

Meet Jeff Sandbrook...

A local roofing specialist with **50** years experience
and **15** years service at N. Bird & Son



Genuine Professional Roofers

All roofing work undertaken
by Jeff and the team,
except chimneys...
that would be Jeff's Dad!

"When replacing my roof, Jeff went above and beyond our expectations and he always behaved professionally and honest." Alan Hawkins, via Trustatrader

- Ridge Tiles
- Lead Work
- Guttering
- New Roofs
- Flashings
- Chimneys
- Fascias
- Flat Roofs

NO PAYMENT UNTIL YOU ARE 100% SATISFIED

N. BIRD & SON

ROOFING

0800 195 6946
0121 695 9033

EMERGENCY
CALL OUTS

FREE QUOTES
FREE ADVICE
FREE SURVEY



Part of Quality Homes Investments Ltd



www.thebarnatberryfields.co.uk

T: 01676 522 155

Berryfields Farm . Meriden . CV7 7LB

Serving Breakfast, Lunch & Dinner
Monday to Saturday 10am - 11:30pm

Sunday 10am - 5pm

Traditional Roasts served on Sunday

Hire our new Function Room for special occasions,
private dining & corporate events

Farm Shop & Award Winning Butchery

open 7 days a week

Mon - Fri 9am - 5:30pm

Sat 9am - 5pm

Sun 10am - 4pm

Knowle Domestic Plumbing Service & Appliance Repairs

All Plumbing Work Undertaken

- ***Burst pipes/leaks***
- ***Taps, Sinks, Waste Units***
- ***Ball Valves, Overflows***
- ***Tanks, Cylinders,
Immersion***
- ***Toilets, baths,
Showers***
- ***24 Hour Emergency***

Appliance Repair Services

- ***Washing Machines***
- ***Dishwashers***
- ***Tumble Dryers***
- ***Electric cookers***
- ***Vacuum Cleaners***

£10 OFF for first time customers with this ad.

Valid until: 10th June 2018

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

Office: 01564 730183

Mobile: 07770 698196

marvellous may!

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

May's one of the best months of the year - we're firmly in the Spring, and have all the anticipation of a lovely Summer ahead. Fingers crossed!

It's also a great time for getting your garden looking lovely and for selling your home. We've got a great range of local, reliable businesses in here who can help you get your garden ready and update any aspect of your home, from your roof to your kitchen, your bathroom to your décor, whether you're getting it ready to sell or just want to update it for your own benefit.

Wishing you a great month ahead. Until next month,

Zoe

Zoe Reece

Tel: 07557 220585

Email: zoe@dorridgedirectory.com

www.knowleanddorridgedirectory.com



contents



6 Local events

55 Competition

56 Book reviews

57 Useful telephone numbers

58 Recipe

59 Puzzles

60 Index

62 Cinema and theatre guide

Locally designed by: hotlobster design ltd **Printed by:** Warwick Printing Company

PLEASE RECYCLE THIS MAGAZINE

CUCINA KITCHENS

Family run business
with over 35 years' experience



Box Trees Art & Craft Centre
Stratford Road
Hockley Heath
Solihull
B94 6EA



01564 783007
www.cucina-kitchens.co.uk



community events

Robert Wilkinson's Funfair

Thursday 17th – Sunday 20th

May, weekdays 4-8.30pm,

Sat & Sun 1-8.30pm

Meriden Park, B37 5SH

Come and enjoy all the fun of the fair as this popular event returns to Meriden Park for another year. There are thrills, spills and rides suitable for all ages, as well as chances to win prizes and refreshments galore. £1 admission. Call 07956 994199 for more information.

Fine and Local Food Fayre

Mell Square, High Street and Mill Lane, Solihull

Saturday 19th May, 9am – 5pm

Sample the best of locally sourced food and produce from a range of top quality suppliers at this market, which is held on the third Saturday of each month. Artworks and craft items by regional artists are also available at this market, which is held on the third Saturday of each month.

Agatha Crusty and the Village Hall Murders

Lapworth Village Hall, Old Warwick Road, Lapworth, Solihull B94 6LD

Thursday 17th –

Saturday 19th May

Come along and enjoy this comedy murder mystery by Derek Webb, performed by the Lapworth Players Amateur Dramatic Society. Call 07736 245052 for more details.

Knowle Fun Run

Sunday 20th May

Entries are open for May's 35th

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 with a great community atmosphere on traffic-free streets. Help raise funds for Breast Cancer Haven in Solihull, the brain injuries charity Headway, and half of all proceeds being retained for local causes; or run for your own cause. Enter online at www.knowlefunrun.org.uk.

An Evening on Broadway

Knowle Village Hall

Saturday 26th May, 7.30pm

The Strolling Players will be having "An Evening on Broadway" to raise funds for the refurbishment programme at Knowle Village Hall. The programme ranges from the music of Tin Pan Alley right through to musicals of today, such as "Cats", "Les Mis." and "Phantom of the Opera". There is bound to be a song that is someone's

favourite! Tickets £8 from David Duggins on 01564 772071.

Triple Treat

St. Mary's Hall, Hobs

Meadow, Solihull B92 8PN

Thursday 14th – Saturday 16th June

The Moat Players proudly present "Triple Treat", an evening of 3 mini musicals. The first act is based on Jeff Wayne's "War of the Worlds", followed by our junior section featuring Disney classics, concluded with a section based on the musical "Chicago". £8 for adults, £6.50 for concessions – to book please call 07760 306605.

Mum2mum market Solihull

Light Hall School, Shirley, Solihull, B90 2PZ

Saturday 16th June

Buy or sell second hand baby and children's items. £2 entry, children go free. www.mum2mummarket.co.uk

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



www.progressionarchitects.com

01564 730 191

info@progressionarchitects.com

Chartered Architects Gary Winn RIBA and Dean Poulton RIBA are Progression Architects and have been based in Solihull since 1992. They are about to celebrate 25 years in practice.

The practice specialises in the design of domestic house extensions, one off houses and conversions, although they also have some corporate blue chip clients.

They offer an initial free appraisal of your project, within the solihull area, where their wealth of experience can be offered to examine your initial ideas and work with you to progress your ideas into a design.



www.progressiontownplanning.com

01564 730 191

info@progressiontownplanning.com

At Progression we are also Chartered Town Planners and members of the Royal Town Planning Institute. We specialise in dealing with planning applications and negotiating with the Local Authorities. We also prepare, submit and attend Planning Appeals, where applications are refused, putting our case forward from an applicant's point of view.

As we are also Architects, we tend to think through our solutions creatively, at times from a perspective that is not immediately apparent. As Arboriculturists, we work together where tree issues meet planning issues, such as Tree Preservation Orders.

YOUR LOCAL, INDEPENDENT ONE-STOP GARDEN SHOP

PAVING SUPERSTORE

CONCRETE • SANDSTONE • LIMESTONE
GRANITE • PORCELAIN • BLOCK PAVING
WALLING • STEP STONES and much more...



Possibly the largest selection of paving & walling
in the Midlands at the **most competitive prices!**
Come and view our huge paving display and
speak to our friendly team of experts.

TURF & TOPSOIL



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

1 Sq.M Roll from **£3.13**



TOP-SPORT TOPSOIL
A light, nutritious soil blended for use with turf
Bulk Bag (0.5cu.m) from **£39.80**

COTSWOLD STONE DECORATIVE AGGREGATES

20mm hard angular chipping
Ideal for driveways & paths



25kg
Polybag
from **£5**

0.5cu.m
Loose Tip
from **£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

Pop in today to have a look around and stop for a drink and bite to eat at Wedges Cafe

OPEN 7 DAYS - BUY ONLINE ANYTIME!

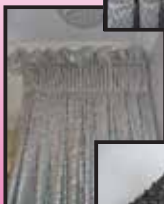
Curtains and Blinds

designed and made for especially you

*No job too big
or too small*

*call for a free
no obligation
quotation*

*"local
interior designer"*
Sarah J Harper
07518 851063



Tudor Rose Curtains

Mobile: 07518 851063
answer machine: 0121 445 2072

sj@tudorrosecurtains.co.uk

NEW WEB SITE

www.tudorrosecurtains.co.uk



There are many reasons to try Pilates



Come and find out why
Free Taster May 14th 17th 21st 24th

Monday 10am Progressive

Monday 11am Beginners

Thursday 6.30pm Progressive +

Thursday 7.30pm Beginners

The Parish Centre Dorridge

To find out more call 07762 311074

Visit www.centralenglandpilates.co.uk

16 years of Pilates expertise BSc Ba Hons

COMPUTER PROBLEMS?



**CALL NOW FOR IMPARTIAL ADVICE
FROM A QUALIFIED IT ENGINEER**

- Virus & Spyware Removal
- Wireless Broadband Set Up / Repair
- All Computer Hardware Repair / Upgrades
- All E-Mail Issues
- One-to-One Friendly Training
- New Computers / Laptops
- New All In One Packages
- Many Other Services Available!

- ✓ QUALIFIED
- ✓ LOCAL
- ✓ INSURED
- ✓ NO CALL OUT FEE
- ✓ 100% GUARANTEE ON ALL HARDWARE
- ✓ DIRECT TO YOUR HOME OR OFFICE



WE ARE BASED IN KNOWLE

Our business has been
recommended by Which?
Members on

Which? Local

CONTACT MIKE NASH NOW... Freephone: 0800 077 8301 Office: 01564 330 505

helpme@ontrackcomputers.co.uk

www.ontrackcomputers.co.uk

Why We Love A Royal Wedding

Unless you have been living on a desert island with no Wi-Fi for the past 12 months it cannot have escaped your notice that a wedding is scheduled for this month.

Now whether you are a flag-waving Royalist or consider them to be a bunch of elitist parasites, you can't avoid the discussions over the dress, the guest list and the entertainment booked for the reception.

It was when I heard a colleague (who I know is anti-Royal) gleefully speculating over the dress-designer Meghan may or may not have chosen that it occurred to me to wonder why even the least sympathetic among us somehow get sucked into the celebrations.

The fairy tale: Children's stories where the handsome prince marries the beautiful princess are perennially popular, and the big white wedding is still the way many women imagine their big day. In this instance the prince in question is a real-life action hero too! A Royal wedding is the chance for us to live it vicariously, or conversely marvel at the spectacle of it all while muttering darkly about the cost to the public purse.

Being part of something bigger: There is a strong drive among humans to want to feel part of something important or monumental. We want to weave historic events into our own personal history. It's why we bought tickets to The London Olympics, fly out to World Cup Finals, and lay flowers at the sites of tragic events.

Shared History: The celebrations surrounding the Silver Jubilee, or the wedding of Prince Charles and Lady Diana may have been part of our childhood. Maybe we attended



a street party or received a commemorative coin. The desire to recreate and share these memories with our own children is strong.

We love a party: Go on...who doesn't love an excuse for a party? I have friends who throw Eurovision parties, and Strictly Come Dancing parties and X Factor parties, so why not a Royal Wedding party, complete with champagne and Union Jack cupcakes?

They are not like us...or are they? We feel we know the Royals. We're there for the births, the engagements, the weddings, the divorces. We know lots about them, but there's always more we don't know. It's human nature to be hungry for more information or gossip about the rich, famous and (preferably) scandalous. A Royal wedding feeds into this, from the venue – the smaller St George's Chapel rather than Westminster Abbey – to the guest list – who made the cut and who was snubbed. It's like our own family but lived large...on our TV screens.

And just as if they were members of our own family...we wish them well.

Stephen Smith & Son Plumbing & Heating Services

WORCESTER
Bosch Group
Accredited
Installer



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

Which?
Trusted trader

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

**7 year manufacturer's
warranty on all Worcester Greenstar
gas boilers installed**

www.stephensmithandson.co.uk

"Family business. Local and reliable."

Work carried out includes:

- Boilers / Radiators
- Natural Gas - LPG and Oil Installation and Repair
- Bathroom Installations
- Landlord Gas Safety Inspections/Certificates
- Boiler Servicing
- Hot Water Cylinders (vented and unvented)
- System Powerflushing
- Cold Water Tanks
- Shower Installations / Repairs
- Pipework
- Underfloor Heating
- Solar Installations
- Renewable Energy

Disney
Sleeping Beauty
KIDS

**HOLIDAY
WORKSHOP**

**STAGECOACH
SOLIHULL PRESENTS**

SLEEPING BEAUTY

Make friends and build confidence
at our theatre workshops

PUT ON A SHOW

20TH - 24TH AUGUST 2018

**BOOK
NOW**



Age: 4 - 7 | **Cost:** £79 (£60 for siblings) | **Deposit:** £25
Times: 9.00am - 12.00pm | **Performance:** 11.30pm
Times: OR 1.00pm - 4.00pm | **Performance:** 3.30pm
Venue: Solihull Sixth Form College, Widney Manor Road, Solihull, B91 3WR

This is an amateur production by arrangement with Music Theatre International (Europe).
All authorised performance material is also supplied by MTI Europe www.mtishows.co.uk

☎ 0121 745 4007 🌐 stagecoach.co.uk/solihull

hairspray
JR.

**HOLIDAY
WORKSHOP**

**STAGECOACH
SOLIHULL PRESENTS**

HAIRSPRAY

Make friends and build confidence
at our theatre workshops

PUT ON A SHOW

20TH - 24TH AUGUST 2018

**BOOK
NOW**



Age: 7 - 18 | **Cost:** £125 (£105 for siblings) | **Deposit:** £25
Times: 10.00am - 4.00pm | **Performance:** 6.00pm
Venue: Solihull Sixth Form College, Widney Manor Road, Solihull, B91 3WR

This is an amateur production by arrangement with Music Theatre International (Europe).
All authorised performance material is also supplied by MTI Europe www.mtishows.co.uk

☎ 0121 745 4007 🌐 stagecoach.co.uk/solihull

Want to Hear Some Juicy Gossip?

How to deal with being the target of a malicious rumour.

Last year I became the target of malicious gossip. I'm ordinary, in my forties with a husband, children and a small group of friends I've known for several years, so to be a target of an unsubstantiated character assassination blindsided me. No smoke without fire the saying goes, but there was no fire I could think of. *Jen was a newcomer to our social group and was the instigator of wild allegations about me almost immediately. 'She's nuts,' a close friend said, 'Ignore her.' Easy to say but when long-standing friends turned their backs on me it hurt.

Usually if someone dislikes us we rationalise it: they are loud, and we are quiet; they have different core values; we represent a minority group they have a visceral reaction to. None of these applied. I had no idea what had caused this or how to react.



I stopped going for drinks and left the yoga group we both belonged to. I felt sad and isolated. In desperation I emailed a friend who is a clinical psychologist. Her advice changed everything, and I offer it to you here.

Ignore: My first friend was right about ignoring the gossip. Rumours often have a

short lifespan if they are deprived of oxygen.

Don't deny too hard: If anyone questions you say, 'That's not true,' then change the subject.

Laugh it off: A roll of the eyes and a smile can give the impression that only an idiot would believe the gossip. People don't want to be idiots, so this approach may make them question the rumour.

Don't react: Like ignoring. Don't shout or cry. Gossips love to create drama. If you don't react, there's no drama... move along, nothing to see here.

Keep your real friends close: Gossip at least reveals who you can trust. Those who stand by you are true friends. Let them know how much you appreciate them, but never bitch about the gossip. Keep yourself above all that. It's hard to do but worth it...believe me!

Don't seek revenge: It's tempting, it really is, but don't. The best revenge is to live the best life you can.

Acceptance: If someone decides to go full character assassination on you there is little you can do. The best policy is to carry on being the person you are. Stay true to you and wait it out.

I had to accept that because of the actions of one woman, my friendship group changed. Some friends stood by me, others turned their backs. But things settled to a new normal. I joined a new yoga group, which turned out to be better, started a ballroom dancing class and made some new friends along the way. I may never know why Jen tried to ruin my life, but I've moved on and can honestly say it no longer matters.

**Not her real name*

CROSSROADS SERVICE STATION LTD

A friendly, family-run business since 1969

- MOT Testing – Cars & Motorbikes
- Servicing & Repairs
- Air Conditioning Service & Repair
- Diagnostic Service & Repair
- Laser Wheel Alignment
- Tyres – Supplied & Fitted
- Qualified & Experienced Staff
- Courtesy Car or Collection/Delivery available

**OPEN 6 DAYS
A WEEK**

MON – FRI 7.30am – 6pm
Sat 7.30am – 1pm

MOT's while you wait!



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

Tel: 01564 703225

www.crossroadservicestation.co.uk

VAT No.: 113213041

PSYCHOLOGICAL THERAPY. PRIVATE HEALTH CARE.

Equanimity CBT provides Cognitive Behavioural Therapy (CBT) which is the therapy of choice in the NHS for common emotional, behavioural and mental health problems. It is also available privately and through health insurance. Corporate referrals are also accepted.

Work related stress? Anxiety? Depression? Low self esteem? Compulsive behaviours?
OCD? Anger management? Emotion regulation difficulties? Adolescent behavioural
problems? Aggressive driving? Panic attacks? Phobias? Emotional distress?

Equanimity CBT

New Street, Kenilworth.
Wassell Grove Lane, Hagley.
Day and Evening Appointments Available

Contact: enquiries@equanimitycbt.co.uk
Telephone 0844 693 1282 for a
free 15 minute telephone consultation.

B.A.B.C.P. Accredited CBT Psychotherapist.

Approved Health Care Provider for
AXA-PPP, Aviva, Pruhealth, CIGNA, Simply Health and WPA.



www.equanimitycbt.co.uk

Happiness...the Greatest Gift....



In honour of the amazing Ken Dodd who passed away earlier this year ... I thought I would look at happiness today!

Does achieving our goals in life lead to happiness or does happiness help us achieve our goals?

How often do we tell ourselves.. "If I achieve X then I will be successful, if I am successful then I will be happy?

We spend our lives having happiness as the end goal but as soon as we get there we create a new goal which prevents us from being content. Let me give you an example.

A student thinks to herself, if I pass the 11+ I will get into my grammar school, then I will be happy. She does this and then what? Do you see her and her mates revelling in the stunning surroundings or congratulating each other on their success? No you see them looking anxiously around themselves trying to fit in and worrying about passing the tests at the end of term! This continues throughout life, if I pass my GCSEs I will be happy, get to a good uni, get a good job, get a promotion, get married blah blah blah!

And so, the 'next' goal is always in the way our way of happiness.

Shawn Achor, a happiness expert (!) tells us then to turn the equation on its head. Let us then aim to be happy first. Just think of a time in your life when you were so happy you could burst...how was your performance then?



If we are happy a chemical known as Dopamine is released and not only does this give us a sense of well-being, but it turns on all the learning centres of our brain which will enhance our performance, which in turn increases our chances of success and the achievement of our goals!

Need support in finding your happy?
Email us at hello@guruyoucoach.com



Find Your Happy

hello@guruyoucoach.com
www.guruyoucoach.com
01926 485465



MUSIC LESSONS

IN KNOWLE & DORRIDGE

We come to you - music lessons in the comfort of your own home

Piano, Guitar, Ukulele & Flute

ABRSM, Trinity & Rock School Exams Taught

Very experienced, Music College Trained Tutors



Contact Richard and Leila:

07769 278 234

richardchapman1066@yahoo.co.uk

ByteSupport

Home and business IT support

PC problems fixed. Virus and malware removal. PC tune-ups. Data recovery. **New PC setup.** **Broadband,** email and server problems resolved. **Free advice.**

For a **professional, friendly** and **dependable** service

Peter Johnston
0790 151 2544

www.bytesupport.co.uk

No call-out fee.
20yrs professional experience



Mindbenders

Can you find the hidden words or phrases from the clues?

TENSGOODIONS

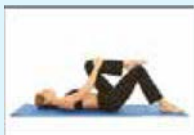
bend backwards

**C
O
N**

answer on page 60



Pilates



MONDAYS

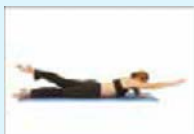
Body Conditioning

09.20 to 10.20

***Pilates**

10.20 to 11.20

at Downing Hall, Knowle, B93 0JU



THURSDAYS

***Pilates**

09.10 to 10.10 &

10.20 to 11.20

at Downing Hall, Knowle, B93 0JU



THURSDAYS

***Pilates**

19.30 to 20.30

at Dorridge Village Hall, Dorridge, B93 8QA

All ages and abilities welcome.

Pilates taught at 3 levels:

Beginners, Intermediate & Advanced

For fees & term times, go to:

www.gkpilates.co.uk

*Places are limited and should be pre-booked

To reserve a place, contact Gaynor Kunneke
Fitness Instructor and Registered Osteopath:

Tel or Text: 07729 712038 or

Email: gk.osteopath@outlook.com

Sanderson

Soft Options
Mill Shop

Thousands of metres of fabric in stock plus hundreds of samples from all leading manufacturers.



Blinds, Poles & Tracks, Rufflette, Haberdashery and everything for the curtain maker.

Express making service available in our workrooms.

Family run business with over 60 years experience.

FREE measure & quote service.

Fitting service available.

Open
7 days a week



01564 783399

Box Trees Craft Centre, Stratford Road
Hockley Heath, Solihull B94 6EA

BUILT WITH TRUST START TO FINISH

Your local family-run building company.



BUILD . DECORATE . MAINTAIN

Contact us, to see how we can help.

0121 241 2959

or visit us at: www.parkfieldbs.co.uk

**Extensions. Conversions. New Builds.
Renovations. Refurbishments.**

Windows & doors. Decorate, external & internal.
Re-fit, bathrooms & kitchens. Roofing. Electrics.
Plumbing. Heating. Carpentry. Tiling.
Drives & patios. Architecture Design.
Planning Applications. Interior Design.

10 YEARS
ANNIVERSARY
CELEBRATION



THE HENLEY
EVENTS WEDDINGS GOLF

GOLF MEMBERSHIP  **FOOTGOLF**
WEDDINGS  **FUNERALS**
GOLF ACADEMY
CONFERENCES

WEDDING FAYRE

Sunday 20th May 2018

11.00am – 3.00pm

Your Wedding is one of the most special days in your life together and The Henley is the perfect venue for this memorable occasion

Set with the grounds of 200 acres of landscaped parkland in the heart of the Warwickshire countryside, The Henley provides a magical setting for your guests to enjoy your Wedding celebration

Open views of the countryside and orchard can be enjoyed from the Wedding Suites and the Private Beaudesert Garden – these provide a beautiful setting for your photographs.

We have a choice of two Wedding Suites. The Balcony Suite boasts panoramic views and is suitable for intimate gatherings of up to 50 guests.

The Beaudesert Suite and Lounge is a beautiful airy space which can comfortably entertain up to 200 guests.

We pride ourselves in our attention to detail and personal service which combine to ensure that your Wedding day is a truly unique and romantic occasion,

FREE Entry • FREE Goody Bag

The Henley, Henley-in-Arden, Warwickshire B95 5QA

Tel 01564 793715 | www.henleygcc.co.uk



Like us on Facebook
Follow us on Twitter



Tee Time!

By Tom Hancock

...and a game of golf bingo!

Like many amateur golfers I'll be glued to The BMW PGA Golf Championship at Wentworth this month. I'm a spectacularly mediocre player who occasionally plays a good round, and the hope of repeating that is what keeps me returning to the course. Golf is addictive like that...it's crack cocaine with clubs

Almost as addictive is 'golf bingo'. Never heard of it? Next time you play, tick off as many types of golfer as you can during a round. Bonus points if you're playing alongside them. Minus points if you're one of them.

The Wagglor - Budget speeches don't last as his pre-shot routine, and worse it makes no difference. Five full practice swings will be followed by a slice into neighbouring woodland...every time.



Mr. Mobile - His phone rings in the middle of your first backswing, it's an urgent call. He then puts it vibrate where it does just that repeatedly, sounding like an angry hornet trapped in his back pocket. Amusingly, the number of phone calls is usually inversely related to the importance of his (it's nearly always a bloke) job. Seriously, if Obama could play an uninterrupted round there's no excuse!

The Croucher - He reads every putt from every angle...then misses anyway. I may be this man!

The Guru - Offering unsolicited advice on everything from your swing to the choice of caddy. It would be so much easier to take if he hadn't already lost six balls before the third hole.

The Sulker - Every golfer has a bad round or three, but he (nearly always a bloke again...sorry guys) can't laugh it off, and refuses to drink it off, so storms off instead.

The Traditionalist - He dresses like he's playing in the Ryder Cup circa 1929. I secretly admire his dapper style...but my daughter would kill me if I dressed like that.

The Chatterbox - She (sorry ladies but this one is nearly always a woman) talks over every putt, and all the time you're setting up for a drive. And you're never sure if it's accidental or whether it's part of some diabolical masterplan to mess with your game!

Mr. Angry - He can throw a toddler-worthy tantrum over a missed six-foot putt. It's both amusing and cringeworthy and you can't take your eyes off it.

The Blamer - It was the sun, the wind, a passing pigeon, a buzzing bee, celebrations from the next hole, a bad back, a gippy tummy, a fight with a spouse...anything in fact except their lousy swing.

Anyone call 'House' yet? Now if you'll excuse me I'm off to practice my waggle?

British Sandwich Week

May 14th – 20th

Ever since John Montagu, the 4th Earl of Sandwich ordered cold beef between slices of toast, to avoid getting up from his card game, his name has become synonymous with our favourite lunchtime choice. But what makes a good sandwich?

Start with good bread. Any bread you're using for a sandwich should be delicious enough to eat on its own. Make your own or buy a high-quality artisan loaf. If you only have supermarket bread, try toasting it or charring it on a griddle. It should be crisp enough to provide some structure to the foundation of the sandwich but yield in the centre.

Rolls are good for sloppy fillings if you carve out a little bread from the dome of the roll to create a little space for them. This stops the filling sliding out when you take a bite.

When it comes to selecting the right bread for your sandwich it comes down to personal preference. A good place to start is balance of texture. A soft roll complements crisp lettuce or crunchy coleslaw, or hot chips. A thick-crust bread is great with pulled pork or roasted veg. But these are guidelines only - a soft rolled filled with mashed egg and mayonnaise is a joy and yet has almost no contrast in textures.



Soggy sandwiches divide people. I think it's down to intention. Consider the deliciousness of a sloppy stewed steak and onion filling where the gravy soaks into the bread. My mouth is watering just thinking about it. Then consider a soggy cheese and tomato sandwich from a bad buffet. I think you'll see where I'm going with that. Yet nearly everyone I spoke to while researching this article said a dry sandwich is unacceptable. Lack of butter, or filling is a sandwich crime.

To avoid sandwich sogginess...or dryness, a good layer of fat such as butter or an olive oil spread will resist moisture and keep it in the sandwich rather than letting it soak into the bread.

On to the vegetables. Wash and dry them then season with salt and freshly ground black pepper. This extra step is small but makes sure the veggies pack a flavourful punch with every bite. Creamy but sharp coleslaw, or tangy pickles add a vivid brightness to the ensemble.

A nutritionally well-balance sandwich will probably contain protein. From ham to egg to tofu the protein is better if it's well flavoured and thinly sliced, diced or mashed. Too thick and it becomes difficult to bite through and chew.

Think about the position of the individual elements within your sandwich too. Would the meat be better placed in the centre or on the bottom? would cold elements be better layered on top of hot elements? My personal bugbear is thick slippery slices of tomato in the middle of a sandwich, so when you bite into it there is a tectonic plate shift and one slice of tomato shoots out of the far side and lands in your lap!

We take the humble sandwich for granted yet we all know when we've had a great one. So, let's hear it for National Sandwich Week. Smell the bread, admire the layers, season the filling and take a big bite.



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.

We provide personal care, for example, washing, bathing, toileting, dressing, getting into bed and getting up in the morning, administering medication. Bluebird care also provides home care such as help with ironing, cleaning, cooking, shopping etc. We can also provide companionship services for people, for instance reading to them, playing board games or taken to a show or a favourite venue.

Our personalised service is provided by very highly trained carers who are recruited locally. All of our carers are CRB checked and multi referenced to give you peace of mind. Our aim is to give you the same care staff so that they can get to know you as an individual and really know what matters to you.

PMJ House, Highlands Road, Shirley, Solihull, West Midlands B90 4ND
T: 0121 7117435 E: solihull@bluebirdcare.co.uk www.bluebirdcare.co.uk

Lady Katherine Housing & Care



The Court Of Lady Katherine Leveson

Sheltered Housing

(Live independently with the added value of support on site)

Residential Care

(Have your personal care needs met in a truly unique and vibrant Care Home)

Respite Care

(Come and have a short break with us or give your loved one a short holiday with us while you have a break)

Enablement

(Spend some quality time with us after a hospital stay, build up your strength for that return home)

FOR FURTHER INFORMATION

contact

Chris Mundell

Fundraising & Marketing Officer

01564 772415 / 01564 772850

cmundell@leveson.org.uk

Temple Balsall, Knowle, Solihull, B93 0AN

Exceptional vision ...



Are you looking for a legal adviser that delivers wise and effective solutions?

Look no further.

Sydney Mitchell is a trusted Legal 500 law firm that will watch over your legal affairs.

We ensure that you receive quality legal advice.



“A professional service dealt with by delightful, helpful professionals..”

Birmingham

T: 0121 698 2200 · F: 0121 200 1513
DX 13054 Birmingham 1

Shirley

T: 0121 746 3300 · F: 0121 745 7650
DX 13856 Shirley 2

Sheldon

T: 0121 700 1400 · F: 0121 722 3127
DX 21801 Sheldon

Providing legal advice for generations

www.sydneymitchell.co.uk





O.T. Bathrooms

THE WET ROOM SPECIALIST

Buy online

- Bathroom Aids • Bath Seats
- Bath Lifts • Electric Showers • Bath Steps
- Shower & Bathing Accessories • Bathrooms Deltas
- Bathmaster Sonaris and more...

Go to www.otbathrooms.co.uk
to see our full range of products

We are a trusted and reliable company supplying and fitting specialist bathrooms. We are here to help and advise accordingly, providing our customers with a bathroom that is safe, practical and stylish.

We welcome visitors to our showroom at 53 Warwick Road, Olton Hollow B92 7HS but if you are not local to Solihull, then we are only a phone call away. If you wish to speak to us please call on

0121 707 8612

Alternatively, get in touch with us via email at:
sales@otbathrooms.co.uk



AWARD WINNER!
Small Business Award Winner



If you are unable to get to our showroom in Solihull we can visit you at no cost for a no obligation quote

Dimension Landscape & Driveways

- Quality driveways, patios and garden landscaping
- Competitive prices and reliable service
- Using our own in-house expert contractors and equipment

Call us now for your free no obligation quote and to find out about our New Year Spring Bargains



0121 733 1463 / 07799 428557

www.dimensiondriveways.co.uk
barney.dimension@icloud.com

4200 Waterside Centre, Birmingham Business Park, Solihull Parkway, B37 7YN

Our products
are so good
they speak for
themselves



DOORS

We offer a wide range of door options including residential doors, french doors, patio doors, composite doors and bi-folding doors in Upvc and Aluminium.



WINDOWS

Whether you want just one window replacing or a whole house, we can help. We offer advice on a range of designs to maximise the potential of your home, giving results you can enjoy for many years.



**WE MANUFACTURE
OUR OWN UPVC AND
ALUMINIUM PRODUCTS**

Telephone: **0121 772 5557**
www.davidcannonwindows.co.uk



ultraline®

ADRIAN LEWIS

PAINTER AND DECORATOR



With over 40 years' experience in painting and decorating, Adrian Lewis brings a wealth of professionalism and knowledge to your home or business.

Experienced in all finishes including wallpaper, internal and external paintwork, steel and floor painting, and varnishing.

Call: 07811 455 546

D.A. MANDER & SON Ltd

PROFESSIONAL FITTER AND SUPPLIER OF QUALITY CARPETS

Don Mander does not have retail premises. If you need him please call him direct— the only way to buy carpets

01564 700200



- EASIER** – Than walking round lots of shops
- CHEAPER** – No overheads cutting costs
- ACCURATE** – See colours in their true light
- CONVENIENT** – View in the comfort of your own home

We can uplift and remove existing carpets and move furniture

Mobile: 07976 778694

FREE ESTIMATES

91 Longdon Road, Knowle B93 9HT

**See our Review's at
Freeindex.co.uk**



Ian Hounsell

CARPET SUPPLY & FITTING SERVICE

**WHY COME TO US?
WE WILL COME TO YOU!**

- ✓ No Job too big or small
- ✓ Supply & fit or fit only
- ✓ Repairs & re-adaptions



Tel: 01564 772324 Mob: 07831 814 588

Email: hounsellcarpets@gmail.com Covering Solihull & Surrounding Areas

111 Purnells Way, Knowle, Solihull, West Midlands B93 9ED

A Good Reliable Service Guaranteed

C. STEVENS ROOFING

EST FAMILY BUSINESS

NEW TILED ROOFS • GUTTERS
FLAT ROOFS • BRICK WORK
LEADWORK • SMALL REPAIRS
UPVC FASCIAS • CHIMNEYS



KNOWLE

SOLIHULL

01564 790008 0121 733 1276

WWW.CSTEVENSTEROOFING.CO.UK

Bill Boyce Decorators

A family run business with over 30 years experience

- Painting & Decorating
- Internal / External
- Offices, Restaurants & Private Houses
- Reliable
- Excellent Reputation
- All work carried out to a high standard
- Free Estimates



Call Bill on 07976 810680 or Dan on 07966 275134

89 Union Road, Shirley, Solihull, B90 3BY
 Tel: 0121 744 0040 or fax: 0121 744 0312
 Email: billboycedecorators@hotmail.co.uk
www.billboycedecorators.com

FAMILY BUSINESS – ESTABLISHED FOR OVER 20 YEARS

ADKINS PLASTERERS

SPECIALISTS IN: Interior and Exterior Plastering

WALLS • CEILINGS • COVING • RENDERING
 • DRYLINING AND WET PLASTERING

Reliable, friendly and clean service
All work guaranteed

For your free estimate just call us on

07977 354323 / 07538 349991 / 0121 680 2248 or email: AdkinsPlasterers@hotmail.co.uk



10% OFF
all orders if you quote
reference KDM.

Mainstream

Windows, Doors and Conservatories

Mainstream is a specialist manufacturer of high quality windows, doors & conservatories. We have a huge range of products including bifold doors, orangeries, glass extensions, pvc and upvc windows.



Over 20 Years Experience

For over 20 years, our award-winning FENSA regulated firm has successfully manufactured and supplied windows, doors and conservatories to our clients.

The Personal Touch

Our company is owned and run by three experienced directors that work in a 'hands-on' role. No job is too small or too large for us and if you are looking for something different, we can make bespoke products just for you.

High Quality Standards

We pride ourselves on attention to detail, and all of our products are manufactured 'in-house' at our Head Office in the West Midlands. And the same goes for our fitters – they are our own trusted staff, with many years' experience between them.

**Come and see our new high performance
Origin Aluminium Windows and doors.**

01564 320013

www.mainstream-doubleglazing.co.uk

safechoice



1018/1020 Yardley Wood Road,
Yardley Wood Birmingham B14 4BW
Office Tel: 0121 430 9150

A-door-able!

UPVC & Bifold Doors to Suit All Applications

Mainstream Windows is a leading supplier of all types of replacement domestic UPVC & Aluminium Bifold doors. Whether you are looking for a new front entrance, back entrance or garage options, Mainstream's expert team can advise you on the best product to suit your property, lifestyle and budget.

For front entrance and back entrance, there are three main types of products used in homes today – wooden, UPVC and composite doors.

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



Greville Court
1665 High Street
Knowle B93 0LL
0121 213 7289

COLOUR ME

Sophie Bx.



colourmesophieb.co.uk



THE ORIGINAL
OLAPLEX.

INNOLUXE



PUREOLOGY
serious colour care



REDKEN
8TH AVENUE NYC



COLOUR ME

Sophie Bx.



0121 213 7289

colourmesophieb.co.uk

There are hair salons, then there is Colour Me Sophie B! Know the difference! Offering an exciting service menu with a big smile, optional hugs and life coaching.

“News flash! another bloody salon opens in Knowle”

Master colour expert Sophie B leads the way with 23 years experience and a bespoke collection of her exquisite signature colour techniques developed to create maximum hair envy.



Thickefi
Balayagé
Cut & Blowie
Foil me up
Rootagé
Naturalise
And many many more ...



Follow us on:  

eco seal

WINDOWS • DOORS • CONSERVATORIES

ECO SEAL taking over from
"WINDOW SALES" and carrying the
good name established for 30 years!

*"Building the future,
maintaining the past"*

Eco Seal is a family run company based in Hall Green. Not only do we install brand new Upvc windows, doors and conservatories, we also repair your existing windows and doors. From locks, letterboxes, misted glass, hinges and more.....

- WINDOWS
- DOORS
- CONSERVATORIES
- PORCHES
- REPAIRS
- REPLACEMENT CONSERVATORIES
- TILED ROOFS
- PATIO / FRENCH DOORS
- LOCK / HANDLES
- MISTED UNITS
- 24 HR EMERGENCY BOARD UP
- AND MORE.....



- ✓ **Dedicated Aftersales**
- ✓ **Dedicated Planning Team**
- ✓ **No Salesmen**
- ✓ **No Deposits**

certass

Tel: 0121 778 5959
0121 369 1981
Free: 0800 118 2072
info@eco-seal.co.uk
www.eco-seal.co.uk

Visit Our Showroom:

152-154, Highfield Road, Hall Green B28 0HT



EXPERTS IN THE DESIGN,
BUILD, INSTALL AND SERVICING
OF FIRES AND FIREPLACES.



BROUGHTON
FIREPLACES

WOODGLOW
FIREPLACES

At Woodglow we make fireplaces to suit your requirements – any shape, any size, any style, any colour. We are an established family-run business that have been trading for over 20 years.

Come and visit us at our showroom in Olton Hollow and see what we could do for you.

0121 707 2306

59 Warwick Road, Olton, Solihull B92 7HS
Open Monday to Saturday 10am – 5pm



Cullen

Plumbing & Tiling

17 Whitacre Rd, Knowle
cullenplumbingandtiling@gmail.com

Tel: 07896 862 916

Established in 2005

City & Guilds

Qualified

- Full bathroom and ensuite design and installation to the highest standards with complete project management from start to completion
- Kitchen Sinks and Taps, Dishwasher and Washing Machine Installation
- Central Heating & Radiators
- General Plumbing Maintenance & Repair
- Showroom Finish Wall & Floor Tiling for bathrooms, kitchens, hallways and conservatories
- Specialist in ceramic, porcelain, natural stone tiling
- Business built on recommendation and reputation

All Work Guaranteed

Reliable Honest Service

References and Portfolio of Work Available



**Call Alex Cullen
NOW on 07896 862 916
For a free no-obligation quotation**

bathrooms galore....

... just add water



- Replace your bath with a walk in shower enclosure.
- Easy access - low level trays or wet floors.
- No need to replace tiles or sanitary ware.
- Shower seats and grab bars optional.
- Can fit in space of bath.
- Design and installation taken care of by our professional team.
- **VAT exemption available.**

0121 783 9966

Call to book a free home quotation

Visit our showroom at:

49 Stoney Lane,
Yardley,
Birmingham.
B25 8RE



BATH OUT – SHOWER IN



Howard Yarnold Windows & Doors Ltd

Design, Build & Fit Aluminium & PVC-U
Windows, Doors & Conservatories



New Bi-Folding Doors



Now available 'A' rated UPVC energy saving windows

Special offer on our Superb
Bi-Folding Concertina doors
any colour. Ideal for entrance
from lounge to conservatory

- We can offer a style to suit any home.
- Advanced locking systems coupled with frames which are resistant to bending or the easy removal of glass make our windows less attractive to unwelcome visitors.
- Use of modern materials means our windows are virtually maintenance free, reduce noise pollution and provide thermal insulation in your home.
- Every frame is tailor made so fitting is a quick process with very little disruption to you.

FAMILY BUSINESS OFFERING HONESTY & PERSONAL SERVICE THROUGHOUT



Call Brian or
Ashley on:



0121 414 0808
e: sales@howardyarnold.co.uk
www.howardyarnold.co.uk

1 Birkdale Avenue, corner of Heeley Road, Selly Oak, Birmingham B29 6UB



EH Smith KITCHENS & BATHROOMS

Now
open
until 2pm
on Saturdays

Kitchens & bathrooms
to suit any style & budget.

LAURA ASHLEY

Roca

MACKINTOSH®

Utopia



Expert advice • Site surveys • CAD design service

Book your appointment today...
to see one of our showroom advisors.



Haslucks Green Road, Solihull
Call 0121 713 7100



Why not invest in a new driveway or patio to enhance the appearance and add value to your property?

Approved Drives and Landscapes offer a range of services to help improve all areas of your home, including:

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

Proud members of



Find us in/on



www.centraldrivewayslimited.com

Get in touch today for a FREE quotation

T: 0121 702 1456 M: 07748 577687

Michael.central@icloud.com



Enjoy the outdoors,
leave the indoors to us

Professional Housekeeping & Ironing Services

BRIGHT & BEAUTIFUL

A BEAUTIFULLY CLEAN HOME AND A BRIGHTER YOU



**FREE
Basket of
Ironing***

Bright & Beautiful know how difficult it can be to keep the outdoors from getting in during Winter! Muddy feet, paw prints and rain can take their toll.

That's where we can help. Bright & Beautiful is an affordable REGULAR, or ONE-OFF, housekeeping service that ensures your home sparkles all year round. In a bright and beautiful home everything is in its place, the laundry is done and the ironing is immaculate.

Make the most of the season and leave the CLEANING and HOUSEKEEPING to us...

CALL TODAY FOR A FREE CONSULTATION

01564 339 967

www.brightandbeautifulhome.com/henley-in-arden

PLEASE QUOTE CODE: ADS

*UP TO 1 HOUR OF FREE IRONING, WHEN YOU SIGN UP FOR A REGULAR SERVICE.



MAY OFFERS

Save 50% off all Carpet & Upholstery Cleaning.
Why not take advantage of our great offers:

	Normal	Discount
Lounge	£50	£25
Landing		
& Stairs	£50	£25
Bedroom	£32	£16
3 Piece Suite	£90	£45

Classic Carpet Cleaning

For further information please contact

Telephone: 0121 682 7450 or Mobile: 07980 172963

www.classiccarpetcleaners.co.uk



Cleaning the oven . . .

It's a dirty job! Why do it yourself?

We combine the use of special tools with completely safe cleaning agents, that leave your oven gleaming. No fuss, no smells, just the great finish that you would expect from a professional company.



0121 249 1724

07758 727 556

We clean all domestic ovens,
ranges, aga's, hobs & extractors.

**SPARKLY
OVEN**
Cleaning Company

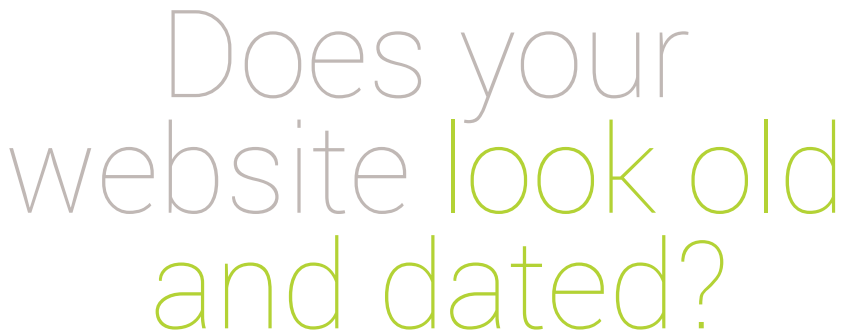
www.sparklyoven.co.uk
craig@sparklyoven.co.uk

Dorridge & Knowle Domestic Cleaning Services

- Small established cleaning and domestic help business
- Provide dedicated, friendly & trustworthy local ladies (CRB checked)
- Take pride in high standards and caring for customers' homes
- Regular service or one off spring cleans
- Ironing service available
- References available
- Comprehensive insurance
- Costs are not subject to VAT



For a FREE, no obligation quote,
please call Sue on 07809 567264



Hotlobster Design offers you up-to-date websites to replace your tired ones.

Bespoke content managed websites are cheaper than you think.
Call now for a chat about your website, social media & marketing needs.



studio@hotlobster.uk.com

T: 0121 369 1977

www.hotlobster.uk.com

Johnsons Cars

Trusted, Quality Service

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



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

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

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

Johnsons Cars

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

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

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

Helping You Afford

Your Next Vehicle.

VAUXHALL MOKKA 1.6CDTI



Special Offer £240.00 pm

Eclusiv Model Bluetooth USB

JAGUAR XF 3.0D V6 S



Special Offer £550.00 pm

Low mileage Sat Nav USB

No Deposit! Inclusive of FREE Servicing and MOT's!

NISSAN NV200



Special Offer £170.00 pm

7 Seats USB low mileage

MERCEDES-BENZ CITAN



Special Offer £190.00 pm

Bluetooth Plylined USB

No Need to worry about CCJ's or Bad Credit!

Visit **www.easyleasecars.co.uk**

To Find Out How or Call Us Now on 0121 693 0573

Fixed Fee Divorce

and Collaborative Law

Fixed Fee Divorce

Wallace Robinson & Morgan solicitors are pleased to be able to offer a fixed fee divorce package for all work in connection with obtaining your divorce. This will include preparing the divorce petition and other necessary documentation, liaising with you, your partner and the Court and applying for the two Decrees required to finalise the divorce. Please contact us to discuss your individual circumstances so that we can give you details of our fixed fees and any other costs involved. Please note that our fixed fee offer is subject to the divorce being undefended and without any unforeseen complications. It excludes work done in relation to the finances or any children.

Collaborative Law

Wallace Robinson & Morgan also offer an innovative new approach to resolving family matters. We believe that, in the majority of cases, the best and most amicable solutions are those agreed between the couples themselves. Collaborative Law allows couples to meet face to face, with the support of their respective solicitors, and discuss their views and suggestions for resolving the matter. This enables couples to reach agreement without the need for costly, stressful and time-consuming Court battles. Everyone in the room has the common goal of finding the best solution for the couple and their family.

Collaborative Law has numerous benefits: participants still have their own independent legal advisor but maintain control without being threatened by Court proceedings. The couple set the agenda for each meeting, enabling them to discuss the issues that matter most to them and their family. Furthermore, it is crucial for a harmonious future relationship, particularly when children are involved, to maintain communication between the parties, and Collaborative Law ensures this is achieved.



Dipika Mistry and Kathryn Ferris
Wallace Robinson & Morgan Family Lawyers

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 issue, our fixed fee divorce offer or find out more about the Collaborative approach, please contact us.

Contact: Kathryn Ferris on 0121 705 7571
email: kathrynferis@wallacerobinson.co.uk

Please mention where you saw this article when you call.
See www.wallacerobinson.co.uk for further information.





legal services for your life

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

We have extensive experience in dealing with a wide range of the type of legal issues that you and your family may face during your life, including:

RESIDENTIAL PROPERTY
WILLS, PROBATE & TRUSTS
POWERS OF ATTORNEY
FAMILY AND COLLABORATIVE LAW
DISPUTE RESOLUTION
EMPLOYMENT LAW

Wallace
Robinson
& Morgan
SOLICITORS

since 1855

Take the first step to resolving your legal issues by
contacting us on 0121 705 7571

Solihull

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

Dorridge

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

Athos

solutions for the future...

BUSINESS SOLUTIONS

Chartered Certified Accountants



Athos has built up a professional team that goes the 'extra mile' as a matter of due course. This has been invaluable to our business and has greatly assisted us.

**Roger Green, Director
Menswear Company**

- Accounts
- Tax Returns
- Payroll and Auto Enrolment
- Bookkeeping and VAT Returns
- Tax Advice
- Management Accounts



Call and make an appointment for a free initial consultation where a bespoke fixed fee quotation will be provided.

T. 0333 400 7876

Athos Business Solutions Limited
1623 Warwick Road, Knowle, Solihull, West Midlands B93 9LF
www.athos.uk.com

enquiries@athos.uk.com



Specialist Advice



Wills & Trusts
Lasting Powers of Attorney
Probate & Estate Planning
Inheritance Tax Issues
Asset Protection



For more information or a no
obligation chat call us on:

01564 758055

www.probate-solicitors.co.uk

Richard Arney
Solicitor, TEP

Caroline Wilden
Solicitor, TEP

1705 High Street,
Knowle, Solihull B93 0LN

Ground Control

You can't go wrong with a geranium.

They grow well where other plants struggle, particularly those shady areas, or parts of the garden with poor soil. And they are so useful - they provide hundreds of pretty flowers and also smother the ground with a welter of leaves that prevent weeds from taking hold.

Don't confuse these hardy geraniums with the tender bedding plants with the horseshoe leaf-markings. They may be commonly called geraniums but they are in fact pelargoniums and not hardy so would perish in a hard frost. True geraniums are as tough as old boots. There are loads to choose from offering a wide range of colours and habits.

If you want a carpet of tiny pale pink saucer flowers try *Geranium sanguineum striatum*. It's great for growing in the crevices of a garden path, or even in a shallow tub or sink where its finely cut leaves show off the flowers

to their best advantage.

Geranium macrorrhizum is probably the most reliable ground cover of them all. It creates a low dense mass of aromatic

Propagation is ridiculously easy. Simply rip up a clump of the thick creeping stems and push them into the ground where you want them to establish.



hairy leaves about 30cm / 12 inches high. The flowers open in late spring and there are varieties in white, pale pink or magenta. These are followed by bright red seedheads providing interest well into the autumn.

Make sure they don't dry out and you can be assured of success.

If you'd like a plant with a bit of height go for *Geranium psilostemon*. This grows to about 1.5m / 5 feet. It has deep magent flowers with a



black eye, and is a great self-seeder.

If you struggle with a patch of denser shade I can recommend the blue-flowered Geranium himalayense, and also 'Johnson's Blue'. Both will form clumps about 30cm / 12 inches high.

Whether you have a new garden which needs to be filled with colour, or an established garden with a few bald patches, plant hardy geraniums and you won't be disappointed.

Amazingly green for Surprisingly little!

Achieving an amazing Deep Green Lawn that will be the envy of all your friends and neighbours is surprisingly exceptional value.

We offer a full range of lawn treatments including, moss control, fertilisation, weed control, scarification and aeration.

For your free lawn survey:
 Call - 07766077341
 Email - info@deepgreenlawns.co.uk
 Or visit our website, www.deepgreenlawns.co.uk

We are a family-run business offering a professional, friendly and reliable solution to all of your landscaping & fencing needs.



We're based in Kenilworth but work all over Warwickshire and the West Midlands.



- Full garden landscaping
- Slabbing
- Concrete & wooden post fence panel systems
- Feather edge board fences
- Storm damage and repairs
- Free consultations & advice
- Installation of shed bases & sheds

07852 713240 / 07891 046187
01926 741835
kenilworthfencing@gmail.com

Oakland Group

www.oaklandgroupuk.com



Complete Outdoor Services & Lighting



**Tree Surgery
& Hedging**



**Borders, Turfing & Outdoor
Maintenance**



**Outdoor & Garden
Lighting**



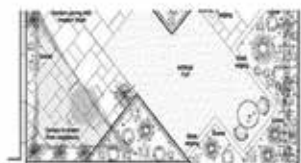
Fencing



Lawns & Mowing Services



Landscaping



**Garden
Design**



**Planting
& Irrigation Work**



Groundworks & Land Drainage



Commercial Works



Customer Feedback



Emergency Works

"Oakland have to be one of the most proactive businesses we have the pleasure to work with... I would highly recommend them to anybody who requires dependable service."

Gillian Cain, Audi Birmingham, 31 July 2017



01564 758608
info@oakland-group.co.uk

Hampton

Gardening & Landscapes Ltd

Patios & Landscaping
Fencing
Lawn Mowing
Hedges & Trees



Office: 01675 446 174 Mobile: 07827 613 168
www.hamptongardening.co.uk

PRO LINE

PROFESSIONAL LINE UK LTD

REPLACEMENT PVCu FASCIAS & GUTTERS

IT'S THE ONLY PROPER WAY

Don't be fooled by cheap prices! Capping over existing Fascias will ruin your home! It causes sweating, will rot away your old boards and eventually put dry rot through your roofing timbers.

Don't be fooled by those who say they cut rotten wood first, and then cap over.
OLD WOOD WILL ROT, NO MATTER WHAT!

CALL NOW FOR OUR MAY & JUNE DEALS

We promise to beat any genuine quote!

TEL: 0121 314 4390 MOBILE: 07776 287035

I will call, survey and explain exactly what the installation entails, with no obligation on your part. We would however be pleased to quote you for any additional areas. If you have had new Gutters & Down Pipes in the last ten years, it is possible to refit them afterwards.

Central Boulevard, Blythe Valley Business Park, West Midlands, B90 8AG

We also install Windows, Conservatories, Porches, Cavity Wall Insulation, Felt & Flat Roofs



Midland Grounds Machinery



Get your garden ready for Summer

with our range of lawnmowers, blowers, garden shredders and scarifiers



SALES / SERVICE / PARTS

Come and see our new extended showroom at:

18 Station Road, Knowle, Solihull B93 0HT

01564 773614 | www.mgmsolihull.co.uk | dave@mgmsolihull.co.uk

COMPETITION



WIN 2 tickets to see **The Little Mix Experience**

Thursday 26th July

The Core Theatre, Solihull (formerly Solihull Arts Complex)

For your chance to win these tickets, worth £30, visit the Core Theatre website page for this event - www.thecoretheatresolihull.co.uk - to find the answer to this question:

With which TV show did Little Mix spring to fame on?

Email your answer to: thecoretheatre@solihull.gov.uk – and please put 'Little Mix' as the subject line

Closing date for entries is 15th June and the winner will be drawn at random and notified by email after this date.

About the Show:

Four hugely talented girls pay tribute to one of the UK's finest Girl-Bands.

With breathtaking dance moves, replica costumes and some of the finest vocals in the UK, this is a high-energy show from beginning to end, packed with all of Little Mix's greatest hits and suitable for all ages! Featuring songs such as DNA, Wings, Salute, Black Magic, Love Me Like You, Secret Love Song and many, many more. They look like Little Mix, They Sound like Little Mix, they are "The Little Mix Experience".

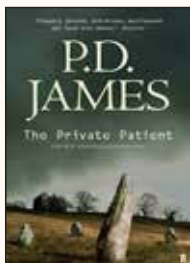
a good read

reviews By Willow Coby

The Private Patient

by PD James

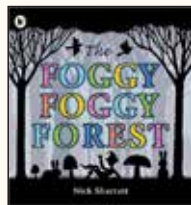
At a private clinic in Dorset, Rhoda Gradwyn has booked an operation to remove a serious facial scar – one which she has borne for many years, but ‘no longer has need of.’ The operation is a success, but by morning Rhoda Gradwyn is dead, and suspicion falls on the staff of Cheverell Manor. Commander Adam Dalgliesh, poet and policeman, is summoned from London to investigate, and before long finds himself dealing with not one, but two unexplained deaths and a whole host of dark secrets. This is the latest in James’ Dalgliesh series, and it bears all the familiar hallmarks of the earlier novels – a death in a closed community, a complicated back story and a steady move to the conclusion. As ever, the supporting characters are just as important as Dalgliesh himself – both those on his team and those who inhabit Cheverell Manor – and they are deftly drawn, with real and believable traits. For the reader, the experience is more about contemplation than guesswork – the identity of the killer is revealed three quarters of the way through, and the rest of the novel is concerned with motivation and moral dilemmas. There is also a significant amount of tying up of loose ends from the ongoing stories of Dalgliesh and his colleagues, and the ending is rich and reflective. Some would argue that James’ novels are an acquired taste, being so far from the run of the mill ‘whodunnit’ – I would say they are a taste well worth the acquiring.



The Foggy, Foggy Forest

by Nick Sharratt

This delightful picture book may take some tracking down, but the effort is well-rewarded. Each page takes the reader on a journey through the ‘foggy, foggy forest’ of the title, asking ‘What can this be?’ The beauty is that each page is printed on acetate, and shows a mysterious silhouette, encouraging us to guess at what lies beyond. The answer, of course, is never straightforward! The book works on a number of levels – younger children will love the repetition and the rhyme as each shadow is revealed, whilst older readers will appreciate the fine details of Sharratt’s colour illustrations and the humour which finds ‘Cinderella and Snow White in a water pistol fight’. Like the best fiction for very young children, the book stands up to reading and re-reading (and re-reading, and re-reading....). It deserves to become a children’s classic.



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
------------------	---------------

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: rurals@west-midlands.ppn.police.uk



Roast cod with a lemon, garlic and parsley crust



Preparation time: 20 minutes

Cooking time: 10 to 30 mins

Serves: 4

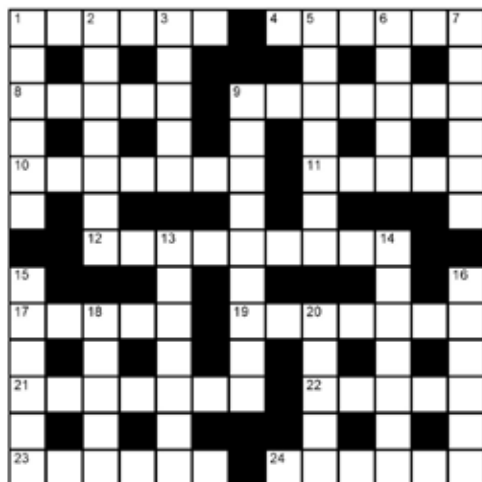
Ingredients

675g/1lb 8oz cod fillet, 3cm/1 1/4in thick
85g/3oz white breadcrumbs, soft or slightly stale
3 tbsp parsley, finely chopped
2 cloves garlic, crushed
Finely grated zest 1/2 lemon
60g/2 1/4oz butter, melted
Squeeze of lemon juice
Salt and pepper
Lemon wedges, to serve

Method

Season the cod well with salt and pepper to taste. Mix the breadcrumbs with the parsley, garlic, lemon zest, salt and pepper, then add butter and lemon juice. Mix thoroughly with your fingers. Place the cod in a shallow, ovenproof dish and press the buttered crumbs firmly onto the cod to make an even crust. Bake at 220C/425F/Gas 7 for 20-25 minutes until the crust is browned and the fish just cooked through. Serve immediately with lemon wedges and green salad or steamed asparagus.

crossword



clues

- 1 Attractiveness (6)
- 4 Surgeon's protective clothing (6)
- 8 Paperwork (abbr) (5)
- 9 Afghan militia (7)
- 10 North African country (7)
- 11 Bamboo-loving bear (5)
- 12 Defamatory (9)
- 17 44th President of the United States (5)
- 19 Serving dish (7)
- 21 Adult (5,2)
- 22 Financial resources, income (5)
- 23 Beer and lemonade mix (6)
- 24 Fastened, supported (6)

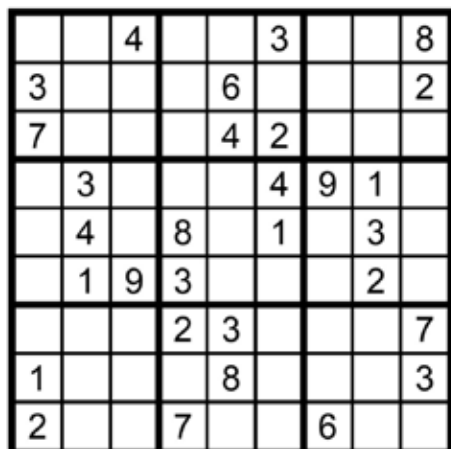
Down

- 1 German Romantic composer (6)
- 2 Most senior commander in the Navy (7)
- 3 Loose fitting long top (5)
- 5 Syncopated West Indian music (7)
- 6 Metropolitan (5)
- 7 Strappy summer shoe (6)
- 9 Jocular British way of saying goodbye (6,3)
- 13 Hit hard on the head (slang) (7)
- 14 Misfortune, hindrance (7)
- 15 Evades, eludes (6)
- 16 Levered (6)
- 18 Hawaiian greeting (5)
- 20 Confess (5)

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

46 Athos Business Solutions 0333 400 7876

Architects

7 Progression 01564 730191

Bathrooms

24 OT Bathrooms 0121 707 8612
36 Bathrooms Galore 0121 783 9966
38 EH Smith 0121 713 7200

Blinds / Curtains / Fabric

9 Tudor Rose Curtains 0121 445 2072
16 Soft Options Mill Shop 01564 783399

Builders

17 Parkfield Building Services 0121 241 2959

Car Services

13 Crossroads Service Station 01564 703225
44 Johnsons Cars 01564 454 51
45 Easylease 0121 693 0573

Care Services

21 Bluebird Care 0121 711 7435
22 Lady Katherine Housing 01564 772850

Carpets

27 Don Mander 01564 700 200
28 Ian Hounsell 01564 772324

Central Heating / Gas Services / Boilers

11 Stephen Smith & Son 01564 200119

Cleaning Services

40 Bright & Beautiful 01564 339967
40 Classic Carpet Cleaning 0121 682 7450
41 Dorridge & Knowle Domestic Cleaning Services 07809 567264
41 Sparkly Oven 07758 727556

Computer Services

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

Drives

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

Events

11 Stagecoach 0121 745 4007
18 The Henley 01564 793715
63 Hatton Country World 01926 843 411

Fascias & Gutters

54 Proline 0800 956 1315

Fireplaces

34 Broughton & Woodglow Fireplaces 0121 707 2306

Garden Centres / Services / Landscaping

8 Earlswood Garden & Landscape Centre 01564 702314
25 Dimension Landscape & Driveways 0121 733 1463
39 Central Drives Landscapes 0121 702 1456
51 Kenilworth Fencing 07891 046187
51 Deep Green Lawns 07766 077341
52 Oakland Group 0700 598 2828
53 Hampton Gardening 01675 446174
54 Midlands Grounds Machinery 01564 773614

Graphic Design

42-43 Hotlobster Design Ltd 0121 369 1977

Health & Beauty & Wellbeing

9 Central England Pilates 07762 311074
13 Equanimity CBT 0844 693 1282
15 Guru You 07930 147799
16 Gaynor Kunneke Pilates 07729 712038
32-33 Colour Me Sophie B 0121 213 7289

Kitchens

5 Cucina 01564783007
38 EH Smith 0121 713 7200

Online Buying & Selling

64 ebuygumm www.ebuygumm.co.uk

Painter & Decorator

27 Adrian Lewis 07811 455546
29 Bill Boyce 0121 744 0040

Plastering

29 Adkins Plastering 07977 354323

Plumbing

3 Knowle Domestic Appliance Repairs 01564 730183
11 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
28 C Stevens Roofing 0121 733 1276

Solicitors

23 Sydney Mitchell 0121 746 3300
46-47 Wallace Robinson Morgan Solicitors 0121 705 7571
49 Probate 01564 758055

Windows & Doors

11 Ecosol 0121 369 1981
15 Windowfix 0121 704 1339
26 David Cannon Windows 0121 772 5557
30-31 Mainstream 01564 320013
37 Howard Yarnold 0121 414 0808

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

Sudoku Solution

from page 59

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

Crossword Solution

from page 59



Solution to Mind benders

1. Good intentions
2. Bend over backwards
3. Condescending

Mindbenders Solution

from page 15

May Day Morris Dancing

Morris dancing is a part of the May Revels, or May Day celebrations.

It dates back to late mediaeval times and the earliest mention is from 1458. The origins of the name are unknown. There is speculation that it has Spanish Arab roots and comes from 'Moorish Dancing' but this is not provable. Many of the earliest known records relate to the early 16th century English Royal Court, so it is possible that there may be some connections with the courtly Morisco dances seen in continental Europe at that time.

The church had been a great supporter of the Morris traditions until the Reformation. After this it was considered frivolous and frowned upon by the authorities for many decades until

the restoration of Charles II in 1660. 'Merrie Englands' saw traditional festivities experience a renaissance and the dances we see today are believed to have mostly developed in the hundred years or so after this date.

Changes in social patterns, social mobility, and types of recreation in the Victorian era meant that by the end of the 19th century the Morris had become rather unfashionable. It came very close to dying out completely, then by chance, the folk song and dance collector Cecil Sharp saw the Morris at Headington on Boxing Day 1899, and started a revival which continues to this day.



a taster of what's on in may & june ...

CINEMA

Tully

from 4th May

Marlo is a mother of three, including a newborn baby, who's struggling to look after everything. But then, her brother hires a night nanny named 'Tully' for her. At first, Marlo struggles to get used to the idea but she begins to form a unique bond with Tully, who is constantly surprising and sometimes rather challenging.



dangerous criminal underworld, Han Solo meets his mighty future co-pilot Chewbacca and encounters the notorious gambler Lando Calrissian.

To book please visit
www.cineworld.co.uk

THEATRE

The Core Theatre, Solihull
(formerly Solihull Arts Complex)



Michael Jackson History Show

Saturday 26th May

This world-class production showcases all of Michael Jackson's greatest hits live on stage, complemented by the famous dance moves that fans all know, love and aspire to do. Star of the show, Dantario, will be accompanied by a lively six-piece band, four groovy backup dancers and a phenomenal lighting team.

GaGa Queen Tribute 2018

Friday 8th June

Performed by a multi award-winning band who have headlined the 'International Guitar Festival' on several occasions, this is a Queen show like no other. From numerous Queen Conventions to TV appearances, GaGa have consistently proved why they are so highly rated by critics and audiences alike. There are no



wigs, no make-up and definitely no false moustaches but instead a host of massive Queen songs played like they were meant to be.



Sister Act

12th - 16th June

Sister Act is the feel-amazing musical comedy smash based on the hit 1992 film that has audiences jumping to their feet! Featuring original music by Tony and 8-time Oscar winner Alan Menken (Newsies, Beauty And The Beast, Little Shop Of Horrors), this uplifting musical was nominated for 5 Tony Awards including Best Musical.

To book please visit www.thecoretheatresolihull.co.uk



Sherlock Gnomes

from 11th May

Gnomeo and Juliet have moved to a new garden, where they hope to live happily ever after. But when the other gnomes disappear, they recruit 'Sherlock Gnomes' to help. He's the only one who might be able to solve this mystery. And so begins a whole new adventure into the great unknown, to rescue the gnomes and bring them home safe.



Solo: A Star Wars Story

from 25th May

Board the Millennium Falcon and journey to a galaxy far, far away in this all-new adventure. Through a series of daring escapades deep within a dark and



A FULL DAY OF SWASHBUCKLING FUN FOR ALL THE FAMILY.

- **BRAND NEW** Pirate Show
- Pirate Battles
- Treasure Hunts
- All the usual Hatton Activities



BOOK ONLINE NOW.

The earlier you book the more you save!

www.hattonworld.com

The UK Only Buy and Sell Website



NEW WEBSITE COMING SOON

A screenshot of the eBuygumm website interface. The top navigation bar includes a 'Quick Sell' button, the eBuygumm logo, a search bar, and links for 'All Categories', 'Search', 'Register', and 'Sign in'. Below the navigation bar are several category tabs: 'AUTOMOTIVE', 'ELECTRONICS', 'FASHION', 'SAVING', 'HEALTH & BEAUTY', 'HOME & GARDEN', 'SPORTS & LEISURE', and 'TV & AUDIO'. The main content area displays a list of items for sale, including a '100% CASH BACK' offer, a '100% CASH BACK' offer, and a '100% CASH BACK' offer. The items are listed with their prices and the eBuygumm logo. The background is blue with white text and icons.

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

www.ebuygumm.co.uk