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# summertime...

## Welcome to the July issue of The Knowle & Dorridge Directory.

As I sit writing this we're in the middle of a proper heatwave but who knows what the weather will be doing by the time this reaches you! Hopefully it's still warm and sunny so everyone can get out and about and enjoy themselves.

The Solihull Summer Fest is coming back to Tudor Grange Park over August Bank Holiday weekend and with acts such as Sister Sledge and Razorlight it's definitely worth getting your tickets sorted soon.

There's lots of other great events coming up too, but not everyone gets to hear about them so check out page 6 for more information on Funtopia in Tudor Grange Park and Knowle Park's Music in the Park. Just pack a picnic (and some sunscreen!) and enjoy! Until next month,

*Zoe*

**Zoe Reece**

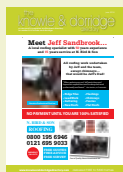
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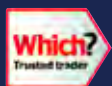
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# community events

## Solihull Sort Of Jazz Festival

20th -22nd July

**Solihull Town Centre**

An open-air stage will be at the heart of the Solihull Festival with 9 free shows over the 3 days, accompanied by an international street food and drinks market. There's also have 15 venues housing some funky beats over the weekend. Look out for more details about bands in The Core Theatre, Revolution Bar, Yates, The White Swan, Sevenoaks Sound and Vision, John Lewis, Slug and Lettuce, The Crowne Plaza Solihull, O'Neill's, Ramada Solihull, Royal British Legion Solihull and the Masons Arms.



## Music in the Park: A Touch of Brass!

Sunday 22nd July 2 – 4.30pm

**Knowle Park**

Join the Shirley Band as they perform a concert of brass favourites and stirring renditions of more modern classics. Refreshments and toilets are available on site - or visitors are welcome to bring a picnic, relax and enjoy the perfect Sunday in the park. Meet at the car park off Longdon Road.

## Funtopia

Saturday 28th July 10am – 4pm

**Tudor Grange Park**

A fun time is guaranteed for young children and their families at this event, taking place for the first time in Solihull! The event features rides, inflatables and games galore. Entrance and a wristband costs £7.00 per child or £2.00 per adult - this entitles visitors to unlimited use of all games and rides on site so once in, you can stay and play all day! Visit [www.picknmixevents.co.uk](http://www.picknmixevents.co.uk) for more information.

## Modern Calligraphy Beginners Workshop

Saturday 4th August 2 – 4.30pm

**Boston Tea Party, Herbert Road, Solihull**

Get creative and learn how to write beautifully with ink and nib. This course is perfect for anyone who

wants a fun couple of hours with friends, or to learn a new relaxing and beautiful hobby. No experience is necessary. Our relaxed venues and small group sizes with two teachers on the day will ensure lots of guidance and tips. Tickets from [www.ribbonsandvows.com](http://www.ribbonsandvows.com)

## George Michael & Wham Tribute

Saturday 15th September 7pm

**Knowle British Legion**

The UK's No.1 George Michael tribute Act for 2017, Robert ignites the stage with his authentic tribute to one of the most successful vocalists of our time, delivering a powerhouse performance of both George Michaels' biggest hits and Wham's greatest songs. To book visit [www.tickettailor.com/events/tributenights/160253/](http://www.tickettailor.com/events/tributenights/160253/)

## KNOWLE LIBRARY

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

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# Alfresco Style Garden Boutique

## Designed to inspire

Opened in May 2018, The Alfresco Style is run by Lottie Newitt with the idea of creating a garden centre to inspire you to create your own unique garden that's just a little bit different.

Having worked for several of the big Garden Centre chains, Lottie has won some awards and presented on TV.

Her passion is plants, and we know with Lottie's advice you will definitely be inspired.

Located at Hatton Shopping Village, the new garden boutique is a

welcome addition sitting alongside a myriad of independent shops. This weekend the Shopping Village is also hosting summer markets where exciting traders selling crafts, cards, jewellery, clothes and a whole host of amazing gifts and goodies can be found.

The new Garden concept is still very much work in progress so do come along and see how it is evolving.

The Alfresco Style at Hatton Country World

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





# Kids' Page



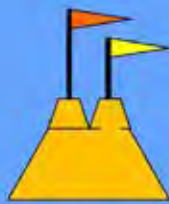
**Steve**



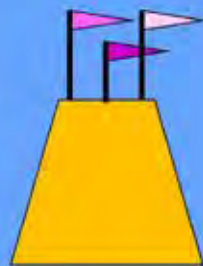
**Greg**



**Katie**



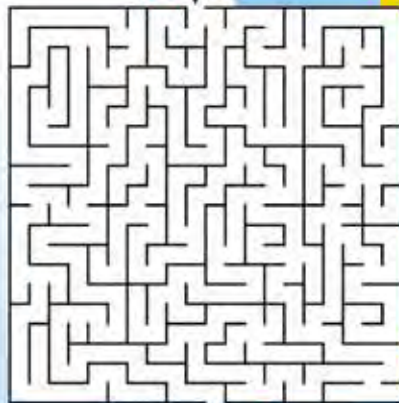
**Teddy**



**Tessa**

Five children took part in a sandcastle-building contest. The judges marked each sandcastle out of a maximum possible 60 points. Katie scored 35% of the maximum 60 points. Tessa's sandcastle scored 54. Steve scored half as many points as Tessa. Greg scored 12 fewer points than Steve. Teddy scored  $\frac{2}{5}$  of the maximum points. What was the final position of each child in the competition?

Can you help  
Rosie and  
Freddie get to  
the ice cream  
van?



## Seaside Scramble!

Unscramble the letters to reveal three things you might find at the seaside.

**a tub caked spend**

**lads can set**

**mice race nav**



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Pictures  
of a few  
recent headers

## Mindbenders

Can you find the hidden book titles?

84,84,84,84,84,  
84,84,84,84,84,  
84,84,84,84,84,  
84,84,84,84,

D

ABC EFGHIJK

MURDER SPARAMOKROW  
MURDER

answers on page 60

## stretch benefits

By Sarah Davey

In an attempt to prevent injury, most of us stretch before exercise and some (though not as many) stretch afterwards. But if we're doing fairly steady activities (jogging, cycling or walking) then while stretching will improve our flexibility there is not much evidence it will prevent muscle injury. In these cases the advice is to warm up with five minutes of light, gradual exercise instead. The reason for this is that it's important to increase the blood flow to the muscles and heart steadily, sudden changes will cause muscles to fatigue more quickly.

Stretching is more effective if you're doing the type of exercise where you land constantly and forcefully on your feet, or stop and start quickly (sprinting, tennis, weight-lifting, or competitive team sports like football). The more flexible the muscles are the more impact they'll be able to sustain.

But everyone benefits from stretching after a workout. During exercise lactic acid builds up in your muscles. This can lead to soreness and fatigue. Stretching after a workout helps to eliminate the lactic acid and restore the muscle to its relaxed state, preventing the fatigue.





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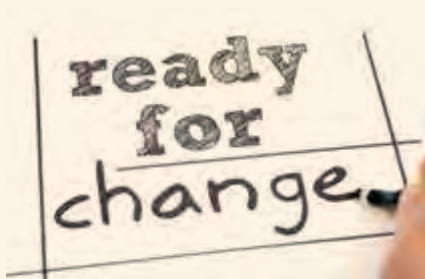
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# what's going on at GuruYou?

**Hello there everyone, I am sure you are all getting geared up and ready for the blistering heat of Summer, let's hope we haven't had it all in these lovely weeks we have had while the children are at school. Exams are over now and our pupils can breathe a heavy sigh of relief and try not to overthink their papers or panic about results day.**

Here at GuruYou™ HQ we spent much of this school term preparing pupils for SATs, GCSEs and A levels and had some wonderful testimonials from children and their parents about the positive effect coaching had on their performance. Looking at new perspectives and evidence really works like magic! If you want to pop in over the Summer to find out how, please give me a call or drop me a line, we would love to see you!

Over the Summer we may have pupils who are nervous about transition to High School, and I will be on hand to help if you feel your child needs it. One 2 hour session for £90.00 will include tools and takeaways for September and your child's future!

For business owners, I am offering a FREE taster session over the Summer months so that you can see for yourselves the power of coaching and how it can impact your enterprise and employees. The first 5 businesses contacting me from Solihull and the surrounding area will receive

a one off session ready to kick start a fab Q4!

And finally, The Bird Table is back! Business development groups of 6 female business owners will meet in Henley once a month for a term of 3 sessions to collaborate, support and develop strategies for their organisations. The coffee is great and so is the chatter but this is not networking and it's not a cosy natter either! The Bird Table is all about working together to make your business FLY! Get in touch for dates or follow us on Twitter and Facebook!

**So that, along with a week in Cornwall looks like my Summer sorted, please do come and say "Hi" if you want to know more about what we do, we would love to see you!**



**Rebecca Mander**  
[rebecca@guruyoucoach.com](mailto:rebecca@guruyoucoach.com)  
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## piercing problems

I'm quite a relaxed parent (compared with many of my friends) so when my teenage daughter Tash decided she wanted her tongue pierced I was more curious than horrified. It was all set to go ahead until we went for a routine family visit to the dentist. I casually mentioned the imminent tongue-piercing and the dentist's reaction made us both reconsider on the spot! It turns out that dentists are not fans of oral piercing due to the many issues they cause.

"Gums are very thin and easily traumatised. Even brushing too hard can cause gum recession and loose teeth," she said. The oral and dental complications associated with tongue piercings can be categorised as acute or chronic. Acute complications occur a short time after piercing and include: infection, pain, swelling of the tongue, changes to speech, swallowing and chewing, and allergy to the metal used. There



have even been reports of galvanic current between barbell and metallic dental restorations.

Chronic (longer term) complications include chipping, tooth fracture, gum trauma and recession. One U.S. study found that 41% of people with pierced lips had receding gums, compared with only 7% who had no oral piercing. Finally there is a risk of overgrowth of surrounding tissue leading to the ornament becoming embedded. Tash decided on the spot that she wasn't going to go ahead, and I decided that perhaps I needed to be a little less liberal in the future...which is why I said a firm no to her request for a tattoo less than a week later.

# take control of your electronic inbox!

## 'Why do you have 9632 emails in your inbox?'

I looked at my husband, 'Um...is that a lot? How many are in your inbox?' 'About twenty,' he replied. I looked at my inbox. There were emails I had meant to deal with; emails from clients and the kids' schools with information I needed; there were time-sensitive offers I'd never got around to investigating; endless updates from the social media platforms I subscribed to, and the rest I'd kept just in case, of what I'm not entirely sure.

I wondered idly if there was such a thing as being an email hoarder. I clearly had a problem and I needed to act. I paused my work and began to sift through the backlog. An hour later I'd made little progress.

'Just delete the lot,' said my husband. 'It'll be like ripping off a plaster. The anticipation is the worst bit.'

Could I do that? It was tempting. But I paused. I couldn't. I did have a problem!

I decided to compromise. I kept the last month's emails and deleted everything else. EVERYTHING. WOW it felt liberating. I looked at my almost-empty inbox. It felt so good I quickly

went through the month's worth of emails I'd kept, and deleted anything I knew I'd never get around to answering. I replied to and actioned emails which required a response, then deleted them too. But while I was working five new emails arrived and in the back of my mind I knew how easily those five would become fifty...and then five thousand. I needed to futureproof my inbox!

I decided I'd set aside fifteen minutes once or possibly twice a day to deal with email. If I needed to save information I would file it in a folder on my laptop. Then once a month I would quickly go through the inbox and delete anything else that I knew would never be actioned.

To be honest that's been the hardest part. I feel genuine anxiety about deleting emails. FOMO (fear of missing out) is a real problem for many people with email issues. So many emails are 'offers'. What if that amazing offer never comes up again? Believe me, a quick trawl through my pre-deletion inbox, indicates they do...frequently. What's more, these 'offers' are often time-sensitive and so we hang on to them 'just in case', then miss the deadline anyway and still don't delete them.

I found it useful to cap my emails at 50 and I use an email system to filter school emails into a separate inbox, so I can see at a glance when 'Dress like a Roman' day or 'Bring an onion to school' day (yes really) is coming up! Your system might have to be different. The trick is to invent one to suit your own personality and routine.

I feel more in control and organised now I'm on top of my inbox. Now to tackle the cupboard under the stairs!



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# bladder weakness!

**As I carried two heavy bags of shopping into the house I sneezed, and my bladder emptied itself on to the hall floor. I was wearing a light skirt and no tights so there was nothing to stop it. Horrified I dropped the shopping, ran to the toilet, finished 'going', then cleaned myself and the floor.**

I thought maybe it was a one-off freak incident but over the next few weeks it happened more and more, admittedly not as dramatically as the first time but enough that I became very self-conscious.

Why was this happening? I was only 49, slim and a runner. I did my Kegel exercises regularly. Incontinence didn't happen to people like me surely?

Eventually I plucked up the courage to speak to my GP. By the time I got into the consulting room I was so anxious I burst into tears. Thankfully she was very reassuring.

It turns out that although Kegels are helpful they are not a cure-all. Some of us have hypertonic muscles – our pelvic floors are too tight, which can also cause leaking. In these cases Kegels may make the problem worse!

The GP also informed me that while most people think of incontinence as a problem for the elderly she treats cases in teenagers, right through to octogenarians and beyond. As we

age hormone changes mean we are more likely to leak, but there are many causes: pelvic floor trauma caused by childbirth or sex, interstitial cystitis, multiple sclerosis, chemotherapy, neurological disorders, fistula, and even certain medications.

Somehow in my head I (completely unfairly) equated incontinence with people who don't care about themselves. I couldn't be incontinent because I was fit, wore make-up and had regular haircuts (yes I know that sounds crazy but apparently it's quite a common misconception!). In fact, high-impact sports can damage a pelvic floor. Runners, gymnasts, dancers and weightlifters may put more strain on their pelvic floor than it can handle and as a result can experience stress urinary incontinence. There was even a physio team dedicated to the pelvic floors of female athletes at the last Olympics!

A couple of my friends blamed childbirth but according to the GP, although this can be a factor, most women don't experience a long-term problem. It's just as likely to be down to anatomy, lifestyle and habits!

I had been avoiding drinking in social situations, and straining out as much urine as I could when I went to the loo to try to prevent leaks happening later. But my GP informed me that both these habits were probably doing more harm than good. Straining when going to the loo can cause a prolapse...not good, and avoiding drinking means more concentrated urine which irritates the bladder lining resulting in a false urge to wee.

My leakiness was a combination of hormone changes and my love of running. I was referred to a specialist physio and while I am not completely cured it's now much less of an issue.

Bladder leakage more common than you think in all age groups, and I want you to know that there is nothing to be ashamed of and you don't have to suffer in silence.







# Quality care in your own home



Bluebird care (Solihull) is a privately owned local business operating only in the Solihull Metropolitan borough area, with offices in Shirley. Our main aim is to deliver high quality care to vulnerable people in their own homes, so that they can remain as independent as possible and remain in the familiar surroundings that they love. Our service is available 365 days per year and from a half hour to 24 hours per day. In addition all of our carers are trained in Dementia and Alzheimer's.

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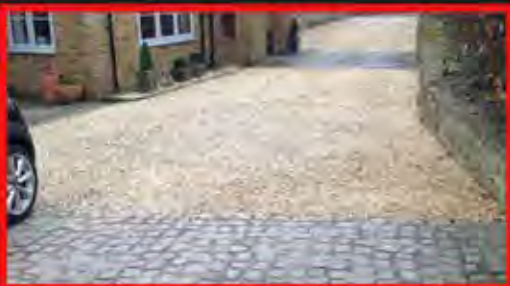
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### UPVC Doors

UPVC doors are available in a wide range of colours and finishes and their comparative lower cost to alternative materials has made them popular in recent years. They also have other benefits, such as a higher resistance to weathering and generally require less maintenance



### Bifold doors

Bifold doors are built to stack neatly to one or both sides of an aperture when open. This allows people to move freely from inside to outside or from one room to another. These can be used as room dividers or to open onto a balcony or terrace.

### Composite Doors

As their name suggests, they are made up from several different materials to produce a robust, secure and attractive-looking to protect your home. The combination of materials, such as PVC, wood, insulating foam and GRP (glass reinforced plastic) results in a product that is very strong and requires no painting or varnishing to keep it looking good over its long lifetime. An occasional wipe with a damp cloth is all that is needed to keep it clean and retain its smart appearance.

### Porches



# garden toys

**G**ardens are a great place for kids to run around and get that all important fresh air and exercise. The addition of a toy or two will mean you can keep them happily occupied for hours.

Swings are perennially popular. Make sure the size and style is appropriate to the age of the child. Better still buy one which has changeable seats so you can upgrade as the child grows, or simply ring the changes now and then.

Slides come in all sizes. They can be independent structures or attached to climbing frames. You really do get what you pay for in this instance. Do your homework. Is a metal or wooden frame best for your garden. How much use will it get and how many and what ages of children does it need to support? Get the best you can afford and it will serve you for many years.

Trampolines are a relative newbie to the UK garden compared with slides and swings but they are rightfully popular. Even adults can't resist them. You'll need a flat surface, and a safety net is highly recommended. Most trampolining injuries occur when one child lands on another so buy the biggest your garden will allow. It's almost impossible to police the 'one child at a time' recommendation

so bigger is safer as each child has more space.

Kids love dens. Provide a Wendy house or a tepee and let their imagination run wild. If you have the funds you can buy an elaborate fort or tree house. If you don't have space for a permanent Wendy house, provide poles and old blankets and let them construct their own!

If you have space for a sand and water area your children will love it. There are simple small plastic tables designed for the purpose and huge wooden luxury models complete with seats and sunshade. Use specialist play sand to fill it. Make sure you buy one with a cover to protect it from the weather and prevent neighbourhood cats from using it as a toilet.

We can't all have a proper pool in the garden but most of us have room for a paddling pool. Add a couple of supersoaker water pistols and a waterslide made from heavy duty silicon and you're set for an afternoon of splashy delight.

If you have a large space you could invest in some football goals or a badminton set. But for those who love to play games and have a smaller space there's croquet or outdoor skittles. And there are now outdoor giant versions of family favourites like Connect 4, Jenga and Chess.

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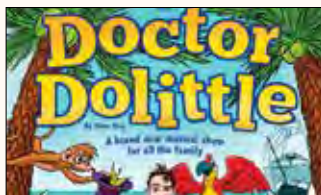


of assassins on his tail, they find themselves caught up in the world of international espionage, forcing them to go on the run and, ultimately, find a way to save the world.

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#### Dr Dolittle

Friday 3<sup>rd</sup> August

Following the success of last year's Jungle Book, Katch 22 Productions return with a family participation show - the audience learn a few songs before the show and participate during it. Aimed at young families, Dr Dolittle is a musical show based on the classic tale of a man who makes friends with the animals... even the weird and wacky ones!

#### Bringing on Back the 60s

Thursday 28th July

Starring The New Amen Corner, with very special guests including Mike D'Abo, former lead singer of Manfred Mann. Join us for a fantastic evening with Europe's leading 60s revivalists, as they perform 2 hours of hits. Special guest Nancy Ann Lee performs hits from Dusty Springfield, Aretha Franklin, Lulu, Sandie Shaw and many more.



#### The Little Mix Experience

Friday 26<sup>th</sup> July

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#### Disney's Christopher Robin

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#### The Spy Who Dumped Me

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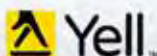
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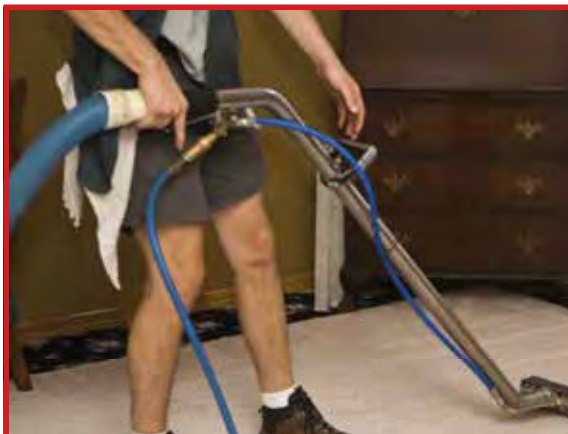
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## plastered!

By Louise Addison

Which wound covering should you choose?

**T**he other day I popped into the pharmacy for a box of plasters to be confronted by a smorgesboard of choice! There is now a plaster for every occasion. If you've ever been confused read on.

**Faster Healing** – Hydrocolloid is a substance which forms a gel when it absorbs water. It maintains a moist environment around a wound that prevents drying of the skin and a hard scab. This substance revolutionised blister healing. Specialist blister plasters form a second skin and prevent rubbing, while wicking away the moisture and encouraging healing. They should be in every hiker's backpack as well as in the handbag of every girl who loves new shoes!

**Spray-on** – This is great for minor cuts and grazes especially on tricky areas like elbows and knees. A clear flexible film is sprayed over the area to protect it from bacteria.

**Pain-killing** – Yes really! These temporarily relieve pain by dispensing painkilling ingredients on to the skin. They are best for sports injuries, sprains and backache

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# A Pre-nuptial Agreement offers protection

**A pre-nuptial agreement is a formal document which describes what assets each party owns at the time of the marriage. It also sets out how these assets and finances will be divided in the event of divorce or separation.**

**A**lthough couples marry in the belief that the marriage will be forever, it is an unfortunate fact that almost 50% of marriages now end in divorce and parties need to protect their financial position.

## Pre-nuptial agreements are important where...

- One party has or is likely to have significant inheritance prospects.
- One party has significantly greater capital or income than the other.
- One party has a successful business that they would like to keep separate from personal finances.
- One or both parties are entering into a second marriage and they wish to retain their previous divorce settlement.
- One or both parties have children from a previous marriage and they wish to protect their children's inheritance rights.

## The court's starting point

In deciding financial settlements, the Court's starting point is a 50/50 split of all the assets. It then considers a variety of factors in deciding whether to move from this position such as whether or not the couple have entered into any prior agreements.

## Given significant weight by the Courts

Although pre-nuptial agreements are not legally-binding documents, since the landmark Supreme Court case of *Radmacher v Granatino* in 2010, the courts now give significant weight to them when assessing finances.

If it can be shown that both parties freely entered into the agreement and understood the implications of signing it at the time, then as long as it is not unfair to hold the other party to the agreement the courts should uphold it. Pre-nuptial agreements must be drafted and dealt with carefully to ensure the Court have no reason not to uphold it.



**Dipika Mistry and Kathryn Ferris**  
**Wallace Robinson & Morgan Family Lawyers**

## Saving you a lot of time and money

A well prepared pre-nuptial agreement could save you a lot of time and money should your marriage come to an end.

If you are getting married, contact us to talk to one of our family law solicitors who can advise you as to whether such an agreement will be right for you.

## Co-habitation Agreements

If you are not getting married but are planning to share a home with your partner, you may want to consider a co-habitation agreement. As the law does not afford the same protection to cohabiting couples, there are a number of things which should be taken into consideration when setting up home outside of marriage, including:

- Whether the home should be held as joint tenants or tenants in common, and how the parties' contributions to the purchase price can be protected
  - Whether a life insurance policy should be taken out
  - Whether the parties need to make a Will and, if so, what provisions should be made for each other.
- Under the intestacy rules unmarried partners will not inherit upon the other's death, and so this is an important thing to consider.

The legal position regarding any children will also be affected by the fact the parents are not married. A cohabitation agreement sets out arrangements to apply both whilst the parties are living together and on the breakdown of the relationship.

#### How we can help

Wallace Robinson & Morgan Solicitors have the expertise to help draw up an appropriate agreement that both you and your partner are happy with and one that the courts will uphold.

We will make sure that both of you have obtained independent legal advice and fully understand the implications of the agreement.

We will make certain that both of you have given full and frank financial disclosure and ensure that the agreement is realistic and fair.

Our specialist family lawyers can advise you as to whether these agreements are right for you.

Head of the Family Law department, Kathryn Ferris is a qualified Collaborative Family Lawyer and offers the benefits of this revolutionary approach to her clients. Dipika Mistry, is an accredited Law Society Family Law solicitor. Kathryn and Dipika are both members of "Resolution", an organisation that promotes constructive, non-confrontational methods to resolve family issues.

**If you would like to discuss any family law issues please contact us on 0121 705 7571 or email [kathrynferris@wallacerobinson.co.uk](mailto:kathrynferris@wallacerobinson.co.uk)**



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# feeling fruity

Have you ever wished you could grow fresh fruit in your garden but worry the space is too small, or it won't look pretty, or it's too difficult?

What if I was to tell you that even a beginner can successfully grow a wide variety of fruit from apples and pears to plums, cherries, blueberries and raspberries, and possibly even figs or nectarines? The first thing you need to know is that the sweeter the fruit is meant to be the more sun it will require. Sun boosts sugar levels. If you have a sunny wall it's

an ideal place to train a sun-loving fruit tree like a peach or an apricot. Plant the tree at the base of the wall but not too close (about 30cm is about right) in soil enriched with fertiliser and good quality compost. As it grows splay the branches evenly and attach them to the wall. As the plant grows gradually cut out old straggly branches and tie in new healthy branches.

The idea of splaying or 'fanning' is that as much sun as possible gets to the fruit, so it can ripen beautifully and maximise your crop. It also has the benefit of being

a great space saver. Choose a variety that won't grow too large.

In slightly shadier spots you can grow gooseberries or raspberries, or my favourite morello cherries. Most of these come in compact varieties and can also be fan-trained against a wall if space is an issue. I have a tiny orchard of minarettes - space-saving apple, pear and plum trees bought as single vertical stems which I grow in pots. They grow to a maximum of 6 feet / 2m high and no wider than 45cm. My children love them! Simply cut back the side stems to about 10cm at this time of year and you're good to go. Just remember that pot-grown plants rely totally on you for their food and water.

Thick glazed / non-porous pots are best because they retain water and act as insulation in extreme cold. Use the correct compost and



**BY RACHAEL LEVERTON**

food for the plant but most will do well with a regular high potash liquid feed from early spring to late summer. As a gardener I was quite late to fruit-growing, but I realised quickly that it becomes an addictive hobby. And as a complete bonus I've noticed a definite increase in my bee population over the past few years. Free food, and good for the environment too.

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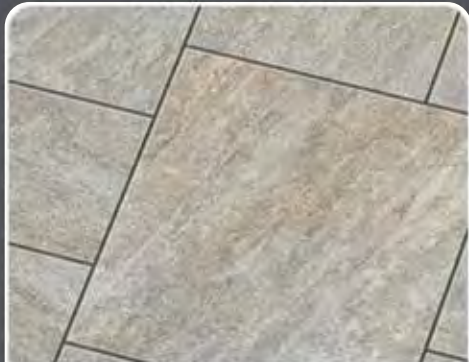
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# COMPETITION



## **WIN 2 tickets**

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**Thursday 6th September 7.30pm**

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For your chance to win these tickets, worth £46, 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

**How long have the ELO Experience been playing for?**

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

**Closing date for entries is 20th August and the winner will be drawn at random and notified by email after this date.**

### **About the Show:**

The legacy left by Jeff Lynne & The Electric Light Orchestra barely needs any introduction - suffice to say that between 1972 and 1986 they achieved more combined UK and US Top 40 hits than any other band on the planet! '10538 Overture', 'Evil Woman', 'Living Thing', 'Diary of Horace Wimp', 'Don't Bring me Down' and of course 'Mr Blue Sky' went on to become the soundtrack of our lives.

The ELO Experience are the world's foremost tribute to The Electric Light Orchestra. With a sensational string section, a stunning light show and large screen projection to further enhance the experience! Why not come along and enjoy this incredible show which accurately reproduces the songs and sounds, and takes you on a magical musical journey through time.



# useful numbers

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Knowle Surgery	0121 796 2777
Solihull Hospital	0121 424 2000
Spire Parkway Hospital	0845 850 1451

## Council

Solihull Council	0121 704 6000
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## Utilities

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## local police contact for knowle & dorridge

Sergeant Mike Lloyd

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



# potato salad

A beautiful version of this classic

**Preparation time: 15 mins**

**Cooking time: 15 mins plus cooling time**

**Serves 4 People**

## Ingredients

600g waxy potatoes  
1/2 tsp Dijon mustard  
1 tbsp red wine vinegar  
2 tbsp vegetable oil  
1 tbsp extra virgin olive oil  
115g good quality mayonnaise  
1 tbsp wholegrain mustard  
3 spring onions - sliced thinly  
Small bunch chives - finely chopped  
Small bunch mint - finely chopped

## Method

Boil the potatoes in salted water for 15-20 minutes until tender.

While the potatoes are boiling place the Dijon mustard and the red wine vinegar into a bowl and whisk them together, then whisk in the oils.

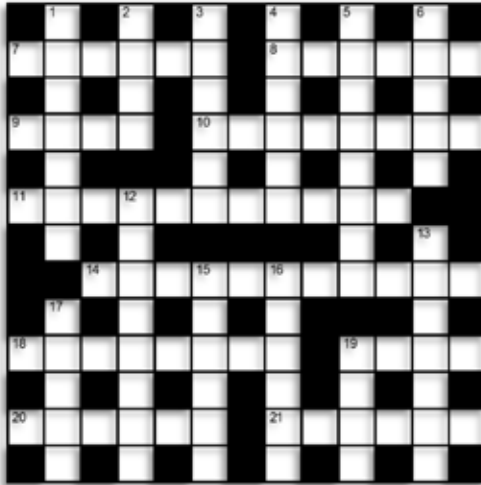
When the potatoes are cooked cut the smaller ones in half and the larger ones into quarters. Pour over the dressing, mix well and leave to cool.  
Mix the remaining ingredients with the mayonnaise but reserve a few of the herbs for garnish.

When the potatoes are cool, drain off any surplus vinegar dressing then toss them in the mayonnaise. Serve garnished with the reserved herbs. into the prepared jars. Cover the surface of the jar with waxed discs, wax-side down, and either quickly cover each jar with a dampened round of cellophane and rubber band or leave to go cold before covering with cellophane or a screw-top lid. Sealing the jars well prevents the build-up of condensation under the lid, which could lead to mould.



**Serves: 4 people**  
**Preparation and cooking**  
**time: 30 minutes**

## crossword

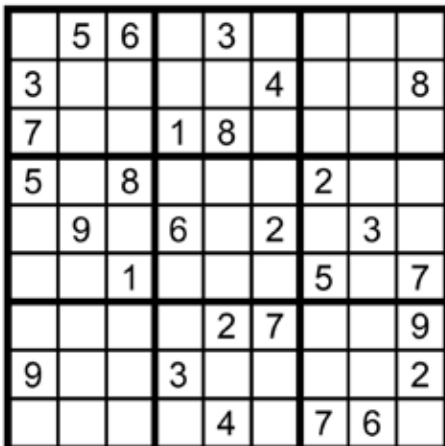


## clues

- 7 Puff, wisp, waft (6)
- 8 Medicine which induces vomiting (6)
- 9 Dwell (4)
- 10 Transparent danger to drivers (5,3)
- 11 Hiking over fells (4,7)
- 14 Suitcase storage on train (7,4)
- 18 Destroying (8)
- 19 Taunt, catcall (4)
- 20 Administer with a needle and syringe (6)
- 21 Smaller, not as important (6)

### Down

- 1 Little House on the \_\_\_\_\_ (7)
- 2 Sheet of glass (4)
- 3 Persistent irrational fear (6)
- 4 Pass comment (6)
- 5 Calculator (8)
- 6 Finely chopped meat (5)
- 12 Catapulted, hurled (8)
- 13 Plotter, conspirator (7)
- 15 To blame, at fault (6)
- 16 Chortle, chuckle (6)
- 17 fashion, mode (5)
- 19 Make joke (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 60

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**Sudoku Solution**  
from page 59



**Crossword Solution**  
from page 59



## Solution to Mind benders

1. 1984
2. Heidi
3. To Kill a Mockingbird

**Mindbenders Solution**  
from page 9



By Louise Addison

# steps to a healthier heart

**C**ardiovascular disease causes 26% of all deaths in the UK; that's over 150,000 deaths each year – an average of 420 people each day or one death every three minutes. Those are the scary statistics but what can you do to improve the health of your heart?

Below are the top tips according to leading cardiologists.

## **Walk 30 minutes every day, no matter**

**what!** – A half hour walk every day decreases an individual's chances of a heart attack by 30%. If you think you'll skip days find a walking buddy and hold each other accountable.

## **Find out your blood pressure and take steps to bring it down**

– Your blood pressure may be a more important factor than your cholesterol! If the doctor prescribes medication take it, but you can also take steps to lower it yourself and maybe reduce the need for medication. The best ways are to exercise and lose some belly fat. Individuals with high levels of fat in the abdominal cavity (belly fat) and around their abdominal organs are more likely to develop high blood pressure because this fat interferes with the function of the kidneys, which regulate the blood pressure.



## **Know what your HDL number is and then**

**do what you can to raise it to 1.3 mmol/l** – In women especially it seems that a higher HDL (good cholesterol) number is more important than a low LDL (bad cholesterol) number. Eat about 25g of raw, fresh, unsalted nuts per day – especially walnuts, pecans, hazelnuts, pistachios and almonds. Nuts are packed with omega 3 oils, raise levels of HDL good cholesterol, decrease inflammation and have a good effect on the heart. Healthy fats such as olive or rapeseed oil have a positive effect too, and the really good news is that an alcoholic drink per day also works in your favour!

## **Eat a good quality tomato pasta sauce!**

Simple tomato pasta sauce is loaded with potassium which aids lowering of blood pressure.

**Floss!** – Most people don't know that your oral health has an effect on arterial health so make sure those pearly whites stay clean and flossed.

## **Limit saturated fat and avoid trans fats**

– Try to keep saturated fat below 20g per day. Both saturated fat and trans fats (found in many processed foods) lead to inflammation of the arteries.

## **Read labels and avoid foods which list**

**sugar as one of the first five ingredients** – In particular don't be fooled by foods which claim to be 'low fat' because often they contain extra sugar instead. Healthy fats such as olive oil are better than empty sugar calories.

**Drink wine** – But not too much! It's a slightly bizarre (but consistent scientific truth) that teetotal folk have a higher risk of heart disease than those who drink in moderation. But a glass of red wine occasionally is very different to binge drinking once a week so be careful with this tip.

**Eat a rainbow of fruit and veg** – Five to nine servings a day will help to keep your heart in tip-top condition. It may sound a lot but if you add chopped veg to pie fillings and casseroles and eat fruit at breakfast and salad stuff for snacks it all adds up.

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👍 SUNDAY 26<sup>TH</sup> AUGUST 👍

BUSTED  
RAZORLIGHT LIGHTNING  
SEEDS

THE  
BEAT  
FEAT. RANKING ROGER

Sugar Hill  
Gang

The  
DUALERS!  
• South London •

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# The UK Only Buy and Sell Website IS NOW LIVE!!!



A screenshot of the eBuygumm website interface. At the top, there's a navigation bar with the eBuygumm logo, a search bar, and links for 'Register' and 'Sign in'. Below this is a horizontal menu with categories: AUTOMOTIVE, ELECTRONICS, FASHION, GAMING, HEALTH &amp; BEAUTY, HOME &amp; GARDEN, SPORTS &amp; LEISURE, TOYS &amp; NURSERY, and TV &amp; AUDIO. The main content area has a blue background and features a list of benefits on the left and right, with a central image of a laptop and tablet displaying the website. The benefits listed are: ITS TOTALLY FREE, STRIKE A DEAL, ALL ITEMS ARE IN THE UK, NO AUCTIONS, NO WAITING, EASY TO LIST YOUR ITEMS, and THE UK ONLY BUY &amp; SELL WEBSITE. Below the website image, there's a desk setup with a laptop, a tablet, a smartphone, a notebook, and a pen.

Want to know why everyone's talking about it?  
Go online and check it out **NOW!**

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