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summer fun...

Welcome to the August issue of The Knowle & Dorridge Directory.

For those of you that aren't jetting off overseas this Summer, **there's lots of great things happening locally** – including Touchwood's urban beach, Age UK's Big Knit Campaign, a Charity Fun Day at the Land Rover Sports & Social Club and much more.

Check out the local event guide on page 6 and have a look at page 36 to see what shows are coming up at the Core Theatre. The Solihull Summer Fest returns to Tudor Grange Park on August Bank Holiday weekend so get your tickets, picnics and dancing shoes sorted!

Have a great month and make the most of the weather and the Summer holidays, while they last!

Zoe

Zoe Reece

Tel: 07557 220585

Email: zoe@dorridgedirectory.com

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community events

Totally Tropicana

Until 2nd September
Touchwood

Touchwood is giving local residents the chance to be transported to sunnier shores once again with the return of its popular Costa Del Solihull urban beach in Theatre Square. This year's beach brings with it a touch of the 80's with a fun and colourful 'Tropicana' twist. Complete with deckchairs, buckets and spades, Costa Del Solihull offers the perfect place to enjoy a relaxing holiday experience without having to travel very far.



Big Knit

1st September - 8th January

Can you knit little hats for the top of Innocent Smoothie Bottles, and in doing so raise money and awareness for Age UK Solihull's Winter Warmth campaign? For patterns call 0121 704 7842 or visit www.ageuksolihull.org.uk. Drop your finished hats to Age UK Solihull at The Core, Solihull Central Library or at their Solihull shop. Don't want to knit alone? Visit Boston Tea Party in Solihull on Tuesdays from 4th September between 9am - 12noon and join other knitters.



Lemon Aid Charity Walk and Fun Day

Saturday 8th September,
12noon - 8pm
Land Rover Sports & Social Club,
6 Billsmore Green, Solihull

A FREE local fun day for all ages with multiple stands and entertainment,

plus an AMAZING raffle - all to raise money for the Marie Curie hospice. Sponsored walk of up to 31km too. Email to register for the walk - lemonaidcharity@gmail.com

An Evening at the Opera with Gaynor Keeble and Friends

Saturday 8th September, 7.30pm
Knowle Village Hall

Gaynor is a well-known mezzo soprano singer both on the operatic and the concert stages, and the programme will contain many Opera favourites. Tickets £8.50 from Carolyn (01564 779898) or Stephen (01564 778163). The concert is in aid of the Hall Refurbishment Fund.

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



George Michael & Wham Tribute

Saturday 15th September 7pm
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Smoke Signals to Smartphones!

Have you ever wondered what life was like before smartphones?'

One of the oldest forms of long distance communication is smoke signals, used in both Ancient China and by Native Americans to warn of enemy attacks.

Then there were carrier or homing pigeons, which are birds that have been bred to find their way home over immensely long distances. A short message was written on a small piece of paper which was inserted into a small metal canister and attached to the leg of a pigeon. They were mainly used by the military and were a surprisingly accurate and effective way of communicating during battle.

In 1837, two sets of inventors simultaneously developed an electrical telegraph: Wheatstone and Cooke in England, and Samuel Morse in the United States. Morse and an assistant developed a new signalling alphabet using dots and dashes that became the standard for telegraph communication. By 1861, this Morse telegraph system connected the West and East coasts of America, and put the Pony Express (a mail-delivery service which had connected communities across the vastness of the United States) out of business. As technology improved, the telegraph became an audio transponder, where messages were translated based on the interval between two clicks.

Alexander Graham Bell is commonly credited as the inventor of the telephone, though in fact many individuals contributed to the devices we use today but it was Bell who filed the patent in 1876 for an "apparatus for transmitting vocal or other sounds telegraphically"



The earliest text-based machine was the fax machine. It's been around since the 1880s, though it only achieved commercial success in 1966, when Xerox introduced the Magnafax Telecopier. This behemoth weighed over 20Kg and sent digital versions of documents through phone lines via a series of dial tones. The fax machine became popular with business and in newsrooms because it allowed people to send documents across the world in a matter of minutes, replacing courier mail services and telegrams.

In 1973, Motorola produced the first 'mobile' phone, which weighed over 2Kg! Today, we've come a long way from those oversized devices and have access to phones that weigh around the same as a bar of chocolate, and slip easily into our pockets.

With the advent of the Internet came 'Instant Messaging'. ICQ was the first stand-alone instant messenger. This was the first centralized service which allowed individual user profiles. It was the grandfather of all other instant messaging services.

Today we use our mobiles for much more than talking. On average we spend just 6 minutes per day talking on the phone, but more than 26 minutes texting! Originally, we had to type out every letter according to the numerical keypad on our mobile devices. Now we have full QWERTY touch screen keyboards with predictive text and autocorrect capabilities that make it easier than ever to communicate. How amazing is that?

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Fairground Attraction

Why we like to be scared

Fairs and theme parks never seem to lose their attraction. My kids love them as much as I did. The smell of candyfloss, the music and the thrills. It's a perfect summer combination.

Not everyone will agree with me though. My wife is terrified of anything more exciting than the merry-go-round. So why do I love Blackpool's Big One, while her knuckles go white on the dodgems?

According to psychologists it comes down to something he calls a "type T" personality. Type T's are thrill-seekers who thrive on the uncertainty and intensity of activities that most people would find hair-raising.

It seems some of us enjoy the physical sensations associated with fear: the adrenaline rush; the pounding heart and the sweaty palms. **Scary rides make us feel alive.** Terrifying experiences induce a sense of euphoria once we're back on solid ground though we only enjoy them experts say, when we're within a "protective frame" that assures us that deep down, we're still safe.

Recent research has pinpointed certain genes which may be responsible for those of us with type T personalities. Biochemists have isolated a gene called DRD4 which seems

more common in rollercoaster-lovers like me.

New technologies have allowed engineers to design coasters that change speeds quickly, shoot up hundreds of feet into the air, and make all sorts of twists and subject the body to intense forces. Research suggests that extreme fairground rides tend to appeal particularly to those of us who lead stressful, structured or controlled lives. It's certainly true that roller coasters are a way of breaking out of the humdrum expectations of everyday life. Theme parks allow us to act like children again; **to experience true excitement and behave a little wildly.** Where else as an adult can you scream at the top of your lungs and throw your arms in the air without being sent for psychological evaluation?

Adventure parks are also a great way of bringing families and friends together. Riders share the thrill and adventure of having survived what feels like an extreme experience, even though the rides there are very safe. This bonds the participants more closely. It's even been suggested because of this that theme parks and rollercoasters are good places to go on a date because in situations of high emotional intensity attraction is more likely.

If you're looking for a great day out this summer where you can get in touch with your inner risk-taker, feel closer to your family and maybe even find romance...**head for the nearest theme park. It's a scream!**



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Picnic Power

How I overcame my fear of eating al fresco

The text from my friend Lorraine said simply: Fancy a family picnic this weekend? My palms began to sweat; my heart pounded. If she'd invited me to a naturist karaoke evening, I'd have been less distressed! I wanted to yell **"NO!"** Why would you suggest that? I thought we were friends! **I detest picnics.** Picnics are my nemesis.

My hatred of them began as a child. Car-sick and hot (air-con in vehicles was pretty much unheard of in 1980s Birmingham, and my mother insisted on having all the windows closed on account of 'the fumes') we would arrive at some God-forsaken destination, usually a carpark with a field attached next to a gasworks, and unpack soggy sandwiches, dangerously tepid sausage rolls and revolting syrupy Kia-Ora. There were never any loos, so we had to **'go' behind a bush**; the memory of being discovered mid-flow by a random dog-walker still haunts me.

I'm sure my mother imagined herself, wearing a straw hat and broderie anglaise summer dress, reclining elegantly on a plaid rug while we children frolicked nearby playing tag or flying kites, or maybe lolled next to her reading.

The reality was my own personal version of hell. She might have managed the straw hat, but it wasn't easy to look elegant while squatting on a sloping patch of sparse parkland, being eaten alive by ants while us kids alternately squabbled and whined or poked a dead, maggoty rabbit with sticks.

She tried various approaches over the years. Once she cooked picnic fayre from the recipes in Woman's Own Magazine. Marinated chicken wings which looked quite nice before they'd

travelled twenty miles in a Tupperware box, ended up looking (and tasting) like evidence from a particularly gruesome episode of *Silent Witness*. **Ditto the potato salad.**

I have nothing against eating outdoors. I have a table and chairs in my garden. The food only has to travel a few feet from the kitchen so there are no nasty surprises when we come to eat it. As an adult I'd avoided all picnics, until now. But Lorraine is my best friend and sometimes you must take one for the team, so I agreed reluctantly. "I'll bring the food, you bring the drink," she said.



My ridiculously enthusiastic family (they were stupidly excited about our first family picnic) and I arrived at the venue. My expectations were low. Lorraine and her husband Dave unloaded folding tables, chairs, a table cloth and... a cool box of delicious food mostly purchased from the local deli, which does all manner of pre-prepared salads and cold cuts. There was fresh bread, olives, citronella candles to keep away insects, music, wine (courtesy of yours truly) and not a salmonella-infested sausage roll in sight. **It was completely delightful.** There may have been frolicking children too, even if one of them did find a dead bird (told you!)

I am now a picnic convert and we're planning another. I'm even reading recipes for marinated chicken wings!

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Eat to Boost Your Mood

We all feel a bit low from time to time. Try modifying your diet.

Go Mediterranean: Scientists have found that those who followed a classic Mediterranean diet were 30 per cent less likely to develop depression. It is thought that the combination of omega 3 fatty acids together with natural unsaturated fatty acids and antioxidants from olive oil and nuts, flavonoids and other phytochemicals from fruit and other plant foods and large amounts of natural folates and other B vitamins in the overall Mediterranean dietary pattern may help to protect against depression.

Eat selenium: Studies have linked low mood with low levels of the mineral selenium. Eating nuts is the best way to increase your intake. Brazil nuts are the most concentrated selenium source. Just three nuts contain the recommended daily intake of selenium for a woman.

Watch your blood sugar: The glycaemic index (GI) is a numerical system that indicates how quickly carbohydrates will make your blood sugar levels rise. Fluctuations in blood sugar lead to swings

in mood and energy. Choose foods that are slow to digest, and which offer a gradual, sustained energy release.

Boost your serotonin: Tryptophan is an essential amino acid which is converted in our bodies into the neurotransmitter serotonin. Low serotonin levels are often associated with depression. Proteins such as lean chicken, tuna, salmon and beans are tryptophan-rich and have been proven to boost the mood.

Get plenty of fish: Research suggests that omega 3, the essential fatty acids found in fish oils, can improve your mood. Regular consumption of oily fish (salmon, tuna and mackerel) has been associated with better moods and a higher self-reported mental health, even after adjustment for factors such as income, age and other eating patterns.

Remember that depression is not low mood. It is a serious mental health condition. If you think you are suffering from depression please consult your GP.



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Den-building

My eight-year-old is a den-builder. Wherever we go he constructs a dwelling. If we're at the beach he's off foraging for driftwood to make a shelter, on a forest walk he stacks branches and covers them with leaves and moss, 'for insulation and camouflage!'.

If he's stuck indoors on a rainy day he'll use chairs, cushions and blankets. He is one of life's builders and should there ever be a zombie apocalypse and we have to restart civilisation from scratch I want to be on his team!

If you could distil childhood into a single activity, it would probably be den-building. Most kids love it, be it scavenging building materials from forest debris, to stacking chairs back-to-back and raiding the airing cupboard for linen. Den-building is also a great family activity. It requires teamwork and communication and is a good way to spend quality time together. Even the smallest children can gather leaves, or cushions if you're

indoors, and add decorations. My son loves to use fairylights on his more elaborate indoor structures.

But essentially, all a den needs is a frame and a cover. Planning is everything though. What materials are available? The beach will provide different building materials to the forest, or the sitting room. Think about how you'll support the roof. If it all collapses, don't stress, what have you learned? Den-building is about the process as much as the final result.

A sturdy frame

Chairs and tables are good for building a structure quickly (good for very young children). Bamboo canes are light, strong and fairly cheap. Broom handles or tent poles are also good. Bendy sticks or plastic bendy pipes can make an interestingly shaped den. Fallen branches make you feel like Robinson Crusoe (but don't destroy trees).

Stuff for tying

String or rope; rags - try cutting up old T-shirts.

Shelter Materials

Bright materials can help you turn your den into a palace, fancy restaurant or castle. If you want to leave your den outside you'll need waterproof material, such as plastic dust sheets or tarpaulin. You can use large leaves a bit like tiles but you need lots and they must overlap properly so the rain runs off them and not into your den. It's fun experimenting though. If you do use leaves, ferns and moss remember that these are the habitats for little creatures so exercise some care.

DON'T use glass, or very heavy fence panels, tins of paint or branches cut from living trees.

If you're outside respect the environment!

essentially, all a den needs is a frame and a cover. Planning is everything though.

Don't damage the den site - when your den is dismantled it should leave no trace. Don't discard litter; take your rubbish home with you.

Take lots of photos or videos of your efforts. One afternoon building a den in the company of your favourite people will also build memories that last a lifetime.

By Sarah Davey





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Porches



Gadgets for Summer Living

By Tom Hancock

Gardens 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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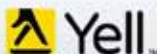
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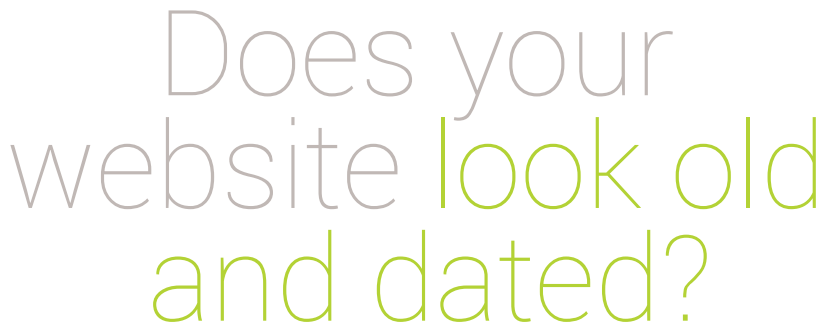
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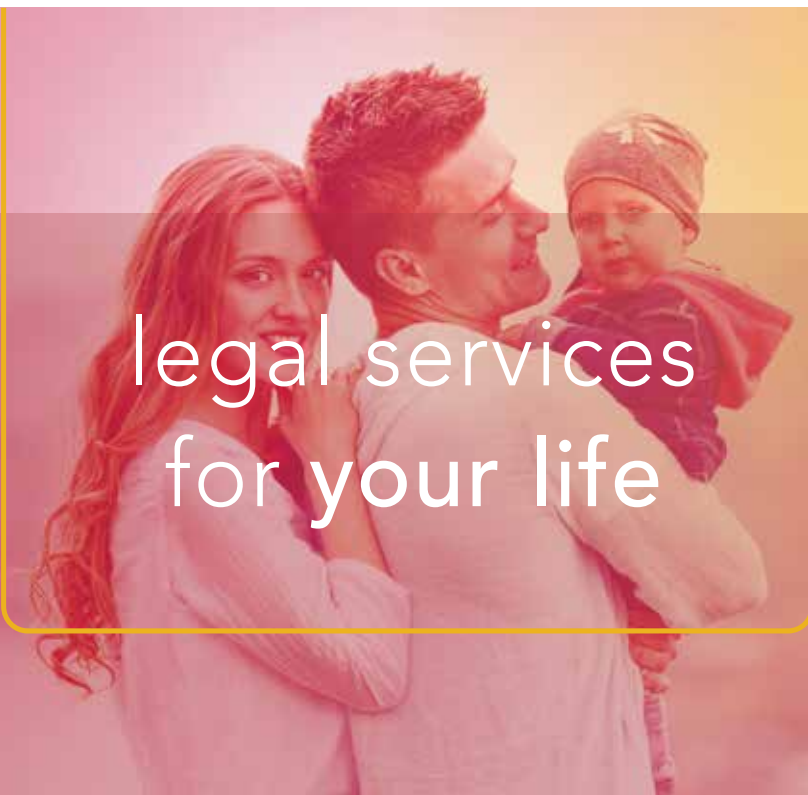
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Daisy Daisy

There are some flowers I love because they are show-stoppers, others because of their evocative scent, and some because they are unusual. Michaelmas daisies don't tick any of those boxes, but I love them anyway. They are bright, cheerful, and completely undemanding - at home in the poorest, driest soils, and bees and butterflies love them!

They get their common name from their flowering period, which peaks at Michaelmas, the feast of St. Michael on September

5th, though they will carry on flowering well into late autumn. This means they are great for injecting colour into borders which can start to look a little washed-out and dreary in late summer. Until the mid-nineties, Michaelmas daisies were all known scientifically as asters, but then some were reclassified. Look out for the name *Symphyotrichum*, as many popular varieties now carry that name instead

The gardener credited with popularising the Michaelmas daisy was Ernest Ballard. Many of the varieties he cultivated are still available and bear the

names of his family members. "Ada Ballard" is named for his sister and is lavender blue, "Marie Ballard" is a pretty pale blue double bloom named for his wife. He is also responsible for "Prosperity" and "Peace", rose-pink and deep mauve respectively, which he named straight after the First World War.

If you want a tallish variety suitable for the middle of the border, try "Little Carlow" which grows to about 90cm and produces masses of violet-blue blooms. One of my favourites for the back of the border is "Calliope" which has striking black elegant stems that reach



BY RACHAEL LEVERTON

heights of 2m, smothered in delicate lilac flowers. A good small variety is "Beggarten" which is pale blue, compact and clump-forming. "Tonga" is also smaller and is a lovely deep purple which looks great in a container.

Although they are not high-maintenance plants Michaelmas daisies benefit from being cut down to ground level in late autumn and covered in a good mulch of well-rotted organic matter.

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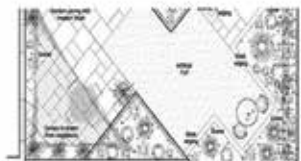
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By Louise Addison

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Closing date for entries is 7th September and the winner will be drawn at random and notified by email after this date

About the Show:

The ultimate feel good show! Another sensational show from the producers of 'Memory Lane', 'All our Yesterdays', and 'Memories are made of This'. One of the biggest shows of its kind in the UK, taking the audience on a breath-taking musical journey through the 50's, 60's, and some of the brilliant sounds of the 1970's. Including songs by Connie Francis, Frank Sinatra, The Beatles, Elvis Presley, Abba, Jersey Boys and many more. Beautifully costumed and choreographed for each decade, performed by 'West End' and international vocalists.

useful numbers

Health

NHS non-emergency	111
Dorridge Surgery	01564 776262
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

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



Courgette Gratin

A great way to use up the glut of courgettes around at this time of year

Preparation time: 20 mins

Cooking time: 30 mins

Serves 4 people

Ingredients

2 tbsp olive oil
800g/1lb 12oz courgettes, sliced into 5mm/1/4in rounds
A few sprigs of thyme
A few basil leaves
100ml/3 1/2 fl oz crème fraîche
50ml/2 fl oz milk
1 tsp plain flour
75g/2 1/2 oz Gruyère or similar cheese, grated
Salt and freshly ground black pepper

Method

Preheat the oven to 200C/Fan 180C/Gas 6

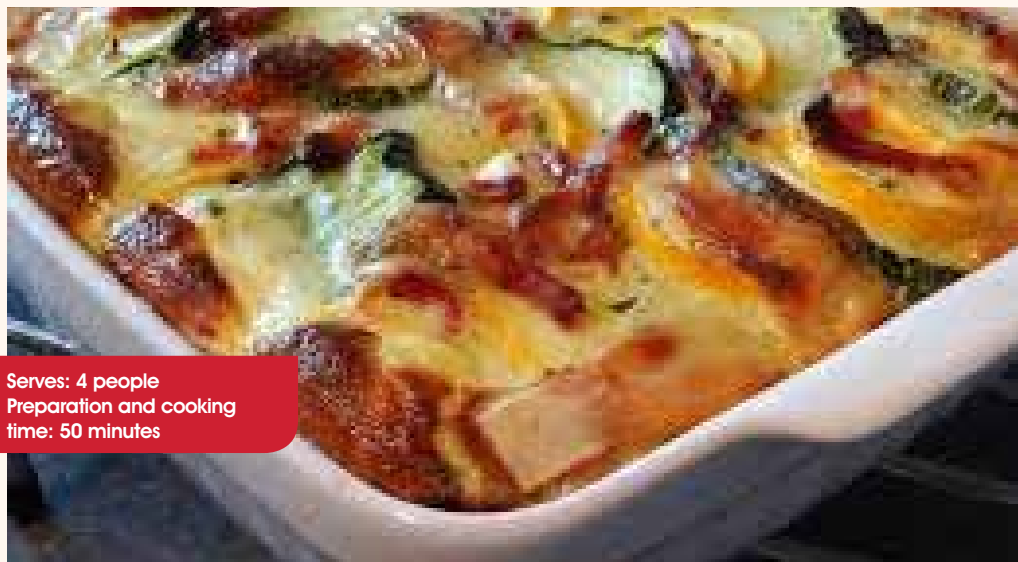
Place the olive oil in a heavy large, lidded frying pan over a low heat. When hot add the courgettes and herbs and season with salt and pepper.

Cover the pan and cook gently for 10 minutes, stirring occasionally, until the courgettes have softened slightly but still have a little bite. Transfer the courgette and herb mixture to an ovenproof dish.

Whisk together the crème fraîche, milk and flour in a bowl and season with salt. Pour the resulting mixture over the courgettes. Don't worry if there is not enough to submerge the courgettes as the mixture will bubble up when cooking.

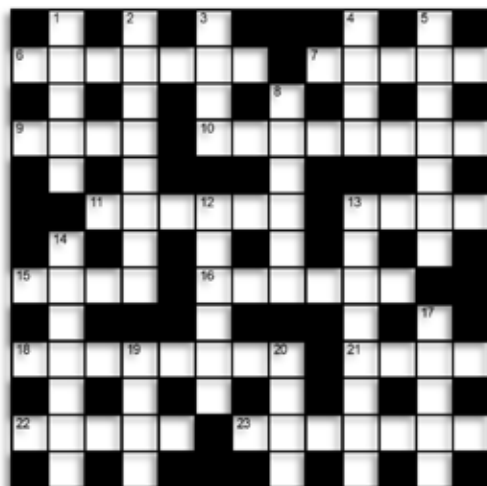
Sprinkle over the Gruyère cheese. Bake in the oven for around 25 minutes, or until brown and bubbling. Serve as a side dish, or as a light supper with crusty bread and a green salad.

Note: Gruyère is a wonderfully melty Swiss cheese but if you can't find it try Emmental, Beaufort, Jarlsberg or Comté.



Serves: 4 people
Preparation and cooking
time: 50 minutes

crossword



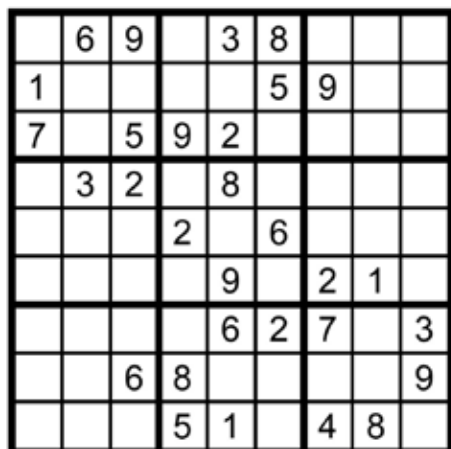
clues

Across

- 6 Very cold storage cabinet (7)
- 7 From then, till now (5)
- 9 Reverse (4)
- 10 Made as good as new (8)
- 11 Image-recording device (6)
- 13 Speed contest (4)
- 15 Capital city of Italy (4)
- 16 Dissertation (6)
- 18 Type of vinegar (8)
- 21 Cigarette end, butt (4)
- 22 Mislead, hoodwink (5)
- 23 Distance travelled per unit of fuel (7)

Down

- 1 Inaccurate, untrue (5)
- 2 Clear or cloudy fizzy drink (8)
- 3 Swerve (4)
- 4 Inflatable rubber mattress (4)
- 5 Howl, shriek (7)
- 8 Breakout, abscond (6)
- 12 Inter, bury (6)
- 13 Print and distribute again (8)
- 14 Appealing, endearing (7)
- 17 Move, shift (5)
- 19 Secure (4)
- 20 Wind into rings (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

Accountants

48 Athos Business Solutions 0333 400 7876

Bathrooms

24 OT Bathrooms 0121 707 8612
38 EH Smith 0121 713 7200

Blinds / Curtains / Fabric

9 Tudor Rose Curtains 0121 445 2072

Builders

17 Parkfield Building Services 0121 241 2959

Car Services

12 Crossroads Service Station 01564 470 3225
44 Johnsons Cars 01564 454 51
45 Easylease 0121 693 0573

Care Services

20 Bright Dawn Home Care 01564 784 598
21 Bluebird Care 0121 711 7435
22 Lady Katherine Housing 01564 772 850
23 Helping Hands Home Care 01564 455 277

Carpets

28 Don Mander 01564 700 200

Central Heating / Gas Services / Boilers

13 Stephen Smith & Son 01564 200 119

Cleaning Services

40 Bright & Beautiful Classic Carpet Cleaning 01564 339 967
40 Cleaning 0121 682 7450
41 Dorridge & Knowle Domestic Cleaning Services 0780 9567 264
41 Village Domestic Cleaning 0785 4071 892

Computer Services

9 Byte Support 0790 151 2544
13 On Track Computers 0800 077 8301

Drives

25 Dimension Landscape & Driveways 0121 733 1463
39 Central Drives Landscapes 0121 702 1456

Estate Agents

63 DM & Co 0156 4777 314

Events

9 Land Rover Sports & Social Club 0121 742 5490

Fascias & Gutters

54 Proline 0800 956 1315

Garden Centres / Services / Landscaping

25 Dimension Landscape & Driveways 0121 733 1463
39 Central Drives Landscapes 0121 702 1456
51 Kenilworth Fencing 0789 104 6187
52 Oakland Group 0700 598 2828
53 Hampton Gardening 0167 5446 174
54 Midlands Grounds Machinery 0156 4773 614
62 Earlswood Garden & Landscape Centre 0156 4702 314

Graphic Design

42-43 Hotlobster Design Ltd 0121 369 1977

Handyman Services

15 Prestige Multi-Trades 07886 922 280

Health & Beauty & Wellbeing

7 Central England Pilates 07762 311074
12 Equanimity CBT 0844 693 1282

Kitchens

33 Dream Doors 0121 314 0956
38 EH Smith 0121 713 7200

Memorials

11 Yardley Memorials 0121 706 2473

Online Buying & Selling

64 ebuygumm www.ebuygumm.co.uk

Painter & Decorator

27 Adrian Lewis 07811 455546
29 Bill Boyce 0121 744 0040

Plumbing

3 Knowle Domestic Appliance Repairs 01564 730183
13 Stephen Smith & Son 01564 200119
35 Cullen Plumbing & Tiling 07896 862916

Restaurants

2 The Barn at Berryfields 01676 522155

Roofing

1 N Bird & Son 0800 195 6946
27 C Stevens Roofing 0121 733 1276
29 Roofing & Guttering Services 0795 6228 842

Solicitors

5 Sydney Mitchell 0121 746 3300
46 Wallace Robinson Morgan Solicitors 0121 705 7571
49 Probate 0156 4758 055

Windows & Doors

9 Window Fix 0121 704 1339
26 David Cannon Windows 0121 772 5557
30-31 Mainstream 01564 320 013
37 Howard Yarnold 0121 414 0808



Sudoku Solution

from page 59



Crossword Solution

from page 59



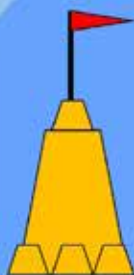
Solution to Mind benders

1. Add insult to injury
2. Beating around the bush
3. Split second timing

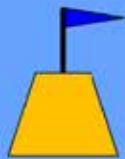
Mindbenders Solution

from page 7

Kids' Page



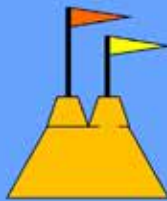
Steve



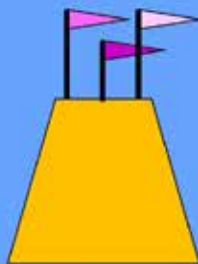
Greg



Katie



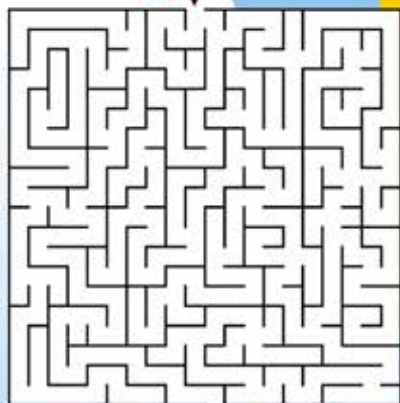
Teddy



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

Seaside Scramble Solutions
Bucket and Spade
Sandcastle
Ice cream van



Ice Cream Maze

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