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a community magazine and business directory for residents of solihull

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BATH OUT – SHOWER IN

first edition

Welcome to the first issue of The Solihull Index.

The Solihull Index is a new magazine to put you in touch with local companies and tradespeople who are ready and willing to help with any of your home improvements, from carpets, curtains and cleaners to driveways and doors! They're all established businesses who want to expand their business locally.

And there's also lots of great ideas in this magazine for things to do – from what's on at the cinema and theatre in Solihull to new ideas for places to visit including Yew Tree Farm Shopping Village, Hoar Park, Earlswood Garden Centre and Hatton Country World.

Whatever you need help with in your home, or however you plan to spend your time, I hope you find some inspiration inside!

Zoe Reece Tel: 07557 220585 Email: zoe@dorridgedirectory.com www.solihullindex.com



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Locally designed by: hotlobster design Itd Printed by: Warwick Printing Company

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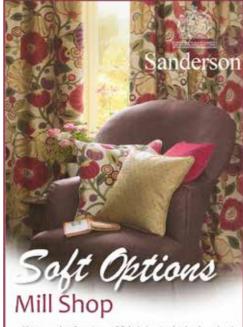
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a huge following in his home town of Birmingham. He was voted the best Elvis Tribute Act in the Midlands by local radio station BRMB.

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local events

community events



Solihull Food & Drink Festival Solihull Town Centre Friday 29th September – Sunday 1st October

This year Solihull town centre will be showcasing the ultimate food and drink festival! There will be demonstrations from the best loved celebrity chef with a big bike and big heart, Hairy Biker Dave Myers, and CBeebies 'I Can Cook' star Katy Ashworth.

Bollywood Night

Ramada Hotel Solihull 20th October

Bollywood Night with the funky Bollywood Showgirls. Audience participation included. £25 per person. Price includes 2 course Indian buffet, Bollywood Showgirls and DJ Entertainment. To book call 0121 711 2121.

Farmers' Market High Street and Mill Lane Friday 6th October, 9am – 5pm

THE CORE LIBRARY

- 01217040700
- Councillor's Surgery these are face-to-face meetings held by councillors for local people to raise issues in their area. First and last Saturday of the month, 10.00am-12.00pm
- Rhyme Time Wednesdays
 10.15am to 10.30am, term-time only. A short interactive session for 0-2s that includes finger and action rhymes and songs. Come along and meet up with other parents/carers and discover what the library can offer your child
- Meet and Play Fridays 10.15am to 11.15am, age 0 - 2 years (term time only. Our new

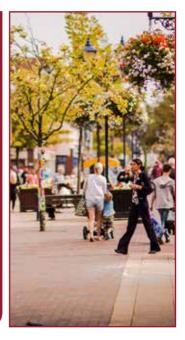
Meet and Play session offers the chance for young families to meet up, relax, chat, play, sing or make music together! The session is for families, led by families. Toys and musical instruments are provided. For more information contact 0121 704 6965.

- Homework Club Tuesdays
 3.45pm to 5.15pm, term time only
- Silent Reading Cafe Held once a month on Thursday evenings, this is a chance to unwind and read in a cosy, informal environment without distractions. It begins with an hour of silent reading from 6pm with a chance to chat (if you want) between 7pm and 7.45pm.

Support local farmers by visiting this popular market, which offers a tempting range of local produce sourced from within a 30 mile radius of Solihull, on the first Friday of every month.

The National Motorcycle Museum Antiques & Collectors Fair Coventry Road, Bickenhill, Solihull B92 OEJ Sunday 1st October, 9am – 3.30pm

Set inside the luxurious and iconic Motorcycle Museum, this is a fantastic day out and the ideal opportunity for you to find something perfect to complement your home, collection or wardrobe! Up to 120 tables – free parking – on-site café! Entry £3, concessions £2, children free. www.swfairs.co.uk





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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.

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.





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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.

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.

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shopping village

hatton shopping village A slice of quintessential England

Carved out of Victorian farm buildings, Hatton Shopping Village is a place of very special charm. The carthorses, cows, granary and dovecotes that used to occupy the buildings have given way to a bustling community of traditional and contemporary shopkeepers – making it the perfect place for shoppers to treat themselves and their friends.

t Hatton, there is that timeless tranquillity and friendly courtesies for which the English countryside is so famed – whether taking a stroll along Hatton's famous









'stairway to heaven' on Grand Union Canal, or enjoying a delicious afternoon tea at one of its quintessentially British eateries – The Spinning Jenny or the Café Lavender Blue.

With roots as a craft centre, some of the original tradesmen still remain, and those who love bespoke gifts tend to look no further than John Garland Taylor or Alan Wright jewellers, the Art of Glass stained-glass workshop or Lily Anne gifts and accessories. Then there's the traditional sweet shop, offering everything from homemade fudge to



luxury Belgian chocolates .

And not forgetting Hatton Furniture – a real favourite amongst our visitors, offering exquisite bespoke handmade furniture and gorgeous interior accessories

All this alongside a beauty salon, individual boutiques and a garden centre together with a newly refurbished and extended Farm and Village shop brimming full of delicious goodies, treats and essentials.

No surprise that people come to shop, stay to wander at Hatton Shopping Village – Unique, Unusual and Boutique



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> **Cowshed Eaterie** Brunches, Lunches, Afternoon Tea 01564 792979

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Henley Chocolates Chocolaterie 01564 794718

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New Autumn range at Beyond the Blue Lifestyle Clothing Mens, Ladies and Children's ranges including:-

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YEW TREE FARM COURTYARD SHOPPING, STRATFORD ROAD, WOOTTON WAWEN, WARWICKSHIRE B95 6BY. GENERAL OPENING TIMES TUESDAY - SUNDAY 10AM - 5PM. SOME UNITS NOW OPEN 7 DAYS A WEEK. WWW.YEW-TREE-FARM.CO.UK

a taster of what's on in september & october ...

CINEMA



Wind River from 8th September

Cory Lambert, a veteran tracker in the wilderness of Wyoming, discovers a dead body in the 'Wind River' Native American reservation, and the FBI sends a young agent, Jane, to investigate. She and Cory team up to try and solve the case, and they journey deep into a violent, treacherous world that neither of them is prepared for.

Victoria and Abdul from 15th

September

This film chronicles the unlikely true story of the friendship between Queen Victoria



and a young Indian clerk called Abdul, who had travelled to England for the Golden Jubilee. He'd expected to wait tables, but found himself working as Victoria's personal attendant. Within a year, he had become a powerful figure at court; but their controversial friendship nearly led to a revolt in the royal household.

Blade Runner 2049

from 6th October

This takes us back to the dark future of the original classic to find a new blade runner,



Officer K, searching for the missing Rick Deckard. Deckard disappeared 30 years ago, but K has discovered a secret that could plunge what remains of society into turmoil. With the world continuing to decay around him, he hunts for Deckard, the one man who may be able to help him.

To book please visit www.cineworld.co.uk

THEATRE

The Core Theatre, Solihull (formerly Solihull Arts Complex)



Memories are Made of This Monday 25th and Tuesday 26th September

This fast moving, roller coaster of a journey through some of the greatest songs of the 50's, 60's and 70's, will be a show you are sure to remember. Over 160 amazing costumes, a touch of humour from one of the UK's top comedians and performances rarely seen outside the 'West End' from this superb cast of singers and dancers. Including songs by Brenda Lee, Frank Sinatra, Jerry Lee Lewis, Dolly Parton, Elvis Presley, Bee Gees, Barry Manilow, Jersey Boys, Michael Buble and many more..

MYJO & Special Guest Claire Martin Thursday 28th September

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Patsy Cline and Friends Saturday 30th September

The Velvet Country voice of Patsy Cline caught the imagination of Sue Lowry who has been a lifelong fan of Patsy Cline and Country Music! Patsy Cline was a record-breaking recording artist, spending 251 weeks in the Country Music Album charts in the USA. Sue Lowry, with her powerful rendition of Sweet Dreams & Crazy, will take you back to those Honky Tonk days of pure Country music.

To book please visit www. thecoretheatresolihull.co.uk

back to back

Back pain affects people in all age groups but is most prevalent in the over 50s.

ealth experts say that chronic back pain is increasing across the population due to our sedentary lifestyle both at work and during our leisure hours. Around 4.2 million working days are lost to back pain by those in the 50-64 years age range. A strong, healthy, stable back requires regular exercise. The exercises should strengthen the muscles supporting the spine, and also the abdominal and

oblique muscles that encircle the trunk like a corset. Those of us stuck at desks for most of our working day can try these exercises whenever we have a few minutes spare. Try 10-15 repetitions and hold each position for a count of 15. **1.** While sitting at your desk, put feet flat on the floor and hands on the edge of the desk. Push back, arching your spine into a convex shape, then reverse it into a concave position. **2.** Stand about 30cm from a

wall and place hands against

the surface at shoulder height. Bend elbows to support upper body and, using abdominal strength, lift heels while keeping the back straight. **3.** Stand with feet shoulderwidth apart, about half a metre from a wall. Face the wall and lean against it using hands, the back should be straight. Re ach up with right arm and simultaneously lift left leg backwards and upwards. Repeat on the opposite side

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Daleswood Health, Barn House, Barston Lane, Solihull, B92 OJJ

Slow-cooker Baked Apples with Nuts and Butterscotch Sauce

Leave these apples in your slow-cooker and return home from an autumn walk to a tasty treat



Preparation Time: 20-30 minutes Cooking time: 2 hours thirty minutes Makes 6 baked apples

Ingredients:

6 apples

90g / 3.5 oz Butter – chopped into cubes 35g / 1.5oz slivered almonds 35g / 1.5oz chopped walnuts ½ tsp Ground cinnamon 225g / 8oz Light brown sugar 180ml / ófl oz single cream 125ml / 4.5 fl oz apple juice

Method

Core the unpeeled apples but only go 3/4 of the way through. Make the hole about 4cm / 1.5inches across. Then score the skin around the centre of the apple (to allow for expansion in the cooker). Mix 30g of the butter with the nuts and, cinnamon and 60g of the sugar. Press the mixture into the apple cavities. Into the slow cooker pour the cream, apple juice and remaining butter and sugar. Stand the apples in the sauce, cover and cook on the 'high' setting for about 2 hours 30 minutes, until the apples are tender. Remove the apples from the cooker and keep warm. Drain the sauce into a small saucepan, bring to the boil then simmer for about 5 minutes, stirring continuously until it thickens. Pour the sauce over the apples and serve.





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book reviews

a good read

The First Phone Call from Heaven by Mitch Alom

One day a phone rings, then another one, and another. Now a small church in a small town in Michigan needs to deal with the question of what really happened. And it is only a matter of time before the country, and the world, is asking the question too.

All the calls have one thing in common: the callers

are deceased and want to tell their loved ones about heaven; to tell them that death is not the end. The town becomes a place of pilgrimage for people who are desperate to hear from their own friends and family.

Of course, some are sceptical. Single father Sully – still grieving for his wife – is concerned when his young son starts asking why his mum hasn't phoned him. So he sets out to unearth the true source of the phone calls.

This touching novel is beautifully written and builds to a page turning climax. Will Sully find out where the calls are coming from? Or are they really coming from heaven?

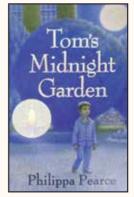
Ultimately, the novel isn't about where they came from. In fact it doesn't really matter. Alom draws on our natural fear, not of our own deaths but of losing a loved one. What he offers is a story of a group of people who draw hope and comfort from these seemingly miraculous events. And that is the inspiring message from this book. Maybe heaven exists, and maybe it doesn't, but whether you believe or not, you can still take something from this thought provoking novel.

Tom's Midnight Garden by Philippa Pearce

When you are born you occupy a small slot within

history and for that period of time you live your life in your own way. But how much thought do you give to those people who came before you? Your house or your school now may have been someone else's house or school; a place where someone else grew up and had hopes for the future.

Tom is getting ready to enjoy his summer



holiday when his older brother comes down with measles. To ensure that he doesn't catch it, Tom is sent to stay with an aunt and uncle who live in a small flat at the top of a large old house. This is not how he imagined spending the summer. One night he is lying in bed, unable to sleep, when he hears the old grandfather clock in the house chiming. He counts the chimes. 9 ... 10 ... 11 ... 12 ... 13. And so the most amazing and magical summer of Tom's life begins as he meets Hatty, a young girl who wears strange clothes.

This 1958 novel is a children's classic and is frequently rated as one of the best children's novels published since the war. It is inspiring with its message that life is to be lived to the full and reminds children that even their grandparents were young once.





WIN 2 tickets to see The Electric Strawbs

Thursday 19th October The Core Theatre, Solihull (formerly Solihull Arts Complex)

For your chance to win these tickets, worth £40, visit the Core Theatre website page for this event - www.thecoretheatresolihull.co.uk - to find the answer to this question:

What time does the show start? Email your answer to: thecoretheatre@solihull.gov.uk – and please put 'Electric Strawbs' as the subject line Closing date for entries is 30th September and the winner will be drawn at random and notified by email after this date.

About the Show:

Dave Cousins fronts the show, and in addition to long-time regulars Dave Lambert and Chas Cronk, the Electric Strawbs are proud to have Tony Fernandez on drums, and Dave Bainbridge on keyboards. All in all, this is an impressive combination of terrific talent to showcase some enduring compositions. With their deep roots and immense creativity, the Electric Strawbs offer a show just too good to miss.



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or 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 vour 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



stranger danger

What should you do when someone you don't know is at your door?

If you have a peephole, use it to vet any callers. If you don't have a peephole use a chain. A door chain is very useful for elderly people. Have one fitted and use it. Never let strangers into your house unless you have checked their credentials. If the caller gives you a phone number to ring be suspicious. The person on the other end may be their accomplice. Check in the phone directory and make the caller wait with the door locked and the chain on while you make the phone call. Beware of anyone who protests at your caution or treats it with contempt. If you are doubtful dial 999 and explain your suspicions If you are still unsure politely but firmly refuse entry. Always close and lock your door before going to look for your purse or anything else.

Extra advice for flat-dwellers

Do not automatically buzz open the main door if a caller buzzes up to your apartment with a plausible sounding excuse. Never hold the door open for a stranger whose arrival coincides with your departure. Don't worry about appearing rude. Simply smile and cite security. Innocent people will understand.

tottoo removal

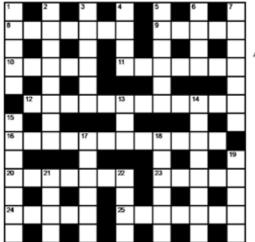
ccording to findings by the British Association of Dermatologists. almost a third of people regret their tattoos. Laser treatment is widely regarded as being the most effective method of removal. The laser injects the skin with intense light, which breaks up the ink particles causing the tattoo to fade. The body's immune system removes the broken-down pigments over time. The

laser energy is harmless, and only targets the pigmented skin, leaving the un-inked surrounding skin unharmed. Multiple sessions are needed to break down the tattoo depending on the size and scope of the affected area. There are different laser types which will depend on the age, colour and intensity of the tattoo. Treatments are normally scheduled at least three weeks apart. As tattoos are designed to be permanent

removing them is not always straightforward and it can be an uncomfortable procedure. The lasered area will need to be treated with antibacterial ointment, kept clean and covered with a bandage. New technology has reduced the side effects of tattoo removal but the risks haven't been eliminated entirely. The biggest danger is a risk of infection and scarring. The best way to reduce the risks is by choosing a trained, experienced specialist.

34 Mention the Solihull Index when responding to advertisements

crossword



clues

Across

- 8 Heedless, uninformed (7)
- 9 Capital of Egypt (5)
- 10 Soft, creamy confectionary (5)
- 11 Sharp pains (7)
- 12 Relinquishing (12)
- 16 Dismantle (4,2,6)
- 20 Harsh, radical (7)
- 23 Oppressor, persecutor (5)
- 24 Choice few, select (5)
- 25 Keep an eye on (7)

Down

- 1 1950s hairstyle (5)
- 2 Ill fortune (4,4)
- 3 Profession (6)
- 4 Chair (4)
- 5 Lively, agile (6)

- 6 Serenade, croon (4)
- 7 Formally deliver (7)
- 13 Sharp pinch (3)
- 14 Visionary, optimist (8)
- 15 Scrutinised (7)

- 17 Snigger (6)
- 18 Badge, insignia (6)
- 19 Oven-proof glass (5)
- 21 Neutralized by alkali (4)
- 22 Wooden shoe (4)

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how to play sudoku

It's simple!

All 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 37

useful numbers

NHS non-emergency	111
Grove Surgery	0121 705 1105
Northbrook Group Practice	0121 746 5000
Hobs Moat Medical Centre	0121 742 5211
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

Margaret Bassett Tel: 0121 706 9045 margaret.bassett@solihull.gov.uk

Peter Hogarth MBE Tel: 0121 705 5455 phogarth@solihull.gov.uk

Robert Hulland Tel: 0121 707 0493 rhulland@solihull.gov.uk

ST ALPHEGE

Stuart Davis Tel: 01564 776293 sdavis@solihull.gov.uk

Joe Tildesley Tel: 0121 705 3086 joetildesley@solihull.gov.uk

Kate Wild

Tel: 07917 550 644 kawild@solihull.gov.uk

Councillor surgeries these are face-to-face meetings held by councillors for local people to raise issues in their area. Held at The Core Library, Solihull on the first and last Saturday of the month, 10am – 12 noon.



ad index

Architects		Fascias & Gutters
9 Progression	01564 730191	27 Proline 0800 956 1315
Bathrooms		Fireplaces
3 Bathrooms Galore 19 EH Smith	0121 783 9966 0121 713 7100	26 Woodglow 0121 707 2306
25 OT Bathrooms	0121 707 8612	Garden Centres / Services /
Blinds / Curtains / Fabri	•	Landscaping
6 Tudor Rose Curtains	0121 445 2072	& Driveways 0121 733 1463
6 Soft Options	01564 783399	29 Oakland Group 0700 598 2828
Car Services		Graphic Design
1 Easylease	0121 693 0573	28 Hotlobster Design Ltd 0121 369 1977
38 Johnsons Cars39 Crossroads Service	01564 454081	Health & Beauty & Wellbeing
Station	01564 703225	7 The Cardio Shop 01527 854554
39 Steve Lane Cars	01564 822209	17 Daleswood Health 01675 489489
40 Motorserv	0121 405 0904	Kitchens
Care Services		19 EH Smith 0121 713 7100
22 Helping Hands	0121 514 6797	
23 Home Instead 23 Bluebird Care	0121 270 4615 0121 711 7435	Plumbing 14 Stephen Smith & Son 01564 200119
	01217117400	·
Carpets	015/ 4 700 000	Shopping
26 Don Mander	01564 700 200	7 The Cardio Shop 01527 854554 12 Hatton Shopping Village 01926 843411
Central Heating / Gas S	ervices / Boilers	14 Hoar Park 02476 394433
7 Stephen Smith & Son	01564 200119	15 Yew Tree Farm 01564 792701
Cleaning Services		Stairs
23 Reach & Wash Window	N 07842 167986	27 Lyndale Stairs 01543 677780
Cleaning 24 Village Domestic	0/042 10/980	Venue Hire
Cleaning	07854 071892	14 Solihull Indoor Bowls
24 Merry Maids	0121 340 3150	Club 0121 709 2233

Drives

11	Dimension Landscape		
	& Driveways	0121 733 1463	

Events

. . .

Nailcote Hall	02476 466174
Land Rover Sports &	
Social Club	0121 742 5490
Earlswood Garden	
& Landscape Centre	01564 702314
21 Solihull Food	
& Drink Festival	
	Land Rover Sports & Social Club Earlswood Garden & Landscape Centre 21 Solihull Food

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from page 35

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	Stephen Smith & Son	01564 200119								
Sho	opping									
7	The Cardio Shop	01527 854554								
12	Hatton Shopping Village	e 01926 843411								
14	Hoar Park	02476 394433								
15	Yew Tree Farm	01564 792701								
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27	Lyndale Stairs	01543 677780
Ve	nue Hire	

14	Solihull Indoor Bowls	
	Club	0121 709 2233

Windows & Doors 10

10 BMT	0121 771 4999
32-33 Mainstream	01564 320013

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