

ROOFING

by

N. BIRD & SON

Trading from **registered**
offices in Solihull for 30 years

Checkatrade



FREE QUOTES

0121 743 6324

- Small repairs
 - Flat roofs
 - New roofs
 - Ridge tiles
 - Chimney work
 - Lead work
 - UPVC fascia, soffit & gutters
- 249 Lyndon Road, Solihull B92 7QP



ANNIVERSARY

**Celebrating 30 years
in Business**

NO PAYMENT UNTIL YOU ARE 100% SATISFIED



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

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, Immersions***
- ***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 March 2021

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

Office: 01564 730183

Mobile: 07770 698196

Focus on February

Welcome to the February edition...

There may not be that much to celebrate at the moment but there are a few events coming up that you could put some extra effort into - to make everyday life a bit more interesting.

Valentine's Day is on the 14th – why not challenge yourself to make a special meal for someone special in your life? You could even try our special Jammy Dodgers recipe on page 36. Or if you're feeling competitive, how about a pancake competition – Shrove Tuesday is on 16th February. You could see who can make the best pancakes or come up with the most creative toppings! Moving into March, World Book Day is on 4th March – this is a great excuse to try a new author or genre of book. And if you've got young kids, you can still have a fancy-dress day at home. We all need to try and stay positive, try new things, and remember that lockdown won't last forever! Until next month...



Zoe Reece

Tel: 07557 220585

Email: zoe@dorridgedirectory.com

www.knowleanddorridgedirectory.com



contents

16 Book reviews

48 Useful telephone numbers

36 Recipe

49 Index

40 Puzzles

44 Kids' page

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

PLEASE RECYCLE THIS MAGAZINE

Stephen Smith & Son Plumbing & Heating Services

WORCESTER
Bosch Group
Accredited
Installer



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

Which?
Trusted trader

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

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

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

Madd Projects

Bringing your projects to life
Release the potential in your outdoor spaces

Proud Member of



**Garden Rooms
Outdoor Offices
Saunas
Landscaping
Play Dens
Composite Decking
and many more**



maddprojects.co.uk

07948496803

maddprojects@mail.com



Divine Designs

Home and Garden Design

Need help realising your dream home?



Full range of services
to suit your project
Including:

Design Service
Interior Decoration
Murals
Garden makeovers
Plus Many More

One Free
Consultation
with this
advert

Over 10 years interior design experience



✉ divinedesigns@mail.com ☎ 07841718185

📷 [divinedesignswithbeth](https://www.instagram.com/divinedesignswithbeth) 🌐 www.divine-designs.uk



Solihull

TREE CARE SPECIALISTS

**Professional
Arboricultural
Services**

**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 www.solihulltreecare.com

OAKLAND



GROUP

Service Quality Value

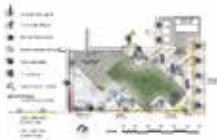
Professional Outdoor Services



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

www.12vgardenlights.com

info@oaklandgroupuk.com



How to argue with a conspiracy theorist

We all have one relative or friend who believes everything they read on the internet and is convinced that COVID 19 is a hoax and the Government is using the vaccines to implant us with microchips. How do you talk to someone like that?

First be kind. It's actually a very human response to look for patterns in events, and to develop and believe in conspiracy theories. We're primed to be suspicious of things that can't be easily explained.

Be respectful, even if you think the other person is completely bonkers. Almost no-one has ever been ridiculed into changing their mind.

In the same vein, avoid publicly shaming them. Reach out and speak or message privately. This prevents embarrassment and implies a genuine interest in conversation.

Ask 'What would it take for you to change your mind?' If they reply, 'Nothing will ever make me change my mind,' it's probably best to take them at their word and change the subject. Sometimes it's not worth the effort.

Use questions to help others probe their own views. This is often the best way to change someone's mind. The way to do this is to engage, then gently and politely question, pointing out inconsistencies in their arguments and allowing them to respond, until you hit a dead-end. Research has shown that this tactic prevents people feeling attacked.

Always evaluate your relationship with the person. If it's a misguided family member who you love dearly, it's often best to let it go. The relationship is the bigger prize. And even one little conversation might just be enough to get them thinking.



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
www.lockfit.co.uk/lockfit-locksmiths-knowle/

01564 627 020

TAILORED HOME INSURANCE RIGHT DOWN TO THE FINEST DETAIL

For high-value properties and contents, including valuables, fine art and collections, choose NFU Mutual Bespoke home insurance.

To discuss your high value home insurance,
call Henley-in-Arden on 01564 792215
or search NFU Mutual Bespoke



J N Humphrey & J P Bird is an appointed representative of
The National Farmers Union Mutual Insurance Society Limited.
And an introducer to NFU Mutual Select Investments Limited,
a member of the NFU Mutual group of companies.



NFU Mutual
BESPOKE INSURANCE

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

Fat Tuesday! It's pancake day this month.

grew up near Olney, in Buckinghamshire. It's a pretty little town with lots of lovely independent shops and a strange claim to fame; it is the home of the pancake race.

On Shrove Tuesday, in a 500-year-old tradition, many of the Olney women (and the odd bloke in a dress), don aprons and head coverings, and race through the streets to the church tossing a hot pancake in a frying pan!

It's an entertaining afternoon, but how did it all come about?

Legend has it that in 1455 a woman cooking pancakes heard the shriving bell summoning her to confession. In her Christian haste she ran to the church, wearing her apron and still clutching her frying pan, complete with hot pancake, and so the tradition was born.

The reason this 15th Century woman was cooking pancakes in the first place was due to a Christian dictate; that through the 40 days of Lent no person should eat milk, eggs, or butter.

This was a pre-fridge era, which meant that if a housewife had stocks of these foods they would go off before the fast ended on Easter Sunday, so she had to use them up. The solution was to

make pancakes and they became a symbol of self-indulgence before the fast. Indeed Mardi Gras, as the ritual is called in France and the USA, literally translates as 'Fat Tuesday.'

Over the years I've tried my pancakes with fruit, maple syrup, and a variety of savoury fillings but I keep coming back to fresh lemon juice and a sprinkling of sugar...irresistible.

Here is my own recipe for perfect pancakes.

Ingredients

115g (4oz) plain flour
Pinch salt
1 large egg
285ml (half a pint of milk)
115g (4oz) butter, melted
Juice from 2 lemons, strained
Caster or Demerara sugar to taste.

To make the batter: sift the flour and salt into a large mixing bowl and make a well in the centre. Beat in the egg and a little of the milk until smooth. Gradually beat in the remaining milk and add 4 tablespoons of the melted butter. Cover the bowl and leave to stand for one hour.

In a small non-stick frying pan heat some of the butter until sizzling, but taking care not to let it burn. Pour enough batter into the pan to coat the base evenly. Cook over a moderate heat until the pancake is light golden-brown underneath and looks dry on top. Flip over (try to do this with style!) and cook the other side until golden. Continue until all the batter is used. The recipe should make 10-12 pancakes.

You can keep the pancakes warm in the oven (Gas mark 1 / 140C) until they are all cooked, but in our house they're barely out the frying pan before they're scoffed.

Serve with the lemon juice and sugar...Enjoy!





EASTCOTE
PARK
CINNAMON LUXURY CARE



**FOUNDER
MEMBER OFFER**

**Prices fixed for
18 months**

A new care home like no other

Now available to view

Opening Spring 2021, Eastcote Park Care Home has been planned with the people we care for in mind – whether it is the personalisation of their care plans, the careful selection of the décor in their room, their dining experience, hobbies or personal preferences...

At Eastcote Park, people will always come first.

To find out more or to book a visit call **01564 757237**
or email **eastcote.haa@cinnamoncc.com**



Residential Care

Dementia Care

Respite Care

Eastcote Park Care Home, Eastcote Park, Knowle Road, Eastcote, Solihull B92 0JA
www.cinnamoncc.com/eastcote

To view other Cinnamon Care Homes in the West Midlands visit www.cinnamoncc.com/westmidlands

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

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, Pruhealth, CIGNA, Simply Health and WPA.

www.equanimitycbt.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

www.beech-languages.co.uk

LANGUAGE LESSONS LOCALLY AND ONLINE



**Acorn Floors
Ltd.**

Floorcovering Specialists

Providing quality floorcoverings for over 25 years

**Luxury Vinyl Tiles
Carpets
Wet Room Solutions
Floor Refurbishment
Carpet Whipping**



**Karndean
Designflooring**

amtico

POLYFLOR™
COVERING THE WORLD

**The complete
design and
installation service**

10% OFF
with this advert

Free Quotation & Sample Service

acorn-floors.co.uk enquiries@acorn-floors.co.uk

Contact Stephen Sherrington

0121 693 3301 07799 645 709



"I never feel alone"

Our retirement village is home to people who really value their peace of mind... people who moved safely during lockdown, to enjoy a closer kind of community, with more reassurance for them and their family.

In line with government guidance you can still make the move during lockdown.

Visit safely. Complete swiftly. Move securely.

Susan saved **£21,000***

On her new retirement property



£8,800

on stamp
duty



£6,200

with no service
charge for a year



£6,000

using our
moving package



How much could
you save in

2021?

Save thousands in 2021! Move before 31st March to take advantage of our special offer. **Don't miss out!**

Buy or rent an Inspired property, get in touch today!
Call **01926 677 597** or visit **austinheath.co.uk**

*Amounts shown are for illustrative purposes and are a total calculation of stamp duty, service charge and moving package savings. Savings vary by village and property. T&Cs, leasehold and event fees apply. Contact us for details.

**Austin
Heath**
Inspired in Warwick

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

FULLY FITTED ROLLER GARAGE DOORS

FROM **£895*** WAS ~~£1,354~~
INC VAT

* Offer Valid For Openings Up To 2.4m Wide & 8m High
2 Remote Controls, 1 Drive Where Static,
Internal Manual Override

CE
Approved

WHATS INCLUDED:

- ACOUSTIC & THERMAL INSULATION
- TWO REMOTE CONTROLS
- EXPERT MEASURING & FITTING
- 24 COLOURS AVAILABLE

GAROLLA
ROLLER SHUTTER DOORS
www.garolla.co.uk

**Made To Measure...
ROLLER GARAGE DOORS**

Garolla can save a lot of space inside your garage. Rolls up vertically into a box. Takes only 8 inches of head-room! Opens vertically so you can park up close to the door. Remotely open/close the garage even from inside your car.

CALL US TODAY

Phone: 01564 340 028
Mobile: 07537 149 128

KSD Ground Contractors

- Tree surgery specialist
- Land & garden clearances
- Fencing
- Turfing & seeding
- Timber & green waste removal
- Tree roots & hedge removal
- Labour only service available
- Lorry & driver hire
- Digger & driver hire

City & Guilds

www.ksdgroundcontractors.co.uk

0121 243 1225

Over 20 years' experience

The name to remember - the company you can trust

Topwood Storage, New House Farm, Lea End Lane, Hopwood B48 7AX



ALFRESCO STYLE

Garden Boutique - INDEPENDENTLY OWNED WITH
EVER-CHANGING SEASONAL PLANTS & INSPIRATIONAL DISPLAYS

Farm Shop - BURSTING WITH DELICIOUS LOCAL FOOD
INCLUDING FRESHLY BAKED BREAD, FRUIT & VEG, MEATS
AND CHEESES

Alfie's Café - WITH SCRUMPTIOUS HOME-MADE BREAKFAST,
LUNCHES, CAKES, AFTERNOON TEAS AND REFRESHMENTS

Spring is in the air and it's time to start some early planting in the garden. Looking for inspiration - then "hatch a plan" with us. Enjoy the best of "British Spring Lamb" from our Farm Shop, pick up scrumptious Easter eggs, Easter gifts, Easter cup-cakes and lots more "egg-citing" Easter fare!


Our Events

Easter Craft Fayre - Saturday 27th March & Sunday 28th March

Easter Markets - Friday 2nd to Monday 5th April

Outdoor Markets - Wedding Theme - Saturday 24th & Sunday 25th April

Special Shopping Evenings - perfect for birthdays, celebrations, group of friends - call 07990 513969 for details.



TIP OF THE MONTH:
PLANT PRIMROSES FOR EARLY
SPRING COLOUR

ALFRESCO STYLE
SPECIAL OFFER

ONE FREE HOT DRINK
WITH THIS VOUCHER

VALID UNTIL 31.03.21



Hatton Shopping Village,
Hatton Country World, Hatton,
Warwick CV35 8XA
Tel: 01926 843555

www.thealfrescostyle.com

Open Every Day 10am - 5pm
(4pm during Jan & Feb)
Closed Christmas Day,
Boxing Day & New Year's Day
Events subject to change without notice



Alfresco Style
Creative Living



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;

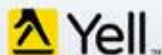
Clay & Block Paving - Tarmacing (red or black) -
Patios - Brickwork - Slabbing - Gravel -
Landscaping - Fencing - Property Repairs
Roofing Repairs - Driveway Maintenance
(Pressure cleaning & sealing - weed free)

Proud member of



Find us in/on

Google



www.centraldrivewayslimited.com

Get in touch today for a FREE quotation

T: 0121 702 1456 M: 07748 577687

Michael.central@icloud.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

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

CLEARLY
BETTER

WINDOWS

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, we can help you

Call 0800 048 5223

For a FREE quote

Visit ClearlyBetterWindows.co.uk to find out more



**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
PROTECTIVE WORK AT HEIGHT COLLECTION

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



TIME TO MOVE?

Your local Independent Sales and Lettings Agency
Local Staff with local Property Knowledge

Call us on 01564 773200



- » All properties listed on Rightmove, On the Market and Zoopla
- » Professional Photography
- » Professional Floorplan
- » Video Tours
- » Accompanied viewings
- » Fully managed property service

**Take advantage of
the stamp duty holiday
to sell your home**

**Independent Estate Agency
Covering Knowle, Dorridge,
Bentley Heath and Solihull**

Professional Advice and
Excellent Customer Service

Free, no obligation, appraisal
of your home

01564 773200
49 Station Road, Knowle,
Solihull B93 0HN
info@senateproperty.co.uk

legal services for your Life&Business



wallacerobinson.co.uk enquiries@wallacerobinson.co.uk

An independent
firm, putting your
interests first

COMPANY & COMMERCIAL LAW
WILLS, PROBATE & TRUSTS • POWERS OF ATTORNEY
LANDLORD & TENANT • EMPLOYMENT LAW
FAMILY & COLLABORATIVE LAW
COMMERCIAL PROPERTY • DISPUTE RESOLUTION
RESIDENTIAL PROPERTY

Wallace
Robinson
& Morgan
SOLICITORS

since 1855

Solihull

4 Drury Lane, Solihull
West Midlands
B91 3BD
t 0121 705 7571

Dorridge

17-19 Station Approach,
Dorridge, West Midlands
B93 8JA
t 01564 779393

TOGETHER, WE'RE BUILDING A NATION OF LAWN LOVERS

FROM JUST

£15*

PER TREATMENT

* Based on a lawn size
up to 40m²

REVOLUTIONISING LAWN CARE

With our passion for innovative solutions and most importantly, our love for lawns, we'll ensure your lawn takes pride of place as your garden's crowning glory, all year long.

Our ground-breaking **Lawn Treatment Programmes** feature four fantastic **NutraGreen Treatments**, plus an application of our newly improved **Oasis Water Conserver**. Our unique **Standard** and **Ultimate Programmes** include even more benefits to ensure your lawn remains weed-free, luscious, and of course, beautifully green!

START YOUR LAWN CARE JOURNEY

- 1 Get an instant free quote at [greenthumb.co.uk/measure](https://www.greenthumb.co.uk/measure)
- 2 Your local lawn expert will contact you to analyse your lawn and discuss recommendations
- 3 Admire your beautiful lawn as it shines proudly as the centrepiece of your garden

Let's create the lawn we both love

Start your Lawn Care journey today:

Call: 0121 705 6395

Email: solihull@greenthumb.co.uk

Visit: [greenthumb.co.uk](https://www.greenthumb.co.uk)

GreenThumb
LAWN TREATMENT SERVICE





Fabric

Design.Develop.Deliver.

Architectural & Construction Specialists

Fabric Design & Build are a collective of planners, architects, designers and construction specialists all coming together to create beautiful spaces and buildings.



Web: fabricdesignandbuild.com
Tel: +44 (0)121 775 0180
Instagram: @fabricdesignandbuild
Based in Solihull



Lady Katherine Housing & Care



RESIDENTIAL CARE SHELTERED HOUSING RESPITE CARE

(now taking Winter and Spring Respite bookings)

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

Chris Mundell

01564 772415



Company No. 7890553

www.leveson.org.uk

Registered Charity 1146710

a good read

reviews By Willow Coby

When the Curtain Falls

by Carrie Hope Fletcher

Somewhere in every town or city is a special place. A place where real life is suspended, and you can forget about your problems. A place that shows us life in all its details. The ups and downs, love, death, joy, and sadness. It shows us life as we wish it was and life as we hope it will never be. That place is of course, the theatre. This novel catapults you into that world and provides a fascinating glimpse of life backstage where the audience usually never get to venture. Part romance and part ghost story *When the Curtain Falls* switches between the present day and 1952, where two young lovers try to steal moments together backstage as life begins to echo the drama being played out on stage. Tragedy strikes and one of them is destined to remain forever haunting the dressing rooms and fly floor high above the stage. Nearly 60 years later and their fateful play is revived at the same theatre. Among the cast are Olive and Oscar, also stealing moments together to keep their budding romance secret. But strange things start to happen as a previous occupant is reawakened. Sometimes (especially right now) you need a light, easy-to-read, novel for a bit of escapism. *When the Curtain Falls* fills that brief. It won't win any literary awards, and sometimes the character development feels rushed, but it has a certain level of charm. Fletcher herself has grown up in the theatre and anyone who knows her cannot help but picture her when Olive is described. But that only adds to the fun.



Into the Spotlight

by Carrie Hope Fletcher

Yes, that's right: Fletcher has also written our children's novel this month. Published in September last year I was eagerly awaiting its arrival, having pre-ordered it 6 months earlier. Why? This story tells of the three Pebble children who live in a theatre. Not related by birth they were adopted when they were found by Brilliant Aunt Maude – or BAM – in her various travels around the world. If you think this sounds as if it might be the opening of another story, then you might be right. This novel is inspired by Noel Streatfeild's classic, *Ballet Shoes*: a story that helped to give many young readers a love of the theatre, myself included. Whilst playing in an old dressing room in the theatre, the Pebbles find an old diary, and in its pages they learn of the Fossil children, Pauline, Petrova, and Posy. For fans of *Ballet Shoes* this offers an insight into their lives after the end of the original story and you find out if they fulfilled their dreams. But their excitement at reading the diary is soon dampened when they learn that the theatre is losing money and will have to be sold. Can the three children help to save the theatre they love so much? Once again Fletcher brings her experiences of being a child in the West End to this story and does the legacy of the Fossils proud.



World Book Day

Thursday 4th March is WORLD BOOK DAY and this year the focus is on libraries.

Every Saturday morning after we'd endured the weekly shop my mother took me and my brother to the library. We'd flop down in the children's section and skim the titles, our heads tilted at ninety degrees. Our card limit was three books each and it never seemed enough. My mother was an avid reader and instilled in both of us the love of a good story. It's why I'm delighted that World Book Day is here again, and that it's working even more closely with libraries. For the first time in our lives libraries are seriously under threat. Yet libraries level the playing field for families who can't afford to buy books. They are gateways to a world of information and imagination.

World Book Day is the annual event supporting books and reading in the UK. Schools, libraries and bookshops will be holding book related events, activities and parties. It's a great opportunity for everyone to get involved.

The aim of World Book Day is to encourage children to explore the pleasure of reading. Your child will be given a book token which can be exchanged for one of ten specially published World Book Day books. The theme this year is story-sharing.

Research has proven that keen readers:

- Read, write and concentrate better
- Process new information more easily
- Have many interests and do well in a wide variety of subjects
- Are more flexible thinkers and are more open to new ideas
- Deal with personal problems better without



their schoolwork being affected.

- They are also well equipped to deal with the explosion of constantly changing information available through the internet and social media.

TV and computer games take up so much of our children's leisure time that the simple pleasure of reading can be overlooked. Yet reading is the only entertainment medium which is also a life skill and it's one of the best gifts you can give to your child. So let's all support World Book Day and...celebrate the power of a story.

Share a few of your childhood favourites with your own children. If your memory needs a jog here are a few to start you off...

Winnie the Pooh by A. A. Milne
 The Jungle Book by Rudyard Kipling
 The Secret Garden by Frances Hodgson Burnett
 Charlie and the Chocolate Factory by Roald Dahl
 Where the Wild Things Are by Maurice Sendak
 The Chronicles of Narnia by C. S. Lewis
 Grandpa's Great Escape by David Walliams
 How to Train Your Dragon by Cressida Cowell
 The Gruffalo By Julia Donaldson
 and Axel Scheffler

Visit www.worldbookday.com

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

Home Instead
SENIOR CARE®
to us, it's personal.



The **best**
home to be in
is **your own**

Home Instead Senior Care Solihull

Phone: 01564 330 395 | 01212 704 615

Website: www.homeinstead.co.uk/solihull

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



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



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

Tel: 01564 703225

www.crossroadservicestation.co.uk

VAT No.: 113213041

Choc 'n' Chilli!

**Perfect partners for
Valentine's Day**

The Aztecs valued chocolate so much their taxation was levied in cocoa beans! The hot frothy drink they made was reserved for warriors, nobility and priests and was said to confer wisdom and vitality. Emperor Montezuma, not one for moderation, drank 50 goblets a day.

Scientists have suggested that the antioxidants and flavonoids in chocolate with at least 70% cocoa improve verbal and visual memory, reaction times, balance certain hormones, help to relieve blood pressure and boost serotonin levels, our brain's natural anti-depressant. All good reasons to indulge a little, especially this month.

And what could be nicer on a cold Valentine's Day than snuggling up with

your romantic other and a cup of hot chocolate? Use high-quality cocoa powder, preferable organic and fair trade, and make a hot drink, sweetened with honey.

Then cook the object of your affections an authentic Mexican chilli dish by adding cocoa to the sauce. The nutrient capsaicin, found in chillies, is a powerful antioxidant which helps to prevent many conditions such as high cholesterol, heart and lung diseases and cataracts. It also stimulates blood circulation which boosts the immune system and it even relieves pain.

Chocolate and chillies both encourage the secretion of endorphins, natural chemicals which relax muscle tissue, and act as mood enhancers. The perfect recipe for love!

The Rise of Athleisure Wear

Fashion for the COVID Era

It's stating the obvious to say that COVID has changed everything. It's even changed the way we dress.

With so many of us working from home there has been a surge in demand for comfy clothes, that don't constrict or constrain, but which still allow us to look professional on Zoom calls and in Team meetings.

Enter athleisure wear...

Athleisure wear is a combination of sports, urban, and fashion wear, but it's more than the sum of its parts. It has grown as a trend because it blends the aesthetics from both the sports and fashion industries, with fashion offering credibility to the sports aesthetic, while the sports provides some functionality to the fashion.

Athletic brands are always looking to improve the performance of athletes. This forces them to innovate. Comfort and feel are top priority for most athletes. The goal is to create better fabric and form to improve athletic performance. But parallel to the innovation brands are also looking to get the most out of their investment and being at the front of fashion allows them to reach a wider market.

The sports clothing industry is fiercely competitive. Athletic brands have to stay ahead of the game by developing high-tech fabrics, with better performance and more comfort. The fashion industry, on the other hand, has always focused more on trends and less on comfort and functionality.

But who doesn't want to be comfortable in their clothes? We feel most naturally confident when our clothes are comfortable, and we know we look good. This is the beauty of athleisure wear – it isn't just for sport; it can be worn anytime and anywhere. For this reason, it has attracted new fans during the



age of COVID and homeworking. We can wear athleisure while lounging, walking the dog, hosting a meeting, or cooking supper. It's comfortable, durable, odour-resistant, and wrinkle-free. It's becoming so popular it's beginning to eat into the usually stable denim market: in recent surveys in the UK and the US more people now claim to prefer athleisure aesthetics over denim for their casual wear.

Beyoncé and Rihanna were among the first celebrities to bring athleisure into the mainstream. We've all secretly enjoyed seeing 'behind the scenes' glimpses into celeb lives during lockdown. COVID has been a great leveller, and we feel that even though they are celebs, they've been on the same journey as us, not dressed in their usual sequined designer gowns or skin-tight jeans and stilettos but wearing laid-back and comfy athleisure wear. Dressing like our favourite influencers has never been more achievable. So, before your next Zoom meeting pull on those yoga pants and your oh-so-soft bamboo top, add a slick of lip gloss, and channel Beyoncé like never before.

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

enquiries@athos.uk.com



The Ring's the Thing

Choosing an engagement ring.

Valentine's Day - the day of romance. Perhaps you are hoping for a proposal, or maybe you are the one hoping to do the proposing. An engagement is an occasion

to be celebrated and usually involves the presentation of a ring to one or both partners.

Engagement rings can be traced back to Ancient Rome and were made from flint or bone. They were worn probably to show that a man owned a woman, so certainly not the romantic gesture it is today. By the Second Century precious metals were being used but rings were still a sign of a business contract and implied commitment and obedience. The couple were lucky if love featured as part of the deal.

Gold betrothal rings became popular in Pompeii in 79 A.D. though Roman women often kept the gold ring for when they were out in public, preferring to wear an iron ring while at home.

By 850 A.D., Pope Nicholas I proclaimed that engagement rings signified the intent of a man to marry. At this point gold was the preferred metal but diamonds were not used

Then in 1477 Archduke Maximilian of Austria commissioned a ring with a long and narrow diamond in the shape of the letter "M" to propose to Mary of Burgundy. This may be the first documented use of diamonds in an engagement ring. But it was more than 300 years before diamonds started becoming popular. In 1947 the British corporation De Beers, which specialised in mining diamonds, launched an ad campaign that featured Hollywood stars and the now-famous slogan, 'A diamond is forever.'

From that time the engagement ring tradition evolved. Initially rings were a simple solitaires or



neat clusters, but modern tastes have expanded to include more extravagant options with the additions of coloured stones and unusual metals. Grooms often choose to wear ring now too and many couples same sex couples choose to wear contrasting or complementary rings. Some couples choose a custom-made ring, either from scratch or using sentimental gold from the ring of a parent or grandparent. It's nice to add unexpected accents to personalise a ring and add a pop of personality.

Gone are the days of having no idea where the stones in your jewellery were sourced, and at what human and environmental sacrifice. Quality lab-grown diamonds are 100% real and offer guilt-free sparkle. Another ethical option is moissanite, which costs significantly less than lab-grown diamond. Moissanite stones can have even more brilliance and fire than diamonds, which some people like. They are guaranteed ethical and have minimal environmental impact.

Choosing your engagement ring is exciting and romantic and is a declaration to the world about your feelings for each other. Enjoy the hunt for your perfect design.

Preparation time: 30 minutes + chilling time

Cooking time: 15-20 minutes

Makes 6-8



A home made treat
with added love

Valentine Jammy Dodgers

Ingredients

175g plain flour
Pinch of salt
75g icing sugar
125g unsalted butter, diced
1 egg yolk
1 tsp vanilla extract
75g raspberry jam
75g apricot jam

Method

Sift the flour, salt and icing sugar into a large mixing bowl. Add the butter and rub it lightly into the flour mix, using your fingertips, until the mixture resembles fine breadcrumbs. In a small bowl, whisk the egg yolk and vanilla extract lightly together. Make a well in the centre of the flour mix. Add the egg and vanilla and work together to form a soft, smooth dough. (You can use a food processor if you have one).

Place the dough in a polythene bag and place in the fridge to rest for 30 minutes. Preheat the oven to 170C / gas mark 3. Divide the chilled dough into two equal portions. Place one portion between two pieces of lightly floured greaseproof paper and roll the dough to approximately a 4mm thickness. Repeat with the second piece of dough. Remove the top sheet of paper. With a large biscuit cutter, cut the dough into an even number of discs. Using a small heart cutter, cut out and remove the centre of half the biscuit discs. Place all the discs on the baking sheets. Bake for 15–20 minutes until just firm and barely coloured. Don't fully bake yet.

Remove from the oven and place a teaspoonful of jam in the centre of each whole biscuit round. Spread to 1.5cm from the edge. Place the heart cut-out rounds on top. Return to the oven and cook for a further 5–6 minutes by which time the biscuits will be evenly cooked and the jam sufficiently hot to stick the two halves of the biscuits together.

Leave the biscuits to cool for 5 minutes before transferring to a wire cooling rack.

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 London Road, Knowle B93 9HT

See our Review's at

Google

Yell

Freeindex

Testing for UK Arrivals

New rules will be in place for those arriving into England from Monday 18th January.

Travellers will have to take a COVID test up to three days before departure and provide evidence of negative test results before they travel. This will apply to all passengers, including those travelling from a travel corridor country. There are only a few exemptions.



The measures are currently due to be in place until the end of the current lockdown, however, a review will take place before the end of lockdown.

COVID test exemptions

Some countries will be exempt

initially for a short while, this is due to issues with availability and capacity of testing.

These include Antigua and Barbuda, Barbados and St. Lucia. Currently, this will only be for a specific time, until 4am on January 21st.

Passengers arriving into England without a negative pre-departure test result will face fines of a minimum of £500.

If you are travelling from the Common Travel Area, the UK, Ireland, Isle of Man, Jersey and Guernsey, you will not be in the scope of the regulations.


Children under 11 will also not be required to complete pre-departure testing.

Sabina Clay

Not Just Travel

sabina.clay@notjusttravel.com
07565 534 524





Jet2holidays

**THE SAME PRICE
OR LESS + VIP
EXPERIENCE**

**DON'T GO DIRECT
CONTACT ME
TODAY**

SABINA 07565 534 524

NJ NOT JUST TRAVEL

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



Open Wide!

The truth about yawning

The average adult yawns 20 times per day, and once you feel one coming on, they are almost impossible to suppress.

Why do we yawn?

There is no scientific consensus on why we yawn. One theory argues that when humans are tired, we stop taking deep breaths, which causes a build-up of carbon dioxide in the body, and a yawn might be a special kind of respiration, to increase oxygen quickly, while expelling carbon dioxide more efficiently. During a yawn we compress the muscles of the face, and drive oxygen-enriched blood to the brain.

Why are yawns contagious?

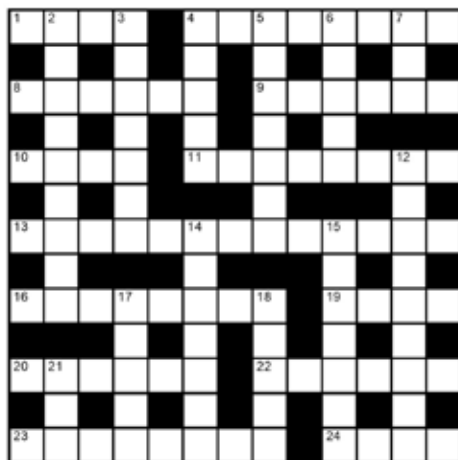
We are six times more likely to yawn if we

see someone else yawn. This may be related to a phenomenon called social mirroring, where animals imitate the actions of others. Yawning is not the only mirrored behaviour – smiling, scratching, leg crossing and laughing also fall into this category.

Mirror neurons in the brain match what we sense and feel to the way we move, so if you see someone scratch their nose, you feel what it feels like and may feel compelled to do it too. The most likely reason for mirroring is social bonding. It's a form of communication and a sign to others that we are empathetic.

Fascinating Fact: Yawning is so contagious that you will probably have yawned at least once while reading this!

crossword



clues

- 1 Celebrity, headliner (4)
- 4 No longer in use (8)
- 8 Teaching period (6)
- 9 Libretto, dialogue (6)
- 10 Pockmark, healed wound (4)
- 11 Single spot of precipitation (8)
- 13 Persistence, tenacity (13)
- 16 Going to ground (5,3)
- 19 Belongs to you and me (4)
- 20 Frail, ailing (6)
- 22 Joined (6)
- 23 Long-handled frying pans (8)
- 24 Effortless (4)

Down

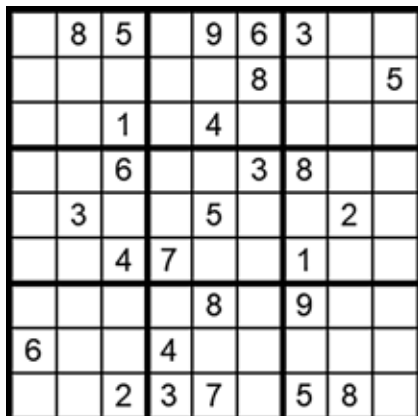
- 2 Wilful betrayal (9)
- 3 Set aside, save (7)
- 4 Proprietor (5)
- 5 Period of sustained drinking (informal) (7)
- 6 Enticed (5)
- 7 Apex (3)
- 12 Without scent (9)
- 14 Small glamorous white dog (7)
- 15 Defeat decisively (7)
- 17 Prizes awarded for peace, physics, literature etc. (5)
- 18 Home of Snowdonia National Park (5)
- 21 Large deer (3)

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

Heavenly Hellebores

I fell in love with Hellebores a few years ago after an early spring visit to the Botanical Gardens in Cambridge where there are some beautiful displays. They provide a spring garden with elegant colour, and I admit to being quite excited when they appear.

They are poisonous plants so are probably best avoided if you have young children. They have a somewhat magical history. A mythological physician named Melampus was said to have observed the cathartic effect of hellebore on goats who munched on the plants. Melampus allegedly then used the milk of the same goats to cure the daughters of the King of Argos of their madness. The plant was used for its purgative properties into the Middle Ages and beyond. Personally, I would recommend growing them only for their attractiveness!

The original species originated in the northern parts of Greece and Turkey, but they grow incredibly well in British gardens. Having said that, I was disappointed when my first hellebore plants didn't thrive initially. They seemed to succumb to disease quite easily. I subsequently learned this was black rot. Then I heard Alan Titchmarsh's advice to carefully cut the large fingered leaves from the plant at ground level in January, taking care not to damage the buds. This somewhat brutal treatment has worked a treat and my hellebores are now flourishing.

Hellebores like well-drained soil in sun or dappled shade. My clumps are happily increasing in size year-on-year. The stems shoot up to 25-30cm high between late January and February and the flowers appear at the top. Colours tend to be subtle: green-tinged white, yellow, oxblood red or dull purple but they glow in the more subdued light at this time of year. They would certainly appear washed-out in the bright sun of late spring and summer. The flowers



are rich in nectar so provide food for early bees.

There are many varieties of hellebore, with single or double flowers. Just note that not all of them are easy to grow. I have struggled to get the Christmas Rose *Helleborus niger* to survive, never mind flower, but I've had much more success with the Green hellebore, *Helleborus viridis*, the pretty pink Lenten rose *Helleborus x hybridus*, which self-seeds quite nicely, and also the *Helleborus x hybridus* Ashwood Garden hybrids, which come in a variety of colours but don't seem to self-seed as freely, at least in my garden.

Dig in plenty of mushroom compost before planting, and mulch after you've cut the leaves off. Dust with a blood, bone and fishmeal mix after flowering and mulch again with well-rotted leaf mould or compost. Dig up any small self-seeded plants and use them as gifts, or to increase your own colony.



Does you look old a

Bespoke content managed web
Call now for a chat about your webs

hotlobster 
design • marketing • web • print



Is your website old and dated?

Websites are cheaper than you think.
Website, social media & marketing needs.

studio@hotlobster.uk.com

T: 0121 369 1977

www.hotlobster.uk.com

Kids' Page

February 12th is the Chinese New Year. Can you find all the Chinese zodiac signs hidden in the grid?

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

dog
dragon
goat
horse
monkey
ox
pig
rabbit
rat
rooster
snake
tiger

Riddles are often written on lanterns during Chinese New Year celebrations. See if you can solve these riddles.

What's full of holes but still holds water?
A sponge

Which is faster, hot or cold?
Hot...because you can catch a cold!

Which building has the most stories?
The library



Word grid Solution

2021 is the Year of the Ox

Do You Need an Activity Tracker?

Activity trackers have become very popular in recent years. Fitbits are the device that everyone has heard of but there are many others. If you're thinking of buying one, ask yourself these questions:

Do you exercise regularly?

Lots of people buy a Fitbit or its equivalent because they think it will help them to exercise consistently. But these devices are not magic bullets. If you make any and every excuse NOT to exercise then a Fitbit won't change that, you will simply make excuses to avoid exercise while wearing a gadget!

Would you wear it, and use it?

For a fitness tracker to give you actionable data you need to wear it almost all of the time, even while asleep. Some people can't wear watches or jewellery while they are at work, others hate the feeling of anything on their wrist, and others have sensitive skin which is irritated by straps. If you don't wear it then it can't do its job, so it's not worth buying one.

Will you use the app?

You'll need to download the app to your phone and use it if you want to make use of the data your activity tracker collects. Interacting with your device and the app is key to success, so if you can't commit, don't buy.

Are you a data nerd?

Some of us love to monitor our sleep, our heart rates, the number of steps we do each day. We find ourselves endlessly fascinating. The basics of losing weight and becoming healthier are simple, but the specifics for our own body can vary wildly.

If you don't care about specifics and are happy with just eating a bit less and exercising a bit



more, an activity tracker might be a waste of money for you. If you have a medical condition or are in training for an event, or just enjoy looking at data, then having organized and detailed information at your fingertips is a great resource.

Would my phone do the job instead?

There are hundreds of fitness, pedometer and cycling apps on both Android and iOS. If you're unsure about whether an activity tracker is the right purchase for you try using one or two of these apps for a month. You might find they give you all the data you need. Also, if you find you can't be bothered to use the apps, then you are very unlikely to benefit from buying an activity tracker.

Are you competitive?

Some activity trackers (particularly Fitbits) are social. You can add friends, compare step counts and earn milestone badges. You can also create groups and engage in competitions and challenges.

While these are good features, they aren't for everyone. You might not need such a high-spec activity tracker if you don't want to engage in the social side of things.

Activity trackers are useful devices and many people enjoy them and benefit from using them, but they won't turn a reluctant exerciser into a highly motivated one, and if you aren't actually interested in all the data, they might not justify their price tag.

AP ALLOYS

MOBILE ALLOY WHEEL REPAIRS

*Mobile service to your
home or business*



ALLOY WHEEL REFURBISHMENT

(Full Face of Wheel)

**Vandal Scratches - Plastic Bumper Damage
Dents + Scrapes to any panels - Stonechips
Machine Polishing - Paint Protection Treatments Applied
FREE Quotations - Main Dealer Approved**

Call Andy now for a fast, prompt and professional service

07972 852 758

Johnsons Cars

Trusted, Quality Service

Johnsons Knowle should be your first stop when looking for a pre-owned vehicle.



Every vehicle we sell has been sourced from within the Johnsons Group and checked over by one of our trained technicians, so you can have faith in the quality of each and every one of our vehicles on the forecourt.

Alongside our showroom on Station Road we also have a state-of-the-art workshop, offering a comprehensive range of aftersales services, from MOTs to fixed-price servicing on all models.

For Sales, Service or Parts enquiries call us today on **01564 454 051**, or if you're passing pop in for a coffee and one of our friendly team will assist you.

Johnsons Cars

25 Station Road, Knowle, Solihull,
West Midlands B93 0HL

Call us today on **01564 454 051**
or visit us at johnsonscars.co.uk/knowle

Vehicles shown for illustration purposes only. Johnsons Dealerships LLP trading as Johnsons Cars (partnership No OC383295) is a subsidiary of Johnsons Cars Ltd, (registered in England No 3716766). Johnsons Dealerships LLP (Firm Reference Number: 512460), is an appointed representative of ITC compliance Ltd, which is authorised and regulated by the Financial Conduct Authority (their registration number is 313486).

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

34 Athos Business Solutions 0333 400 7876

Architects

26-27 Fabric Design & Build 0121 775 0180

Bathrooms

11 Cullen Plumbing & Tiling 07896 862916

Builders' Merchants

50 EH Smith 0121 713 7100

Car Services

32 Crossroads Service Station 01564 703225
 46 AP Alloys 07972 852758
 47 Johnsons Cars 01564 454 051

Care and retirement services

13 Eastcote Park 01564 757237
 16 Austin Heath 01926 677597
 28 Lady Katherine Housing & Care 01564 772850
 31 Home Instead 01564 330395

Carpets & Flooring

15 Acorn Floors 0121 693 3301
 37 D.A. Mander & Son 01564 700200

Cleaning Services

31 Dorridge & Knowle Domestic Cleaning Services 07809 567264

Doors and windows

18 Garolla garage doors 0121 369 0774
 22 Clearly Better Windows 0800 048 5223

Estate agents

23 Senate Property Services 01564 773200
 52 DM & Co 01564 777314

Financial Planning

51 Walford Wealth Management 0121 80 90 600

Funeral Directors

2 Bastock & Bruce 01564 335577

Gardens and drives

5 Madd Projects 07948 496803
 6 Divine Designs 07841 718185
 7 Solihull Tree Care 0121 604 6809
 8 Oakland Group 01564 758608
 17 Dimension Landscape & Driveways 0121 733 1463
 18 KSD Ground Contractors 0121 243 1225
 19 Alfresco Style 01926 843555
 20 Central Drives Landscapes 0121 702 1456
 25 GreenThumb 0121 705 6395

Graphic and Website Design

42-43 Hot Lobster Design Ltd 0121 369 1977

Health and wellbeing

14 Equanimity 0844 693 1282

Heating

5 Stephen Smith Plumbing & Heating 01564 200119

Insurance

10 NFU Mutual 01564 792215

Interior design

6 Divine Designs 07841 718185

Languages

14 Beech Languages 01564 739621

Locksmiths

9 Lockfit 01564 627020

Lofts

22 Stu's Loft Ladders 07712 327889

Painter & Decorator

21 Bill Boyce 0121 744 0040

Plumbing

3 Knowle Domestic Appliance Repairs 01564 730183
 5 Stephen Smith Plumbing & Heating 01564 200119
 11 Cullen Plumbing & Tiling 07896 862916
 39 DMC Plumbing 07792 296728

Roofing

1 N Bird & Son 0121 743 6324
 21 C Stevens Roofing 0121 733 1276

Shopping

19 Alfresco Style 01926 843555

Solicitors

24 Wallace Robinson & Morgan 01564 779393

Tiling

11 Cullen Plumbing & Tiling 07896 862916

Travel Agent

39 Not Just Travel 07565 534524

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

Sudoku Solution

from page 40

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

crossword Solution

from page 40

Inspirational kitchens and bathrooms

NEW
SHOWROOM
OPENING
SOON

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

✓ Expert advice ✓ Site surveys ✓ CAD design

Contact us for
more information

☎ 0121 713 7100

✉ info@ehsmith.co.uk

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





WALFORD
WEALTH MANAGEMENT



ST. JAMES'S PLACE
WEALTH MANAGEMENT

YOUR FINANCIAL PLANNING FOR 2021

We understand that talking about money and finances is personal, so, it's reassuring to know that there's someone on hand who can help you address your needs, understand your goals and help you realise your dreams.

We offer a friendly and approachable service, backed by the strength and security of FTSE100 company St. James's Place Wealth Management; and being local means we're here to help.

SPECIALISTS IN:

- Retirement Planning
- Savings & Investment Planning
- Protection Cover
- Inheritance Tax Planning.

LET'S START A CONVERSATION

Contact us now to arrange a no obligation chat.

 **www.walfordwealth.co.uk**

 **0121 80 90 600**

Walford Wealth Management Ltd is an Appointed Representative of and represents only St. James's Place Wealth Management plc (which is authorised and regulated by the Financial Conduct Authority) for the purpose of advising solely on the Group's wealth management products and services, more details of which are set out on the Group's website www.sjp.co.uk/products
The title 'Partner Practice' is the marketing term used to describe St. James's Place representatives.

MEET LISA SMITH

VALUATIONS MANAGER - KNOWLE & DORRIDGE

CALL 01564 777 314

Lisa is an experienced estate agent that lives locally in Dorridge. Is a full-time mother to three children (a dog!) and wife to Richard. Lisa absolutely thrives on delivering the very best customer service to clients and loves taking property to market. If you are looking for a passionate, proactive agent to sell your property - please do get in touch!

