

# the knowle & dorridge directory

a community magazine and business directory  
for residents of knowle and dorridge

december 2021

## 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

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

delivered FREE to 5400 homes



# Bastock & Bruce Ltd

---

F U N E R A L   D I R E C T O R S

A partnership between C. Bastock Ltd and Bruce Bragg

Bruce is now the only remaining member of the Bragg family still in the funeral business following the sale of the Bragg family business in Shirley to a national group.

This partnership brings a family business to Knowle with generations of experience ensuring the truly personal service you would expect from an independent Funeral Directors.

Brisker Court, 1685, High Street,  
Knowle, Solihull. B93 0LN

01564 33 5577 (24 hour)

Serving all surrounding areas

If Knowle is difficult to get to,  
home visits can be arranged  
or we can arrange to use any of the  
Bastock family funeral homes in Olton,  
Shirley or Yardley.



[www.bastockandbruce.co.uk](http://www.bastockandbruce.co.uk)  
[info@bastockandbruce.co.uk](mailto:info@bastockandbruce.co.uk)

# ***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 January 2022

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

**Office: 01564 730183**  
**Mobile: 07770 698196**

# Get into the Christmas Spirit!



Welcome to the December edition...

Christmas is just around the corner, so let's celebrate! Take the kids for breakfast with **Santa in Solihull** or have a laugh at the local **pantomime at the Core Theatre**. Or if you're in the mood for dancing then check out the **modern jive Christmas Party** - details of all these events, and more, can be found on page 6.

Christmas is a time when we can forget about our to do list and focus on family and the community. But after Christmas if you want to get your home in order, remember all the local tradespeople and businesses in this magazine who are here to help.

Have a very merry Christmas.

Zoe

Zoe Reece

Tel: 07557 220585

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

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



## contents

6 Events

28 Book reviews

30 Competition

34 Recipe

40 Puzzles

44 Useful telephone numbers

45 Index

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

PLEASE RECYCLE THIS MAGAZINE





# For the best in Memory Care

Avery Healthcare is a leading and award-winning national care provider that offers residential, dementia, nursing and respite care.

Each care home has a dedicated memory care suite that truly reflects the sector-leading Avery model for people living with the many forms of dementia. Residents are supported to live life well in a calm environment that reflects the most up-to-date dementia care research.

**Birchmere House**  
01564 621393

**Birchmere Mews**  
01564 621701

**Knowle Gate**  
01564 621012



# community events

## Breakfast with Santa

**19 December 10am**

**The Sharman's Cross  
Pub, Solihull**

Enjoy a breakfast with Santa and goody bag for only £6 per person. Places must be booked in advance. Call 0121 733 4871 to book.

## DanceSin Fusion

**18 December**

**Land Rover Social Club 8pm**

Modern Jive – Xmas Party including Xmas Nibbles. Tickets £8 plus booking fee or £10 on the door (if available). Book online at [www.landroversc.co.uk](http://www.landroversc.co.uk)

## Solihull's Festive Feast

**Solihull Town Centre**

**14-23 December**

Continental Street Market traders will be joining forces with local and regional producers as part of the Festive Feast event. Thursday 16th will be a late-night shopping event with music and roaming entertainment. On Saturday 18th enjoy T-Rex-Mas, a spot of shopping mixed with dinosaurs.

## Football Holiday Camp

**Solihull Moors Foundation,  
Solihull Moors Football Club  
10am – 3pm: 20-23 & 29-30  
December & 3-5 January**

This will be a football camp and drop in social sessions. Our holiday camps are a safe, secure and incredibly fun way for boys and girls aged (5+) to



learn everything about football, during the school holidays. From the basic skills to lessons in tactics, fitness, and healthy eating all from FA/SFA qualified coaches. £10 per child (ages 5-15). Call 0121 705 6770 to book.

## Cinderella Pantomime

**The Core Theatre, Solihull**

**10 December - 3 January**

Featuring sparkling sets, fabulous frocks, side splitting slapstick and not one, but TWO outrageous dames, this is an unmissable treat for the whole family. The cast and creatives of Cinderella are raring to get going and cannot wait to put a smile on the faces of Solihull audiences

this pantomime season! The clock is ticking so grab your tickets to the ball now! Call the Box Office on 0121 704 6962.

## Strictly Come Dancing

**Utilita Arena, Birmingham**

**From 20 January**

2022 will see the return of the magnificent Strictly Come Dancing Live Arena Tour. Kicking off in Birmingham on 20 January 2022, a host of the celebs and professional dancers from the BBC One TV series will waltz around the country performing 33 shows in some of the UK's biggest arenas. Book online at [www.skiddle.com](http://www.skiddle.com)



# 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.



# CHRISTMAS TREECYCLING

15th & 16th January 2022

In exchange for a donation,  
we'll collect and recycle your  
tree!

Book today at:  
[www.birminghamhospice.org.uk/treecycling](http://www.birminghamhospice.org.uk/treecycling)  
or call 0121 752 8779

**Our volunteers will be Treecycling in:** B13, B14, B15, B16, B17, B23, B24, B25, B26, B27, B28, B29, B30, B31, B32, B38, B45, B47, B48, B62, B67, B68, B72, B73, B76, B90, B91, B92, B93, B94

In partnership with

Kindly supported by



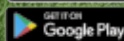


# YOU COULD WIN £1000!

Just by predicting the Premier League results

1. Download the free SoccerPots app
2. Join the Public League – SoccerPots Premier League £1000
3. Enter your predictions for FREE
4. See if you've won a share of the weekly £1000 prize pot!

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



For your FREE quotation please contact  
**React Roofing today!**

- NEW ROOF SPECIALISTS
- FASCIAS, SOFFITS & GUTTERING
- FLAT ROOF SPECIALISTS
- GRP FIBRE GLASS ROOFING
- LEAD WORK
- CHIMNEY REPAIRS & BUILDS



**Tel: 07922 230 477**

**Email: [reactroofingservices@gmail.com](mailto:reactroofingservices@gmail.com)**

**[www.reactroofingservices.co.uk](http://www.reactroofingservices.co.uk)**  
**Based in Solihull**

**All aspects of arboriculture work undertaken.**

**Pruning, thinning, reshaping, crown lift, reductions, removals and stump removal.**

- All hedge work
- All waste removed
- All work guaranteed to the highest industry standards
- Fully insured
- Free advice and quotations
- NTPC Qualified Workforce



### **COVID-19 UPDATE:**

We are still working – safely and in line with Government guidelines regarding social distancing

**Freephone: 03335 775733**

**Mobile: 07786 527 729**

Email: [info@solihulltreecare.com](mailto:info@solihulltreecare.com) [www.solihulltreecare.com](http://www.solihulltreecare.com)

# 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***

# Partying in a Pandemic!

I love to throw a party. Every year I'd host a festive bash for our friends. Then last year COVID happened. This year I've been looking forwards to throwing my party again but actually the virus is still rife in the community.

The kids and staff at my son's senior school are dropping like flies, and I realised that it simply wouldn't be sensible to gather 15-20 people I care about in a confined space.

I felt a bit deflated until one of my friends asked, 'Are you going to do your outdoor thing again? It was so much fun last year.'

I was a little taken aback, then I realised that I'd been so focussed on getting back to 'normal' I'd completely forgotten that amid all the darkness last year we'd actually had some great times, and one of them was my Christmas Party in the Yard. Back in 2020 when I'd realised we couldn't host our friends in the usual way I decided to get creative. "I need to think outside the box," I'd said to my husband..." In fact, I need to think 'outside.'" He looked horrified, "You can't host a Christmas party outside in the UK in December!" he said.

Well, I couldn't host a conventional party sure, but they were unconventional times. I canvassed my friends, and they were on board. We decided that we would meet up in the afternoon to go for a lovely walk, then come back and hang out on my friend's allotment because we'd already be dressed for the weather and allotment gatherings of more than three households were actually allowed!

I decided if we were going to do it, it would have to be full on magical. So, we hung outdoor fairy lights all-round the plot for a Winter Wonderland feel. We begged and borrowed outdoor lanterns and placed candles in jars on the table. We made garlands of pinecones, spruce clippings, eucalyptus, and ivy. My husband had the brilliant idea of



tying star anise and cinnamon sticks to the garlands to make a really Christmassy smell, and he dragged out the summer gazebo

We fired up BBQs, Patio heaters and a firepit and put all the garden chairs in the warmest area. And we made festive sausages with apple sauce and cranberry sauce instead of ketchup. There were mince pies and popcorn and we even roasted chestnuts and toasted marshmallows.

For drinks we made spiced apple cider, hot chocolate with chocolate liqueur and squirty cream and mulled wine.

And there were blankets, rugs, and fleecy throws. We played music on an old battery operated CD player and laughed and talked until late.

My mistake was to think of this as a poor substitute for my usual Christmas party. My friends on the other hand thought of it as something quite lovely in its own right and were keen for a repeat in 2021, only hopefully in my garden this time, with easy access to posher plumbing when nature calls!

So, this year, we're not risking an indoor party again yet, we're going to repeat the outdoor get together, and it will be exactly what we make it, a wonderful celebration of friendship and joy, exactly as Christmas should be.





**Banana Leaf**  
Eco Gift Wrapping

Gift wrapping that doesn't cost the Earth

From £2.50

Found the perfect gift but struggle with the perfect wrapping?

Short on time with your busy schedule?

Get in touch!

07842 759266 info@banana-leaf.co.uk

Banana Leaf Eco Gift Wrapping @bananaleaf\_



## Beautiful Interior Doors Supplied and Installed



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

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

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

07592 303104 or  
07910 289565

# Don't let inheritance tax spoil your Family Christmas

Giving to loved ones is a Christmas tradition that everyone enjoys, whether a shopping voucher or a car; it always adds a bit of extra cheer to the holiday. However, for people who like to splash out on their gifts, inheritance tax (IHT) can put a dampener on things.

**Hannah Tait**, partner at Shakespeare Martineau in Solihull, explains.

## What is IHT?

Quite simply, it is a tax levied on assets acquired through an inheritance or gift.

## What's the tax-free limit for gifts and are any gifts exempt?

Annual lifetime transfers of up to £3,000 can be made each tax year without worrying about inheritance tax. Small gifts of up to £250 can also be made to as many people as you like. This can be very useful for Christmas! Donations to charity and some gifts in consideration of marriages or civil partnerships are not liable for inheritance tax, depending on how closely related a person is to the happy couple. Gifts of £5,000, for example, can be made by a parent and £2,500 can be made by a grandparent. All gifts between married couples or those in civil partnerships are generally also exempt, although it is important that domicile is considered here.

## What's the seven-year-rule?

Most gifts will initially be considered as 'potentially exempt transfers'. These become totally exempt when the donor has survived seven years from the date of the gift. If you die within seven years of the potentially exempt transfer, the value eats into your Nil Rate Band (currently £325k per person), thus reducing or even eliminating the amount that can be passed to your beneficiaries without IHT implications.

## Is there a way to avoid IHT for certain?

No one can predict how long someone will live. However, early planning is recommended and it is always important to consider the capital gains tax implications of any gift as well as the IHT position. One often overlooked option for IHT is the 'normal expenditure out of income' exemption. If a person can prove their income meets all their living costs, and that their standard of living can be maintained after the gift has been made, then it may be possible to claim this exemption for IHT. To qualify, there must be a regular pattern to this gifting and maintaining records is crucial for the claiming of this very useful exemption. People often use this for the payment of school fees.



**Want help with your estate planning? For a free consultation call 0330 024 0333  
email [Hannah.Tait@shma.co.uk](mailto:Hannah.Tait@shma.co.uk) or visit [www.shma.co.uk](http://www.shma.co.uk)**

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

Excellent  
Benefits & Rates  
of Pay + We have a  
Bonus Structure  
available too!



Belmont  
@ Home

A JOB LIKE NO OTHER! HIGHLY  
REWARDING AND EXCELLENT  
CAREER PROGRESSION WITH AN  
EMPLOYER WHO CARES ABOUT  
THEIR TEAM'S WELLBEING!



# NOW RECRUITING IN YOUR AREA!

**Come & Join  
our team and  
make a difference  
everyday!**

**No experience necessary, just  
a kind and caring heart and  
the desire to truly make a  
difference every day.**

If you've never worked in the care sector before, now could be your opportunity to truly make a difference to older people's lives. Come & join us at Belmont @ Home where time is cherished and never rushed for those we care for in their own homes.

**GET IN TOUCH TODAY!**

[www.belmonthealthcare.co.uk](http://www.belmonthealthcare.co.uk)  [homecare@belmonthealthcare.co.uk](mailto:homecare@belmonthealthcare.co.uk)  0121 295 8905

# Freezer Meat Mastery

## How to freeze meat

Like many people I clear out my freezer in the run up to Christmas to make room for all the festive goodies. And like many people (please tell me it's not just me) I often end up looking at freezer bags or boxes dated several months previously wondering, 'Is this still safe to use?'

It's convenient to fill up our freezers with frozen meals and ingredients, since freezing food is the best way to guarantee freshness, but how long can we freeze meat before it goes off?

Well, the good news is that if your freezer is set to -18C (which is the recommended safe freezer temperature) then frozen meat is actually safe to eat pretty much indefinitely, because this temperature prevents the growth of microorganisms and inactivates any microbes (such as bacteria, yeasts, and moulds). But safe to eat definitely does not equate to 'good to eat'. Meat that's been in the freezer for a long time will begin to degrade and suffer from freezer burn.

It's safe to freeze meats in its original packaging; but if you plan to keep it in your freezer for longer than two months it's good to overwrap the packaging with airtight heavy-duty packaging such as foil, cling film, freezer paper, or a freezer bag.

**Poultry** - Whole chickens and turkeys can last in the freezer for 12 months and still taste good. Chicken pieces should be consumed within 9 months, and giblets for just three months.

**Beef, Veal, & Lamb** - Steaks should be consumed within 8 months. Chops, which are on the bone deteriorate faster and should be eaten within 6 months.

**Pork** - Uncooked pork is similar to beef. Chops will last four to six months in the freezer. Sausages will last about four months and



bacon will be fine for about six months.

**Fish & Seafood** - Fish and seafood has a much shorter freezer life. Generally, two to three months is recommended for fish, three months for raw prawns and four months for cooked prawns (which have been bought frozen).

**Mince** - I was quite surprised by the fact that the quality of mince deteriorates pretty rapidly in the freezer and shouldn't really be kept beyond four months.

**Cooked & Leftover Meat** - Cooked meat doesn't maintain its quality in the freezer for as long as raw meat does. Poultry and fish dishes will keep for 4-6 months. Beef, veal, lamb, and pork dishes should only be kept for 2-3 months.

Things you might not know you can freeze safely

**Eggs!** - Break the eggs into silicone muffin cups and they will stay fresh for up to four months, though you can keep them for 12 months.

**Nuts** - If you love nuts it's cheaper to buy them in bigger bags. But because of their high fat content they can go rancid. So, freeze them in small portions and they will last for 6 months.

Happy Freezerizing this festive season.





MIDLANDS  
ULTRASOUND  
& MEDICAL  
SERVICES



MUMS is a **specialist Consultant-led** medical practice based in **Solihull, West Midlands** offering a number of medical services.

The Consultants and GPs at MUMS are proud to offer the highest standard of patient-centred healthcare.



### Convenient unrushed appointments

- ✓ No need for a referral from your NHS GP
- ✓ No waiting times
- ✓ Unrushed appointments
- ✓ On site diagnostics

Specialist Consultants  
GP's  
Diagnostics  
Ultrasound  
Pregnancy Care

Antenatal Scans  
Health Screening  
Vaccinations  
Sexual Health  
Covid Testing

## Trusted Excellence in Private Healthcare

Book an appointment with a  
member of our dedicated team

**Call. 0121 704 2669**

Email. [administrator@mums.me.uk](mailto:administrator@mums.me.uk)

### Clinic Address

Midland Ultrasound &  
Medical Services

1 Park Avenue, Solihull,  
West Midlands B91 3EJ



Follow us on Social Media



[www.mums.me.uk](http://www.mums.me.uk)

**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

AT  
BECKETT'S

7 DAYS  
A WEEK

## HOME & GARDEN BARGAIN CENTRE

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

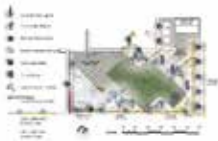
### Professional Outdoor Services



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)

# The Art of Scepticism

## How to think critically



Over a year after the losing the US presidential election Donald Trump still maintains he won - by a 'landslide'. Even after multiple recounts, audits and 'forensic'

testing all proved him wrong. But why do tens of millions of Americans still think he's telling the truth?

Critical thinking and scepticism are dying skills. You read a post on Twitter and because other people agree with it you assume it's true. We don't ask the important questions. Who made the initial post? What expertise do they have? What facts do they have to back up their claims? Where do those facts come from? Can they be trusted? Do they have something to gain?

Without applying some critical thought, we end up falling down the rabbit hole and starting to believe all sorts of nonsensical conspiracy theories from the Earth being flat (yes, there is a growing Flat Earth movement), all the way up to the world being run by an elite race of child eating vampires (the basic QAnon premise!!).

So how do you combat the deluge of misinformation, misunderstanding and barefaced lies surrounding us in today's permanently connected life?



Use Carl Sagan's Baloney Detector.

Carl Sagan was a leading scientist, philosopher and astronomer who saw how society was losing touch with reality in the 80's and 90's. He predicted our current situation and tried hard to combat the rejection of facts and truths.

The baloney (or BS) detector is a set of rules you should follow to validate any argument people present to you. There are a number of steps, but I'll take you through the main ones you should apply to claims you hear.

1. Check the facts There must be facts to back up the claim. These must be independently confirmed by a trusted source.
2. Don't trust someone just because they are in authority.
3. Explore other explanations. Can you disprove them? Explanations that survive disproof stand a better chance of being correct.
4. Don't believe something just because you like the sound of it.
5. If something can be measured, measure it, or get reliable data from an expert source.
6. If one argument relies on another and another, they all must work or the whole chain fails.
7. Occam's Razor - if two arguments work, the simplest is usually the best.
8. Can you falsify the argument? If there's no possible way you can test an argument to see if it's true, it's not a good argument.

So, when you next read about aliens from Jupiter replacing members of the Government with robot clones, think to yourself. Is this true? How many have been replaced? Can we test this theory? Who is saying this? Can they be trusted? Is this the likeliest explanation?

I leave you to ponder that one!

# *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***



# Accessing high quality psychological therapy: where to begin?

There has been an increased awareness of mental health problems, with a rise in such difficulties during the COVID pandemic. The independent and private health care sectors have played a part in addressing that need, but it can be difficult for individuals and businesses to identify the most effective help. This short article offers some advice in doing so.

Cognitive Behavioural Therapy (CBT) is the most widely used psychological therapy to treat common mental health problems and it is used by the NHS. <https://www.nhs.uk/mental-health/talking-therapies-medicine-treatments/talking-therapies-and-counselling/cognitive-behavioural-therapy-cbt/overview/>.

The National Institute for Health and Care Excellence (NICE) which provides evidence-based guidance and advice for health, public health and social care practitioners, recommends CBT as a treatment for a variety of mental health problems. <https://www.nice.org.uk/guidance/conditions-and-diseases/mental-health-and-behavioural-conditions>.

The British Association for Behavioural and Cognitive Psychotherapies (babcp.com) is the lead organisation for CBT in the U.K. and provides the accreditation of CBT Psychotherapists. If you are seeking CBT through private health care insurance, you will be given authorisation if you use an accredited CBT therapist listed in the BABCP membership register.

If you are seeking CBT privately

you should also check the therapist's accreditation status through the BABCP.

The accreditation process is stringent and accredited CBT therapists will have a prior professional qualification, such as in medicine, mental health nursing, social work, psychiatry, or psychology.

CBT cannot change adverse events or circumstances, but it can teach people to accommodate the reality of them by developing cognitive flexibility, instead of rigid thinking which often drives emotional problems. Such as: hopelessness in depression, catastrophising in anxiety disorders and a violation of a "rule" in anger, such as what people "should" or "should not" do and how life "should be".

When you have located a few BABCP Accredited CBT Psychotherapists in your area, speak to them on the 'phone to discuss your problem, which will give you a good idea if you can work with this person. CBT is a collaborative therapy, and a positive therapeutic relationship is often a good indicator of outcomes.

CBT teaches people to be their own therapist and if similar problems arise in the future, the relapse prevention strategy that you should have been provided with, will help you navigate life's vicissitudes in a more rational and effective way.

**Kenneth Finlayson,**  
BABCP Accredited CBT Psychotherapist.  
Equanimity CBT



## 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)

## ARE YOUR WINDOWS READY FOR A MAKEOVER?

### New glass in your existing windows

- Replace failed double glazing;  
just the pane, not the frame

- Fix faulty hinges,  
handles and locks

A local family-run business  
with 10+ years of experience



**CLEARLY  
BETTER  
WINDOWS**

Call **0800 048 5223** for a **FREE** Quote  
Or visit [ClearlyBetterWindows.co.uk](http://ClearlyBetterWindows.co.uk)  
to find out more

# 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)



# TAILORED HOME INSURANCE RIGHT DOWN TO THE FINEST DETAIL

Are you 100% happy with your current home insurance? Does the level of personal service you receive meet your expectations?

Because if not, you might like to consider NFU Mutual.

From our offices in Henley-in-Arden and Stoneleigh, we're uniquely placed to have a real conversation about your requirements.



So, for a truly personal approach to insuring your high-value property and contents, including valuables, fine art and collections, call Ross Chatterton at NFU Mutual Central Warwickshire on 01789 333228 or email [Ross\\_Chatterton@nfumutual.co.uk](mailto:Ross_Chatterton@nfumutual.co.uk)



# a good read

reviews By Willow Coby

**Christmas is a wonderful time to curl up with a book. The shelves are full of this year's new and shiny celebrity offerings. But Christmas is surely a time for nostalgia. So, pour yourself a glass of eggnog or mulled wine and let's visit Christmas Past...**

## For Grown-Ups

For a real nostalgia-fest and a lyrical description of times gone by, when 'December was as white as Lapland though there were no reindeers'? dig out 'A Child's Christmas in Wales' by Dylan Thomas, preferably with Edward Ardizzone's illustrations. Short, simple, and beautiful, it sums up Christmas with the Uncles, snow on the ground and the myriad delights for a small boy on the best day of the year.

If, however, you are feeling slightly less full of cheer and goodwill, Jilly Cooper might be more to your taste. The Christmas scene in 'Appassionata' is one of my favourite depictions of the holiday, and every December I find myself turning first to 'How to Survive Christmas' – bleak, witty and sometimes crushingly accurate, it is Cooper's account of how to get through a typical festive season.

Another excellent book with a brief but memorable Christmas sequence, is 'Angels and Men' by Catherine Fox. It is hard to get hold of, but I promise you, Mara's Christmas with her grandmother is not one you will forget – and the rest of the book is beautifully written, too.

Finally, from the realms of fantasy, why not try Christmas Discworld style in 'Hogfather' by Terry Pratchett? Was there ever a writer with a sharper wit? As you might expect, his Santa is quite different – for a start, those are pigs, not reindeer pulling his sleigh. And he seems a little on the bony side. What does Death have to do with Christmas? More than you might think....

## For Kids

For many people, 'The Snowman' by Raymond Briggs is their Christmas classic of choice. I actually prefer his 'Father Christmas.' Less saccharine and eloquently

told with pictures and few words, it follows a curmudgeonly Santa on his journey around the globe, dropping off presents, struggling down chimneys, trudging upstairs, through all kinds of weather...Merry Bloomin' Christmas!

Another favourite is 'Dear Father Christmas' by Jeanne Willis and Rosie Reeve. This picture book follows Mary as she writes her Christmas letter. Her wishes are different, as she doesn't need any more toys – but an everlasting hamster and self-tying shoelaces would come in rather handy. Of course, there is a twist in the tale, but we don't see it coming, and my kids read it over and over again – even at the height of summer.

If you like the Jolly Postman, then you will love 'The Jolly Christmas Postman' by Janet and Allan Ahlberg. As you might expect, there are a range of letters to open, with cards, games and even a jigsaw puzzle for the lucky nursery rhyme characters on his rounds. An absolute delight.

And finally...

How could we look at Christmas without mentioning the two biggest Christmas classics ever? I mean of course, 'A Christmas Carol' by Charles Dickens and 'The Night Before Christmas' by Clement C Moore. I know you have seen a million and one adaptations of the former (The Muppets do it best!), but the book really is worth a read. Be honest, when else are you going to curl up by the fire with a Dickens novel if not during a long snowy holiday? Try it. As for the former, we read it aloud every Christmas Eve, just before the lights go out. I stole this tradition from a friend, and I am passing it on to you.

Merry Christmas!





# 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 2 tickets

to see

### Great Balls of Fire!

at Solihull's Core Theatre on Thursday 10th February

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 special guest?

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

Closing date for entries is **10th 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 show features the incredible 'Darren Green' From the hit show Rockin' on Heaven's door and his smoking hot Piano performing the hits of rock and roll legend 'Jerry Lee Lewis.' The Class of 55 will be 'Ripping' through the great rock and roll songbook. From the raw sound of the young man known as 'The Killer' to the more sophisticated songs of the '90s, this carousel of tunes from the past is sure to get you dancing in your seats with songs from the last century. If you love Rock and Roll, you are going to love 'Great Balls of Fire'

# 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

**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.





**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**  
ALUMINIUM LADDERS AT BIRMINGHAM

**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



# Clutter-free for Christmas

<https://helpforhoarders.co.uk/>

Look around your house. Would you be able to invite people in without a second thought? Or would unexpected festive visitors send you into a panic? It's easy to feel overwhelmed by clutter but follow these simple 'no extra mess steps and you'll soon be ready to open the front door with a smile. Grab a bin bag. Go quickly through the house from room to room and put in anything that is obviously just rubbish: empty packets, wrappers, junk mail etc. Once you've done it, go through again and see whether you've missed anything. The chances are that going through the first time has opened your eyes to other things which can just be thrown away. Now do any washing-up or load the dishwasher. Clearing the kitchen surfaces makes a huge difference.

Grab another bag. Go through the house again and this time look for items of clothing that need to be washed. Pop them in the bag

and take them to the washing baskets. Take couple of empty and go through yet again, this time looking for items that are easy charity shop donations - things you won't need or use again so don't want to waste time finding a home for, but which are too good to throw away. These might be old toys and games, CDs, DVDs, books, extra pots and pans etc. By now things will be looking much tidier. At this point grab another box and go through one last time and look for things that are obviously out of place but which you know have a home. Put them in the box and rehome them as you go round the house. Then do the washing and drying, and fold and put away the items

Hopefully by now you should feel more in control of your surroundings and will be able to see a way forward. Obviously if your clutter is such a big problem that you are still overwhelmed speak to your doctor about seeking professional help.



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



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

**01564 627 020**

# Last-minute Christmas Gift Cake

Traditionally Christmas cakes are made well in advance but if you haven't had time try our last-minute version. Because it makes two you can also give one away as a gift, and solve two problems with one recipe!



**Makes 2 cakes, each serving 8**

**Preparation time:** 30 minutes

**Cooking time:** 1-1½ hours depending on oven.

## Ingredients

600g good-quality mixed dried fruits  
150ml whisky, warmed  
150g stem ginger, drained, plus  
8 tbsp ginger syrup from the jar  
200g butter, softened, plus extra for greasing  
300g plain flour  
2 tsp baking powder  
2 tsp mixed spice  
200g soft light brown sugar  
4 large free-range eggs  
2 tbsp milk  
Finely grated zest of 2 small oranges and 2 lemons  
50g ground almonds

150g whole glacé cherries

## Method

Put the dried fruits in a bowl and pour over the whisky. Set aside for 30 minutes to allow the fruit to plump up.

Briefly blend the ginger and its syrup in a mini food processor until finely chopped. Preheat the oven to 160°C/fan140°C/gas 3.

Grease and line a 20cm square cake tin. Sift the flour, baking powder and mixed spice into a large

bowl and add the rest of the ingredients except the cherries. Beat with a hand-held electric whisk for 2 minutes until pale and fluffy. Fold in the soaked dried fruits and any whisky, the blitzed ginger and the cherries.

Spoon into the baking tin and level off. Bake for 1-1½ hours (this depends very much on your oven. My fan oven is super-quick whereas my mother's aga is slower). If you're unsure I recommend you check after an hour then every fifteen minutes after that, until the cake is firm and golden brown. To check, insert a skewer into the centre of the cake.

If it comes out clean the cake is cooked. You can cover it loosely with foil after 1 hour if the centre needs more time. This prevents the surface darkening too much. Leave in the tin for 10 minutes, and then remove to a wire rack to cool.

Remove a thin slice from all sides of the cake and discard. Cut the cake in half to make 2 rectangles.

Top with marzipan and white fondant icing and decorate with a sprig of holly.

# 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”***

# The Best Team in Europe



**Roll out the red carpet, as next year the all-new Wonder of The Seas®, the Quantum Ultra Odyssey of the Seas®, and the incredible Anthem of the Seas® are all coming to the Med.**

## **Wonder of the Seas**

The awe-inspiring Wonder of the Seas® sets sail from Barcelona and Rome in 2022, hitting some of the best Mediterranean hotspots. Get ready to roam around Rome, play in Provence and make merry in Mallorca. Your customers could be the first to experience the brand new pool deck, Playscape play area, and amped up AquaTheatre as well as everything the world's biggest ship has to offer on this holiday worth waiting for.

**Home Port:** Barcelona & Rome

**Sailing Dates:** May  
- October 2022

**Key Ports:** Provence (Marseille), France | Naples (Capri), Italy | Florence/Pisa (La Spezia), Italy | Rome (Civitavecchia), Italy | Palma de Mallorca, Spain

**Perfect For:** Families looking for thrills and chills in the med

**Sailing Durations:** 7 nights

## **Anthem of the Seas**

If you have been dreaming

about getting away for an action-packed adventure, you're in luck. Anthem of the Seas® is returning to Southampton in 2022. From 2-night taster cruises to 14 nights in the Med and lots in between. Make up for all of the adventures you've missed and pack more cutting-edge experiences into their day than ever before. With some of the fleet's best family-friendly onboard activities and a festival of flavours from the onboard restaurants, this is a holiday worth waiting for.

**Home Port:** Southampton

**Sailing Dates:** May  
- October 2022

**Key Ports:** Paris/Normandy (Le Havre), France | Geiranger, Norway | Lisbon, Portugal | Bordeaux, France | Tenerife, Canary Islands | Lanzarote, Canary Islands | Rome (Civitavecchia) Italy | Nice (Villefranche), France

**Perfect For:** The ultimate family holiday from your doorstep

**Sailing Durations:**  
2,7,9,12 & 14-nights

## **Odyssey of the Seas**

If you're wanting to maximise your excitement about going away again, look no further than Odyssey of the Seas®, the first

Quantum Ultra ship in Europe. It's packed with unforgettable experiences, from the top deck Sky Pad® to the resort-style pool deck, the all-immersive entertainment and the global gastronomy on offer. As the ultimate memory-making adventureland, a 2022 getaway onboard Odyssey is definitely a holiday worth waiting for.

**Home Port:** Rome, Civitavecchia

**Sailing Dates:** May  
- October 2022

**Key Ports:** Mykonos, Greece | Santorini, Greece | Athens (Piraeus), Greece | Naples (Capri), Italy | Jerusalem (Ashdod), Israel | Limmasol, Cyprus | Ephesus (Kusadasi), Turkey

**Perfect For:** Those wanting to experience a state of the art ship with all the bells and whistles

**Sailing Durations:**  
6,7,8,9 & 11-nights

---

## **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



**The Revels Drama Group Presents**

# Babes in the Wood

The Robin Hood Panto by Long and Rawnsley

*When 2 innocent children come to stay at Nottingham Castle, their wicked Uncle, the Sheriff of Nottingham, is not best pleased. Can the outlaw, Robin Hood, and his Merry Men protect them from his evil plans? Join the Revels at their annual pantomime and find out!*

**At Knowle Village Hall**  
Friday, 28<sup>th</sup> January 2022 at 7.30pm  
Saturday, 29<sup>th</sup> January 2022 at 2.30pm and 7.30pm  
Sunday, 30<sup>th</sup> January 2022 at 2.30pm

Tickets on sale from 6<sup>th</sup> December 2021  
Adults **£8.00**, Concessions **£7.00**

Telephone **01564 772 585** to book tickets or write to  
**Pauline Murdoch, 55 Ullenhall Road, Knowle, Solihull, B93 9JD**  
enclosing payment and a stamped, self-addressed envelope for reply

Tickets also available from **Palmers Fashions, Knowle High St**

This amateur production is by arrangement with NODA Ltd

## WINDOW FIX of SOLIHULL

**DOUBLE GLAZING REPAIRS & INSTALLATION**

- Misted/Broken glass units
- UPVc-DoorLocks/Hinges/Handles
- Windows-Locks/Hinges/Handles
- Patio Door-Tracks/Wheels
- Conservatory Roof Replacement
- Replacement Fascia & Guttering
- REPLACEMENT WINDOWS  
& DOORS

**0121 704 1339**

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



# Simple winter tasks

This year's festive season (at least at time of writing), is shaping up to be a little more 'normal', whatever that term now means. While most of us are looking forward to more socialising and togetherness, I'm betting a fair few might think back fondly to last year's smaller, quieter Christmas. And this is where the garden comes into its own. There are always things to do out there, even in December. A few simple gardening tasks offer some pockets of calm and relief amid the busyness of the festive season. They are also a wonderful way to get some fresh air and exercise to burn off those Christmas calories and winter gloominess!

First, take a look at your winter containers. If you have a particularly wet spell, make sure they don't get flooded. If it's dry, then plants will still need water regularly, just give the compost a chance to dry out each time. Pick off any leaves that look yellowed or diseased.

Do you like garlic? I love it. Now is the perfect time to start your own garlic crop, especially if like mine your soil is free-draining. Plant individual cloves of garlic. 'Solent Wight' is a great variety for our greyer British climate and forms large plump bulbs. If you have a sheltered warmer spot try 'Lautrec Wight,' which as its name suggests originates from the town of Lautrec in France. It produces particularly handsome pink/purple cloves and is widely regarded in France as the best garlic. Snip off any wispy ends or the birds will pull cloves from the soil (I learned that one from experience!). The bulbs will be ready to harvest when the leaves start to die off and turn yellow, which is usually around June or July.

Tidy established perennials by cutting back those that have become pulpy. Simply cut back the decaying material, chop it up and add it to the compost heap.



If you have an unheated greenhouse, a summer house or conservatory you can sow some sweet peas and leave them to germinate. Sow the seeds in deep pots or root-trainers filled with multi-purpose compost then keep the pots in a propagator or cover them with a transparent plastic bag. Once seeds have germinated, remove the covering.

If the soil isn't frozen, you can plant bare-root fruit bushes such as gooseberries, raspberries, and blackberries. Make sure you dig a hole that can take the plant's roots comfortably without squashing them. Then label them clearly because it's easy to forget which varieties you're growing!

Finally, if you're looking for the perfect gift for the gardener in your life please can I recommend Gold Leaf Winter Touch gloves. They have a Thinsulate™ thermal lining which keeps hands toasty warm even in the coldest weather, AND an additional Ski-Dri™ waterproof, breathable lining so your hands remain dry even when used in the wet! I also love the reinforced palm because it's great for spade work. As you can tell, I love mine, and I am neither sponsored by nor connected with the company in any way; mine were a recent gift and I've been raving about them to anyone who will listen ever since!



EASTCOTE  
PARK  
CINNAMON LUXURY CARE

RETIREMENT  
APARTMENT  
WINTER  
INCENTIVE  
**FIND OUT MORE  
TODAY**

# OPENING THE DOOR TO LUXURY RETIREMENT LIVING

Our Winter 'Move In' incentive is designed to suit your personal requirements saving you time and money, meaning you can look forward to moving to your new apartment at Eastcote Park without the usual house move worries.

## YOUR APARTMENT INCLUDES

- ✓ Spacious 2-bedroom apartments
- ✓ Carpets & Appliances
- ✓ Free Parking
- ✓ 24hr Emergency Assistance
- ✓ On Site Scheduled Transport
- ✓ Village Amenities



## OUR MOVE IN INCENTIVE CAN INCLUDE

- Legal Fees
- Stamp Duty
- Removal Fees
- Estate Agent Fees
- 1st Year Service Charge
- Move Assist

Enjoy peace of mind at Eastcote Park Retirement Village.

To find out how we can make your move to Eastcote Park easy please call our Team on **01564 757237** or email [eastcote.enquiries@cinnamoncc.com](mailto:eastcote.enquiries@cinnamoncc.com)



- ✦ Ground & First Floor Apartments
- ✦ Private Lifts for all First Floor Apartments
- ✦ Piano Bar, Restaurant and Private Dining
- ✦ Fitness Studio
- ✦ Hair & Beauty Salon
- ✦ Emergency Call System to 24-hour On-Site Team
- ✦ Boutique Care Home

Eastcote Park Retirement Village & Care Home Knowle Road, Eastcote, Solihull B92 0JA

@EastcotePark

[www.cinnamoncc.com/eastcote](http://www.cinnamoncc.com/eastcote)

\*Terms and conditions apply





# ROCKETMAN

THURSDAY 21<sup>ST</sup> JULY 2022

**EARLY BIRD OFFER ENDS  
31ST DECEMBER 2021**

PLUS  
LIVE

**ELTON JOHN**  
T R I B U T E

I N C R E D I B L E   O F F E R

**£7.50 EARLY  
BIRD TICKETS**

N O W   O N   S A L E

**TUDOR GRANGE PARK, SOLIHULL**

GATES OPEN 5.45PM   SHOWTIME 7.30PM   TRIBUTE 9.30PM

**BUY ONLINE  
TKT.TO/ROCKETMAN**



— IBIZA —  
*Proms*  
IN THE PARK  
SOLIHULL

**50% OFF TICKETS**  
**UNTIL 31ST DECEMBER 2021**

**FEATURING**  
**50 PIECE ORCHESTRA**  
**& VOCALISTS**

*An incredible journey of  
Ibiza's most iconic anthems*

**FRIDAY 22ND JULY 2022**

TUDOR GRANGE PARK | 5.45PM TIL 10.30PM

**DO NOT MISS OUT ON**  
**HALF PRICE TICKETS**

[TKT.TO/IBIZAPROMSSOLIHULL](https://TKT.TO/IBIZAPROMSSOLIHULL)

# 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



**MOBILE SHOP**  
BUY - SELL - REPAIR

**£10 OFF**  
with this flyer

**MOBILE FAST REPAIR**

We pay HIGH RATES for mobile phones in ANY CONDITION

				
WATER DAMAGE	LOCKED PHONE	PASSCODE RESET	SCREEN CRACKED	BATTERY REPAIR

101 St Johns Street, London, NW1 234

01234 567 890 /myphoneshop

**YOUR TEXT HERE**

**We can distribute your leaflets too!**

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



**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) -  
Pavios - 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)**

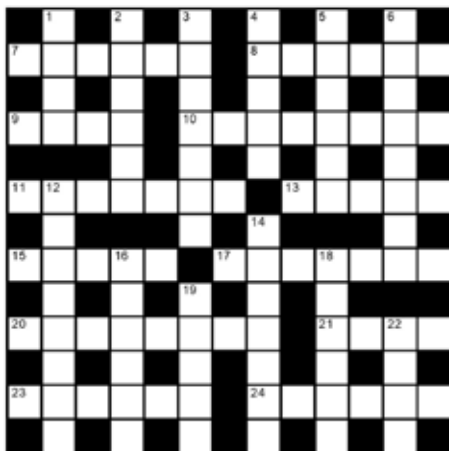
**Get in touch today for a FREE quotation**

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

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



## crossword



## clues

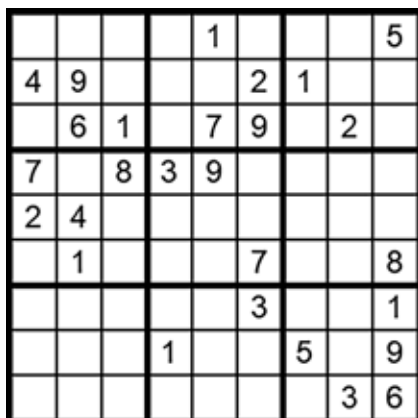
### Across

- 7 Destitute, lacking (6)
- 8 Allowing movement in a single direction (3-3)
- 9 False god (4)
- 10 Towards the back, at the end (8)
- 11 Major road (7)
- 13 Local authority regulation (5)
- 15 Cow's mammary gland (5)
- 17 Having taste, genteel (7)
- 20 Computer ID (8)
- 21 Adorable, charming (4)
- 23 Tearful (6)
- 24 Reach, realise (6)

### Down

- 1 Desire, covet (4)
- 2 Riches (6)
- 3 Abiding, immortal (7)
- 4 Articulate (5)
- 5 Room to move and grow (6)
- 6 Bearing, stance (8)
- 12 Commerce, trade (8)
- 14 A few, not many (7)
- 16 Insect with pincers (6)
- 18 Encourage, foment (6)
- 19 Assess, quantify (5)
- 22 Offshoot (4)

answer on page 49



## 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 49



# 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!



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)



Does your company  
need a **fresh approach**  
to marketing?



**hotlobster design** offers everything a  
business needs in this **digital world**.

Bespoke content managed websites, SEO, social media management,  
print management, logo design, clothing, copy writing and much more.

hotlobster   
design • marketing • web • print

**0121 369 1977**

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

# #atton



## CHRISTMAS ALL WRAPPED UP

Whether it's shopping for those special gifts at our beautiful **Shopping Village**, bringing Christmas to life for your little ones at the **Enchanted Christmas Kingdom**, or celebrating with family, friends & colleagues with a festive fine dining experience at the **Hatton Arms** or an **Escape Room** adventure, Hatton really does have **Christmas all Wrapped Up**.

### Hatton Shopping Village

The **Unusual, The Unique and Boutique** is what you find here - very much **Not on The High Street**, so you'll be sure to find the perfect gift.

Our myriad of independent shops offer an array of choice; exquisite **jewellery** hand crafted on site; **vintage** one offs; **homeware**; **toys**; **ladies fashion** and **childrens wear**; **bikes**; **garden supplies**; treat yourself at the **hair & beauty salons**; celebrate with friends with a **Gin School Experience** the list goes on... And of course there are delicious cafés where you can stop and refuel. **Christmas Shopping as it Should be.**

### Christmas Markets

Plus every weekend until the 19<sup>th</sup> December there is a Christmas fayre or market at **Hatton Shopping Village** - and the festive atmosphere really takes off. Visit our website to see all upcoming events.

### Enchanted Christmas Kingdom

Next to Hatton Shopping Village lies the **Enchanted Christmas Kingdom** within Hatton Adventure World. Open every weekend and then every day from 18<sup>th</sup> December right up to Christmas Eve. Packed full of festive fun for the whole family.

### Christmas Celebrations at the Hatton Arms

With **Christmas Parties** from only £23.95, bring Christmas cheer to your friends, family & colleagues. Relax by the fire and enjoy some festive spirits... with our **Festive Cocktails** and **Mulled Wine**.

Our talented chefs have created special menus not only for our parties but for Christmas Day, Boxing Day and New Years Day. So, however you plan to celebrate this year we are here for you. Just give us a ring on 01926 492427 or book online at [hattonarms.com](http://hattonarms.com)

### Escape Room Adventure

Finding the clues, solving the puzzles within an hour and escaping from a world of pirates or gangsters... if you can! That's what **Hatton Escape Rooms** are about.

It's a thoroughly immersive and captivating adventure, which makes for a brilliant Christmas Party or great gift experience. Gift vouchers are available online. **Will you Escape?**

For more information on all of the above visit our website.



[hattonworld.com](http://hattonworld.com)

TELEPHONE:  
01926 843411

HATTON COUNTRY WORLD, HATTON, WARWICK, CV35 8XA

# CHRISTMAS ALL WRAPPED UP AT HATTON

# 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**

26 Athos Business Solutions 0333 400 7876

**Bathrooms and Kitchens**

11 Cullen Plumbing &amp; Tiling 07896 862916

**Blinds and Curtains**

7 Hillarys 07738 990211

**Builders**

45 Westbridge Roofing &amp; Building 0800 037 0122

**Builders' Merchants**

50 EH Smith 0121 713 7100

**Business Networking**

35 Knowle BOB Club 07490 645665

**Car Services**

32 Crossroads Service Station 01564 703225

**Care services**

5 Avery Healthcare 01564 621393

15 Belmont @ Home Care 0333 444 0121

23 Lady Katherine Housing &amp; Care 01564 772850

31 Home Instead 01564 330395

39 Eastcote Park 0121 269 1236

**Carpets & Flooring**

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

**Charity**

8 Birmingham St Mary's Hospice 0121 752 8779

**Cleaning Services**

31 Dorridge &amp; Knowle Domestic Cleaning Services 07809 567264

**Doors and windows**

13 ACS Doors 07592 303104

18 Garolla garage doors 0121 369 0774

25 Clearly Better Windows 0800 048 5223

37 Window Fix of Solihull 0121 704 1339

**Estate agents**

52 DM &amp; Co 01564 777314

**Events**

40 Solihull's Open Air Cinema

www.tkt.to/rocketman

41 Ibiza Proms in the Park

www.tkt.to/ibizapromssolihull

47 Hatton Country World 01926 843 411

**Federal Directors**

2 Bastock &amp; Bruce 01564 335577

**Gardens and drives**

10 Solihull Tree Care 0121 604 6809

20 Oakland Group 01564 758608

29 Dimension Landscape &amp; Driveways 0121 733 1463

43 Central Drives Landscapes 0121 702 1456

**Gift wrapping**

13 Banana Leaf 07842 759266

**Graphic and Website Design**

46 Hot Lobster Design Ltd 0121 369 1977

**Health and wellbeing**

17 MUMS 0121 704 2669

25 Equanimity CBT 0844 693 1282

**Heating**

7 Stephen Smith Plumbing &amp; Heating 01564 200119

**Insurance**

27 NFU Mutual 01564 792215

**Languages**

18 Beech Languages 01564 739621

**Locksmiths**

33 Lockfit 01564 627020

**Lofts**

32 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 &amp; Heating 01564 200119

11 Cullen Plumbing &amp; Tiling 07896 862916

37 DMC Plumbing 07792 296728

**Roofing**

1 N. Bird &amp; Son 0121 743 6324

9 React Roofing 07922 230477

21 C Stevens Roofing 0121 733 1276

45 Westbridge Roofing &amp; Building 0800 037 0122

**Shopping**

19 The Ironmongers 0121 643 4900

19 Enfield Sports 0121 716 1410

**Solicitors**

14 Shakespeare Martineau 0121 705 8151

**Sports**

9 SoccerPots www.soccerpots.co.uk

19 Enfield Sports 0121 716 1410

**Tiling**

11 Cullen Plumbing &amp; Tiling 07896 862916

**Travel Agent**

37 Not Just Travel 07565 534524

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

**Sudoku Solution**

from page 44

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

**crossword Solution**

from page 44

# Now Open



Visit our new showroom today for  
new and innovative styles and trends to  
update your kitchen or bathroom.

Symphony®

ROT  
PUNKT  
KÜCHEN

LAURA ASHLEY  
BATH COLLECTION

Utopia

MACKINTOSH®

NEFF

**EH Smith**  
**KITCHENS &**  
**BATHROOMS**

127 High Street,  
Henley-in-Arden, B95 5AY

0121 713 7270

info@ehsmith.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*



**We'd like to wish  
all our customers a merry  
Christmas and a happy  
and healthy New Year.**

**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**







Merry  
Christmas!

---



a gift for you!