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summer is coming

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

Here's hoping we've all got a spring in our step now that we've managed to battle through the recent cold months! So now's a good 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 including a production of Made in Dagenham and a celebration of Whitney Houston's music.

Until next month,



Zoe Reece

Tel: 07557 220585

Email: zoe@dorridgedirectory.com

www.knowleanddorridgedirectory.com



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community events

Spring Sing!

The Core Theatre, Solihull

Saturday 21st April, 7.30pm

Modern community choir Sing! Bentley Heath invites you to welcome Springtime with an evening of popular songs from 'across the pond'. The singers will be sharing favourite hits from stars as varied as Jackson 5, Ed Sheeran, John Denver, Bryan Adams, The Three Degrees and the Beatles. Tickets (£9.50) are available from The Core Box Office (0121 704 6962) and are also on sale at Palmers (school uniform and clothing shop) on Knowle High Street. Kindly sponsored by Standley and Co Solicitors, Knowle. Profits and collections go to this year's charities: The Dyspraxia Foundation and The Men's Shed Group (Marie Curie Solihull). www.singbentleyheath.org.uk

Celebrating Shakespeare

Knowle Village Hall

Saturday 28th April, 7.30pm

A concert of words and music from the Elizabethan Age, presented by the Lachrimae Consort, directed by Mike Ashley. This is a fund raising event on behalf of the Knowle Village Hall Refurbishment Fund. Tickets £10, in advance only, available from Stephen Yeomans (01564 778163) or Carolyn Abbott (01564 779898).

Bingo & Balti Night

Arden Academy, Station

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Saturday 5th May, 7-11pm

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An Evening with Eddie 'The Eagle' Edwards

Thursday 3rd May, 7-10pm

Bushell Hall, Solihull School, 793

Warwick Road, Solihull B91 3DJ



It's 30 years since ski legend Eddie 'The Eagle' Edwards won the nation's hearts at the Winter Olympics in Calgary in 1988. Join us for a fun and inspiring evening as Eddie talks about his fascinating life on and off the piste. £16 for Adults, £14 for Children aged 16 and under. Bookable at The Core, Solihull Central Library. Refreshments available. Raffle on the evening.

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.

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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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.

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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.

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Through the Pinhole!

Worldwide Pinhole Photography Day (WPPD) takes place on Sunday 29th April

With the advent of the smart phone we have happily turned into a nation of photographers, capturing images wherever and whenever we please.

We add filters and create digital art so easily that we've almost forgotten a world where this wasn't possible...where photography was more of a dark art. Worldwide Pinhole Photography Day aims to get us back in touch with that magic.

Pinhole photography is photography without a lens. People have been making images using pinholes since the 5th century AD. They knew that objects reflect light in straight lines and that rays from the top of an object, travelling through a pinhole, will appear in the lower half of an image...

in other words the image will be upside down.

Sir David Brewster, a Scottish scientist, was one of the first to make pinhole photographs in the 1850s. Pinhole photos are soft and some photographers liked them because they felt the images were atmospheric.

Nowadays the pinhole camera is still popular. One big advantage is that it's very easy to make. It's basically a light box, with a tiny hole in one end and film or photographic paper in the other. Building your own camera is great fun and taking pictures with it is a very satisfying experience. There are helpful videos on YouTube and even ready-made pinhole camera kits.

Check out the link here to the Worldwide Pinhole Camera Website, where you can find instructions to build your own pinhole camera. You could even upload your efforts to the WPPD web gallery. Have fun.

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It's Hayfever time again

Hayfever is on the increase, says the British Allergy Foundation. The most likely explanation for this is that summer is starting earlier and pollution is rising.

Pollution traps pollen in the atmosphere and holds it there. As a result we're all being exposed to many more allergens, particularly those of us who live in towns in cities. No wonder we're all sneezing.

The body's immune system is a wonderful creation. It responds to nasty substances such as viruses and bacteria by generating special antibodies which help to neutralise them. These helpful antibodies are actually large protein molecules of a category known as IGG.

Unfortunately, there is another set of antibodies from a category known as IGE. These are less helpful because they tend to over react to allergens, which are harmless materials such as grass pollen.

The problem lies with our mast cells. These are cells choc full of histamine and other substances capable of producing inflammation. The IGE molecules cling to the mast cells and when an allergen enters the body it sticks to the IGE-coated mast cells and triggers them to explode, whereupon they release all their histamine and cause an inflammatory response.

Some of us have high levels of IGE in our bodies and some of us don't. Those with high IGE levels are more susceptible to allergies. In the case of hayfever it triggers runny noses and itchy eyes, but it can also

trigger asthma if the response occurs in the airways and eczema if it occurs in the skin.

Susceptibility does have a genetic basis. However, scientists also know that the immune system develops very early so early exposure to an allergen may affect the development and number of immune cells present, so later in life an allergic response to a particular allergen is more likely.

We can't yet reduce the number of IGE cells in a body but a few years ago scientists discovered that IGG and IGE molecules have different structures and bind differently to mast cells. Thus new medications are now being developed with the ability to disable the IGE and stop it binding to mast cells in the first place.

In the future we may be able to relieve the misery of hayfever altogether. Wouldn't that be lovely?



CURRENT TREATMENTS

Anti-histamine tablets Impede the body's immune response so preventing symptoms.

Nasal Sprays Work directly on the affected area and leave the rest of the immune system alone.

Injections Offer long term protection but are only used in severe cases because of their ongoing nature.

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REMEMBER - Do not wait until symptoms start. Ideally begin to take medication 3-4 weeks before the start of the hayfever season.



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Do you fear being 'found out'?



In business and in life in general, many of us can lack self-esteem and confidence. Career men, and women in particular, often feel they are in a position through sheer luck. And both sexes may fear being "found out", particularly the 'higher up' they go.

Ironically, in this world of high achievers, go-getters and fast-lane-flyers we fail to see and give credit to our success and the reasons behind it. The female of the species may outperform her counterpart in school but later on, when aiming for top positions and salaries men win hands down with women occupying just under 10% of FTSE 100 executive roles.

Many of us short change ourselves because of the negative messages we pick up on. We selectively attend to the ones that back up our belief that we are not quite good enough and we ignore evidence to the contrary. Those of us who suffer from low-self-esteem, when paid a compliment may remark, "...yes but, they're only being nice". The genuinely paid compliment goes against our inner critic and so it is tossed aside in preference for the more familiar feeling "I am not good enough!"

It is this inner critic that stops us going for a promotion or salary increase. Let's be honest - how often do we have a great idea and then think "I couldn't do that", or go to make an arrangement to catch up with someone thinking "I am sure they are too busy for me..."? Perhaps we dread walking into a situation for fear of what others may think.

Interestingly, our capacity to be drawn towards the negative has developed to keep us from harm. Humans evolved constantly on the




lookout for threats from predators and enemies. This instinct, developed for own survival still continues, even though real dangers these days are rare. We still look for the faults in a situation much more readily than we notice the positive.

Worryingly, our biggest predator in business and in life, can be our own self-talk. Would you speak to a friend the way you speak to yourself? Probably not. Catch your inner critic when it rears its ugly head and ask yourself what your best friend would say to you? What would you say to someone else in a similar situation? It is probably far more encouraging and loving. So why not be kinder to yourself and tell yourself this is real, this success is down to you. Rather than worrying about being "found out", focus on being discovered for the incredible person you really are.

Rebecca Mander is a Personal Coach working in schools and businesses to help improve individuals' performance and mental wellbeing. Rebecca also has her own private practice in Henley in Arden. For a free consultation, call 01926 485465 or visit www.guruyoucoach.com

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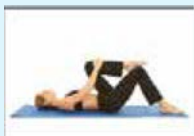
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best foot forward

What do Paula Radcliffe, SpongeBob SquarePants and a man in a diving suit have in common? Answer: They've all run, or in the last case walked, the London Marathon.

I was thirteen years old in 1981, when the first London Marathon took place. I remember being awestruck at the sheer number of people willing to put themselves through the agony of running twenty-six miles, for charity, for themselves or for their country. I cried when Norwegian Inge Simonsen and Dick Beardsley from the USA linked hands to finish in a dead heat.

It is an amazing achievement to run a marathon but why do people do it? The reasons given include:

- A get fit challenge

- The buzz of taking part in a massive organised event
- To raise money for a charity close to their heart.
- To step out of their ordinary existence and chase a momentous goal.

Will Dillard, a professional coach from Atlanta thinks it's down to instinct.

"Our lives have become more comfortable," he says, "We don't have to worry about where our next meal is coming from; but something inside of us still wants to know if we can survive if confronted with that kind of challenge: it wants to find out."

The fact that I seem to lack this instinct does not stop me admiring anyone who has a go, so if you're running on April 22nd, I wish you luck: I am unworthy.



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declutter your life

It's that time of year when we get the urge to Spring Clean

If you can't lay your hands on items you need because they're buried under piles of junk; if you're constantly moving items from one pile to a new 'temporary' pile; if you find yourself thinking, "I can't throw this away, it might come in useful one day," you're probably a clutter-victim.

De-cluttering Tips

Deal with one room at a time - the task will seem less daunting.

Choose a nice day and take the room contents outside. It's easier to let go if you're one step removed and it's less likely the clutter will make it back inside.

Sort everything into three piles - dump, donate

and keep. If the item hasn't been used for over a year it is unlikely you will ever use it. Deal with the dump and donate piles before anything comes back into the house. Place the remaining items in clearly labelled boxes. Make sure there is one temporary box to house items which really belong in another room. As each room is sorted those items can be replaced, and other misplaced items can be housed there. Replace everything that remains - the maxim 'A place for everything and everything in its place' is a good one. Keep small items in clear plastic boxes and store them in cupboards or wardrobes. When you're done, instigate a 'one thing in: one thing out' rule. It will make you think twice about acquiring something if you know something else must go. Follow these small steps and you too can de-clutter your life.



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Meet the Teacher

A secondary school guide to parents' evening

Parents' evenings - love them or loathe them, they crop up with alarming regularity. They can cause a good deal of stress whether you're the parent, child or teacher!

As a parent this is your chance to speak to the teachers that spend all day with your children and to whom you are entrusting their education. Naturally you want to get the best out of the experience but how exactly do you do that, when you are on what feels like a conveyor belt? And if your child is in Year 7 then you will find this experience very different to what you are used to from their primary school days.

The first thing to remember – and this might sound quite harsh – is that your child's teacher has a lot of parents to see that night, in a relatively short space of time. This does have implications for what you can discuss. The bottom line is, don't be offended if they end the discussion, or if they suggest making an appointment for another time to come and discuss an issue.

It is important to remember that you and the teacher both want your child to do their best and achieve. The teacher will no doubt have points they want to make and they may be good or bad. If there are problems then the teacher will most likely be looking for reassurance that you will support the school in whatever behaviour or homework policy they



have. They know that students don't always tell their parents what goes on at school and so parents evening may be their chance to make it clear if they are not meeting expectations.

Are there any general dos and don'ts? Do let them know your concerns, but don't launch in with complaints. Let the teacher explain how they feel your child is doing and respond to that. They will often ask you if you have any other questions. Which leads to another point – don't ask in Year 7 what the teacher thinks they will get in their GCSE. Learning is not a linear process from point A to B. For most children, it is a meandering journey – let your child enjoy that journey without pressure in those early years of secondary school. Also, don't ask how they are doing compared to other students. Instead ask if they are where the teacher wants them to be.

There is a final point to consider – whether to take your child. Most schools extend the offer to students, but don't feel compelled to take them. For some children, the experience (and the noise) can be very overwhelming and they may prefer to stay at home.

Above all remember that the teacher wants what is best for your child. Put your concerns to them but please listen to what they have to say too.

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

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him. Although divided following the civil war between Captain America and Iron Man, they must be willing to sacrifice everything in order to defeat their near-omnipotent enemy. They need all the help they can get – and luckily, the Guardians of the Galaxy are here to lend a hand.



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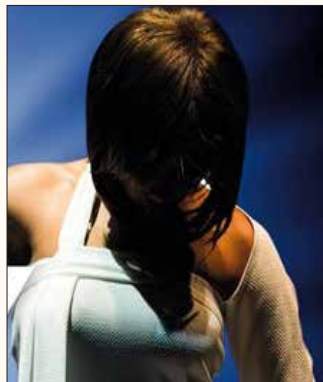
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Saturday 5th May, 7.30pm

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Avengers: Infinity War

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plant a butterfly garden

Fascinating fact... Winston Churchill loved butterflies so much he had a garden designed specifically to attract them.

His family home was the beautiful Chartwell, but you really don't need a grand estate to attract butterflies because they will happily flock to the tiniest plot if the planting is right.

When planting for butterflies we need to consider their life-cycle, and of course they start life as caterpillars.

Butterflies choose to lay their eggs where there is a good food supply for their hungry offspring. A patch of nettles in a sunny spot is all you need to attract the red admiral, the small tortoiseshell, the painted lady and the peacock.

If you want the common blue (though sadly these are not that common now) plant some birdsfoot trefoil, also known as lady's fingers and properly named *lotus corniculatus*.

A packet of sweet rocket

seeds (*hesperis matronalis*) is a good investment. One pack produces flowers in all shades of lilac. They have a sweet scent, which is more powerful in the evening,

bush. It grows well in most soils but needs to be pruned back hard every year so the flowers, and hence the butterflies, are kept at eye level. Don't



and as a bonus they attract the orange tip butterfly.

So, having satiated the caterpillars, we need to address the feeding requirements of the adult butterfly.

The most famous butterfly-attracting plant is probably *Buddleia davidii*, hence its other name, the butterfly

worry too much if you know very little about pruning, *Buddleias* are hard to kill!

Sedum spectabile must be one of the easiest plants ever to grow and even thrives in my poor soil. Its dusky pink flowers are always smothered in butterflies and bees when they open in late summer.

Caryopteris clandonensis,

or to use its more romantic name, blue mist spirea is also a wonderful butterfly magnet and very easy to grow.

You can now buy packets of wild flower seeds and butterfly mixes. Try some among your borders and you'll be rewarded with fluttering, jewel-like visitors all summer.

BUTTERFLY ESSENTIALS

SUNSHINE - plant butterfly-attracting plants in the sunniest spots

Shelter - the site needs to be out of the wind

ROOSTING SPOTS - Butterflies need somewhere to sleep. They prefer to be high so plant climbers like honeysuckles and clematis.

NETTLES AND WILDFLOWERS - if space is at a premium try growing them in pots. It works really well.



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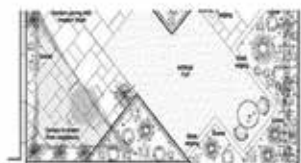
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COMPETITION



WIN 2 tickets

to see The Little Mermaid by Ballet Theatre UK

Wednesday 30th May at 7.30pm

The Core Theatre, Solihull (formerly Solihull Arts Complex)

For your chance to win these tickets, worth £36, visit the Core Theatre website page for this event - www.thecoretheatresolihull.co.uk - to find the answer to this question:

What's the name of Ballet Theatre UK's Artistic Director?

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

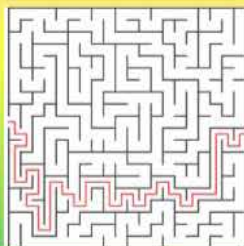
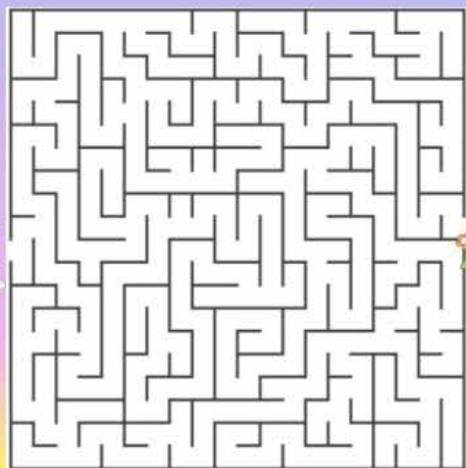
Closing date for entries is 7th May and the winner will be drawn at random and notified by email after this date.

About the Show:

Basing his ballet on the classic tale of The Little Mermaid who fell in love, Ballet Theatre UK's Artistic Director has created a captivating piece with swirling movement, whimsical flights of the imagination, eclectic music and joyful dance. The Little Mermaid is delightful entertainment for all ages. Ballet theatre UK have a fantastic following, offering exquisite small-scale ballet shows in local venues at a fraction of the price of the big city venues where audiences are often seated a very long way from the action. An ideal introduction to new or younger ballet fans - once seen you will become a fan!

[illegible]

Basket
Bonnet
Bunny
Chick
Chocolate
Easter
Egg
Hunt



Solution

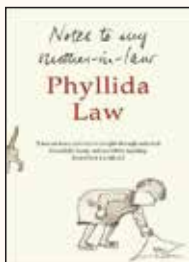
a good read

reviews By Willow Coby

Notes to my Mother-in-law

by Phyllida Law

This is one of those deceptive little books that looks like a quick 'read it and forget it', but is really much more. At little over a hundred pages, it is indeed a quick read – easily done in one sitting – but the pictures of family life it paints will, justifiably, stay in your memory and affections for some time.



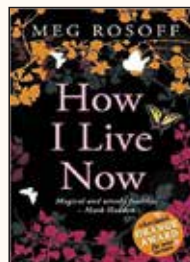
The title is a fairly straightforward description of the contents. Law's mother in law, Annie, shared her family home for seventeen years and 'was picture-book perfect'. As she was deaf, Law would write her notes with reminders, requests and tidbits of gossip every evening before going to bed. In response to her husband's comment that she could have written and illustrated a book in the time she spent on these notes, she did so, gathering together a series of missives – some long, some short, some sad and some funny. The one sided nature of the story – we never hear anything of Annie's replies – means that we fill in the gaps ourselves. The topics range from the mundane – the availability of pearl barley or dusters – to the profound – the death of a family pet. All, however, are tinged with humour, mainly from the chaos of family life and the cast of unseen characters whose many deeds and misdeeds fill the pages.

What raises this above the ordinary, however, is the sense of a bygone age. Annie belonged to a past that is gone, having been in service and maintained many of the disciplines and routines she learnt as a girl. The depth of feeling in Law's relationship with her is palpable, and as Annie becomes increasingly ill the reader cannot help but feel the sense of imminent loss. Often funny, never sentimental but truly touching – a wonderful read.

How I Live Now

by Meg Rosoff

I'm really not sure whether to describe this as a children's book, but certainly if you know a teenage girl of 13 upwards, they will be captivated by it. Rosoff's debut novel is narrated by Daisy, a 15 year old American sent to England by her newly married father for the summer to stay with her cousins. She is



immediately drawn in by this wild and wonderful bunch – Osbert, Isaac, Piper and Edmond – and delighted when Aunt Penn begins to tell her more about the mother she never knew.

But, within days, the world changes. A bomb in London may or may not have started a war, and Aunt Penn is unable to return home. Left alone, the children attempt to survive in the best way they can, and Daisy and Edmond fall in love. Meanwhile, the mysterious war develops through rumours and shortages and increasing military presence, until the inevitable happens and Daisy and Edmond are separated.

In Daisy, Rosoff creates an engaging, realistic and intelligent narrator whose matter of fact style carries us forward. Something like a cross between Holden Caulfield and Esther Greenwood (The Bell Jar), she deserves to be as widely known as both. This is a novel about first love, about war and about being young. If you're buying it for that teenager, you could do worse than read it yourself before you hand it over. You won't regret it.

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

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Ian Courts

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Andrew Mackiewicz

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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



Hot Cross Buns

Preparation time: 40 mins

Cooking time: 20 mins - 25 mins

Makes 12 buns



Ingredients

Zest and juice 1 large orange
Sunflower oil for greasing
For the dough and crosses
225ml semi-skimmed milk
50g unsalted butter, plus extra for greasing
1 large egg
450g strong white bread flour, plus extra for dusting
2 tsp fast-action yeast
50g golden caster sugar

For the flavouring, crosses and glaze

200g raisins
1 tsp ground cinnamon
4 tbsp golden caster sugar
100g plain flour

Method

To make the dough: Heat the milk in a pan until hot but not boiling. Remove from the heat. Add the butter stir until melted. When the liquid has cooled to tepid, beat in the egg and half the orange zest. Mix the strong flour, yeast, 1/2-1 tsp salt (depending on taste) and the sugar in a large bowl. Pour in the liquid and stir to make a soft dough. Knead the dough for 5-10 mins on a floured surface until smooth and elastic. (you can use a mixer with a dough attachment if you have one). Oil a large bowl and place the kneaded dough inside it, then cover with oiled cling film. Leave in a warm place for about 1 hr or until the

dough has doubled in size.

Place the raisins and half the orange juice in a small pan and simmer gently for a few minutes. Allow to cool completely. Mix the cinnamon with 2 tbsp sugar and the remaining zest.

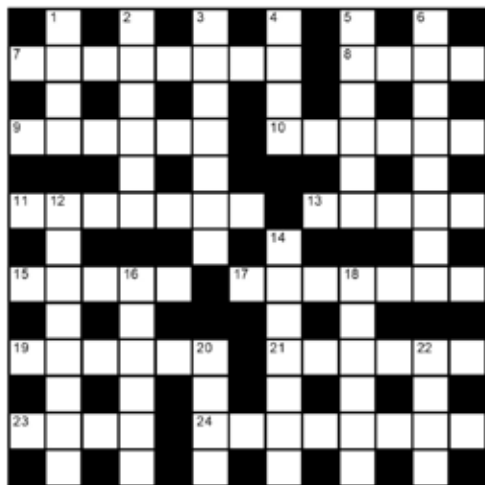
Turn the risen dough onto a floured surface and press it out to a large rectangle, a little bigger than A4 paper size. Scatter it evenly with the drained raisins, and cinnamon-sugar mix. Roll the dough around the filling, then knead it well for a few mins until the fruit and spices are evenly spread.

Grease and line a large baking sheet with baking parchment. Divide the dough into 12 equal pieces. Shape each piece into a bun making the top as smooth as possible. Place the buns, smooth-side up, on the baking sheet, leaving room for rising. Cover loosely with oiled cling film and leave in a warm place for 30-45 mins or until the dough has risen and doesn't spring back quickly when prodded gently.

Meanwhile preheat oven to 190C/170C fan/gas 5. Make the paste for the crosses by gradually stirring 6-7 tbsp water into the plain flour to make a smooth, thick paste, then put in an icing bag or small plastic food bag then snip off the corner to about 5mm. Pipe the crosses, then bake for 20-25 mins until the buns are risen and dark golden brown.

Mix the remaining orange juice with the remaining sugar and let it dissolve. Brush the syrup over the buns while they are still hot, then leave to cool. Eat on the day of baking or serve toasted the next day.

crossword

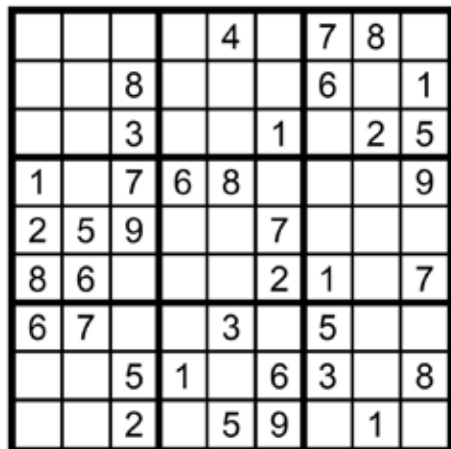


clues

- 7 Take away from (8)
- 8 Grows old (4)
- 9 Small dash between words (6)
- 10 Mystery, conundrum (6)
- 11 Disappoint, fail to satisfy (3,4)
- 13 Toy bear (5)
- 15 Coniferous tree (5)
- 17 Ill-prepared, off guard (7)
- 19 In danger (2, 4)
- 21 Enclosed by (6)
- 23 Type of sound system (2-2)
- 24 Had faith in (6, 2)

Down

- 1 Compulsory task (4)
- 2 Inscribed in metal (6)
- 3 Beautiful nocturnal bird (4, 3)
- 4 Cease (4)
- 5 Blind with light (6)
- 6 Quiet and sheltered from view (8)
- 12 Uses mains power or a battery (8)
- 14 Clever-clogs (4-3)
- 16 Sour, astringent (6)
- 18 Respect and admiration (6)
- 20 Stone edge to a path (4)
- 22 Chemical symbol is Fe (4)



how to play sudoku

It's simple!

Fill in the grid so that each row, column and 3x3 box, contains the numbers 1 through to 9 with no repetition. You don't need to be a genius. These puzzles use logic alone. Watch out! Sudoku is highly addictive.

answers on page 60

Accountants

46 Athos Business Solutions 0333 400 7876

Architects

7 Progression 01564 730191

Bathrooms

24 OT Bathrooms 0121 707 8612
36 Kav's Bathrooms and Plumbing 07599 085670
38 EH Smith 0121 713 7200

Blinds / Curtains / Fabric

9 Tudor Rose Curtains 0121 445 2072
18 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

Childcare and Care Services

21 Bluebird Care 0121 711 7435
22 Lady Katherine Housing 01564 772850
59 The Courtyard Nursery School 07512 107116

Carpets

28 Ian Hounsell 01564 772324
63 Don Mander 01564 700 200

Central Heating / Gas Services / Boilers

19 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

Computer Services

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

Drives

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

Events

12 The Bell at Tanworth in Arden 01564 742212
15 Land Rover Sports & Social Club 0121 742 5490
62 Hatton Country World 01926 843 411

Fascias & Gutters

49 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
33 Central Drives Landscapes 0121 702 1456
49 Midlands Grounds Machinery 01564 773614
51 Kenilworth Fencing 07891 046187
51 Deep Green Lawns 07766 077341
52 Oakland Group 0700 598 2828
53 Hampton Gardening 01675 446174

Graphic Design

43 Hotlobster Design Ltd 0121 369 1977

Health & Beauty & Wellbeing

10 Calum Walker Nutrition 07944 000101
10 Dominic Borsberry 07941 179159
13 Equanimity CBT 0844 693 1282
15 Guru You 07930 147799
18 Gaynor Kunneke Pilates 07729 712038

Kitchens

5 No Thirty One 01564 770587
38 EH Smith 0121 713 7200

Leisure

20 Spot On Wakeboarding 01564 330498

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32 Adrian Lewis 07811 455546

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32 Adkins Plastering 07977 354323

Plumbing

3 Knowle Domestic Appliance Repairs 01564 730183
19 Stephen Smith & Son 01564 200119
35 Cullen Plumbing & Tiling 07896 862916
36 Kav's Bathrooms and Plumbing 07599 085670

Restaurants

2 The Barn at Berryfields 01676 522155
12 The Bell at Tanworth in Arden 01564 742212
16 The Henley 01564 793715

Roofing

1 N Bird & Son 0800 195 6946
28 C Stevens Roofing 0121 733 1276

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27 Connect 4 Security 0344 324 6020

Solicitors

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

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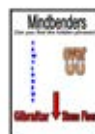
15 Windowfix 0121 704 1339
19 Ecosed 0121 369 1981
26 David Cannon Windows 0121 772 5557
30-31 Mainstream 01564 320013
37 Howard Yarnold 0121 414 0808

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

Sudoku Solution
from page 59

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

Crossword Solution
from page 59



Solution to Mind benders

1. The only way is up
2. Over to you
3. Between a rock and a hard place

Mindbenders Solution
from page 9

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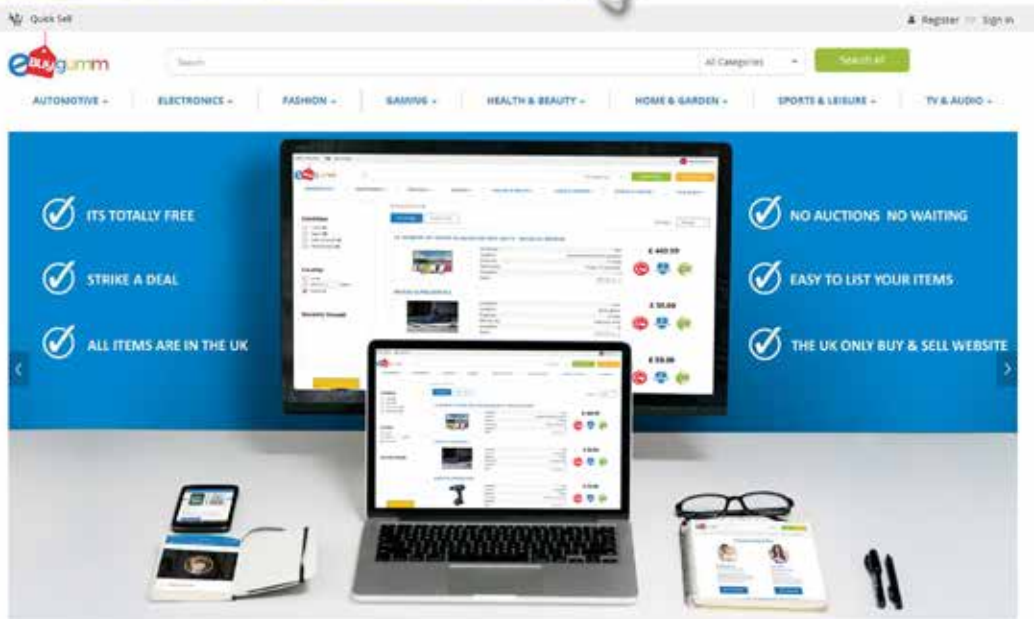
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