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# Welcome to April!

Now's a great time to plan some nice things in the diary – whether you want to try a new restaurant or challenge yourself to doing the Knowle Fun Run in May or get your garden looking lovely. There's also lots of great shows coming up at The Core Theatre in Solihull.

Here's hoping the weather stays lovely so we can all get out more and experience all the great places to visit locally.

Until next month,



**Zoe Reece**  
Tel: 07557 220585  
Email: [zoe@dorridgedirectory.com](mailto:zoe@dorridgedirectory.com)  
[www.knowleanddorridgedirectory.com](http://www.knowleanddorridgedirectory.com)



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# EASTER

# SUNDAY LUNCH

## Sunday 21<sup>st</sup> April 2019

**Chicken Noodle Soup** *coriander and sweetcorn*  
**Chive and Thyme Potato Cake (v)** *soft poached egg, creamy white wine sauce*  
**Brie and Red Onion Marmalade Tartlet (v)** *beetroot and rocket salad*  
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**Grilled Fillet of Salmon** *lemon and caper butter, watercress, pea and potato salad*  
**Asparagus and Goats Cheese Risotto Cake (v)** *crispy egg*

**'Hot Cross Bun' Bread and Butter Pudding** *vanilla custard*  
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# community events

## Fashion Show

**Thursday 9th May 5.30-8pm**

**John Lewis Solihull**

Join us for a fashion show and let our Personal Stylists show you all the latest spring and summer trends. There will be a glass of fizz on arrival and the evening will include hair and beauty demonstrations. Tickets are £10 each with proceeds going to The Alzheimer Society. Please visit Customer Support on First Floor to purchase your tickets.

## Strictly Line Dancing

**Friday 17th May 7.30pm**

**Knowle Village Hall**

Knowle Village Hall Association invites you to a Line Dance at the Hall, hosted by Mavis Worth. Tea and coffee will be available but bring your own "liquid refreshment and nibbles". Tickets £5 from Carolyn Abbott 01564 779898 or Keith Williams 01564 779445. This event is in aid of the Hall Refurbishment Fund.

Join in for a great community atmosphere on traffic-free streets and help raise funds SoLO Life Opportunities and Sepsis UK Trust with half of all proceeds being retained for local causes; or run for your own cause. Enter online at [www.knowlefunrun.org.uk](http://www.knowlefunrun.org.uk).

Cancer and Berrow Cottage Homes, both supporting people in the local community. To enter a team, sponsor a hole, donate a raffle prize or auction lot, please contact Colin Winstone on 07800 121274 or [colin.winstone@blueyonder.co.uk](mailto:colin.winstone@blueyonder.co.uk)



## Charity Pro-Am Golf Competition

**Monday 10th June**

**Copt Heath Golf Club**

For the 35th year The Rotary Club of Knowle and Dorridge is hosting this annual event in conjunction with the PGA Midlands. This year's charities are Action Against

## Heart of England Bike Ride

**Sunday 14th July**

**Packwood House National Trust**

Gear up, get your friends and family together and take on the challenge of the 12 mile or exciting all new 60 mile velo route. Help raise funds for The UK Sepsis Trust, SoLO Life Opportunities and local causes. After your ride enjoy a free visit to the House and Gardens and something from the Lions BBQ. [www.knowleanddorridgeions.com/bikeride](http://www.knowleanddorridgeions.com/bikeride)



## Knowle Fun Run

**Sunday 19th May**

Entries are now open for May's 36th Knowle Fun Run. Now with a choice of 5k or 10k, runners have no excuse not to get fit for Solihull's longest running Fun Run.

## 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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# International Womens Day

**M**arch marked International Women's Day and I was really proud to speak at an event and attend Lady Margaret Hall College Oxford with a client. Of course, many ask "why just women?" Well there is an International Men's Day in November, but I guess women still have a long way to go before they are accepted as equals and so find collaborating and supporting other women on their journey incredibly empowering.

We have made incredible progress since Lady Margaret's time- she was forced into marriage at the age of 12- but still there is a way to go. At the day I spent at Oxford I learnt about childbirth bias, which surrounds the optimum career ages of 21-35. Men continue to thrive and grow through these optimum years, where **women are more likely to be less active in the workplace as they are the main carers for young children.** We haven't invented men giving birth yet and I am pleased about that, but how can we support women during this time? Meetings held in core hours are becoming more common place in forward thinking businesses allowing participants male or female to share school pick-ups and drop offs. In many workplaces, it is becoming acceptable to be family friendly and therefore more flexible.

Leaders like the New Zealand PM, Jacinda Ardern show that leading with love as well as courage works. She has challenged world leaders that incite fear and is clear in her compassionate approach

regardless of the attention it attracts. She is a mother who gave birth during her time in power and does not hide her family values. Like our own Prime Minister, she is challenging the stereotype that women get **"all emotional"** in times of crisis and are **"nice because they have to be!"**

My Mum was an incredible business woman and saw her company rise and fall through two recessions. She had her thighs pinched under far too many boardroom tables and one muppet nicknamed her 'Penni Legs' because she had a good set of pins! There was no **"Me Too Movement"** she had to brush them off and tell them where to go...and then get on with it! Her brave but heart-lead leadership style meant no one ever left of their own accord so loyalty and profitability soared! This month I also was part of a book launched to celebrate female business owners and *Woman Who* by Sandra Garlick, 2nd edition, was launched on Amazon. I am so, so proud to be part of a project like this and **it's amazing women like my Mum that made it all possible!**

**Woman Who** by Sandra Garlick is available on Amazon.



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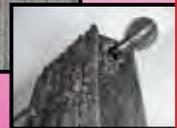
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# COMPETITION



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**Wednesday 29th May at 3pm**

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For your chance to win these tickets, 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:

**What did The Guardian say about this show?**

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

**Closing date for entries is 1st May. The winner will be drawn at random and notified by email after this date.**

### About the Show:

Set sail on this swashbuckling high sea adventure, especially for little pirates and their grown-ups! (ages 3+). Ahoy there, land lubbers – hop aboard the good ship Mirabel and join our rollicking adventures on the high seas. Pirate Pearl lives with her crusty old crew, Barnacle the dog and Mr Puskins the cat. One Day Pearl finds a stowaway onboard ship. It's a baby monster but, if you feed a baby monster, it grows into a **BIG CLUMSY MONSTER!** Will baby monster ever find his mummy, or will Pearl be stuck with smelly bums and stinky nappies FOREVER?! With songs, puppets and live music, this fantastic family show will have you singing along, dancing in the aisles and laughing till your sides split!

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## 5 destinations to check out for an Easter break

Not made any plans for Easter yet? Whether you favour a scenic holiday by the coast or an exciting city break, there is still time to book a holiday. Here are some great ideas to whet your appetite.

### Fuerteventura, Canary Islands

Fuerteventura enjoys warm weather all year round, but it starts to see the temperatures rising in April, making it an ideal time to visit at Easter. If relaxing on the beach is not for you, then why not try your hand at some water sports like kitesurfing, diving, surfing, scuba diving and jet skiing? There are lots of land-based things to do such as a trip to the Oasis Park which has a zoo and botanical garden. It has over 250 different animal species and a cactus garden which has 6000 varieties of tropical cacti and plants.

### Marrakech, Morocco

If you are looking for warmer weather, blue skies and an interesting city break, Marrakech should be high on your list. It is truly an intriguing and captivating city that is full of the most beautiful mosques, palaces and gardens. It is a city of contrasts, which you will see as you wander through both the medieval and modern parts of town. Marrakech is also home to Morocco's legendary souks and the renowned Jemaa el-Fnaa square which is the beating pulse of Marrakech.



### Banff, Canada

If you are looking for a last-minute break before the ski season ends, then a trip to Canada certainly is an ideal destination. Banff National Park's famously long ski season offers an excellent opportunity to experience the Ski Big 3 resorts: Mt. Norquay, The Lake Louise Ski Resort and Banff Sunshine Village. There is even an Easter egg hunt that takes place on Easter Sunday! If you need a break from the slopes, why not take a tour of Banff on horseback or go on an evening wildlife safari? The Banff foodie scene is fantastic - from fine dining to eclectic restaurants dedicated to fondue, there is something for everyone.

### Sapporo, Japan

Sapporo is one of the last places in Japan where you can see the emergence of the cherry blossom. This pretty city is a must-see place in Hokkaido and provides a vast selection of things to see and do. One of the most beautiful places to visit in Sapporo is the Takino Suzuran Hillside National Park where you can see flowers of all varieties. However, every garden and park in Sapporo will be in full bloom at Easter where you can see flowers such as tulips and lilacs. In

fact, the lilac tree has been designated as the tree of Sapporo city. Skiers might be interested to know that you can even take advantage of some last-minute skiing in Sapporo. Most of the ski resorts in Hokkaido are open until early May and typically there is enough snow to enjoy skiing and snowboarding.

### Lisbon, Portugal

The colourful city of Lisbon is swiftly becoming eponymous with gastronomy and you will find a vast selection of fine dining establishments within the Portuguese capital, including the two Michelin-starred restaurant Belcanto. Lisbon is one of the world's oldest cities and you might be surprised to learn that it predates the likes of Paris, London and Rome by hundreds of years. This can be seen all over the city, but especially so in the Alfama district. When in Lisbon, you absolutely have to try a cheeky glass of port or porto (as the locals call it!) as you watch the world go by at one of the charming bars or cafes.

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## What is Reiki?

Reiki is a form of **complementary therapy** commonly referred to as energy healing. It has been around for thousands of years but its current form was first developed in 1922 by a Japanese Buddhist called Mikao Usui. It is said to involve the transfer of universal energy from the practitioner's palms to their patient.

The idea of Reiki is that it **channels energy** from the practitioner to target and work on the energy channels of the patient. Energy can stagnate in the body where there has been physical injury or emotional pain and, if not released, these energy blocks can cause illness. By **improving the flow of energy** around the body, practitioners say they can enable relaxation, reduce pain, and speed healing.

The practitioner places their hands lightly on



or over specific areas of the head, limbs, and torso using different hand shapes, for between 2 and 5 minutes. The transfer of energy takes place while the hands are held over the patient. Each hand position is held until the practitioner senses that the energy has stopped flowing.

According to practitioners, **the healing effects are mediated by channelling the universal energy known as qi**, pronounced 'chi.' It is the life force energy that some people believe surrounds all of us. Reiki is said to induce deep relaxation, help people cope with difficulties, relieve emotional stress, and improve overall wellbeing.

**By Sarah Davey**



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# Organise an Easter Egg Hunt

Easter egg hunts are great fun, but it can be hard to come up with original ideas. Depending on the ages of the children the hunt can be easy or fiendishly difficult

## Here are some ideas

**Bunny Bounce Challenge** - Set up different activity posts around the garden or park. At each one, the kids need to complete a physical challenge in order to receive an egg. The challenges could include star jumps, hopping, hula-hooping, or doing a silly dance.

**Easter Rhyme Challenge** - If you're good at rhymes, create a set of rhyming clues that take the children from one hiding place to another until they find the eggs.

**Pirate Bunny Treasure Hunt** - Create a treasure map which the children have to follow to discover where the chocolate eggs are hidden. Perhaps a paw print or an Easter Egg could mark the spot instead of an X

**Easter Craft Challenge** - Set up different craft activities around the house or garden. For each cute Easter craft your child completes, they win a little chocolate egg.

**Easter Bonnet Competition** - Challenge the kids to create their own Easter bonnets from craft materials and old hats (Charity shops are great for cheap hats). You can give chocolate egg prizes for the most creative, the prettiest, the funniest etc

**The Scrambled Egg Hunt** - This is a great Easter egg hunt idea for older kids. At each station leave cards with single letters written



on them, or a set of plastic toy letters. The challenge is to rearrange the letters to spell the word of the next place to find a clue, for example 'bath' or 'shed' or 'stairs'. At the final station they get to collect their eggs.

**Colour-Coded Easter Egg Hunt** - Use a pack of eggs in different colours. Give each child a colour. They can only collect eggs which match that colour.

**Bunny Vouchers Easter Egg Hunt** - Some children can't have chocolate due to a medical condition, so instead of chocolate treats, pop little slips of paper inside plastic eggs. Each slip should have a little treat written on it for your child to claim over the next week or so; things like 'go trampolining with my dad', or 'fly a kite with mummy.

**Egg Decoder Hunt** - Take apart colourful hollow plastic eggs and put them back together with mismatched colours. The children must work in teams to find the eggs hidden around the garden, take them apart and put them back together with the matching colour. The team with the most colour-matched eggs wins the big prize.

**Happy hunting!**

**By Sarah Davey**



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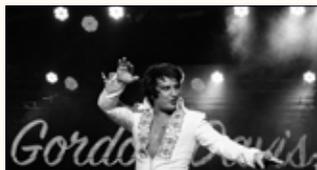
Red Joan from 19th April

This is the story of Joan Stanley who, while enjoying her retirement, is arrested by MI5 and accused of providing intelligence to Communist Russia. In 1938, while she was studying at Cambridge, she fell for a communist whose political views began to shape her own.



The King Elvis Presley Lives On

20th April Gordon Davis is known as one of the best Elvis tribute artists in the world after winning Images of the King in Memphis Tennessee 2012. Gordon brings the majesty of the voice and the electrifying power of Elvis's performance back to life.



of this most charming of tales with a feast of first class games, colourful animal characters and heart-warming family fun.



Andy Abraham's Nat King Cole Songbook

26th April Platinum selling recording artist Andy Abraham shot to fame as the runner up of The X Factor in 2005. On the lead up to the 100-year anniversary of the man himself, Andy's new show will see him perform hits such as 'Unforgettable' and 'Mona Lisa'.



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Avengers: Endgame from 25th April

Adrift in space with no food or water, Tony Stark sends a message to Pepper Potts as his oxygen supply starts to dwindle. Meanwhile, the remaining Avengers must figure out a way to bring back their vanquished allies for an epic showdown with Thanos, the evil demigod.

There was an Old Lady Who Swallowed a Fly!

23rd April Based on the classic nursery rhyme this magical new show has been written especially for parents to enjoy with their children, so come and relive the delights

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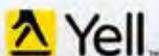
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# Host the Best Garage Sale

Garage sales are a great way to raise a little extra cash. Maximise your profit with our top tips.

**Choose the right time** - Weekend mornings are traditional, but Sunday afternoons might be good because people often like a walk after lunch. If you live on the same road as a primary school, try a weekday morning to attract people dropping their children off.

**Teamwork** - Team up with a few neighbours to host a road-full of garage sales. By pooling resources, you could reach a wider range of potential customers.

**Advertise** - Successful garage sales rely on spreading the word beforehand. Put up fliers or advertise in your local village or Parish magazine (like the one you're holding!). If your village has a Facebook page, list your sale on that.

**Put up signs** - Simple, bright signs work best. A large arrow pointing the way along with the words 'GARAGE SALE' will do the trick. Remember to remove them afterwards so you don't contravene any by-laws.

**Prepare** - Think about what buyers might need. If you're selling a lot of clothes, is there a screen so people can try things on in private. Is there a mirror? If you're selling electronics or small appliances, have batteries or extension cords handy so people can see an item works.

**Have change** - Have plenty of coins on hand so you can quickly provide change for customers.

**Make it look like a shop** - People browse longer in well-organised boutiques and stores. Borrow or rent tables so shoppers don't have

to bend over or rummage on the ground to inspect items. Put some bright bunting up to make it look welcoming. Group similar items together: kitchen items in one area; kids' clothes in another etc. This helps people evaluate what you have on offer quickly.

**Price It Right, and Offer Deals** - A good rule of thumb is to sell items at 10-25% of their original value. People don't look to spend a lot in a garage sale. If you think something is worth £50 or more it might be better to use eBay. Towards the end of your sale, consider posting an 'everything must go' sign and offer deals or bundles. Or have a few paper bags on hand and tell people to fill them with whatever they'd like for £5 or £10 per bag.

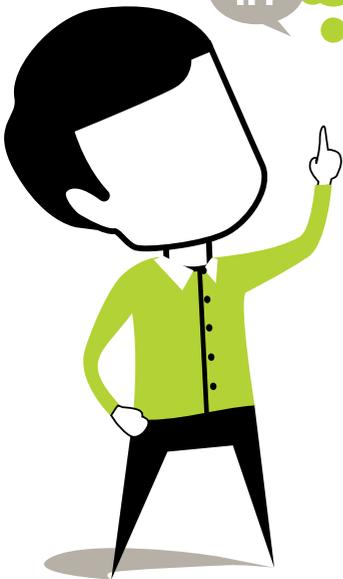
**Make It a Party** - Music entices people to stay longer and spend more. So, crank up the tunes, put out some nibbles and drinks, and make people feel welcome.

**Be Comfortable** - Wear comfortable clothes, a hat and sunscreen, depending on the weather. Have drinks and snacks handy.

**Be Safe** - Lock your doors while you're running the sale. Safeguard your money: use a zipped bumbag or an apron with large pockets. Cash boxes can disappear while you're distracted with a buyer. Enlist a friend to help as an extra pair of eyes and hands.



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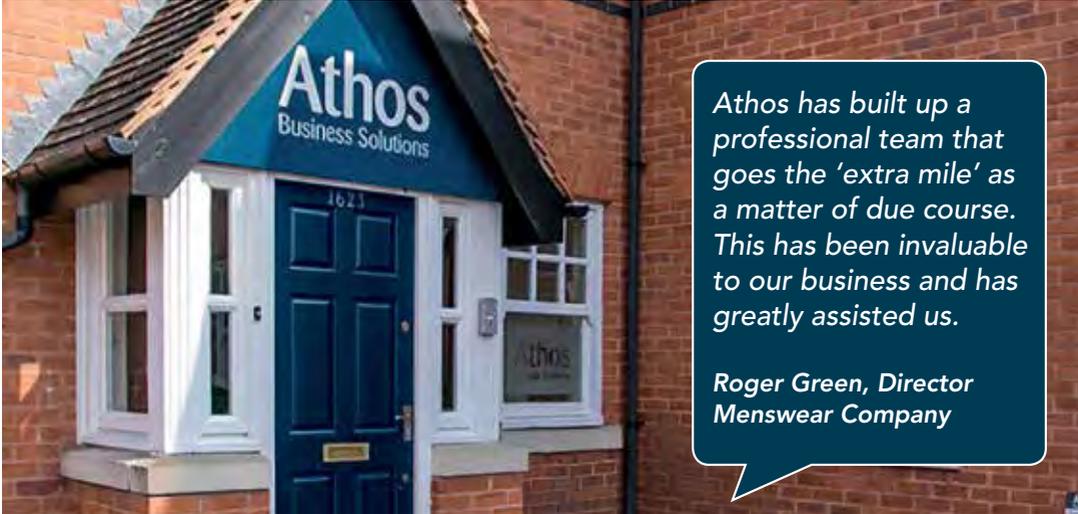
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but an avocado's fat is mostly monounsaturated fat (**that's the good kind**). Studies have shown that avocado eaters are less at risk for metabolic syndrome, which also puts them at less risk of type-2 diabetes and heart attacks.

Avocados contain folate, an important nutrient for pregnant women and infants, and interestingly have also been shown to slow and **possibly reverse memory loss in Alzheimer's patients.**

If you are weaning your baby, avocados are a great first

food because of their soft texture, and nutritional benefits, like healthy fats for brain development. Avocados are high in carotenoids so offer skin protection against aging caused by UV damage.

**They also have anti-inflammatory properties,** which is good for people with rheumatoid arthritis but also because inflammation has been linked to Alzheimer's, heart attacks, strokes, diabetes, and cancer. So, check out the avocados on the supermarket shelf, and treat yourself to some green 'n' creamy goodness.

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 GRANITE • PORCELAIN • BLOCK PAVING  
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**TURF & TOPSOIL**



**STERLING PREMIUM GRADE TURF**  
 Ideal for domestic lawns, sports pitches & general recreation

1Sq.M Roll from **£3.51**



**TOPSOIL**

6 Grades Available in polybag, bulk bag or loose tips

Bulk Bag (0.5cu.m) from **£22**

**COTSWOLD STONE**  
 DECORATIVE AGGREGATES

20mm hard angular chipping  
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25kg  
**Polybag**  
 from **£5**

0.5cu.m  
**Loose Tip**  
**£55**

0.5cu.m  
**Bulk Bag**  
 from **£65.55**

**BRAND NEW**  
**PLANT CENTRE**  
**COMING SPRING 2018!**



**WE MANUFACTURE.....**



FENCE PANELS



SHEDS



SUMMERHOUSES



TOOL STORES



BESPOKE BUILDINGS

**CUSTOM SIZES AND STYLES AVAILABLE TO ORDER. ASK FOR FURTHER DETAILS**

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## The Long Lasting Garden Fence

### Your Wooden Fence



- Prone to warping and rotting
- Requires regular maintenance
- Susceptible to strong winds



### A ColourFence



- No warp, rot or rust for 25 years\*
- Virtually no maintenance required
- Proven to resist winds of up to 130mph

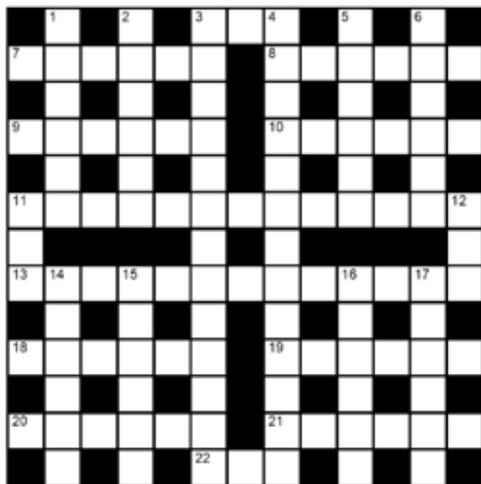


**Call Mark Today on 0121 439 8924**  
 for a **FREE quote** or visit  
**colourfencesolihull.co.uk**

\* full terms & conditions on website or on request



# crossword



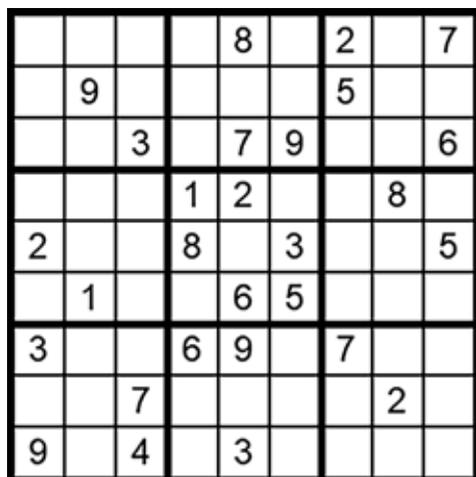
## clues

### Across

- 3 Worthless dog (3)
- 7 Beat to separate the corn (6)
- 8 Ran away to marry (6)
- 9 Crab claw (6)
- 10 Supplying with weapons (6)
- 11 Blood-curdling (5-8)
- 13 Saying something with wry humour (6-2-5)
- 18 Gentle walk (6)
- 19 Sherlock \_\_\_\_\_ (6)
- 20 Played at Wimbledon (6)
- 21 Package (6)
- 22 Distress call (3)

### Down

- 1 Small shellfish (6)
- 2 Signalling light (6)
- 3 Devoid of personality (13)
- 4 Bonds between people (13)
- 5 Official, decorous (6)
- 6 \_\_\_\_\_ and McCartney (6)
- 11 Perch, squat (3)
- 12 \_\_\_\_\_ Wan - TV fashion stylist (3)
- 14 Discount store (6)
- 15 Floor, terra firma (6)
- 16 Mrs. Bill Clinton (8)
- 17 Hole to poke your shoelaces through (6)



## 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 50**

# Spinach and Feta Frittata

**Preparation time: 15 mins**

**Cooking time: 15 mins**

**Serves: 4-6**

## Ingredients

2 tablespoons olive oil  
 1 medium shallot, finely chopped (about 2 tablespoons)  
 1 medium clove garlic, finely chopped (about 1 teaspoon)  
 1 (5-ounce) bag baby spinach  
 1 tablespoon finely chopped fresh flat-leaved parsley or basil.  
 Sea salt and freshly ground black pepper  
 10 eggs, beaten  
 1/4 cup milk  
 3/4 cup (about 3.5 ounces) crumbled feta

## Method

Preheat the grill. Heat olive oil in an 8-inch pan over a medium high heat. Add chopped shallots and cook for 2-3 minutes beginning to soften. Add garlic and continue to cook for

a further two minutes until softened.

Add spinach and parsley (or basil) and cook, tossing often until spinach is fully wilted and any water released by the spinach has cooked off. Season to taste with salt and pepper.

In a large bowl, beat eggs and milk with a whisk until mixed together. Don't over-beat. Add feta, and season with salt and pepper. Pour egg mixture over spinach then gently stir with a spatula to release the spinach from the bottom of the pan so that the eggs are in direct contact with the surface of the pan, so they cook quickly.

Cook until the eggs are almost totally set (this takes 10-12 minutes), reducing heat to prevent burning. Place pan under the grill for a couple of minutes, until the top is set as well, keeping a close eye on it so it does not burn.

To release the frittata from the pan, loosen edges with a spatula. Place a dinner plate over pan, and holding plate firmly flip the pan over so the frittata releases onto the plate.

Serve warm.



**Serves: 4-6 people**  
**Preparation and cooking time: 30 minutes**

# 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



## Accountants

39 Athos Business Solutions 0333 400 7876

## Bathrooms

27 Cullen Plumbing & Tiling 07896 862 916  
 29 EH Smith 0121 713 7200  
 35 Bathrooms Galore 0121 783 9966

## Car Services

11 Crossroads Service Station 01564 703 225  
 14 AP Alloys 07972 852758  
 36 Johnsons Cars 01564 454 51  
 37 Easy Lease Cars 0121 693 0573

## Care and Childcare Services

19 Lady Katherine Housing 01564 772 850  
 20 Bright Dawn Home Care 01564 784 598  
 51 The Courtyard Nursery School 07512 1071 16

## Carpets

16 Ian Hounsell 01564 772 324  
 22 Don Mander 01564 700 200

## Cleaning Services

40 Wainright's Carpet Cleaning 07748 801658  
 41 Dorridge & Knowle Domestic Cleaning Services 07809 567 264  
 41 Village Domestic Cleaning 07854 0718 92

## Computer Services

18 Byte Support 0790 151 2544  
 52 PC Medic 0121 705 1999

## Curtains, Blinds & Fabric

9 Soft Options Mill Shop 01564 7833 99  
 18 Tudor Rose 07518 851 063  
 26 Meriden Blinds 01676 523 642

## Doors and windows

13 Garolla garage doors 01564 340 028  
 10 Window Fix 0121 704 1339

## Drives

17 Dimension Landscape & Driveways 0121 733 1463  
 32 Central Drives Landscapes 0121 702 1456

## Electricians

10 AC Electrical 07960 266 271

## Estate Agents

7 DM & Co 01564 4777 314

## Events

10 Land Rover Sports & Social Club 0121 742 5490

## Fascias & Gutters

44 Proline 0800 956 1315  
 26 Frontline Property Repairs 07387 678768

## Fireplaces

16 Woodglow 0121 707 2306

## Garden Services

17 Dimension Landscape & Driveways 0121 733 1463  
 32 Central Drives Landscapes 0121 702 1456  
 42-43 Oakland Group 0700 598 2828  
 44 Midlands Grounds Machinery 01564 4773 614  
 45 Earlswood Garden Centre 01564 702 314  
 46 Colourfence 0121 439 8924

## Graphic and Website Design

34 Hotlobster Design Ltd 0121 369 1977

## Handyman Services

15 Prestige Multi-Trades 07886 922 280

## Health & Beauty & Wellbeing

9 Guru You 07930 1477 997  
 9 Central England Pilates 07762 311 074  
 11 Matthew Chinn Podiatry 0756 157 1742

## Heating

11 Stephen Smith Plumbing & Heating 01564 200119

## Kitchens

2 Granite Transformations 01926 675 230  
 29 EH Smith 0121 713 7200  
 31 Dream Doors 0121 314 0956

## Marquee Hire

18 Marquee Works 07970 402 944

## Memorials

12 Yardley Memorials 0121 706 2473

## Painter & Decorator

23 Bill Boyce 0121 744 0040

## Plumbing

3 Knowle Domestic Appliance Repairs 01564 730183  
 11 Stephen Smith Plumbing & Heating 01564 200119  
 26 Cullen Plumbing & Tiling 07896 862916

## Restaurants

5 The Henley 01564 793715

## Roofing

1 N Bird & Son 0800 195 6946  
 23 C Stevens Roofing 0121 733 1276  
 26 Frontline Property Repairs 07387 678 768

## Solicitors

38 Wallace Robinson Morgan Solicitors 0121 705 7571

## Tiling

27 Cullen Plumbing & Tiling 07896 862916

## Travel Agent

25 Not Just Travel 07565 534 524

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

## Sudoku Solution

from page 47

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

## Crossword Solution

from page 47

# THE COURTYARD

## Nursery School

Full and Part Time

Places (6wks - 5 yrs)

Funded  
Places  
Available



## Our Offer

- Broad and balanced curriculum
- Individual assessment and planning
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- Inclusive ethos with high expectations for every child
- Qualified, knowledgeable and experienced team
- Caring, child-friendly environment
- Supporting children in readiness for school

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Enrolling  
for April and  
September 2019  
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Open 7.30am - 6.00pm

Telephone: 07512107116

Email: [info@thecourtyardnurseryschool.co.uk](mailto:info@thecourtyardnurseryschool.co.uk)

Website: [www.thecourtyardnurseryschool.co.uk](http://www.thecourtyardnurseryschool.co.uk)

Facebook: [fb.com/thecourtyardnurseryschool](https://www.facebook.com/thecourtyardnurseryschool)



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