some lovely creative people.



**Start a small veggie garden** - And when I say small I mean really small. If you've never gardened before it can be daunting. So, choose an old garden pot, or measure out one square metre of your plot and choose something interesting to grow, like rainbow chard, or heritage tomatoes. You even get to eat what you grow. As you become more confident add another pot, or another square metre. Baby steps.

**Learn to cook** - If you can't cook, buy a simple instructional book, and get stuck in. Delia Smith's How to Cookbooks are particularly good. They take you through which pots and pans you need and even how to boil an egg. If you can already cook, you could set aside one night a week to try a new recipe. You

might decide to try Mexican recipes, or Indian recipes or regional recipes from around the UK. Get the family involved and have fun with it

**Photography** - We are all photographers now. Every smartphone has a camera. There are evening classes in smartphone photography now. Or maybe you have a nice camera and have never worked out how to use it properly. Taking beautiful pictures is a skill we can all learn and being able to record a beautiful moment: the birth of a child, a special family holiday, or just a sunny afternoon in the garden will make it worth the effort.

**Learn to Sew** - A few years ago I took an evening class called 'Make do and Mend.' It taught simple skills like hemming, mending and minor adjustments. I even made a festive tablecloth! Of course, you might prefer to make clothes from scratch. Creating my own wardrobe is on my bucket list and one day I'll take a class and begin to learn how.

**Take a Walk** - Wherever you live there will be a book of local walks. Discover pocket parks, hidden historical monuments and pretty or interesting views. Better still, find a friend to walk and talk with and explore the area around your home.

**Learn Language but stay close to home** - The UK has some beautiful languages. Choose from British Sign Language (BSL), Welsh or Gaelic. You can attend a class or learn online, or with an app. Duo is a particularly good app for Welsh or Gaelic, and it's completely free. If you prefer in person lessons then most colleges offer evening classes in BSL.

These are some ideas for new hobbies. If nothing here piques your interest, think about what you love to do and then find a class, or a book and get stuck in.

# Cullen

Plumbing & Tiling

17 Whitacre Rd, Knowle  
cullenplumbingandtiling@gmail.com

**Tel: 07896 862 916**

***Established in 2005***

**City & Guilds**

**Qualified**

- Full bathroom and ensuite design and installation to the highest standards with complete project management from start to completion
- Kitchen Sinks and Taps, Dishwasher and Washing Machine Installation
- Central Heating & Radiators
- General Plumbing Maintenance & Repair
- Showroom Finish Wall & Floor Tiling for bathrooms, kitchens, hallways and conservatories
- Specialist in ceramic, porcelain, natural stone tiling
- Business built on recommendation and reputation

***All Work Guaranteed***

***Reliable Honest Service***

***References and Portfolio of Work Available***



**Call Alex Cullen**

**NOW on 07896 862 916**

***For a free no-obligation quotation***

# Choose a Gym .....

**Y**ou've made it through Christmas but, as usual, you've come out the other side with a few extra pounds around your middle. It's time to don the workout kit and exercise.

But choosing a gym can be a challenging task. What workout regime do you want? Will you feel comfortable? What facilities and equipment should you be using?

The best way to find this out is to book appointments and visit a few. Most gyms will be happy to have a member of staff walk you around the facility, show you what's on offer and explain what other classes and programs there are. As you go round you need to keep an eye open to work out if this is the right place for you.

## **Are the staff friendly and helpful?**

Chat to some of the trainers and fitness team. They should be happy to talk to you about your goals and offer guidance as to what sorts of exercise might work best for you. You should get a feel for their attitude to new members, especially if you've never been a regular gym goer.

Have a think before you go about what sorts of exercise you might like best. If you prefer classes then you'll need to make sure you ask about their timetable. Ask to see where the classes take place and ask about numbers attending. Too few people can mean a class loses the group energy.

If you like pumping iron, make sure the weight area and machines match your skill level. Again, check numbers as you want to be able to use the equipment without having to wait for too long. Are there enough stations? Is there enough room for what you want to do? Is there enough equipment so you're not waiting for someone else to finish with it before you can get going again?



Functional training is becoming more popular now, where you use body weight and movement to build strength and flexibility. If this is your thing make sure the gym has the right equipment for what you want to do. Is there a big enough space set aside for this activity?

## **What sort of people are using the gym?**

If it's full of body builders you might feel out of place if your aim is simply to tone up a little. If the swimming pool is full of people in their seventies swimming slowly and chatting and you like to sprint lengths, you might need to look elsewhere for your workouts. The gym should be somewhere you enjoy going. Having the right mix of people goes a long way to creating that feeling.

After you've seen round the gym think about attending for a couple of sessions before committing to a membership. Many places offer a proper introductory gym session where a trainer will take you through all the equipment and suggest an individualised workout program. Use this session to confirm whether the place is right for you and to jump start your exercise program.

Going to the gym has to be fun. If it's not you will find excuses not to go. Losing weight and getting in shape is all about perseverance. It's hard work but worth it.



# "Do they make shopping trolleys out of magnets?"

We don't judge, we just fix it.



**10% OFF**  
Using Code  
**10OFFJW**



**Quality, convenient and cost-effective repairs with a lifetime guarantee.**

Call us today **07479 250 200** for a **FREE** estimate on repairs to bumper scuffs, paint scratches, minor dents and alloy wheels. Find out more at [chipsaway.co.uk](http://chipsaway.co.uk)

**ChipsAway**

Offer only valid when booking with ChipsAway Jason West. Customer must produce advert at time of booking.

LIKE IT NEVER HAPPENED



## Beautiful Interior Doors Supplied and Installed



**Come and visit our  
NEW showroom  
in Studley**

Unit 1,  
Haydon House,  
Alcester Road,  
Studley  
B80 7AN

07592 303104 or  
07910 289565

[www.acsinteriordoors.co.uk](http://www.acsinteriordoors.co.uk)

## Help make a world of difference... Become a CAREGiver today!

Home Instead Solihull

01564 330 395 | 01212 704 615

[www.homeinstead.co.uk/solihull](http://www.homeinstead.co.uk/solihull)

Each Home Instead© franchise office is independently owned and operated. Copyright © Home Instead 2017.



No call-out charge  
Available 24/7

JUST  
MOVED IN?  
CALL US  
FOR NEW  
HOME  
PACKAGES

**CALL TODAY FOR A FREE, NO-OBLIGATION SECURITY CHECK AND ADVICE**

### Locked Out

We can gain access for you non-destructively

### Emergency Locksmiths

15-30 min emergency response time  
for your peace of mind

### uPVC Door Lock Specialists

Our locksmiths are specialists in uPVC door  
and window locks

### Door/Window Handles Changed & Replaced

Stuck, broken or damaged window  
handles? We can help

### Lost Keys

Lost your keys? We recommend a full lock  
change service for your security

### Locks Changed & Replaced

Lock replacement and upgrades, all with  
a 12 month guarantee

### Home Security

We offer a variety of smart camera and alarm  
systems to protect your property

### Emergency Boarding Up & Burglary Repairs

We can offer a 24/7 emergency boarding  
up and repair service



12 month parts  
& labour guarantee



Checkatrade.com

[lewis@lockfit.co.uk](mailto:lewis@lockfit.co.uk)

[www.lockfit.co.uk/lockfit-locksmiths-knowle/](http://www.lockfit.co.uk/lockfit-locksmiths-knowle/)

**01564 627 020**

## Dos and Don'ts of social media when going through a divorce

It can be tempting to air our feelings or frustrations on social media when going through a divorce – but remember: this information will be available to a court and could have bearing on any outcome.

**Dipika Mistry**, Legal Director at Shakespeare Martineau in Solihull explains the dos and don'ts...

**DO change your passwords:** Take ownership of any social media accounts, bank accounts, credit cards, music streaming services and change the passwords of your email accounts to ensure your ex-partner does not have access. Even if you know your partner's passwords, do not log into their accounts! Everyone has a right to privacy and unauthorised access to your ex-partner's computer may be breach of the Computer Misuse Act 1990.

**DO check your privacy settings:** Make sure that if you do post, however innocently, only your friends list sees it and you cannot be tagged into any posts without your permission.

**DO turn off location tracking:** It's a 'feature' of more apps than you might realise. This could be embarrassing or hurtful and can provide your ex-partner with your exact location from a stalking / abuse perspective.

**DO follow support organisations:** There are lots of organisations and charities who can offer free guidance and support.

**DON'T bad mouth your ex-partner online:** And remind your friends and family not to post negative comments too. Comments can play a big part in proceedings and if you have children they could read and learn more than you'd like them to.

**DON'T share any personal data about your partner:** As you may breach data protection laws. This includes intimate and sensitive details of the relationship.

**DON'T chat about court proceedings, children or financial information:** By doing so you could be in breach of legislation which could be classed as a serious offence and anything you share can and could be used against you by the other party.

**DON'T post pictures of the children you share:** This comes up time and time again in proceedings. Send any photos directly, not on a public platform, especially if you are aware of your partner's objections to posting pictures online.

**DON'T share a new romance online:** As well as being potentially hurtful, if proceedings have not yet started adultery could be cited as a reason on the petition and have a big effect on any financial settlements and child arrangements.

**DON'T 'stalk' your partner on social media:** Following your ex on social media can be exhausting, upsetting and often fruitless. Give yourself some time to rest and recover.



**For a free consultation call 0121 705 8151**  
email [dipika.mistry@shma.co.uk](mailto:dipika.mistry@shma.co.uk) or visit [www.shma.co.uk](http://www.shma.co.uk)

Shakespeare Martineau Radcliffe House, Blenheim Court, Solihull, B91 2AA

# Fishing for Benefits

## Why we should all be eating oily fish

**O**ily fish are those that are high in omega-3 fatty acid. This is an essential fatty acid which our body cannot manufacture for itself so has

to obtain from food. Omega-3 fatty acid is a polyunsaturated fat, made up of two main fatty acids - EPA (eicosapentaenoic acid), and DHA (docosahexaenoic acid)

The most common and easily accessible oily fish in the UK are salmon, trout, mackerel, sardines, herring, and anchovies. Unlike salmon, which is oily whether fresh, tinned, or smoked, tuna is classed as an oily fish only when fresh and not when it's tinned, because the canning process reduces the long-chain omega-3 fatty acids to levels similar to those in white fish. Also, tuna contains small amounts of mercury, which is toxic to humans, and we are advised to restrict the amount we

eat. Smoked salmon contains a lot of sodium so is best eaten in small quantities, but the soft bones in tinned salmon are positively beneficial for adding calcium and phosphorous to our diet.

### Eating a diet rich in oily fish has many health benefits.

Protection against heart disease – Numerous scientific studies have shown that omega-3 fatty acid is beneficial for helping to reduce high cholesterol and high blood pressure, two of the greatest predictors for heart disease.

Neuroprotective properties - The DHA in omega-3 fatty acid, is required for proper brain development and function and offers protection against certain neurological conditions such as Alzheimer's Disease.

Joint protection - Omega-3 fatty acid is naturally anti-inflammatory and has been shown in several scientific studies to offer protection of joints and may even help in the prevention of rheumatoid arthritis.

Positive mental health implications - Because depression appears less common in nations where people eat large amounts of oily fish, scientists have conducted studies which suggest that fish oils may prevent or treat depression and other mood disorders. This may be because omega-3s travels easily through the brain cell membrane and may then interact with mood-related molecules inside the brain. Their anti-

inflammatory actions may help relieve depression and anxiety.

Reduces risk of certain cancers - Omega-3 supplementation is widely employed in the treatment of cancer patients as a supplement to the main treatment. Many research



papers since the 1970s have shown links with omega-3 fatty acid and a reduced risk of certain cancers, including colon, breast, and prostate. This is most likely due to the anti-inflammatory effects of EPA and DHA.

The NHS currently recommends that we include at least two portions of fish in our diet a week, one of which should be an oily fish. One portion is about 140g. However, all girls and women who reached menopause age, including those trying for a baby, or who are pregnant or breastfeeding, should have no more than 2 portions of oily fish a week. A portion is around 140g. This is because the low levels of pollutants that oily fish contain can build up in the body and may harm an unborn baby during a future pregnancy.



# Lady Katherine Housing & Care



*Rated by the Care Quality Commission as:*

**GOOD**

## RESIDENTIAL CARE SHELTERED HOUSING RESPIRE CARE

*(now taking Autumn and Winter Respite bookings)*

*If you would like to pay us a visit or discuss our current availability  
contact:*

*Chris Mundell*

*on*

**01564 772415/ 07593 552136**



**Only £895 for  
a fully fitted  
electric door.**

**Gotta get a Garolla.**



Garolla garage doors are strong and solidly built. They're made to measure in our own UK factories. The electric Garolla door rolls up vertically taking up only 8 inches inside your garage. Our expert installers will fit your new door and take away the old one so there's no mess.

Give us a call today and we'll come and measure up completely Free.

**GAROLLA**  
ROLLER  
SHUTTER  
DOORS



**GOTTA GET A GAROLLA**

NOW ONLY

**£895**

WAS £1,354  
INC VAT

WHAT'S INCLUDED WITH EVERY DOOR:

FREE EXPERT MEASURING & FITTING  
TWO REMOTE CONTROLS  
ACOUSTIC & THERMAL INSULATION  
AVAILABLE IN 21 COLOURS  
FREE DISPOSAL OF YOUR OLD DOOR

Offer valid for openings up to  
2.6m wide & inc: 2 remote  
controls, 55mm white slats,  
internal manual override.

CALL US TODAY

**01564 340 013**

MOBILE

**07537 149 128**

**[www.garolla.co.uk](http://www.garolla.co.uk)**

**Beech Languages**  
LOCAL LANGUAGE LEARNING

**LOVE TO SPEAK GERMAN, FRENCH OR SPANISH?  
NEW TO SOLIHULL AND NEED BETTER ENGLISH?**

**All online courses of 10 hours (including GCSE 'catch-up') now just £299**

Expert tuition for exams, travel and business  
Local, qualified and experienced language tutors

**Contact us now for your free, no-obligation consultation**

**Call 01564 739621 or 0784 031 5982**

E-mail [info@beech-languages.co.uk](mailto:info@beech-languages.co.uk)

**[www.beech-languages.co.uk](http://www.beech-languages.co.uk)**

LANGUAGE LESSONS LOCALLY AND ONLINE

# THE IRONMONGERS

7 DAYS  
A WEEK

## HOME & GARDEN BARGAIN CENTRE

AT  
BECKETT'S

FREE  
PARKING

★ Bits, Bobs, Odds & Sods and 'A LITTLE OF WHAT YOU FANCY' ★



### OUTSIDE:

Pet Care / Bird Food and Tables /  
Dog Treats and Leads / Compost /  
Gardening / Pest Control / Plant Pots /  
Cycle Accessories



### GIFTS:

Gift Cards / Wrapping Paper / Gift Bags  
/ Giftware / Soda Streams / Gadgets /  
Vehicle Care

### DIY:

Hand and Power Tools / Nuts, Bolts,  
Screws and Fixings / Glue / Sealants  
/ Hoses / Locks and Security / Car  
Accessories



### HOUSEHOLD CARE:

Oils / Polish / Cloths / Household  
Cleaners / Washing Lines / Drain  
Cleaners & Rods / Incinerators /  
Kitchenware / Needleware



Come along and browse around, we're at the lower end of Beckett's Farm Complex,  
near to American Golf and the Car Wash. Lots of free parking and a smile!

**1C Beckett's Farm, Wythall, B47 6AJ 0121 643 4900**  
**homegardenbargains.co.uk**  **homegardenbargains.com**

# ENFIELD SPORTS

R  
F  
D

Britains Biggest and Brightest Shooting Store

All types of Shooting Supplies: Cartridges, Metallic Ammunition,  
Pellets, Archery, Shotguns, Airguns, Full Bore. Country Clothing,  
Footwear and Outdoor Apparel.



Free Parking! Open 6 days a week - Monday to Saturday.

Beckett's Farm, B47 6AJ | [www.enfieldsports.com](http://www.enfieldsports.com) | 0121 716 1410

# OAKLAND



## GROUP

Service Quality Value

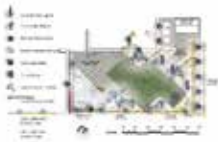
### Professional Outdoor Services



Tree Surgery & Hedging



Landscaping



Garden/Lighting  
Design



Porcelain Garden



Fencing



Planting &  
Irrigation



Outdoor Lighting



Borders &  
Maintenance



Visit us at Rosebourne Garden Centre  
Kenilworth Rd, Hampton in Arden,  
Solihull, B92 0LP

# 01564 758 608

[www.oaklandgroupuk.com](http://www.oaklandgroupuk.com)

[www.12vgardenlights.com](http://www.12vgardenlights.com)

[info@oaklandgroupuk.com](mailto:info@oaklandgroupuk.com)





# Bill Boyce Decorators

A family run business with over 30 years experience

- Painting & Decorating
- Internal / External
- Offices, Restaurants & Private Houses
- Reliable
- Excellent Reputation
- All work carried out to a high standard
- Free Estimates



Call Bill on 07976 810680 or Dan on 07966 275134

89 Union Road, Shirley, Solihull, B90 3BY  
 Tel: 0121 744 0040 or fax: 0121 744 0312  
 Email: billboycedecorators@hotmail.co.uk  
[www.billboycedecorators.com](http://www.billboycedecorators.com)

# C. STEVENS ROOFING

**EST FAMILY BUSINESS**

NEW TILED ROOFS • GUTTERS  
 FLAT ROOFS • BRICK WORK  
 LEADWORK • SMALL REPAIRS  
 UPVC FASCIAS • CHIMNEYS



KNOWLE

SOLIHULL

**01564 790008 0121 733 1276**

[WWW.CSTEVENSTEROOFING.CO.UK](http://WWW.CSTEVENSTEROOFING.CO.UK)

# damar

## Security Systems Ltd



Meet Damar Security Systems owner  
Graham Elwell, who talks Security  
and the success of his company.

**Hello Graham, welcome to the Knowle and Dorridge Directory, we are very happy to have you.**  
Thank you, I'm very happy to present Damar Security to all your readers within this wonderful publication.

### **So Graham tell us a little about Damar Security Systems Ltd**

Well, Damar Security is in its 26th year of business, and we are based over in Olton just by the train station. We employ 9 members of staff and look after more than 2750 home and businesses with Intruder alarms and CCTV. We are NSI approved and are regularly audited to prove we meet industry standards.

### **How do you look after 2750 clients??**

Very simply put, we do things right. We use proven equipment and maintain our systems correctly. We have the most skilful and technically efficient engineers we can find and our office staff are friendly and experienced so every matter is dealt with swiftly. When you offer a 24 hour a day service you have to be on the ball.

### **Is Security important?**

That depends on if you value what you have? If you do then security is invaluable, it gives you peace of mind and allows unwanted attention to second guess an attempt at your home/ business. Regular maintained security acts as a deterrent for sure. Once you have an alarm or CCTV you never look back.

### **Are there different levels of security available for your home?**

Yes, absolutely. Thanks to amazing technology, we

now have alarms with an app that can be controlled from anywhere in the world. We have stand alone systems that simply activate when there is movement within a secure property and also we have monitored systems that alert police forces to attend your property. We have something for everybody.

### **What's coming up for Damar Security Systems in 2022?**

More of the same, app based alarms are game changing and allow users the chance to set their alarm remotely and receive live notifications of any alarm event as and when it is happening. We also now have 24 hour colour cameras for our CCTV systems which are very effective.

### **Where can we find you when it comes to repairing or installing security at our properties?**

We are always available on the office number 0121 706 8666, or drop us an email at [info@damarsecuritysystems.co.uk](mailto:info@damarsecuritysystems.co.uk) or for just general information, visit [www.damarsecuritysystems.co.uk](http://www.damarsecuritysystems.co.uk)

### **And finally for today, why should our readers consider using Damar Security Systems to protect their homes and business?**

We are known for our neat installations, friendly and skilful engineers, good equipment that rarely fails and the best, unrivalled aftercare of any security provider.

You can always have a look at our testimonials page at [www.damarsecuritysystems.co.uk](http://www.damarsecuritysystems.co.uk) to see what our clients think .

SERVICING HOMES & BUSINESS  
SINCE 1995

# daMar

## Security Systems Ltd



### Colour247 Cameras

Our NEW cameras now stay in full colour 24 hours a day. No more black and white images at night. See the results yourself...



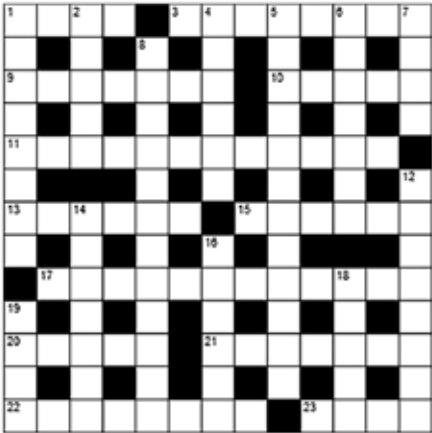
### Alarm Systems with User App

Take control of your alarm whilst away from your property. Receive live notifications of your alarm status, log in remotely and control the alarm from wherever you may be.



0121 706 8666  
[www.damarsecuritysystems.co.uk](http://www.damarsecuritysystems.co.uk)

crossword



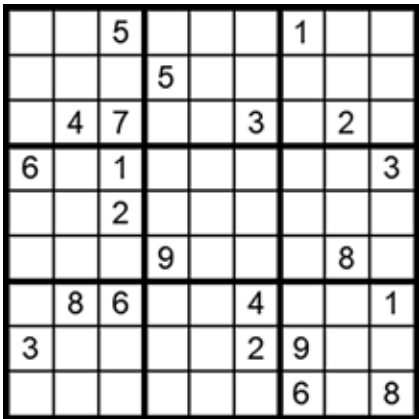
clues

- Across**
- 1 Pile, stack (4)
  - 3 Large performing arts centre in London (4)
  - 9 Introductions, Preambles (4-3)
  - 10 Relationship between two numbers (5)
  - 11 Paper fasteners (7,5)
  - 13 Essence, personality (6)
  - 15 Garden tool (6)
  - 17 Fungal disease affecting tubers (6,6)
  - 20 Halt, break-off (5)
  - 21 Scannable mark on merchandise (7)
  - 22 Money or property (8)
  - 23 European mountain range (4)

- Down**
- 1 Recklessly determined (4-4)
  - 2 Use or benefit (5)
  - 4 Designate, nominate (6)
  - 5 Intruder deterrent (7,5)
  - 6 Feline foot or to dupe someone (4-3)
  - 7 Alcove, crevice (4)
  - 8 Day care centre (12)
  - 12 Sparkles (8)

- 14 Before time (3, 4)
- 16 Times two (6)
- 18 Bogeyman, fiend (5)
- 19 Baby cow (4)

answer on page 41



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.

answer on page 41



## PSYCHOLOGICAL THERAPY. PRIVATE HEALTH CARE.

**Equanimity CBT** provides Cognitive Behavioural Therapy (CBT) which is the therapy of choice in the NHS for common emotional, behavioural and mental health problems. It is also available privately and through health insurance. Corporate referrals are also accepted.

**Work related stress? Anxiety? Depression? Low self esteem? Compulsive behaviours? OCD? Anger management? Emotion regulation difficulties? Adolescent behavioural problems? Aggressive driving? Panic attacks? Phobias? Emotional distress?**

### Equanimity CBT

**New Street, Kenilworth.**

**Wassell Grove Lane, Hagley.**

Day and Evening Appointments Available

Contact: [enquiries@equanimitycbt.co.uk](mailto:enquiries@equanimitycbt.co.uk)

Telephone 0844 693 1282 for a

free 15 minute telephone consultation.

B.A.B.C.P. Accredited CBT Psychotherapist.

**Approved Health Care Provider for**

**AXA-PPP, Aviva, BUPA, Allianz, CIGNA, Simply Health and WPA.**

**[www.equanimitycbt.co.uk](http://www.equanimitycbt.co.uk)**



## Plumbing Problems Would you know what to do?

**Frozen Pipes** - Turn off the mains water supply. If the frozen pipe has a split, empty the cold-water cistern by opening all the cold taps. If the pipe hasn't split, thaw it out slowly by applying hot water bottles. If any part of the hot water system is frozen or there is a split, turn the central heating off and call a professional.

**Burst pipe** - Turn off the mains water. Open all the cold taps so the pipes and storage system drain quickly, but do not turn on the hot taps. Turn off the central heating, any electric immersion heaters and call a professional.

**Blocked sink or toilet** - If the sink is blocked, unscrew the trap - the u-shaped pipe under the sink (don't forget to put a bowl underneath to catch any water!) - and check. If the blockage isn't there, or your toilet is blocked, use a plunger that completely covers the outlet. It creates a vacuum to suck and push the blockage away.

A chemical dissolver breaks down organic material, clearing the blockage away with little or no mess. Call a professional if the blockage remains.

The best way to prevent plumbing emergencies is to make sure your storage system and exposed pipes are well insulated and have your central



Does your website  
look old, dated and you're  
not sure what to do?



hotlobster design offers you up-to-date  
websites to replace your tired ones.

Bespoke content managed websites are cheaper than you think.  
Call now for a chat about your website, social media & marketing needs.

hotlobster   
design • marketing • web • print

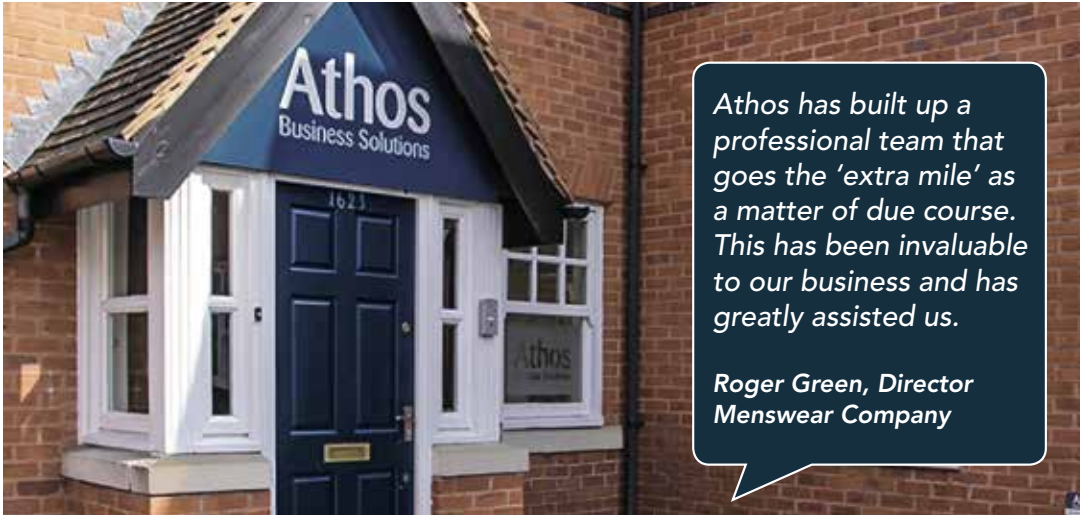
0121 369 1977  
[www.hotlobster.uk.com](http://www.hotlobster.uk.com)

# Athos

*solutions for the future...*

**BUSINESS SOLUTIONS**

Chartered Certified Accountants



*Athos has built up a professional team that goes the 'extra mile' as a matter of due course. This has been invaluable to our business and has greatly assisted us.*

**Roger Green, Director  
Menswear Company**

- Accounts
- Tax Returns
- Payroll and Auto Enrolment
- Bookkeeping and VAT Returns
- Tax Advice
- Management Accounts



*Call and make an appointment for a free initial consultation where a bespoke fixed fee quotation will be provided.*

**T. 0333 400 7876**

Athos Business Solutions Limited

1623 Warwick Road, Knowle, Solihull, West Midlands B93 9LF

[www.athos.uk.com](http://www.athos.uk.com)

[enquiries@athos.uk.com](mailto:enquiries@athos.uk.com)



# a good read

reviews By Willow Coby

## A Deadly Education

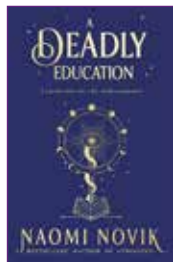
by Naomi Novik

It's no secret that Harry Potter books are read by adults as much as by children. But what if there was a series about a school of magic written especially for adults? Well, that is what Naomi Novik has done. However, it is not wizarding school as you know it.

In this first novel in the Scholomance series we meet El, a student at the Scholomance who is working through her studies, fast approaching graduation. But in this case graduation is not a celebratory event but a fight for survival. As a loner El is in danger. Lone students rarely survive graduation, and her best chance is to find an enclave that will have her. Being born to a Welsh witch she lived most of her childhood in a commune with her mother, away from other sorcerers. This has left her without the support of an enclave, unlike her fellow students such as Orion from the New York enclave. In addition, her penchant for dark magic leaves her isolated from the enclave students.

A school with no teachers or anyone in charge, the students left to fend for themselves, and building up their skills as best they can to fight the malefearia: mana-eating monsters who feed on the students.

Novik is exceptional at transporting you away from this world and into the world she has created. A multi-layered world with a language and natural law system all of its own. It takes a bit of getting used to but is totally worth it.



## Point Blanc: The Graphic Novel

by Anthony Horowitz, Antony Johnston, Kanako and Yuzuru

For many young readers the name 'Alex Rider' needs no introduction. Like a teenage James Bond, Alex is a spy who works for MI6. Point Blank was the second Alex Rider novel, and this version follows the same story, but adapted into a graphic novel.

Alex is sent undercover by MI6 to Point Blanc, an exclusive school in the Swiss Alps for the rebellious teenage sons of some of the richest people in the world. Two millionaires have been killed and the only connection between them are that they both had sons attending Point Blanc. Can Alex find some connection that will lead to the motive for the killings?

Full of gadgets, chases, and thrills, the original series of books have been a huge hit with teenage readers. This graphic novel is especially suited for reluctant readers who struggle with large amounts of descriptive text, along with fans of graphic novels in general.



# Dimension Groundworks & Driveways

Specialists in Driveways and Landscaping

- Block paving • Tarmacing (red or black) • Patios
- Brickwork • Slabbing • Gravel • Landscaping
- Fencing • Property & roof repairs
- Driveway maintenance  
(pressure cleaning & sealing – weed free)



**07961 358367 / 0121 652 0145 / 01926 674782**  
**dimensiongroundworks@icloud.com**  
**www.dimensionpathways.co.uk**

**328 Alcester Road Wythall Birmingham West Midlands B47 6JR**



# COMPETITION



## Win 4 tickets

to see

### The PAW Patrol Movie

at Solihull's Core Theatre on Thursday 24th February 2pm

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:

#### Who's the Director of the movie?

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

Closing date for entries is **31st January 2022**. The winner will be drawn at random and notified by email after this date.

*Please note there is no cash value nor exchange for this prize so please don't enter if you cannot attend the date shown above.*

#### About the show:

The PAW Patrol is on a roll! When their biggest rival, Humdinger, becomes Mayor of nearby Adventure City and starts wreaking havoc, Ryder and everyone's favourite heroic pups kick into high gear to face the challenge head on.

# Dorridge & Knowle Domestic Cleaning Services

- Small established cleaning and domestic help business
- Provide dedicated, friendly & trustworthy local ladies (*CRB checked*)
- Take pride in high standards and caring for customers' homes
- Regular service or one off spring cleans
- Ironing service available
- References available
- Comprehensive insurance
- Costs are not subject to VAT



For a FREE, no obligation quote,  
please call Sue on 07809 567264

# Promote your business professionally

## Design and print of:

500 Business Cards £105

or 5000 A5 Flyers £120

**Contact us for any other design  
and print requirements**



**Call:** 07557 220585 **Or email** [zoe@dorridgedirectory.com](mailto:zoe@dorridgedirectory.com)

# Personal Electric Transport

Our efforts to be green have been centring around transport recently. The UK is set to ban the sale of petrol and diesel cars by 2040. But what about going even greener still with small, personal electric vehicles.

Personal Light Electric Vehicles (PLEV) have been around since the Eighties. The concept was pioneered by Sir Clive Sinclair with his C5. At that time, the vision of personal electric transport was ahead of its time as the technology for batteries and motors could not deliver a truly usable vehicle. But in 2021 electric powered bikes and scooters have now made their way on to our streets and roads.

So, what are your choices and what are you legally allowed to do with these new PLEVs?

E-bikes are the easiest to understand. These are basically bicycles, (so they are not classed as an electric vehicle), with an electric motor and battery bolted on to the frame to provide power assistance to your normal pedalling. Providing your electrically powered bicycle has working pedals, a less than 250 W motor, and a top speed of under 15 mph it still classes as a bicycle. You can ride it on roads, cycle paths and anywhere else a pushbike is legal. You can of course buy more powerful e-bikes, but as soon as you go above these specifications they are classed as a motorbike and you'll need a licence, road tax, insurance, and everything else that goes with it.

An alternative is to go for an electric scooter. You've probably seen these popping up around the country in various rental hire schemes. These are basically stand-up scooters with a

## Going Green on the Roads

battery and motor built into the footplate. With a throttle and brake built onto the handlebars you simply step on and off you go.

But one of the big differences to e-bikes is that electric scooters are actually illegal to ride on UK roads. This may come as a surprise as you've no doubt seen numerous people zipping around towns on rental machines. Scooter law is evolving fast and rental scooters have been given special permission to run on roads while the government analyses their effect on town congestion and traffic usage.

But this special permission is not (yet) extended to privately owned personal electric scooters. These are still classed as electric vehicles which would again mean having tax, insurance, etc. to be legal on the roads. Even then, because they fall into the Personal Light Electric



Vehicle category, their low-power and maximum speed mean they can't be used on public roads. This leaves scooters stuck in an inconvenient situation, even if you made them road legal...they wouldn't be road legal!

There is a lot of pressure to change this, but for now if you have a personal electric scooter you are only legally allowed to use it on private land where you have the landowner's permission. Riding a scooter on the road or pavement is breaking the law and you could be prosecuted.

So, before you invest in one of these innovative personal transport solutions do make sure that you are legally allowed to use it to get to where you want to go. With the potential savings in carbon emissions and traffic congestion expect the laws to change quickly over the next few years as we all try to do our bit to save the planet.



**STU'S LOFT  
LADDERS**

**FREE**

**No Obligation Quote**  
10 year Manufacturer Warranty

### Installing Loft Ladders Since 2008

#### All types of loft ladders professionally installed.

Top quality 3 section aluminium loft ladder professionally fitted with pivot arm, hand rail, wide flat treads for comfort and rubber feet. Loft hatch included.

**ZARGES**

**YOUNGMAN**  
PROFESSIONAL WOOD AT ROOFT ACCESS

**ABRU**

**manthorpe**  
building products

### We also install loft flooring and boarding

#### Areas that we cover?

- Redditch • Solihull • Stratford-Upon-Avon
- Worcester • Warwick • Birmingham • Evesham

Tel: 01527 850295 • Mobile: 07712 327889  
stuart@stusloftladders.co.uk • www.stusloftladders.co.uk



## CROSSROADS SERVICE STATION LTD

A friendly, family-run business since 1969

- MOT Testing – Cars & Motorbikes
- Servicing & Repairs
- Air Conditioning Service & Repair
- Diagnostic Service & Repair
- Laser Wheel Alignment
- Tyres – Supplied & Fitted
- Qualified & Experienced Staff
- Courtesy Car or Collection/Delivery available

**OPEN 6 DAYS  
A WEEK**

MON – FRI 8.00am – 6.00pm  
SAT 8.00am – 1.00pm

**COVID SECURE**

VOSA   RMI

**599-601 Tanworth Lane, Shirley, Solihull B90 4JE**

**Tel: 01564 703225**

**www.crossroadservicestation.co.uk**

VAT No.: 113213041

# Buttermilk Pancakes

A tasty breakfast treat



**Makes 12 pancakes**

**Preparation time:** 25 minutes plus standing time

**Cooking time:** 15-20 minutes

## Ingredients

175g Plain flour  
 $\frac{3}{4}$  tbsp caster sugar  
 $\frac{1}{2}$  tsp salt  
1 tsp bicarbonate of soda  
1 egg  
375ml buttermilk  
3tbsp vegetable oil  
Serving suggestions  
Whipping cream  
Bananas, Blueberries,  
or raspberries  
Maple syrup and  
smoked bacon

## Method

Sift the flour, sugar, and  
bicarbonate of soda

into a mixing bowl.

Beat the egg lightly into the  
buttermilk and vegetable  
oil in a large jug.

Add the wet ingredients to the  
dry ingredients and beat to a  
smooth creamy batter. Leave  
to stand for at least 30 minutes  
Brush a non-stick frying pan with  
oil and place over a medium  
heat. Pour enough batter to  
make 10cm round pancakes.

Cook for  $1\frac{1}{2}$  – 2 minutes per  
side. Set aside on a warmed  
plate covered with a linen cloth  
until all pancakes are cooked.

## What if you don't have buttermilk?

Creamy, tangy buttermilk  
lends a beautiful flavour  
to this recipe but its not an  
ingredient many of us have  
lying around. But don't worry,  
it's incredibly easy to make.  
Mix 240ml whole milk with 1  
tbsp white vinegar or lemon  
juice. Let it sit for five minutes  
until it's thickened and curdled  
slightly. Use it one for one in  
recipes requiring buttermilk.

So, for this recipe use  
360ml milk with  $1\frac{1}{2}$  tbsp  
vinegar or lemon juice.



# Do you want to grow your business?

**If you want to meet more prospects, gain referrals, and network with other local businesses, then join the Knowle & Dorridge BOB Club.**

We meet for an hour every 2 weeks (online currently) to exchange information, swap ideas, and help each other generate more business.

There's no pressure to give referrals or provide substitutes if you can't make a meeting, it's friendly and informal, and incredibly supportive.

**Join our next meeting for free. To try BOB for yourself, and meet other like-minded local businesses visit:**

**[www.bobclubs.com/Club/Knowle](http://www.bobclubs.com/Club/Knowle)**

**Or contact**

Patrick on 07490 645665

[patrick@yourfinancefriend.co.uk](mailto:patrick@yourfinancefriend.co.uk)



**Join thousands of business owners around the world**

at a local club that's part of one of the World's largest business networking organisations.



***“Improving the way you get business”***

# Reasons why people book with **Personal Travel Consultants**

**In a fast-paced world where we all value time off, spending quality time away is one of the most important things to get right. If you value your time, especially your travel time, then booking holidays or special trips with a Personal Travel Consultant might be worth considering.**

## **Saving you time and stress**

Looking at pictures in brochures, magazines, and on social media is fun, but planning a trip can involve time and often hard work. Especially if it's a multi-generational trip, a group booking, an unusual destination, or a special occasion like a wedding. Spending time researching, shopping around might not always be the best use of your time. A personal travel consultant can do all that for you. Coupled with industry knowledge, connections, and travel experience a travel consultant will save you stress and time, not only in the planning of the trip but across the whole booking experience.

## **They'll help spread the cost of your holiday**

Whether it's a dream honeymoon, last-minute break or family getaway, paying for a high-value holiday can sometimes be daunting. But when booking with a personal travel consultant, you'll get access to a hassle-free option. Once you've got your heart set on a holiday or trip of a lifetime, a direct debit scheme will take care of the rest: being able to spread the cost of a trip in low monthly instalments can make all the difference. There will be an amount agreed to go out on the same date each month, which means you don't need to worry about missed payments and can look forward to your holiday instead. **Bonus reason:** Instead of a remaining balance 14-16 weeks before your holiday, the final payment isn't due until 6 weeks before you travel when you pay via direct debit.

## **They'll have your back if you need an advocate**

Whether it is a natural disaster, bad luck or just bad weather, not every single holiday booking goes to plan, no matter how amazing a travel consultant is.

Whether there are problems getting you out there or getting you back home safe, having a personal travel consultant to help steer around the things we cannot control is proving more valuable than ever before. Having someone at the end of the phone is something customers often say is so important to them.

## **Like any professional, they know holidays best**

A personal travel consultant will give you the inside track to get the most out of your holiday, to make it as memorable as possible. Like any professional, they know their sector best. If you had a broken tap you'd call a plumber to fix it. It's no different in the world of holidays. A Not Just Travel consultant has trained to become a certified travel professional to be able to provide a great service.. They will know it all.

---

## **Sabina Clay**

Not Just Travel  
sabina.clay@notjusttravel.com  
07565 534 524





**NOT JUST TRAVEL**

**HOLIDAYS**  
*MADE Better*

Choice • Service • Value

**ENQUIRE NOW**

*Any trip • Anywhere • Anytime • Tailor-made*

Honeymoons - Cruises - Adventure Packages - Flights  
Hotels - Extras - Airport Car Parks - Weddings Abroad



*Sabina Clay*  
Not Just Travel  
sabina.clay@notjusttravel.com  
07565 534 524

**ABTA**  
Travel with confidence



## DMC PLUMBING

For all your plumbing requirements  
from small leaks to full  
bathroom refurbishments.

- All work guaranteed
- 24 hour emergency call out
- Established over 25 years.

**Contact Dave on:**

07792 296728  
01564 772 876



**Mindbenders**  
*Can you find the hidden book titles?*

**20 BRIGHT**

**dazzling**  
**Gibraltar**

**d**

**abc efghijklmnopqrstuvwxyz**

**answer on page 41**



## Move it or lose it

Gain movement freedom with a blend  
of Pilates and contemporary moves

**Monday 9.45am level 1-2**

**Thursday 6.30pm level 1-2**

**St George St Teresa Parish Centre,  
Station Rd, Dorridge**

To find out more call 0776 2311 074

Visit [www.freedomwithmotion.com](http://www.freedomwithmotion.com)

Why not book for a taster session

*All the more reason to find a mat and book today.*

# Plants as air purifiers

A friend recently asked me whether there are any plants which might help with the humidity and mould problem in the bathroom and back bedroom of her Victorian house. It's a problem that actually affects many British households. Many of our homes are old, and in our damp climate humidity can rise pretty quickly in the winter when all the windows are closed, and the radiators are on. With increased humidity comes the increased risk of mould and associated respiratory problems

Obviously, we can install a dehumidifier or an extractor fan, but nature also provides her own dehumidifiers and air purifiers in the form of certain house plants.

The best houseplants for mould-prone areas are those which are efficient at absorbing moisture through their leaves. Not all plants are equally efficient at this task so I've selected four of the best.

Each offers a different aesthetic so there should be one that's perfect for you.

English ivy is a native plant and it's a low-cost option. It removes airborne mould, but also other toxins such as formaldehyde and benzene. It grows best in bright, indirect sunlight so is perfect for north-facing rooms. You need to keep it out of reach of toddlers and pets because the leaves are toxic.

Peace Lilies remind me of the film *Hot Fuzz*. Sergeant Angel, played by Sean Pegg loved his Peace Lily, and he had good reason. Not only are they elegant plants with stunning white flowers, but research conducted by

NASA found the Peace Lily to be one of the top indoor plants for air purification. This tropical plant breaks down and neutralizes benzene, formaldehyde, and carbon monoxide.

One of the advantages of a Peace Lily is that it tells you when it's thirsty by drooping and that it's getting too much light by turning yellow. They love high humidity areas with indirect sunlight like most bathrooms and are great at preventing mould. Like English ivy the leaves and flowers are toxic.

Palms add a tropical touch to a room

and will efficiently reduce humidity. There are many varieties and some of the best are the lady palm, dwarf palm and reed palm. Indirect light is best and keep the surface of the soil moist but not wet.

The Snake Plant is a wonderfully architectural succulent. Its evergreen sword-shaped leaves grow upright, and almost resemble artificial foliage. It's great at air purification and is one of the few



plants that can convert carbon dioxide into oxygen at night. This quality makes it particularly good for use in a bedroom as it can help regulate healthy airflow. Snake plants can absorb cancer-causing pollutants, including CO<sub>2</sub>, benzene, formaldehyde, xylene, and toluene and act as an effective defence against airborne allergies.

Plants can't solve a full-on damp problem and they won't replace a built-in humidifier or extractor fan. But plants are a great way to improve the quality of the air in your home and they look beautiful too.



**Why not invest in a new driveway or patio to enhance the appearance and add value to your property?**

**Approved Drives and Landscapes offer a range of services to help improve all areas of your home, including:**

Clay & Block Paving - Tarmacing (red or black) -  
Patios - Brickwork - Slabbing - Gravel -  
Landscaping - Fencing - Property Repairs  
Roofing Repairs - Driveway Maintenance  
(Pressure cleaning & sealing - weed free)

**Proud member of**



**Find us in/on**

**Google**



**[www.centraldrivewayslimited.com](http://www.centraldrivewayslimited.com)**

**Get in touch today for a FREE quotation**

**T: 0121 702 1456 M: 07748 577687**

**[Michael.central@icloud.com](mailto:Michael.central@icloud.com)**





# useful numbers

## Health

NHS non-emergency	111
Dorridge Surgery	01564 776262
Knowle Surgery	0121 796 2777
Solihull Hospital	0121 424 2000
Spire Parkway Hospital	0121 704 1451
Daleswood Health, Solihull	01675 489489

## 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**

27 Athos Business Solutions 0333 400 7876

**Bathrooms and Kitchens**

11 Cullen Plumbing &amp; Tiling 07896 862916

**Blinds and Curtains**

7 Hillarys 07738 990211

**Builders**

42 Westbridge Roofing &amp; Building 0800 037 0122

**Business Networking**

35 Knowle BOB Club 07490 645665

**Car Services**13 Chips Away 07479 250 200  
33 Crossroads Service Station 01564 703225**Care services**5 Avery Healthcare 01564 621393  
14 Home Instead 01564 330395  
17 Lady Katherine Housing & Care 01564 772850**Carpets & Flooring**

43 D.A. Mander &amp; Son 01564 700200

**Cleaning Services**

31 Dorrige &amp; Knowle Domestic Cleaning Services 07809 567264

**Doors and windows**13 ACS Doors 07592 303104  
18 Garolla garage doors 0121 369 0774**Gardens and drives**20 Oakland Group 01564 758608  
29 Dimension Landscape & Driveways 0121 733 1463  
39 Central Drives Landscapes 0121 702 1456**Graphic and Website Design**

26 Hot Lobster Design Ltd 0121 369 1977

**Health and wellbeing**8 Physio and Health Matters 01564 660557  
25 Equanimity CBT 0844 693 1282  
37 Central England Pilates 07762 311074**Heating**

7 Stephen Smith Plumbing &amp; Heating 01564 200119

**Languages**

18 Beech Languages 01564 739621

**Locksmiths**

14 Lockfit 01564 627020

**Lofts**

33 Stu's Loft Ladders 07712 327889

**Painter & Decorator**

21 Bill Boyce 0121 744 0040

**Plumbing**3 Knowle Domestic Appliance Repairs 01564 730183  
7 Stephen Smith Plumbing & Heating 01564 200119  
11 Cullen Plumbing & Tiling 07896 862916  
37 DMC Plumbing 07792 296728**Roofing**21 C Stevens Roofing 0121 733 1276  
42 Westbridge Roofing & Building 0800 037 0122  
44 N. Bird & Son 0121 743 6324**Security**

22-23 Damar Security Systems 0121 706 8666

**Shopping**19 The Ironmongers 0121 643 4900  
19 Enfield Sports 0121 716 1410**Solicitors**

15 Shakespeare Martineau 0121 705 8151

**Sports**8 SoccerPots www.soccerpots.co.uk  
19 Enfield Sports 0121 716 1410**Taxi Services**

1 A2B Radio Cars

**Tiling**

11 Cullen Plumbing &amp; Tiling 07896 862916

**Travel Agent**

37 Not Just Travel 07565 534524

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

**Sudoku Solution**

from page 44

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

**crossword Solution**

from page 44

**Solution to Mind benders**

1. Ring of Bright Water
2. Brighton Rock
3. Heidi

**mindbenders**

from page 37

# WESTBRIDGE ROOFING & BUILDING

LET'S TAKE YOUR HOME TO THE NEXT LEVEL



Our family has been in the building and roofing trade for over 50 years gaining trust and experience along the way.

All services are tailored to your needs, and we can't wait to help you transform your home!



**ROOFING**



**BUILDING**



**BRICKWORK**

FREEPHONE:

**0800 037 0122**

Unit 35, 64 Marshall Lake Road, Solihull B90 4PL

Website: [www.west-bridge.co.uk](http://www.west-bridge.co.uk) | Email: [westbridge1@hotmail.co.uk](mailto:westbridge1@hotmail.co.uk)

# D.A. MANDER & SON Ltd

PROFESSIONAL FITTER AND  
SUPPLIER OF QUALITY CARPETS

*Don Mander does not have retail premises. If you need him  
please call him direct – the only way to buy carpets*



SUPPLIERS  
TO THE  
NATIONAL  
TRUST

# Need a carpet?

Support the NHS  
Stay at home and stay safe

## We come to you

**ACCURATE**  
*See colours in their  
true light*

**CONVENIENT**  
*View in the comfort of  
your own home*

**EASIER**  
*Than walking round  
lots of shops*

# 01564 700200

*We can uplift and remove existing carpets and move furniture*

**Mobile: 07976 778694**  
**FREE ESTIMATES**

*91 Longdon Road, Knowle B93 9HT*

**See our Review's at**

Google



Yell™

freeindex

# N.BIRD & SON

## ROOFING SERVICES



## FREE QUOTES

EST 1987 SOLIHULL BASED

- Small Repairs
- Flat Roofs
- New Roofs
- Ridge Tiles
- Chimney Work
- Lead Work
- UPVC Facia, Soffit & Gutters
- GRP Flat Roofs

## 0121 743 6324

LOCAL FAMILY RUN BUSINESS



249 Lyndon Road, Solihull B92 7QP

## NO PAYMENT UNTIL YOU ARE 100% SATISFIED