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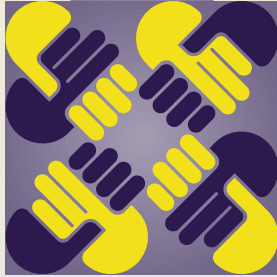
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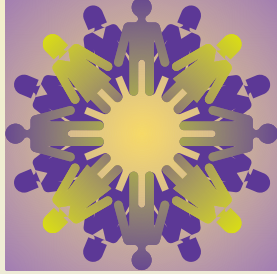
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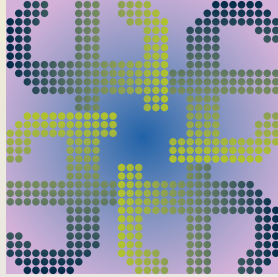
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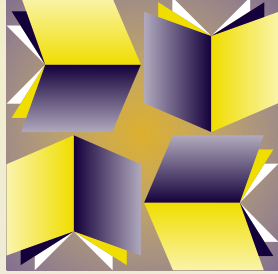
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Joyous June!

Hopefully it will be a joyous month for you all! As usual, there's a lot of great events happening in the area, but not everyone knows what's going on so check out page 6 where you'll find details of a Jazz Festival, Solihull's very own Summer Fest, an antiques fair, a 60s & 70s party night and a cosy cuppa & chat event to help you meet more local people.

There's also some great musical and comedy events coming up at the Core Theatre in Solihull as well as some fabulous new films at Cineworld – see page 30 for more information.

It's great to support local organisations – and have some fun in the process – so I hope you get out and about and take part in some of these great events. Until next month,

Zoe

Zoe Reece

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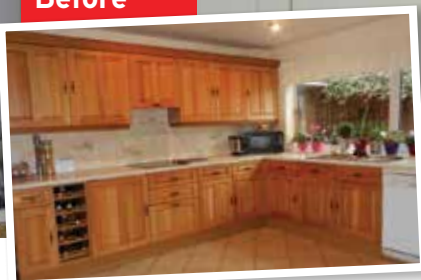
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community events

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60's & 70's Party Night

29th June

West Warwickshire Sports Complex, Olton

Arrive from 7pm. Our resident DJ will be playing tunes from 7:30pm right the way through to Midnight. Fancy dress is strongly encouraged! Call 0121 706 3594 or see reception to book places. Tickets £5.00 per person for the disco only. A limited bar menu will be available on the night and there will be a bar open until late.

National Motorcycle Museum Antiques & Collectors Fair

Coventry Road, Bickenhill,

Solihull B92 0EJ

14th July 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! Free parking and on-site café. Entry £3, Concessions £2 (Children Free). www.swfairs.co.uk

Solihull Sort Of Jazz Festival

19-21 July

The much-loved Solihull 'Sort Of' Jazz Festival is back! Enjoy a great selection of bands on the main stage in Mell Square, and tingle your taste buds with a selection of foods from around the world at the accompanying Continental Street Food Market. Visit www.solihullbid.co.uk for more details.



GET YOUR DANCING SHOES ON!

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- **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.

Solihull Summer Fest

27th – 28th July

Tudor Grange Park

This 2-day festival in the heart of Solihull returns for the 4th year running and features a diverse mix of music genres. Each day runs from 12 midday until 10.30pm with live music, street food vendors, bars, entertainment and an exclusive VIP area.

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Fri 6th	BACK TO THE 70's PARTY with CHRIS NOTT	£32.50
Fri 20th	THE 'GEORGE MICHAEL' TRIBUTE SHOW with MICHAEL GEORGE	£32.50
Sat 28th	THE 'GREATEST SHOWMAN' PARTY with DAVID LAWRENCE and SHANE NOLAN BAND	£45.00

OCTOBER 2019

Sat 5th	THE PINK BALL AT THE HALL with THE DETROIT DIVAS featuring Mr D SMOOVE	£45.00
Sun 6th	VINTAGE AFTERNOON TEA PARTY with STACEY LYNN	£25.00
Fri 11th	THE ULTIMATE 80'S PARTY with BRINGING ON BACK THE 80's	£37.50
Sat 19th	MOTOWN DIVAS SHOW with THE DREAMETTES	£35.00
Sat 26th	THE ELO BEATLES BEYOND PARTY with ELO BEATLES BEYOND	£35.00

NOVEMBER 2019

Fri 1st	SWINGING 60's & MOTOWN PARTY with THE KRYSTALETTES	£35.00
Sat 9th	THE 'BEE GEES' SATURDAY NIGHT FEVER PARTY with STAYIN' ALIVE	£37.50
Sat 16th	THE 'MAMMA MIA' PARTY with BOOTLEG ABBA	£37.50
Sat 23rd	SOUL AND MOTOWN SHOW with NAT AUGUSTIN	£35.00
Fri 29th	THE FREDDIE MERCURY SHOW with BRUCE GAME	£32.50
Sat 30th	THE SNOWBALL CHARITY PARTY with TAKE@THAT	£45.00

DECEMBER 2019

Fri 6th	THE ELO BEATLES BEYOND CHRISTMAS PARTY with ELO BEATLES BEYOND	£39.50
Fri 6th	THE SOUL AND MOTOWN PARTY with SOULTOWN COLLECTIVE	£45.00
Sat 7th	THE CHRISTMAS MOTOWN DIVAS SHOW with THE DREAMETTES	£39.50
Sat 7th	THE 'GREATEST SHOWMAN' PARTY with DAVID 'BARNUM' LAWRENCE and RANGATANG	£49.50
Fri 13th	THE XMAS 'MAMMA MIA' PARTY with BOOTLEG ABBA	£39.50
Fri 13th	THE 'HITS OF THE DECADES' PARTY with JARZINO	£45.00

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Music on the Move

What are the best headphones for running?

Research has shown what most of us instinctively knew - that listening to the right type and tempo of music while you run keeps you 'in the zone' for longer.

So what factors are important when choosing headphones for running?

Water resistance – If you run outside this is obviously important, but many of us forget that sweat is water and if you're running, indoors or out you will sweat, and eventually this will kill your headphones.

Fit – There are headphones which wrap tightly around your head, or over and around your ears. But the best types of running headphones are probably true wireless, or lightweight Bluetooth. They are 'in-ear' designs with tips that fit into the ear and additional, curved, tapered 'hooks' that sit under the crater of cartilage just above the earhole, known as the anti-helix. When you're running little things like a cable rubbing the back of your neck can feel irritating. Also, although the battery life can be irritatingly short with true wireless headphones if you use them as your main set, it's more than long enough for even the most enthusiastic runner.

Wireless and 'true wireless' headphones are different. 'True wireless' headphones completely lack a cable or connector between the earpieces. Wireless headphones are



still connected in some way, either over the head or round the back of the neck, even if they no longer need to be connected to a phone jack.

Sound quality – This is possibly the least important feature for sports use. Mostly runners want to feel the beat and be motivated by their pumped-up playlist, while blocking out external noise. Sports headphones are not about being able to pick out the subtle nuances in a Chopin piano concerto. They need to be reasonable sound quality and be able to cope with a bit of bass.

Ambient Sound – Some headphones are designed to let in ambient sound with good reason: situational awareness is important if you run on your own and you want to be aware of traffic or of someone approaching you. This feature is less important if you prefer to run in a gym and want to block out the world.

Running is such a great activity, and the right **music will add to the experience**, so pick up some headphones today and in the words of the classic from Spencer Davis Group which features on my own playlist...Keep on Running.

By Tom Hancock

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Safe and Sound

Don't forget to protect your property while you're away

The summer holidays are just around the corner. We put a lot of effort into planning our perfect summer break, but we often don't put as much effort into making sure our home is safe while we're away.

Most burglars are opportunists, who target empty homes. 60% gain entrance through rear or side windows and doors so make securing these a priority.

Fences and hedges are the first line of defence - the Metropolitan Police recommend '**hostile plants**' that are spiky, prickly or very dense. Don't let them grow too high though, your home should be visible from the street and to your neighbours, so they don't become a hiding place for intruders. Protect the entrance to your property too with a gate or consider covering pathways with gravel as the sound of footsteps on gravel is often enough to put them off entering.

Motion-activated lighting and well-lit paths and driveways are also a good deterrent. Outside security lighting is

cheap to set up, and low energy light bulbs keep running costs down. A burglar alarm will protect your property and may also lower your insurance premiums.

While you're away, some extra precautions will help protect your possessions. Keep valuables out of sight. **Don't close curtains in the daytime** though, as this announces that your house is empty. Invest in timer switches to turn lights and the radio on and off. Cancel any milk or newspaper deliveries.

Inform a couple of trusted neighbours that you will be away. Ask them to keep an eye on your property and offer to do the same for them while they are away. Little tasks like moving the post away from the door, and drawing your curtains in the evening will make it look as though someone is in. They could even park a car on your drive if you are taking yours away.

Join your Neighbourhood Watch Scheme, or if there isn't a local scheme, set one up. Neighbourhood Watch has an excellent track record of deterring opportunistic thieves.

By Sarah Davey

No Milk Today - Alternatives to Dairy

Cow's milk is considered dietary staple by many. It's rich in protein and important vitamins and minerals, including calcium, phosphorus and B vitamins. But some people can't or don't drink cow's milk at all due to personal preferences, dietary restrictions, allergies or intolerances.

2–3% of children under the age of three are allergic to cow's milk although most grow out of it. The allergy can cause a range of symptoms, including rashes, upset tummies and even anaphylaxis.

Lactose intolerance is very common.

Lactose is a sugar found in cow's milk. People with lactose intolerance cannot digest this sugar so it stays in the digestive tract causing gas and irritation.

Vegans exclude all products from their diet that originate from animals, and some people simply do not like the taste of cow's milk.

So, what is available for those who prefer a non-dairy alternative?

Soy Milk – Made with either soybeans or soy protein isolate, and often contains thickeners and vegetable oils. It typically has a mild and creamy flavour. It has a similar nutritional make-up to cow's milk, and works best in cooking, in coffee and on cereal.

Almond Milk (or other nut milks) – This is made with either whole almonds or almond butter and water (cashew, hazelnut and macadamia nut milks are also available). Nut milks have a light texture and a slightly sweet and nutty flavour. They contain fewer



calories and fat than cow's milk but are also significantly lower in protein and carbohydrates. They can be added to coffee and tea, used on cereal, mixed in smoothies and used as milk in desserts and baked goods.

Coconut Milk - Made from water and the white flesh of brown coconuts. It has a creamy texture and a sweet, subtle coconut flavour. It contains less fat than cow's milk and significantly less protein and carbohydrates. It can be used on cereal and in smoothies and cooking.

Oat Milk – Made from a mixture of oats and water. It is high in soluble fibre, which is good for gut health. It is naturally sweet with a mild flavour and can be used in cooking in the same way as cow's milk. It is also good for use on cereal or in smoothies.

Rice Milk - Made from milled white or brown rice and water this is the least likely milk substitute to trigger allergies, which makes it a safe option for those with allergies or intolerances to dairy, gluten, soy or nuts. It is mild in taste and naturally sweet and is nice to drink on its own as well as in smoothies, or in desserts or over cereal. It is not a good choice for children or the elderly because of its low protein content, and it has a high glycaemic index so is not good for diabetics either.

There is no one milk substitute that is ideal for everyone. The taste, nutrition and cost of these alternatives can vary considerably, so it is worth taking a while to experiment and find those that work best for you.

By Louise Addison



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Play Tourist at Home

Have you ever walked around your own area as if you were a tourist? You'd be surprised how much there is to see and how little you probably know about the place you live.

We get so bogged down in daily routines that we don't pay attention to what's in front of our eyes. Here are some great reasons to explore your own area this summer.

A fresh pair of eyes - Take roads and corners you've never taken before. Get lost in streets you've never been to and see things you never realized were there. You'll see your area in a new light.

A history lesson - You've driven or walked by that building, church, or statue thousands of times, but do you know the name of it or the story behind it? Take time to learn about the



history and secrets of where you live!

Meet new people - Engage in a conversation with a complete stranger while exploring your own town. Coffee shops are good places because the atmosphere is relaxed. Older people often enjoy a chat and may have a wealth of knowledge about the area.

A new perspective - Find the highest building or vantage point and see if you can get a bird's eye view of your area.

A teacher of mine once said, '**Keep exploring. Keep learning. Stay curious, and you won't go far wrong.**'

By Sarah Davey

Ajman - A well kept secret!

Ajman is the smallest of the 7 Emirates but very accessible from Dubai International airport about 30 minutes away.

This amazing hidden gem has much to offer, 5* hotels, natural beaches and a fantastic warm welcome.

There are sprawling mangroves home to about 60 species of birds, The Wasit Wetland Centre also has its own flock of Flamingos.

This amazing place can be explored with a fully guided kayak nature tour. The clear still waters where you can see all the way to the bottom and look between the tangled roots for fish.

Unlike Dubai, Ajman is a relaxed and tranquil, but if you're looking for the hustle and bustle of downtown Dubai it's only 30 minutes away.

Ajman has a surprising number of activities and cultural experiences for all the family from Rashidiya Park, Ajman Museum, desert adventures to Al Zorah Natural Reserve.

There are a number of companies which can provide a wide range of things to do and see.

Birmingham provides easy access to Ajman, guaranteed year round sunshine, fantastic value for money, everything you need for a perfect holiday.



Sabina Clay

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When Your Job is a Pain

By Louise Addison



How to minimise work-induced injury

Whether we work at a desk or in manual job, we can often develop pain or injury relating to our work. Two of the most common are neck and lower back pain.

Back pain is the UK's leading cause of long-term sickness and is responsible for over 15 million sick days per year. Many aches and niggles can be related to repetitive strain, caused by doing a task over and over, or from prolonged and incorrect posture.

If you're regularly in a position which is not good for your body, **it can start to wear down and cause injury**. But simple changes like obtaining a new chair or setting up your workstation correctly can have a positive impact.

There are also exercises that we can do throughout the day to help increase mobility and prevent injury. These exercises concentrate on ensuring a strong mobile thoracic spine,

which promotes good posture while minimising the chance of injury.

Shoulder rolls are excellent - roll one at a time forward and then backward, then both together.

Spinal rotation is also good - lift your arms in front of you to shoulder height, bent at the elbows, fingertips almost touching, then twist gently to the right and left several times, trying to turn a little further each time without straining. Try some pectoral stretches by placing your hands behind your head and lacing your fingers together. Draw both elbows back to open the shoulders and ribcage and hold for 15 seconds. **Try doing these exercises three or four times per day.**

To optimise your workplace, flexible sit/stand desks are becoming more popular – the work surface can be raised or lowered so the user can alternate between sitting and standing – this is better for spine health as the body's position is varied.

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*Really pleased with job done by Don and family to
install our hall, stairs and landing carpet, quick,
knowledgeable and professional, wish we had found
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than Don, Davina and Luke Mander. Experts in
their field, trustworthy and extremely knowledgeable.
No job is too big or too small. They carried out a
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Yell.com and Google

So, you want to be a... **VET**

By James Campbell

Veterinary Medicine is a highly competitive field. Every year there are hundreds of applicants for each available place. It is probably one of the most over-subscribed courses in the country.

You will need excellent A-levels. Most people have chemistry, biology and either physics or maths at Grade A or B. Some universities will accept other subjects if they are impressed with the candidate. You will need to check with individual universities. Many Veterinary schools expect candidates to take a BMAT test (BMAT stands for biomedical admissions test) in order to get into vet school. This is an aptitude test. **Go to www.bmat.org.uk for information and sample questions.**

Be prepared not to get in at the first attempt. You can re-apply and make use of the year to

gain experience. Whether it is a first attempt or a retry you need to differentiate yourself for the competition. **Try to gain experience working in a vet practice**, on farms assisting with lambing or calving, in dog kennels or at local zoos and animal rescue centres. Mostly you will be cleaning out kennels, feeding animals, making tea etc. It will almost certainly be unpaid. But ask lots of questions, and ask to observe interesting operations etc. Write up interesting cases and experiences as case studies, explain what you learned and submit these along with your application. **This will prove to the university that you are self-motivated and dedicated, which counts for a lot during the application process.**

Remember that universities like to take on well-rounded students, so make sure develop hobbies and talents in other areas too.



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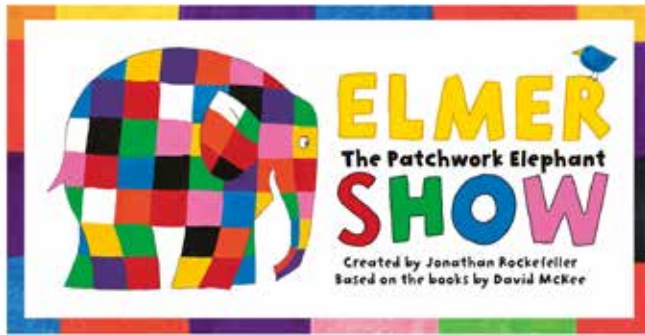
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COMPETITION



WIN 1 OF 2 FAMILY TICKETS WORTH £50

to see the live stage version of **ELMER The Elephant**

on 23rd or 24th July at 4.30pm

The Core Theatre, Solihull (formerly Solihull Arts Complex)

**Elmer is the classic tale of the elephant who simply didn't
want to be grey.**

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

Who wrote the bestselling book – Elmer the Elephant?

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

**Closing date for entries is 30th June. The winner will be drawn at random and notified by
email after this date.**

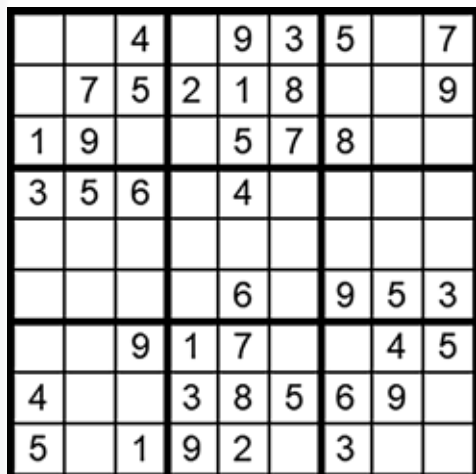
**Please note there is no cash value nor exchange for this prize so please don't enter if you
cannot attend one of the dates shown above.**

word search

Can you find all of the weird-but-real words hidden in the grid?



Abibliophobia
 Absquatulate
 Bibble
 Bloviate
 Borborygm
 Brouhaha
 Bumfuzzle
 Collywobbles
 Comeuppance
 Erinaceous
 Gardyloo
 Gubbins
 Lollygag
 Nudiustertian
 Pauciloquent
 Quire
 Ratoon
 Sialoquent
 Wabbit
 Xertz
 Yarborough



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 46



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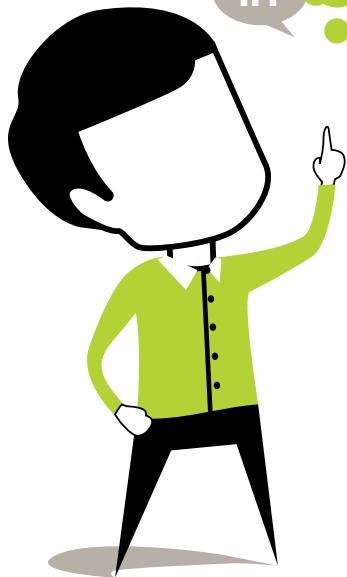
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Cyber Bullying – Not just for teens! By Tracey Anderson

Frequent tragic news items about cyber-bullying in teenagers might lead us to think that such behaviour is limited to this age group.

But it has become as much of a problem for adults, and as adults can be adept at hiding their online identity – and far more malicious and sophisticated in the way they operate, it can be devastating for the victims

If you are a victim of cyber bullying...

Don't retaliate - Bullies want a reaction. If you do react you will almost certainly escalate the behaviour, and have your response turned against you.

Record Everything - Keep evidence of content: pictures, texts, emails, tweets, status updates that the person has sent or posted about you.

If the cyberbullying is occurring on a blog or forum, take screenshots of the post. Build a case against the person harassing you.

Talk to your employer - If the person harassing you is a co-worker, or if the bullying is occurring on a work-related forum or blog your employer needs to know, this is where the evidence comes into play.

Contact the police - If threats of physical harm are made, or you feel that the bully is dangerous, make a police report. The more evidence you have of the threats, the easier it will be for them to act.

Talk about it - Speak with trusted friends about what you are going through. Many victims feel ashamed, but shame tends to disappear if you share your concerns.

Report Abuse - Every reputable website has a 'Report' feature built in. Use it.

Cut ties - Remove toxic people from your social media circle.

BLOCK - Use the block feature on forums and phones to block the cyber bully at source.



Pork and Pineapple Kebabs

A nice take on sweet 'n' sour pork, suitable for the barbecue

Preparation time: 20 mins

Cooking time: 10-15 mins

Serves: 4

Ingredients

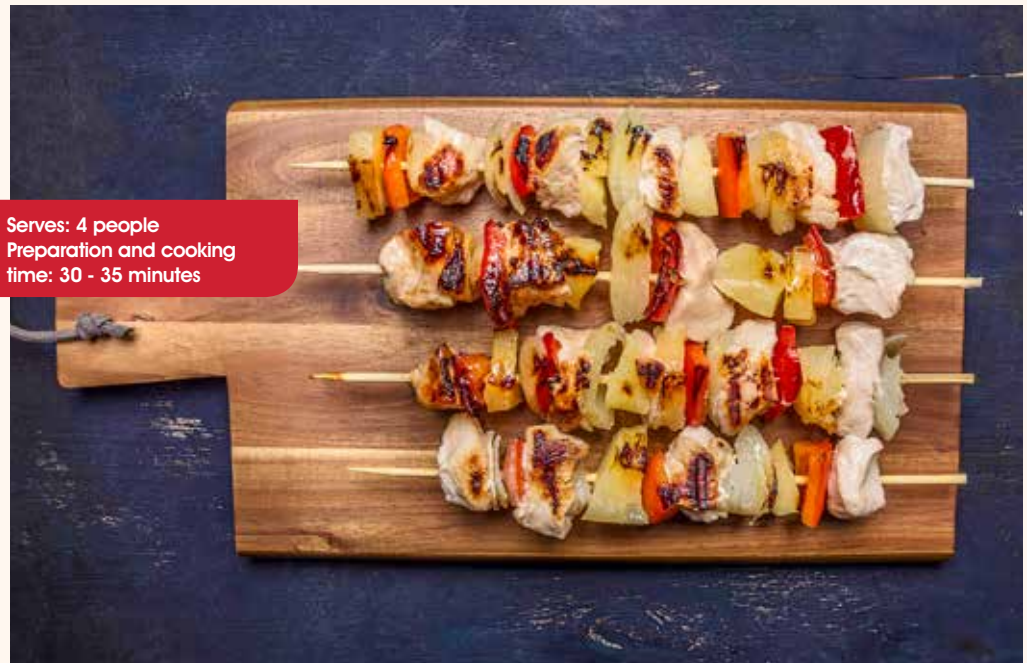
400g Pork fillet
4 tbsp Light muscovado sugar
60ml Cider vinegar
1 tsp Asian fish sauce
½ Small pineapple, peeled, cored and cut into chunks (or use ready prepped fresh pineapple, drained well)
1 Pepper (any colour), deseeded and cut into squares
Spanish onion, chopped into chunks
Small bunch coriander, chopped (optional)
To serve - Boiled rice or pitta pockets

Method

Cut the pork into cubes. Heat the sugar and vinegar in a pan over a low heat until the sugar melts. Add the fish sauce and cool. Tip in the pork and mix well so that all the cubes are covered in sauce.

Heat the barbecue, or a griddle pan or grill. Thread the pork and pineapple onto skewers, alternating pieces with the pepper and Spanish onion. You can use whatever onions you have but Spanish are more delicate in flavour and sweeten nicely when grilled.

Barbecue or griddle the skewers for 3-4 mins each side (you may need to cook them for longer if griddling). Serve with rice or slide into pitta pockets



Serves: 4 people
Preparation and cooking
time: 30 - 35 minutes

a taster of what's coming up...

CINEMA



X-Men: Dark Phoenix

from 7th June

The X-Men face their most formidable and powerful foe: one of their own. Jean Grey. During a rescue mission in space, she is hit by a mysterious cosmic force which makes her more powerful, but far more unstable. With Jean spiralling out of control, she begins to unravel the very fabric that holds the X-Men together.

Men In Black International

from 14th June

The Men in Black have always protected the Earth from the scum of the universe. In this new adventure,



they tackle their biggest, most global threat to date: a mole in the Men in Black organisation.

Toy Story 4

from 21st June

Woody's priority has always been taking care of his kid, whether that's Andy or Bonnie. But when Bonnie adds a new toy called "Forky" to her room, a road trip adventure alongside old and new friends will show Woody how big the world can be for a toy.



To book please visit www.cineworld.co.uk

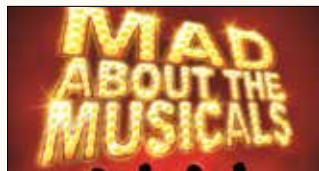
THEATRE

The Core Theatre, Solihull (formerly Solihull Arts Complex)

Mad About The Musicals

21st June

With a host of your favourite numbers from the pen of Rodgers & Hammerstein, Andrew Lloyd Webber and Boublil & Schonberg, the talented cast of Mad About The Musicals evoke the true spirit of the stage, with brilliant vocals, stunning costumes and a spectacular light show, to bring you the very best show in town!



Talon – The Acoustic Show

27th June

Following the massive success of their critically acclaimed studio and 'LIVE' acoustic albums,

'Talon – The Acoustic Collection' is back with their most extensive tour to date. Featuring many Eagles classics with breathtakingly beautiful acoustic arrangements, plus their own personal favourites



Robin and the Sherwood Hoodies

29th June

This hysterical show is a riotous romp through the medieval mayhem of merry England, splattered with shocks and surprises, crazy characters and comic capers, with a score of catchy, show-stopping songs and a wonderfully witty script.



To book please visit www.thecoretheatresolihull.co.uk

Kids' Page

THINK OUTSIDE THE BOX

Q. A girl who was just learning to drive went down a one-way street the wrong way but she didn't break the law. How come?

A. She was walking.

Q. How can you throw a ball as hard as you can and have it come back to you, even if it doesn't hit anything, there is nothing attached to it, and no one else catches or throws it?

A. Throw the ball straight up in the air.

Q. Two students are sitting on opposite sides of the same desk. There is nothing in between them but the desk. Why can't they see each other?

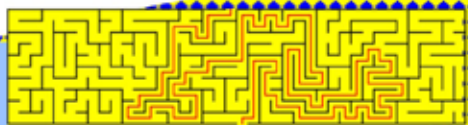
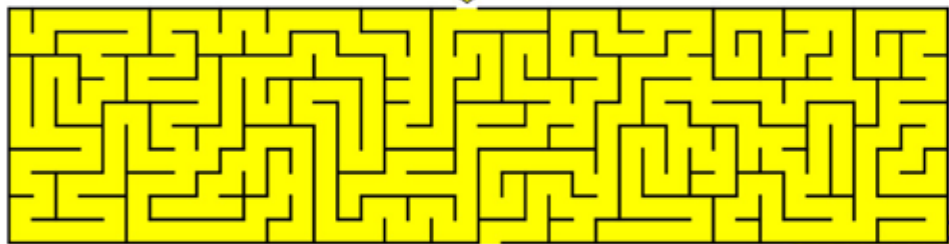
A. The two students have their backs to each other.

Fascinating Fact

The human skull contains 22 separate bones!



THINK your Way through the box!



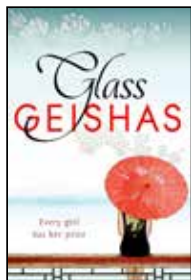
Think Your Way Through the Box Solution

a good read

reviews By Willow Coby

Glass Geishas

by Susanna Quinn



Susanna Quinn's novel, *Glass Geishas*, is a thriller set in modern day Tokyo – specifically in the notorious Roppongi district, where everything has a price. As the novel opens, Steph, the principal character, is just arriving in Japan with the specific aim of making as much money as possible as quickly as possible. However, her friend Annabel seems to have vanished – and her other friend Julia does not seem to recognise her, let alone welcome her. Something is clearly wrong. Having found Annabel's abandoned diary, Steph sets out to find out what has happened to her friend and quickly becomes involved in the hostess trade. As the novel moves on, Steph's own quest is intercut with two other storylines. The first, a set of emails from Chastity, an established hostess, shows the harsh reality of the life that Steph is moving into. The second, the memoirs of Mamasan, owner of one of Roppongi's oldest clubs, explores how the trade has developed and changed over time. By the end of the novel, these strands are drawn together into a twisting conclusion which will keep you gripped. Quinn has clearly drawn on some of the recent writing about Japan and the significance of the geisha. However, her portrait is far from romanticised, and whilst her hostesses are certainly as elegant and glamorous as the traditional geisha and maiko, Steph's world revolves around alcohol, sex and money – a fragile combination which puts her in significant danger. If the novel has a fault, it is in the slow reveal of Annabel's diary – it is hard to believe that Steph, curious as she is, would not read the whole book at once. However, this is a minor point, and by

stringing this out, Quinn is able to keep us guessing at what has happened to Steph's friend – and what will happen to Steph herself – making us turn the pages rapidly as the end approaches. I picked this book up in a used-book shop while on holiday. It appears to be out of print at the moment but there are cheap second hand versions available and I recommend you look one out.

Don't Let the Pigeon Drive the Bus

by Mo Willems



What do small children like best in a picture book? If anyone knows, it is Mo Willems, who spent several years as a scriptwriter for 'Sesame Street'. And here, what he has hit on is that little word beloved of toddlers – 'NO!' The premise of the book is simple – and summed up neatly in the title. The reader needs to stop the pigeon driving the bus while the bus driver is away for a few minutes. However, this is a very determined pigeon. On every page he comes up with a good reason why he could, should and must drive that bus. Reading this book aloud is a delight. As you read the pigeon's increasingly desperate attempts to get behind the wheel, your audience can say – or shout – 'No!' at each page, usually accompanied by a great deal of giggling. And parents will recognise the toddler's range of tactics – from pleading, to sulking, to promises to 'be your best friend' – all of which are summarily rejected. With simple drawings and a thoroughly endearing main character, this is ideal to read to pre-school children of any age. The pigeon makes several reappearances in Willems' other books – 'Don't Let The Pigeon Stay Up Late' is probably the next one you will want to seek out, and it is just as much fun. Really.

useful numbers

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Council

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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.

local police contact for Solihull

Solihull police station

Telephone: 0845 113 5000



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22 Proline 0800 956 1315

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 37 Earlswood Garden Centre 01564 702 314
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2	8	4	6	9	3	5	1	7
6	7	5	2	1	8	4	3	9
1	9	3	4	5	7	8	2	6
3	5	6	7	4	9	1	8	2
9	1	8	5	3	2	7	6	4
7	4	2	8	6	1	9	5	3
8	3	9	1	7	6	2	4	5
4	2	7	3	8	5	6	9	1
5	6	1	9	2	4	3	7	8

Sudoku Solution
from page 27

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

Word Search Solution
from page 27

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