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Summertime!

Welcome to the July edition

At the time of writing this the sky is distinctly overcast but here's hoping by the time this reaches you we are firmly in Summertime!

After all, there's loads of great places to visit in the local area, which are so much more enjoyable if the sun's shining. If you want some inspiration on what's on in the area, then head to page 6 for more information.

Wishing you a great month ahead. Until next month,



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My partner is turning my child against me – what can I do?

If you're worried that your child is avoiding seeing you because of exaggerated, false, or negative information being given to them by your ex, then your child could be a victim of 'parental alienation'. Dipika Mistry, Legal Director at Solihull-base law firm Shakespeare Martineau explains your legal rights...

'Parental alienation' is a term often used in cases where a child or children are particularly resistant to spending time with one of their parents, or an individual with parental responsibility. Parental alienation can exist in varying degrees, from mild alienation where a child resists visits to a parent, to severe alienation where a child actively tries to get away from the 'alienated' parent.

What are examples of alienating behaviour?

Often, alienation is the result of a long-running pattern of smaller behaviours, which the 'alienating' parent may not even be aware of. For example:

- Language is used around a child which discourages them from seeing or enjoying their time with the other parent
- One parent tries to limit or disrupt the time a child spends with the other parent
- One parent demands constant communication when the child is not in their care, but does not offer the same when the child is in their care
- The child is made to feel responsible for not disappointing or angering the 'alienating' parent
- The child is made to feel that they must choose between their parents.

What can I do about parental alienation?

Parental alienation is difficult to prove, so if you think your child is being discouraged from seeing you, you should keep a clear, confidential record of everything you observe that doesn't seem right to you, documenting your visits and logging requests made by the other parent. You may find that using a parenting app is an easy way to keep a clear record of the contact you have with the other parent, and any missed visits. Ensure you stick to any agreements you have reached about contact (whether agreed voluntarily, in mediation or by court order). If your agreement is not adhered to, keep a log as evidence should the matter end up in court. Maintain an open relationship with your child so they feel comfortable telling you things without needing to add pressure. If you believe this is happening to you, or if you are being accused of parental alienation, seek legal advice.



For more information call 0330 024 0333
email dipika.mistry@shma.co.uk or visit www.shma.co.uk

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community events

New Knowle & Dorridge Memory Café Launch

Every Tuesday, 10.30am – 12.30pm, Dorridge Methodist Church

This café, run by home care company Unique Care, aims to provide a supportive and friendly environment for individuals living with dementia and their carers. People from the surrounding area can enjoy a variety of activities, socialise, meet people in similar circumstances and find helpful information and resources. £3 per person, no need to book, call Karen for more info on 07974 263742.

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The Gondoliers Outdoor Show

1 August 6pm, Brueton Park

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of blissful romance, barbed satire and comedic chaos. Gather up your friends, pack a picnic, and bring along your own seat or blanket to enjoy this fantastic outdoor show performed lakeside in Brueton Park. Please dress appropriately for the weather - the show will go ahead, come rain or shine (unless in the case of extreme weather)! Book tickets on 0121 704 6962.

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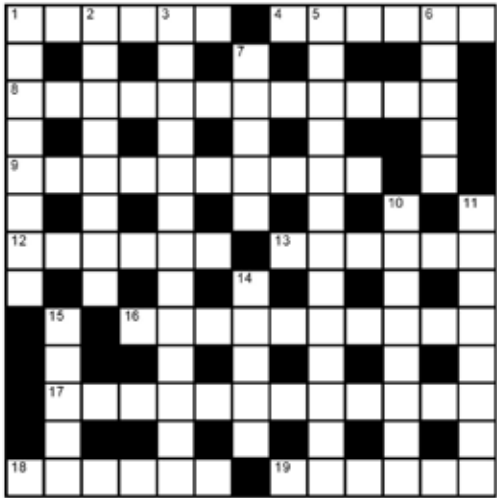


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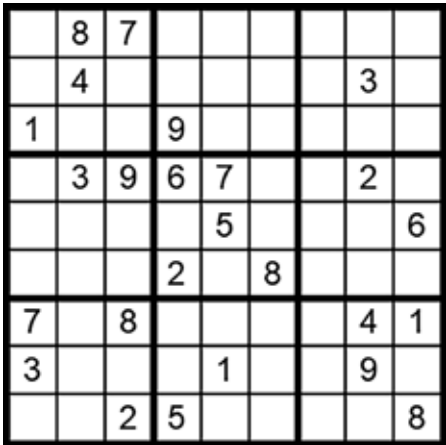
Across

- 1 Hit, clouted (6)
- 4 Abundance (6)
- 8 Institution (12)
- 9 Precise, singular (10)
- 12 Required (6)
- 13 Like better (6)
- 16 Amenities (10)
- 17 Advanced culture, society (12)
- 18 Prompt (6)
- 19 Rides a bike (6)

Down

- 1 Ceasing (8)
- 2 Watched, looked (8)
- 3 Deliberation, Cogitation (13)
- 5 Outstanding (13)
- 6 Cares for (5)
- 7 Concern, problem (5)
- 10 Accredited, authentic (8)
- 11 Gifts (8)
- 14 Stiff (5)
- 15 Father's brother (5)

answer on page 30



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 30

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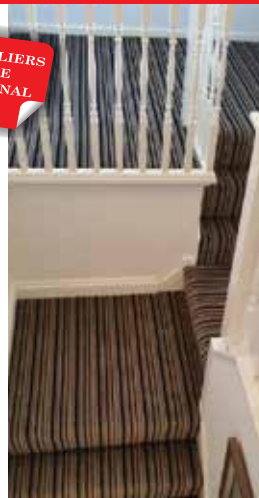
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Hat Tricks

How to choose the perfect outfit topper

It's wedding season, and it's time to bust out the pretty dresses and fancy hats. A hat? Oh no...HELP! How many of us have made an unfortunate choice millinery choice at weddings past? Most of us don't wear hats all the time, so when we're suddenly called upon to do it - we panic. Too many styles and colours. But there is a hat for everyone...honest. You just have to know which one to choose, and with a few handy tips you can banish your fears, buy with confidence, and get ahead...see what I did there?

Do you know your face shape?

Faces can be oval, round, square or heart-shaped. They can also be long or short.

If you really haven't got a clue try this trick. Pull or clip your hair back off your face and sit in front of a mirror. Use an old lipstick or eyebrow pencil to outline your reflection. The shape you've drawn on the glass is the shape of your face.

Armed with this information you can narrow down the styles you want to browse.

Round - A hat with a high crown will add length to your features. Choose a medium brim because a narrow one



will make your face look wider and a very wide one will emphasise broadness elsewhere on your body.

Heart - Your jaw is narrow compared to your forehead so don't choose too wide a brim or these proportions will be emphasised.

Square - A medium to wide angled brim is the most flattering for this face shape. If your face is also short, choose a higher crown too.

Oval - You can take most hat shapes so choose one with which you feel comfortable, or it will stay in the box!

If you wear spectacles you can still wear a hat. Choose a style with an upturned brim at the front and your face will be nicely framed, not overpowered. Or try a fascinator, which my mother refers to as the 'hat-free hat!'

Think very carefully about colour. Don't try to match the

hat to the colour of your outfit. Instead, choose a colour which flatters your skin tone and compliments your over-all look. Pale hats make older skin look drained so choose a beautiful bold colour instead.

If your outfit is tailored choose a sharp, structured hat. If you're wearing a floaty summer dress choose a softer style, perhaps with flower or feather trim.

Hats should be worn forward, either tilted to one side or square on the head. When you look into the mirror adjust the hat with one hand at the front and one at the back until you find the perfect position. Tuck your hair behind your ears and choose slightly larger earrings than you'd usually wear.

Finally, hats should be worn completely unselfconsciously, as though you wear one every day. Head up, shoulders back and smile, you look fabulous.

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Fancy foliage

We all love flowers. They're what gardening

is all about and the fact that they're relatively short-lived makes them extra-special.

But my garden can't survive on flowers alone. It needs to look attractive all year round. This is where friendly foliage plants come in to their own.

Many non-evergreen plants have beautiful showy foliage between April and November, and we'd be mad not to take full advantage of it.

Rodgersia pinnata is an excellent example. It has huge, attractive bronze, leathery leaves which are almost sculptural in appearance. As a bonus it sends up feathery cream flowers in the summer.

It like soil which doesn't dry out so a pebble mulch will work brilliantly, and it complements the plant.

Hostas have truly beautiful leaves, but I've tried and failed with them on many occasions because my garden is home to a race of hosta-chomping super slugs. I've had some success with the variety "Frances Williams" which is less prone to attack though I still need to go on



slug patrol every evening! Mostly though, I now plant them in pots armed with copper rings. Slugs hate copper and my hostas can grow (mostly) unmolested.

Hostas do like a moist soil so if yours is on the dry side work in plenty of compost or manure at planting time and mulch well...preferably with something sharp to act as a deterrent to the slimy brigade.

I have had much more success with ferns. They are the most useful plant for shade. My favourite is the ostrich-plume fern, *Matteuccia struthiopteris*.

Plant them under trees and shrubs and watch the stunning lime-green foliage unfold each spring.

New Zealand flax, *Phormium tenax* has bold, dramatic fountains of spiky purple foliage is my absolute favourite foliage plant. It isn't frost-hardy, so during extended sub-zero temperatures it will need protecting. If you're concerned, choose the much harder green variety... but honestly, the purple one is worth the risk.

Many people overlook grasses when they think about foliage but there are some seriously attractive varieties. Try *Miscanthus sinensis* "Zebrinus." The leaves look like green ribbons, striped with yellow and reach chest height. Cut it down to ground level each February.

Finally, if you have the space, for a real 'in-your-face' fancy foliage try the golden-leaved *Catalpa bignonioides* "Aurea." Grow it as a large bush. Prune each stem back to a sprouting bud around knee-height each spring and mulch with manure at the same time. It will reward you with leaves as big as Frisbees! Now that's really fancy foliage.

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a good read

By Natasha Donovan

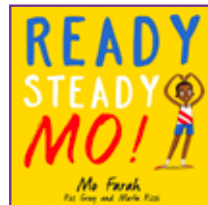
The Games: A Global History of the Olympics by David Goldblatt

There are many books about the Olympics but Goldblatt's insightful and thoroughly researched narrative of the sporting event stands out for its depth and breadth. He is known for his detailed sociological insights and doesn't disappoint here as he explores the development of the Olympics throughout its modern existence, beginning in 1896. He examines how the Olympics have been a stage for not only showcasing athletic prowess but also for playing out international conflicts and alliances. His analysis spans the ideological battles during the Cold War, the controversies of boycotts, and the dynamics of gender and race that have evolved over the decades. He even digs into the commercialization and the corruption that have plagued the Games, providing a critical look at the bodies that organize and profit from them. Goldblatt does not shy away from discussing how the Games have both challenged and reinforced social norms and inequalities, making it a reflective mirror for the host cities and nations. His discussions on the urban and economic impacts on host cities like Montreal, Beijing, and Rio are particularly enlightening, revealing the sometimes devastating aftermath of the Games. Don't be put off by the fact this is a weighty non-fiction. The prose is engaging and accessible, ensuring that *The Games* is not just for historians or sports enthusiasts but for anyone interested in the broader implications of this global event. The inclusion of personal stories and athlete perspectives adds a human element to the historical facts, making the narrative even more compelling. This is a critical, comprehensive, and captivating read. Goldblatt's prowess as a historian is well-established, but he's also a terrific storyteller, and I think the book will enhance anyone's enjoyment of The Paris Olympics this summer.



Ready Steady Mo! By Mo Farah and Kes Gray, illustrated by Marta Kissi

Ready Steady Mo! is a delightful children's book that encourages young readers to get moving, have fun, and embrace the joy of running. Co-authored by Olympic champion Mo Farah and seasoned children's author Kes Gray, this book is a playful, energetic read that will captivate kids with its rhyming text and vibrant spirit. The narrative follows a simple rhythmic structure that mimics the pace of running, making it an excellent read-aloud choice. The text encourages children to run anywhere and everywhere – through parks, into jungles, and even up to the moon, suggesting a limitless world of possibilities. Marta Kissi's illustrations add a dynamic and colourful layer to the story. Her artwork is lively and full of motion, perfectly capturing the exuberance of the text. Kissi's use of bright, bold colours and expressive characters from a variety of backgrounds means that each page bursts with energy and promotes diversity and inclusivity. Ready Steady Mo! is more than just a story; it's an invitation for kids to explore and enjoy the physicality of their world. The book is an excellent tool for parents and educators to inspire activity and imagination in children. Farah, Gray, and Kissi have collaborated to create a vibrant and motivational book that is sure to become a favourite among young readers. science, this is a fabulous book.






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Preserved Tomatoes

The perfect way to use up a glut of summer tomatoes.



Preparation time: 10 mins

Cooking time: 2-3 hours

Makes: 1 medium-sized jar.

Ingredients

300g cherry or small tomatoes
Olive oil to brush and store.
Sterilized jar

Method

Preheat the oven to 120°C (fan) / gas mark 1. Cut the tomatoes in half and arrange them cut-side up on an oiled baking tray. Lightly brush the tomatoes with olive oil and season with salt.

Bake for 2-3 hours, or until they are reduced in size and appear dark and wrinkled. For storage, transfer the tomatoes into a sterilized jar and fill with olive oil until the tomatoes are fully submerged. They can be kept refrigerated for up to two weeks. For longer preservation, place the sealed jars in a large pot of water and heat until it simmers, then let them

simmer gently for 45 minutes. Allow the jars to cool in the water. Stored this way, the tomatoes will keep for up to six months in a cool, dark place. After opening, consume the tomatoes within two weeks and store them in the refrigerator. You can have fun with flavourings, adding herbs like fresh rosemary or thyme, peeled garlic cloves or chilli flakes.



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

Sudoku Solution
from page 12

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

Crossword Solution
from page 12

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