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Summertime!

Welcome to the July edition...

While lots of events have had to be cancelled, there are still exciting new opportunities to do things, although maybe slightly further afield. Have a look on page 6 for some ideas if you're keen to get out and about.

It's more important than ever to support your local community and local businesses, many of whom have taken a hit over the last few months. They're willing and ready to get back to work and so please do get in touch and see how they can help you.

I hope the sun shines for us all over the next month so we can be out and about as much as possible – safely and at a distance of course!

Until next month,



Zoe Reece

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Email: zoe@dorridgedirectory.com

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stand-up comics! Pull up, pop the handbrake on and enjoy the show from the safety and comfort of your own car all whilst tucking into a tasty dish from an exclusive menu curated by Michelin-starred Chef Tom Kerridge. www.driveanddinetheatre.com

This means that even in these unusual times you can still laugh out loud at a stand-up gig, belt out karaoke tracks or get swept up in a theatrical production with your family and friends - all from the comfort of your own car.



Drive & Dine Theatre

**21st – 26th July
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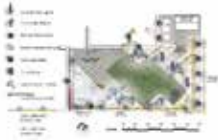
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After



Handy Songs for Clean Hands!

As lockdown eases, we should be even more vigilant about handwashing. You can't catch coronavirus through your skin but if contaminated hands touch your face then all the belated social distancing in the world won't help you. I don't know about you, but I am sick to death of the Happy Birthday song. I will never sing it again when this is over... we were surely due a new celebratory melody after almost 130 years anyway But you still need to scrub with soap for 20 seconds to remove those pathogens and twenty seconds is a long time when you're standing at a sink, so here are a few alternative 20-second tunes...which will probably give you an earworm for a week. The chorus to Dolly Parton's hit single

Jolene: Jolene, Jolene, Jolene, Jolene, I'm begging of you please don't take my man. Jolene, Jolene, Jolene, Jolene. Please don't take him just because you can. As a teen I was in love with Morten Harket from A-Ha so I was delighted to find that the chorus of Take On Me is 20 seconds providing you hold the last note properly...and who wouldn't? **Take on me** (take on me), Take me on (take on me), I'll be gone, In a day or two. My favourite though was overhearing my friend's unbearably cute curly-headed three-year-old singing, "Twinkle, twinkle little star, look how clean my two hands are. Round my wrists and round my thumbs, link my fingers, almost done. Twinkle, twinkle little star, look how clean my two hands are!"

Stay safe everyone.

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Summer is back on!

My friend's experience of Heathrow and BA flight to Ibiza on 6th July.

- ♥ Heathrow is a dream. It's exciting to see things moving again and the crew getting back to what they love doing. There are shops open and the staff are really friendly wanting to be helpful and no queues at check-in or security.
- ♥ Between 11.30 - 18.30, 22 flights departing.
- ♥ Everyone is in masks and social distancing and there are hand sanitizer stations.
- ♥ There's not much open before security, just a Cafe Nero shop.
- ♥ Once through departures, most of the shops are open, including duty free, just no perfume testers!
- ♥ You can get food at Pret

a Manger and W H Smiths. The main restaurants aren't open yet.

- ♥ The toilets are open and are immaculate.
- ♥ most of all, it's peaceful, quiet, well organised and lots of happy people all looking forward to flying.

On board the BA flight to Ibiza.

- ♥ All passengers are given a pack on boarding that has hand sanitizer and anti-bacterial wipes.
- ♥ Passengers and crew wear masks at all times.
- ♥ Pre-packed plastic picnic bag is given out to all passengers with crisps, biscuits and water. This is served to all customers free of charge.
- ♥ The crew will assist with families and heat



food for babies.

- ♥ Everyone is advised to stay in their seats and no queueing in the isles for the galley or toilets. There is no need to push the call button or put your hand up to go to the toilet. Just check the toilet signs show green or vacant before you leave your seat.
- ♥ here are various polite PA's to announce safety distancing measures on board.
- ♥ You can consume food and drinks that you bought in the airport on board. There is no bar on board to purchase alcoholic drinks.
- ♥ Landing cards are given out to all passengers to complete before landing.

The whole flight was beautifully done and felt very normal, so had a wonderful flight and now going to be in Ibiza!! I've detailed this account to help put your minds at ease that you can go on holiday and be safe.

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Walking Back to Happiness

During lockdown I was furloughed, and my husband John had to work from home. We decided to use the time it usually took us to commute (an hour each way) to walk. We'd never really walked as a form of exercise before... we'd never really taken any form of exercise before, so this was something new.

We worked out a route and as we were used to getting up at 6am to travel to our respective jobs and we decided that staying in that routine seemed sensible so we wouldn't be too out of sync on our return to work. The mornings were gradually becoming lighter at the start of lockdown so although we were heading out early it wasn't dark. We have walked for just over an hour every day for ten weeks and this is what we've discovered.

Walking trims your waistline - Both John and I had the start of middle age spread. Over ten weeks I've dropped a dress size and John has discovered he's wearing the trousers that prior to lockdown he'd been considering donating to charity.

Walking relieves arthritis pain - After four weeks John noticed that his arthritis pain seemed less. This seemed counterintuitive so I consulted the arthritis society website and discovered that walking is recommended because it does indeed help reduce inflammation and stiffness in your joints. The important thing to remember is to walk 'correctly'. Hold your head up; keep your neck, shoulders and back relaxed; swing your arms naturally, with a slightly bent elbow; tighten your stomach muscles a little to give yourself a supported core, and breathe deeply as you walk.

Walking improves your mental wellbeing - At the start of lockdown I think we both felt really anxious about all the uncertainty. As the weeks

What walking can do for your health **By Jo Turner**

progressed, while we walked we discussed our worries and thrashed out solutions to some of the problems we faced or might face. I certainly began to feel in a better place mentally and as though I could cope better with life in general. Being outside, breathing in the fresh air and enjoying the sunshine definitely helped to clear some headspace each day.

Walking reduces blood pressure - Johns blood pressure had been sneaking upwards and just before lockdown our GP had been monitoring it with a view to him starting blood pressure medication. When it became clear that he wasn't going to be examined by a doctor for some time I was concerned enough to buy a home blood pressure monitor online. We tested it out to make sure the readings matched those of the clinic then forgot about it! After six weeks (on the date he was supposed to have been returning the GP) we tried it and discovered his blood pressure was just within normal range. By week ten it was well within the normal range. Mine too has dropped significantly.

Crucially throughout this period neither of us has felt like we were 'exercising'. Walking felt natural and easy. I know this article is anecdotal and personal but there is plenty of research to support exercise being almost as important as diet in controlling type-2 diabetes; that it helps with balance and co-ordination and so helps to prevent falls in older people, meaning they are more likely to stay out of hospital, which at the moment is even more important than usual, and finally that it helps boost the immune system which is important for obvious reasons right now.

We will definitely continue to fit walking into our day even when life returns to a more normal pattern.

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Method

Whisk the sugar and the egg yolks in a bowl until thick and creamy. Pour the coconut milk, double cream and coconut cream in a saucepan and heat until it almost reaches boiling point. Pour this coconut milk mixture in a slow stream over the egg yolks and sugar, whisking constantly. Rinse out the saucepan (important to stop any burning and tainting of the ice cream) and return to a low heat. Pour in the custard mixture and stir in the desiccated coconut.

Continue to stir constantly for 5-10 mins until the custard thickens slightly and you can trace a line through it with a wooden spoon. Pour into a bowl and cover the surface of the custard with cling film...to prevent a skin forming), allow to cool, then chill for 30 mins. At this point you can use your ice cream maker according to the manufacturer's instructions.

If you don't have an ice cream maker transfer the chilled custard to a small freezer-safe container with a lid and freeze for 1 hr, then use a fork or electric whisk to really churn through the ice cream to break up the ice crystals so that the mixture is the same consistency all the way through. Pop it back into the freezer for another 2-3 hrs, whisking it about every half hour, then cover the surface with a sheet of cling film and freeze with the lid on until as firm as ice cream. Take out of the freezer 10 mins before serving so it's easy to scoop.

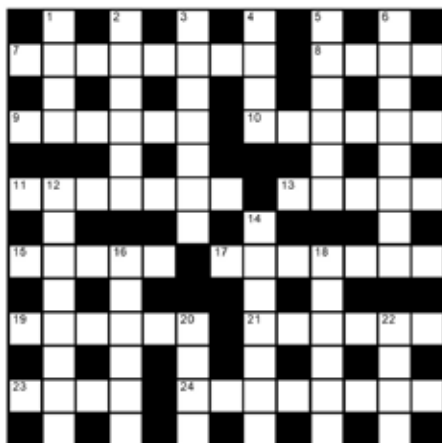
Preparation time: 15 mins

Cooking time: 10 mins plus chilling and freezing time

Serves 6



crossword

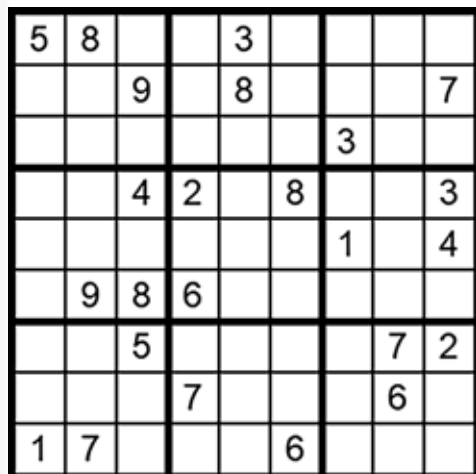


Across

- 7 Transport of goods by sea (8)
- 8 Repetition of sound (4)
- 9 Eat hungrily or greedily (6)
- 10 Arranged, group (6)
- 11 Smoker's accessory (7)
- 13 Make a formal request (5)
- 15 Striped cat (5)
- 17 Keyboard musician (7)
- 19 Type of word that ends in 'ly' (6)
- 21 Tiny, small (6)
- 23 Clean, untainted (4)
- 24 Convenience meal (8)

Down

- 1 Footwear item (4)
- 2 Christmas vegetable! (6)
- 3 Interpret mouth movements (3-4)
- 4 Grows older (4)
- 5 Rip to shreds (4,2)
- 6 Persuades by persistent flattery (8)
- 12 Attract attention (5,3)
- 14 Feel hostility towards (7)
- 16 Ale or beer-producer (6)
- 18 Sort of ok (3,3)
- 20 Tub for taking a wash (4)
- 22 Fertile soil (4)

how to play
sudoku

It's simple!

Fill in the grid so that each row, column and 3x3 box, contains the numbers 1 through to 9 with no repetition. You don't need to be a genius. These puzzles use logic alone. Watch out! Sudoku is highly addictive.

answers on page 37

a good read

reviews By Willow Coby

Found

by Erin Kingsley

It's a parent's worst nightmare: you are waiting for your child to come home from school and they don't. This is the situation that Claire and Matt found themselves in when their 11-year-old son, Evan did not come home from school after football practice. The police are called, and the search is on. Claire and Matt are torn apart by the events and as the months drift on they give up all hope of Evan coming home. But, as the title suggests, Evan is indeed found. But the boy that returns to them is not the same boy that went missing. Refusing to talk to anyone he is withdrawn, only finding short moments of happiness and peace when visiting his grandparents on their farm. The police try to ascertain what happened but to no avail. Until another boy goes missing. What drew me to this book is the fact that the focus is on what happened AFTERWARDS. We all watch news reports of children who are abducted and sometimes there is a happy ending. For us, as onlookers, that is where the story ends. But is it possible for a family just pick up and carry on as if nothing happened? How on earth do you rebuild those lost moments with your child?



Ballerina Bella and the Lucky Locket

by Jillian Harker

Bella loves to dance. Bella wants to be a ballerina. But there is a problem. No matter what she is doing she finds it almost impossible to concentrate as her imagination runs wild.

A cat in the garden becomes an escaped tiger from the zoo. A ribbon on the floor during her ballet class becomes a mouse. And a spider swinging from its cobweb makes her think of swinging on a swing as she forgets the exercise they are supposed to be doing. Everyone is exasperated. But can Bella focus during her dance show? Can she prove herself to be the dancer she wants to be and win best dancer? This lovely picture book will enthrall young dancers with wonderful illustrations showing pirouettes, jetes, and arabesques. Any dance teacher will tell you that children get distracted and this is a lovely way of helping them understand the importance of staying focused.



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Spire Parkway Hospital	0845 850 1451

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Solihull Council	0121 704 6000
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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



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

Sudoku Solution

from page 29

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

crossword Solution

from page 29

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