

# the solihull index

a community magazine and business directory  
for residents of solihull delivered FREE to 5700 homes

[www.solihullindex.com](http://www.solihullindex.com)

## JUST IMAGINE YOUR NEW BESPOKE GARDEN STORE WORKSHOP or SUMMERHOUSE...



...OR BETTER STILL, COME ALONG TO WARWICKSHIRE'S  
MOST IMPRESSIVE SHOWSITE AND SEE FOR YOURSELF  
OUR EXTENSIVE RANGE OF QUALITY BUILDINGS



A family run business with over 30 years experience.  
Standard designs and sizes or a bespoke service - built just for you.  
A full range of Sheds and Workshops available.  
Visit our show site or BUY ONLINE!



## Heart of England

*Quality that speaks for itself...*

Next to Johnsons Coaches, Liveridge Hill, A3400 Stratford Road, Henley-in-Arden B95 5QS

Visit our website to see many more designs and styles  
**[HeartofEnglandGroup.co.uk](http://HeartofEnglandGroup.co.uk)** or call **01564 792 900**





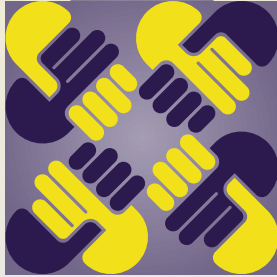
Chartered



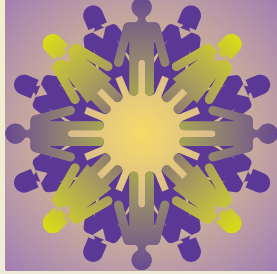
# JAMIESON CHRISTIE

## CHARTERED FINANCIAL PLANNERS

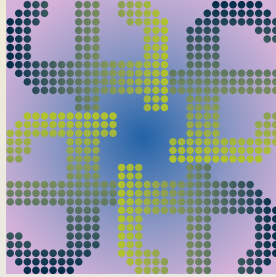
Trustworthy



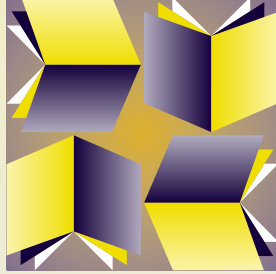
Experienced



Independent



Chartered



Providing expert help and advice to Companies, Individuals, Trustees and Charities.

- Pensions - Company and Personal
- Investments
- Tax Planning
- Long Term Care Planning
- Education Fees
- Employee Benefits
- Initial consultation is offered at our expense without obligation

Head Office:

Regent House, 430-432 Kenilworth Road,

Balsall Common CV7 7DN

Telephone 01676 532210 / 03300 505040

mail@jamiesonchristie.com

www.jamiesonchristie.com

Also offices in London, East Midlands and Staffordshire

Authorised and regulated by the Financial Conduct Authority.

*A financial advisory firm large enough to excel,  
small enough to care.*



# SOLIHULL

## SUMMER FEST

2019

27TH - 28TH JULY 2019

TUDOR GRANGE PARK

SATURDAY 27<sup>TH</sup> JULY 2019

EXCITING  
ARTIST  
TO BE ANNOUNCED!

THE  
VAMPS

DYNAMITE

MITCHELL BRUNINGS

Sugar Hill  
Gang

SUPPORTED BY  
TRIBUTE ARTIST

JK <sup>AS</sup>  
ROBBIE

SUNDAY 28<sup>TH</sup> JULY 2019

THE HUMAN

LEAGUE

THE PROCLAIMERS

GO WEST

BAD MANNERS

SUPPORTED BY  
TRIBUTE ARTISTS

MERCURY  
—QUEEN TRIBUTE—

GARRY PEASE AS

Rod Stewart

FOR TICKETS VISIT: [WWW.SOLIHULLSUMMERFEST.CO.UK](http://WWW.SOLIHULLSUMMERFEST.CO.UK)

# Marvellous May!

May's one of the best months of the year - we're firmly in the Spring, and have all the anticipation of a lovely Summer ahead. Fingers crossed! It's also a great time for getting your garden looking lovely and for selling your home. We've got a great range of local, reliable businesses in here who can help you get your garden ready and update any aspect of your home, from your roof to your kitchen, your bathroom to your décor, whether you're getting it ready to sell or just want to update it for your own benefit.

Wishing you a great month ahead. Until next month,

Zoe

**Zoe Reece**

**Tel: 07557 220585**

**Email: [zoe@dorridgedirectory.com](mailto:zoe@dorridgedirectory.com)**

**[www.solihullindex.com](http://www.solihullindex.com)**



## contents

**6** Local events

**27** Puzzles

**31** Recipes

**32** Cinema and theatre guide

**34** Book Reviews

**35** Useful telephone numbers

**36** Index

**Locally designed by:** hotlobster design ltd **Printed by:** Norwood Press

**PLEASE RECYCLE THIS MAGAZINE**

# QUALITY KITCHEN MAKEOVERS

by simply replacing the doors and worktops

From the UK's #1  
Kitchen makeover experts.  
Visit our showroom now



Before



Est. 1999

- FREE SIMPLE DOOR REPLACEMENTS TO COMPLETE FITTED KITCHENS
- FULLY INSTALLED BY LOCAL PROFESSIONALS IN JUST A FEW DAYS
- CHOOSE FROM A LARGE SELECTION OF DOORS, WORKTOPS AND APPLIANCES
- 84 SHOWROOMS NATIONWIDE

## DO YOU DREAM OF A NEW KITCHEN?



Proud members of  
**9.7/10 Checkatrade.com**  
Where reputation matters

*See what our customers have to say*

## DREAM DOORS®

NEW LIFE FOR OLD KITCHENS

[www.dreamdoors.co.uk](http://www.dreamdoors.co.uk)

CALL US NOW FOR A FREE ESTIMATE:

## 0121 744 8974

VISIT OUR SHOWROOM:

134 Stratford Road, Shirley,  
Solihull, B90 3BB

# community events



## Teddy Bears Picnic

**Tuesday 28th - Thursday**

**30th May, 10 - 11am**

**John Lewis, Solihull**

Join us for storytelling and a picnic plus a guest appearance by teddy bear character.

Tickets are £15 each - price includes a gift and picnic.

Limited spaces are available.

To book please visit Customer Support on the first floor.

## Merrie England

**Saturday 1st June 7.30pm**

**Knowle Village Hall**

The Strolling Players are presenting a performance of Edward German's operetta 'Merrie England' which tells the story of the love affair between Bessie Throckmorton and Sir Walter Raleigh - of which Good Queen Bess heartily disapproves. The show features some lovely and well-known songs. Tickets £8 from 01564 772071.

## Tap & Tandoor Beer Festival

**Thursday 13th - Sunday 17th June**

**Tap & Tandoor, Warwick Road, Solihull**

To celebrate their first birthday, award-winning Indian Gastropub Tap & Tandoor is holding its very own Beer Festival! They'll be showcasing craft beers from some of UK's most innovative brewers. Call 0121 711 1166 for more info.



## Solihull 5k Race for Life

**Saturday 16th June**

**Malvern Park**

Open to everyone, from 6 years old to 106 and beyond... including gents for the first time! Remember: you can walk it, run it, wheel it! For more info please call 0121 704 1557 or email [SolihullShop@cancer.org.uk](mailto:SolihullShop@cancer.org.uk)

## 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.



## THE CORE LIBRARY

0121 704 6965

- **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.

# Bathrooms Galore

Just add water...

Specialists in Bathroom Installation  
And Bathroom Design

The complete design and  
installation service from  
concept to completion



49 Stoney Lane, Yardley, Birmingham, B25 8RE

0121 783 9966

[www.bathroomsgalore.co.uk](http://www.bathroomsgalore.co.uk)

# Keep Calm & Cope

**A**s exam season is upon us, this week I am sharing my 7 stress reducing solutions for your scholars! Be it SATs or A levels, these simple and FREE tips will be sure to help. And for all the parents out there...these may be useful for you too!

## 1 - Eat 2-3 kiwis per day.

This dense fruit is full of nutrients to help keep germs away and stay in good shape for exam days and revision. Compared to an orange, the Kiwi has almost double the amount of vitamin C! Also a great source of iron and vitamin B9 which is perfect to fight against exhaustion.

## 2 - Get a pet!

Stroking an animal reduces stress. Fact. When we pet an animal we release the stress reducing hormone oxytocin and there is a decrease in the stress hormone cortisol. If you don't have a pet...borrow one! Our dog Jessie is a favourite with my pupils and loves fuss so feel free to arrange an appointment with her!

## 3 - Breathe in a box!

Box breathing -also known as square breathing is a technique used to lower heart beat, improve performance and concentration and also reduce stress...what's not to love? Simply breathe in for 4 seconds, hold for 4 seconds, breathe out for 4 seconds and hold for 4 seconds and repeat.

## 4 - Don't be a night owl.

Nocturnal students suffer during exam time. Stick to your school timetable during revision period so that your sleep pattern is

not disturbed and that you are wide awake and alert when you turn those papers over.

## 5 - Count to 5

In times of heightened stress, use a simple mindfulness technique to reduce stress. Bringing yourself into the present stops us panicking about the future or ruminating about the past. Notice the now by finding 5 things you can see, 4 things you can hear, 3 things touching you, 2 things you can smell and 1 thing you can taste.

## 6 - Water it down

Studies have shown that dehydration leads to higher cortisol levels (the stress hormone). Stay hydrated to be better equipped for this challenging period and to be able to think more clearly.

## 7 - Stop the stories

Thoughts are not facts. If you find yourself feeling low because of a thought ask yourself is it true? Really? 100%? If the thought is not 100% true and makes you feel lousy then flip it around and look for reasons that the alternative positive thought could be as true or truer than your negative one. A balanced belief is better than a self-limiting one.



**Rebecca Mander**  
[rebecca@guruyoucoach.com](mailto:rebecca@guruyoucoach.com)  
[www.guruyoucoach.com](http://www.guruyoucoach.com)  
 07930 147799

# Stephen Smith & Son Plumbing & Heating Services

**WORCESTER**  
Bosch Group  
Accredited  
Installer



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



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

**10 years Manufacturer's Warranty  
on all Worcester Greenstar  
gas boilers installed\***

[www.stephensmithandson.co.uk](http://www.stephensmithandson.co.uk)

**"Family business. Local and reliable."**

## Work carried out includes:

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

\*Worcester Bosch terms apply



# Find Your Happy

[hello@guruyoucoach.com](mailto:hello@guruyoucoach.com)  
[www.guruyoucoach.com](http://www.guruyoucoach.com)  
01926 485465



**Land Rover Sports  
& Social Club**

## FORTHCOMING EVENTS

### THE SIMMERTONES

**22nd June 2019**

Over the past decade The Simmertones have established themselves as one of the UK's leading authentic ska and reggae bands.

These nine South West musicians regularly get packed venues and festivals jumping with their exciting and infectious live sound.

**Tickets online from [www.landroversc.co.uk](http://www.landroversc.co.uk)**



### ROD STEWART TRIBUTE AND THE FACEZ

**12th October 2019**

The original and still the premier tribute band to the very best of Rod Stewart and The Facez!

Hear all the classic Rod Stewart hits with a nod and a wink to The Facez with stunning musical and visual accuracy!

**Tickets online from [www.landroversc.co.uk](http://www.landroversc.co.uk)**



**CALL DURING OPENING HOURS TO PICK UP TICKETS FROM THE CLUB**

**Billsmore Green, Solihull, B92 9LN • 0121 742 5490**

# Dimension Groundworks & Driveways

Specialists in Driveways and Landscaping

- Block paving • Tarmacing (red or black) • Patios
- Brickwork • Slabbing • Gravel • Landscaping
- Fencing • Property & roof repairs
- Driveway maintenance  
(pressure cleaning & sealing – weed free)



**07961 358367 / 0121 652 0145 / 01926 674782**

**[dimensiongroundworks@icloud.com](mailto:dimensiongroundworks@icloud.com)**

**[www.dimensionpathways.co.uk](http://www.dimensionpathways.co.uk)**

**328 Alcester Road Wythall Birmingham West Midlands B47 6JR**

# Johnsons Cars

Trusted, Quality Service

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



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

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

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

## Johnsons Cars

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

Call us today on **01564 454 051**  
or visit us at [johnsonscars.co.uk/knowle](http://johnsonscars.co.uk/knowle)

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

# C. STEVENS ROOFING

**EST FAMILY BUSINESS**

NEW TILED ROOFS • GUTTERS

FLAT ROOFS • BRICK WORK

LEADWORK • SMALL REPAIRS

UPVC FASCIAS • CHIMNEYS



KNOWLE

SOLIHULL

**01564 790008 0121 733 1276**

**WWW.CSTEVENSTOOFING.CO.UK**



electrical  
services

Work carried out to  
approved standard



Rewires • Extra Sockets • Lighting • Showers  
Fault Finding • Domestic & Commercial



Tel: 0121 704 2654  
Mob: 07960 266271

Free Quotations | No Call Out Charge  
39 Broomfield Avenue, Solihull, B91 2NP

# Bank Holiday Bonanza

By Sarah Davey

It's that time of year when there seems to be a bank holiday bonanza. We've just had Easter Monday, and now we have two bank holidays in May. So here is **my Brits guide to Bank Holidays...**

We ask everyone else what they're doing, kind of like Christmas! As a nation we get excited about the prospect of a longer than usual weekend.

We make vague plans about weekends away but we always leave it too late, or won't agree on a destination, or discover every hotel has suddenly doubled its prices, **so we never actually go.**

**At least one friend will remind you** that they are a nurse / barperson / taxi driver (delete as applicable) and **they will be working while you are relaxing.** Sympathise with them as without them the country would grind to a halt.

Every teacher friend you possess will make a huge deal about them not actually having a holiday weekend, because they will be marking...again! Teachers do this every holiday though, because they suspect we secretly think they are all part-timers.

**We buy paint in anticipation of giving a room a facelift.** Bank Holidays were absolutely designed for repainting the sitting room!

We buy bedding plants, compost and 'garden features', because Bank Holidays were absolutely designed for prettying our little plot of land.

**We tentatively suggest a barbecue** to family and friends because as well as being obsessed by weather we are also eternal optimists. And if it rains, we still barbecue because that's what you do on a Bank Holiday in May, and well...it gives the guests something to talk about.

**We plan a film night.** When we finally face the reality that there isn't going to be a heatwave, we hit Netflix or Sky Movies and dial a pizza - because Bank Holidays and carbs were made for each other.

**Finally, we have the Sunday blues on a Monday night!**



# Choose the **Perfect Sunglasses**

By Sarah Davey

It's that time of year when we traditionally invest in a new pair of sunglasses but how do you whittle the choices down to the perfect pair? **First choose the right colour frame.** Warm browns and tortoiseshell suit warmer colouring. Cool greys, blues and blacks suit cool skin colouring or grey hair.

**Next pick a pair that flatters your features.**

Rounder faces often lack definition and benefit from strong lines. Long thin faces might need a softer, rounder style with an upswept edge.

**Try on as many as you can.** Take selfies and compare. Add length to a short nose with a high bridge or shorten an overly long nose with a low (butterfly shape) bridge. A strong jaw can be balanced with a heavier top bar.

**Sun-specs are all about protecting your eyes from UV** so make sure that any pair you buy has a CE kite mark, and that sunglasses are marked UV400. Choose larger frames for protection but bear in mind that deeper the frame the shorter your face will look, so if you have a long face, choose a deep frame. A shorter face needs a frame that's less deep. Take your eyebrows into account! If your brows stick out of the top of the frame at an odd angle, you'll look permanently surprised!



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



**BROUGHTON**  
**FIREPLACES**

**WOODGLOW**  
**FIREPLACES**

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

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

**0121 707 2306**

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





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

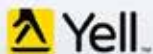
**Approved Drives and Landscapes offer a range of services to help improve all areas of your home, including:**

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

**Proud member of**



**Find us in/on**



**[www.centraldrivewayslimited.com](http://www.centraldrivewayslimited.com)**

Get in touch today for a **FREE** quotation

**T: 0121 702 1456 M: 07748 577687**

[Michael.central@icloud.com](mailto:Michael.central@icloud.com)



Tudor Rose Curtains  
BESPOKE DESIGN



## Curtains and Blinds

Designed and made especially for you



07518 851 063 / 0121 445 2072

sj@tudorrosecurtains.co.uk

www.tudorrosecurtains.co.uk



Jet2holidays

THE SAME PRICE  
OR LESS + VIP  
EXPERIENCE

DON'T GO DIRECT  
CONTACT ME  
TODAY



NOT JUST  
TRAVEL

07565 534 524

## National Smile Month

By Louise Addison

Between 13th May and 13th June 2019, National Smile Month will promote positive messages to engage people with maintaining a healthy mouth. For the best oral hygiene:

**Brush your teeth** - At least two minutes twice a day using fluoride toothpaste.

It's particularly important to clean them at night as your mouth doesn't have the same salivary protection during the night.

**Floss** - Each tooth has five sides; a toothbrush only cleans three and the other two sides are where most decay and odours originate. To clean between the teeth requires dental floss or tiny inter-dental brushes.

**Clean your tongue** - This works wonders with stale, smelly breath. You can use a tongue scraper or a toothbrush.

**Stop smoking** - Smoking dries the mouth, depleting the protective saliva. It also exposes your gums, soft palate and

tongue to harmful and cancer-causing toxins, and it makes your breath smell.

**Use a mouthwash** - This freshens breath and coats the teeth with a protective layer, helping to prevent plaque build-up.

**Cut out sugary foods and drinks**

– These feed the bacteria in your mouth which ultimately break down your enamel and cause decay.

**Visit your dentist regularly!**

<http://www.nationalsmilemonth.org/>



## Sustainable Travel

David Attenborough has once again pointed out how important it is for us to be aware of the impact we have on the environment in his latest documentary, *Our Planet*. This doesn't mean we shouldn't travel, we just need to be mindful that the parts of the world that are still untouched are at risk of being destroyed if we don't start changing the way we travel. So, here are a few simple steps to becoming a more sustainable traveller.

### Use the most sustainable transport

Sometimes flying's unavoidable but you can still make a small improvement to the environment by opting for the fastest route (as direct flights rather than will reduce your carbon footprint) and by choosing economy which is more efficient as it allows for more passengers. Once at your destination opt to walk or cycle around – it's better for the environment and also lets you take in more of the local area.

### Pack light

A plane's carbon emissions are greater the more weight it's carrying, so packing light saves on fuel, and also makes it easier to get around on



foot/by bicycle too. If you're going away for a while, take a few essentials and buy anything else you need from local stores, which will also support the local community. To reduce your carbon footprint pack a reusable water bottle and an e-reader.

### Choose ethical wildlife tours

Tours that allow you to spot wildlife in their natural habitat without disturbing them are far more rewarding. Be sure not to step on coral in the ocean and use a 'Reef Safe' sun cream to avoid polluting the ocean.

### Eat, drink and discover local

Live like a local to support the local community – try local cafes and restaurants for a whole new world of delicious cuisine and inspiration. Just always remember to drink bottled water and avoid salad and ice cubes.

### Stay in accommodation dedicated to sustainable living

Large resorts are the biggest culprits when it comes to carbon emissions so ask your Personal Travel Expert to find the most energy efficient accommodation available. Smaller places run by locals will mean less energy consumption and more support for the local economy. Eco-friendly hotels and holidays are a big trend in 2019.

By just doing a few things differently on a regular basis we can help keep travelling sustainable for generations to come.

**Sabina Clay**  
**Not Just Travel**  
sabina.clay@notjusttravel.com  
07565 534 524



**easy**  
**Lease Cars**  
www.easyleasecars.co.uk

**10%**  
Off your first 3 months payments  
on any of these  
**Vehicles of the Month**  
when you mention this advert!

**easy**  
**Lease Vans**  
www.easyleasevans.co.uk

## Helping You Afford Your Next Vehicle.

### AUDI A1



**Special Offer £200.00 pm**

Bluetooth Low Mileage

### MERCEDES C220 AMG SPORT



**Special Offer £305.00 pm**

SatNav Bluetooth AMG Sport

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

### MERCEDES-BENZ



**Special Offer £175.00 pm**

Bluetooth Low Mileage

### FORD



**Special Offer £350.00 pm**

Bluetooth Ply Lined Low Miles

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

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

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

# CROSSROADS SERVICE STATION LTD

A friendly, family-run business since 1969

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

## OPEN 6 DAYS

## A WEEK

MON – FRI 7.30am – 6pm

Sat 7.30am – 1pm

### MOT's while you wait!



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

**Tel: 01564 703225**

[www.crossroadservicestation.co.uk](http://www.crossroadservicestation.co.uk)

VAT No.: 113213041

## GAROLLA

### ROLLER SHUTTER DOORS



**Great For:**  
Space Saving  
Kerb Appeal  
Ease of Use

**0800 468 1982**

### THERMALLY INSULATED ELECTRIC GARAGE DOORS



CE Approved

Acoustic & Thermal Insulation



Brush Sealed Rails



Pay on Completion



Two Remote Controls



18 Colours Available



Free Disposal of your Old Door!

Garolla saves you space inside your garage as the Garage Door rolls vertically into a box. This design requires just 8 inches of headroom and allows you to park closer to the door. Remotely control the Door from the comfort of your car with a hold-to-run remote.

LIMITED OFFER - ~~was~~ £1354

**NOW ONLY £895**  
INC. VAT & FULL FITTING

MADE TO MEASURE, CALL US TODAY

Save  
**£459**

**01564 340 028**

Phone Lines Open 7 Days a Week

**07537 149 128**



- Offer valid for openings up to 2.6m wide & inc: 2 Remote Keys, 55mm White slats, Internal manual Override -

# AP ALLOYS

MOBILE ALLOY WHEEL REPAIRS

*Mobile service to your  
home or business*



## **ALLOY WHEEL REFURBISHMENT** *(Full Face of Wheel)*

**Vandal Scratches - Plastic Bumper Damage  
Dents + Scrapes to any panels - Stonechips  
Machine Polishing - Paint Protection Treatments Applied  
FREE Quotations - Main Dealer Approved**

**Call Andy now for a fast, prompt and professional service**

# **07972 852 758**

**FREE  
FOREVER  
FOR INDIVIDUALS**



Showcase your unwanted items as it's Free for you to Sell and always will be!



AND NOW WITH  **PayPal**



100% Free



Buy and Sell within  
the UK



UK Customer  
Services



[ebuygumm.co.uk](http://ebuygumm.co.uk)



*Eco Friendly*  
**Wainwright's**  
CARPET & UPHOLSTERY  
Cleaning  
CLEANER • DRIER • CARPETS

[www.WainwrightsCarpetCleaning.co.uk](http://www.WainwrightsCarpetCleaning.co.uk)

- CARPET & UPHOLSTERY CLEANING SPECIALISTS
- DOMESTIC & COMMERCIAL
- ECO FRIENDLY

FAMILY RUN SINCE 1980

**Which?**  
Trusted traders

**NCCA**  
NATIONAL CARPET CLEANERS ASSOCIATION  
CLEANING THE NATION'S CARPETS AND UPHOLSTERY  
MEMBER 3204

**☎ 01527 459776 07748 801658**



**PRO LINE**  
PROFESSIONAL LINE UK LTD

**REPLACEMENT PVCu FASCIAS & GUTTERS**  
**IT'S THE ONLY PROPER WAY**

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

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

**CALL NOW FOR OUR MAY & JUNE DEALS**  
**We promise to beat any genuine quote!**

**TEL: 0121 314 4390 MOBILE: 07776 287035**

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

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

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

**10 YEARS GUARANTEE**

**THE GUILD OF MASTER CRAFTSMEN**

# D.A. MANDER & SON Ltd

## PROFESSIONAL FITTER AND SUPPLIER OF QUALITY CARPETS

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



SUPPLIERS  
TO THE  
NATIONAL  
TRUST

### EASIER

*Than walking round  
lots of shops*

### ACCURATE

*See colours in their  
true light*

### CONVENIENT

*View in the comfort of  
your own home*

*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 them sooner! Would highly recommend.*

*Claire Price, Solihull*

*For the best carpet fitters in the UK look no further 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 repair job on our stair carpet which had been ruined by the cat. It is now as good as new.*

*Carol Tromans, Solihull*

# 01564 700200

*We can uplift and remove existing carpets and move furniture*

**Mobile: 07976 778694**

**FREE ESTIMATES**

*91 Longdon Road, Knowle B93 9HT*

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

# Hire a Handyman! Or Handywoman!

**Do you have lots of household DIY tasks mounting up?** Are you starting to feel a little overwhelmed?

## Hire a handyman!

A good handyman will have right tools, and know-how to get the job done efficiently. Hiring someone who knows what they are doing will eliminate a lot of stress. Also, they will almost certainly save you money, especially if you would have to buy the right tools before you start or make a mistake which has to be put right!

## When hiring:

Be Specific - Give an idea of the scale and scope of the job or jobs. For example, 'Rehang garden gate, repaint gate and 17 metres of 2m high garden fence.' Measurement are

important as it gives idea of the scope of the task. **Send photos if you can** - In the example above send photos of the gate and the fence. A picture will save a lot of words and help the handyman provide an accurate quotation. Remember cheapest isn't necessarily the best. Check an online price guide. There is lots of guidance available, but you should definitely bear in mind the total hours required.

The handyman should be insured and have his own tools. Check all insurance documents carefully. Take your time, be pleasant and ask questions. Get a quote in writing to make sure you know exactly what you're getting.

**Then sit back and relax while someone else takes care of your household jobs!**

**By Tom Hancock**



# PRESTIGE

## MULTI TRADES LTD

complete professional property renovation  
and maintenance services



**“From a new roof to a dripping tap,  
to installing a cat flap”**

**HANDYMAN SERVICE**  
**NOW AVAILABLE**

---

Flat Roof Repairs and Recovering Specialist | UPVC  
Windows | Doors, Soffits, Guttering | General Property  
Repairs and Property Maintenance | Decorating | Carpentry  
| Plumbing | Plastering | Brickwork and much more...

**CALL FOR A QUOTE**

**[www.prestigemultitrade.uk](http://www.prestigemultitrade.uk)**  
**[a1prestigeprop@aol.com](mailto:a1prestigeprop@aol.com)**  
**0121 745 3359 | 07886 922 280**

# National Vegetarian Week

By Sarah Davey

**May 13<sup>th</sup> – 19<sup>th</sup>**

**This month plays host to National Vegetarian Week.**

**M**ore of us are turning to vegetarianism thanks to an abundance of scientific research that demonstrates both the health and environmental benefits of a plant-based diet. An estimated 70 percent of all diseases, including one-third of all cancers, are related to diet. A vegetarian diet reduces the risk of chronic degenerative diseases such as obesity, coronary artery disease, high blood pressure, diabetes and certain types of cancer.

**A vegetarian diet tends to increase bone strength.** When there isn't enough calcium in the bloodstream, our bodies leach it from existing bone which results in our skeletons gradually losing strength. You can take supplements but it's better to get calcium from your diet as this will supply other nutrients necessary for the body to absorb calcium.

Even if you avoid dairy, calcium-rich foods include beans, tofu, dark green vegetables and plant-based milks like soy, oat, rice or almond.

**Vegetarians tend to have more energy.** Whole grains, legumes, fruits and vegetables are high in complex carbohydrates, so they supply the body with plenty of energizing fuel.

**Vegetarians also suffer less with constipation, haemorrhoids and diverticulitis!** Eating a lot of vegetables means consuming more fibre, which absorbs water and bulks

up, helping your stools stay soft, so waste can be easily pushed out of the body.

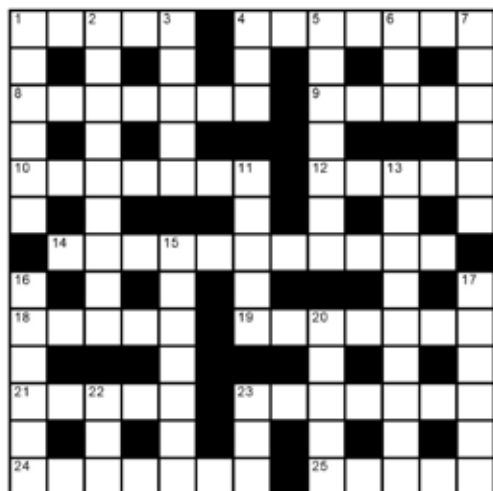
**A vegetarian diet is more environmentally friendly.** Much of the grain we grow is fed to animals raised for slaughter. As a rough guide it takes 2,500 gallons of water, 12lbs of grain, nearly 35lbs of topsoil and the energy equivalent of 1 gallon of petrol, to produce one pound of beef! A vegetarian diet can sustain many more people, so is a more efficient use of resources.

Finally, a **vegetarian diet is cheaper** and can cut individual food bills by an average of £500 per year.

If you are thinking about becoming vegetarian, or even just incorporating more vegetarian meals into your normal diet, there is lots of information and some great recipes on the website [www.nationalvegetarianweek.org](http://www.nationalvegetarianweek.org)



## crossword

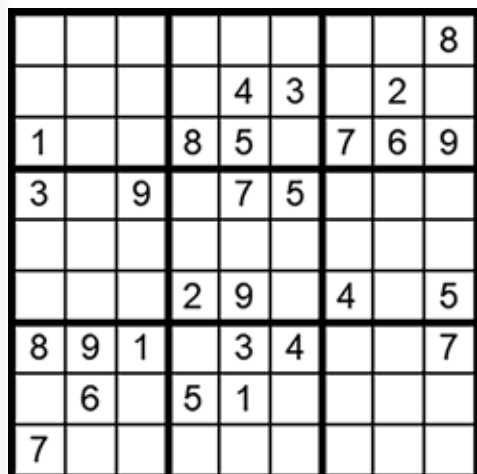


## clues

- 1 Noise a frog makes (5)
- 4 Devoted, obedient (7)
- 8 Left on a plate (food) (7)
- 9 More timid (5)
- 10 Trust, have faith in (7)
- 12 Momentary slip (5)
- 14 Beset, over-burdened (4-7)
- 18 Artist's stand (5)
- 19 \_\_\_\_\_ Crowe, actor (7)
- 21 Android, cyborg (5)
- 23 Vacation (7)
- 24 Defamation, smear (7)
- 25 Amendment, clause (5)

## Down

- 1 Plump, porky (6)
- 2 Inundates, floods (9)
- 3 \_\_\_\_\_ Hopkins, right-wing columnist (5)
- 4 Burrow, hideaway (3)
- 5 Brawls, skirmishes (7)
- 6 Take wing (3)
- 7 Pantry, food cupboard (6)
- 11 Mistake (5)
- 13 Imagined, made-up (9)
- 15 Watered down (7)
- 16 Detritus, rubble (6)
- 17 Actor, performer (6)
- 20 Pertaining to the sun (5)
- 22 Feathery scarf (3)
- 23 Female pronoun (3)



## 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.



# **EH Smith** KITCHENS & BATHROOMS

**Kitchens & bathrooms  
to suit any style  
& budget.**

LAURA ASHLEY

**Roca**

Symphony®

 **JEFF**

Utopia



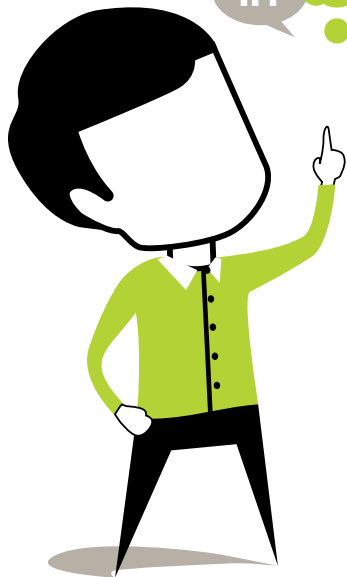
**Expert  
advice**

**Site  
Surveys**

**CAD  
design**

**Book your appointment today...**  
**Haslucks Green Rd, Solihull**  
**Call 0121 713 7100**

Think Social Media.  
Think Management.  
Use Hotlobster.



#### What Hotlobster offers you:

- ✓ Social Media Management
- ✓ Responsive Website Design
- ✓ Graphic Design
- ✓ Branding
- ✓ Marketing
- ✓ Print Production
- ✓ Good Coffee!



hotlobster  
design • marketing • web • print

[studio@hotlobster.uk.com](mailto:studio@hotlobster.uk.com)

**0121 369 1977**

[www.hotlobster.uk.com](http://www.hotlobster.uk.com)

# Fit at Fifty

## And Beyond

**A**ttention over-fifties! When was the last time you visited a gym? You kind of know you should be making an effort, right? But do excuses such as 'too expensive'; 'lack of time', and 'no motivation', sound familiar?

**As an over-fifty myself** (quite a lot over if I'm honest) I overcame my own gym-phobia and have been reaping the rewards since.

**Motivation This is the key.** You need a specific goal. I wanted to achieve a healthier lifestyle with improved cardiovascular fitness.

**Time** Look in your diary and you will find a spare hour at least once, or better still, two or three times a week.

**Cost** Can be as expensive or affordable as you want. A ladies-only gym with a personal trainer can be expensive, but a mixed, off-peak gym membership brings the cost down and you can still get advice from an on-site trainer.

**Clothing Clothes must be comfortable,** including your undergarments! It's not a fashion parade and chafed tender bits will put you off exercise forever!

If you're feeling hesitant repeat to yourself, **"I can do this; I want a healthier and fitter me; I have the time to do this"**. Say it often enough and you will start to believe it. Mix with positive people who will encourage



you and improve your self-esteem.

Metabolism slows down as you get older and this can lead to weight gain, but exercise helps keep weight down by building lean muscle. You also improve your immune system and cardiovascular system; reduce bad cholesterol and boost brain-power.

**Good instructors are enthusiastic** and well-trained and will arrange a set of exercises to suit to you. Before you know it, you'll have a good routine and it will only take a few sessions before you improve and begin to compete with yourself. You'll notice the benefits of improved posture; glowing skin; improved breathing, zest and vitality almost immediately.

**By Sharon Clement**

# Scaling the Wall - Clematis

What do you think of if I say 'clematis'? I think most of us would think of the large, purple-flowered, "Jackmanii" or the rampant, bronze-leaved, pink-flowered montana rubens. They are both terrific plants, but I think they are a little over-used. My husband teases me that I tend to give my '**clematis lecture**' when visiting friends' houses and see one scrambling over a trellis. For your benefit I've written it down here. Clematis is known as the '**Queen of Climbers**'. It can be utterly spectacular and should definitely not be relegated to trellis. It can be used for covering fences and arbours, old tree stumps, sheds and even in beds and borders. Choose wisely and you can have flowers from early spring until late autumn.

For beds and borders you don't want anything as vigorous as montana, which will smother everything it touches. Instead choose a daintier one such as a variety of texensis or viticella. The flowers of the texensis hybrids look like finely cut bells. "**Etoile Rose**" is a beautiful dark pink edged with paler pink and "**Princess of Wales**" is a beautiful rosy red. Both of these will scramble through shrubs and flower all summer. They die back in winter so can be tidied up then. Viticella hybrids produce flowers which look like little pixie hats as they open. "**Minuet**" has purple and white flowers suspended on fine stems while "Purpurea Plena Elegans" produces double blooms which open into little purple rosettes.

One of the most difficult sites to find climbers for is an east or north facing site. My absolute favourite clematis thrives in this situation and flowers in early spring.

Clematis alpina "**Pink Flamingo**" produces nodding, semi-double, creamy flowers veined with deep pink. It has the added bonus of producing beautiful fluffy seed heads after the flowers fade.



**Clematis prefers its feet in the shade** and its head in the sun. Make sure the plant's roots are shaded: pieces of broken flagstone are ideal, or an old cracked upside-down terracotta pot with the bottom knocked out. When clematis is happy it will flower prolifically. Large-flowered clematis tend to produce a second flush in the autumn, but others like tangutica and orientalis wait to flower until then. Both of these are very vigorous and are great for covering unsightly sheds or old trees. Finally, if you have a sheltered spot against a wall try cirrhosa balearica. This is a beautiful, winter-flowering variety with ferny foliage and pale-green flowers spotted with crimson. So, there it is... my clematis lecture. Hopefully you took notes and are ready to branch out into a whole new world of climbers.

**Happy gardening,**

**By Rachael Leverton**

## a taster of what's coming up...

### CINEMA

#### **The Secret Life of Pets 2** from 24th May

This film will follow summer 2016's blockbuster about the lives our pets lead after we leave for work or school each day.



#### **Rocketman** from 24th May

Based on a true fantasy, this is an epic musical fantasy about the incredible human story of Elton John's breakthrough years. The film follows the fantastical journey of transformation from shy piano prodigy Reginald Dwight into international superstar Elton John.



#### **Godzilla: King of Monsters** from 29th May

This follows the heroic efforts of the crypto-zoological agency Monarch as its members face a battery of god-sized monsters, including the mighty Godzilla. When these ancient super-species rise again, they all vie for supremacy, leaving humanity's existence hanging in the balance.



To book please visit [www.cineworld.co.uk](http://www.cineworld.co.uk)

### THEATRE

The Core Theatre, Solihull  
(formerly Solihull Arts Complex)

#### **Whitney, Queen of the Night** 25th May

A stunning celebration of the music and life of one of the greatest singers of our time. This award-winning production features a sensational line-up of musicians and artistes, and together with a powerhouse and breath-taking performance in the spirit of Whitney, deliver a show that exceeds expectation on every level.



#### **Swan Lake** 31st May

Swan Lake remains as one of the most enduring, moving and

irreplaceable classical ballets due to its fantastical plot filled with romance, sorcery, and betrayal. Join Ballet Theatre UK with their spectacular new production of this timeless classic.



#### **The Kilkennys**

7th June

Renowned for their musicianship and vocal abilities, The Kilkennys have gained a reputation for revitalising traditional Irish music and adding their own touch of passion and youthful energy.



To book please visit [www.thecoretheatresolihull.co.uk](http://www.thecoretheatresolihull.co.uk)

# Kids' Page

Can you find all the words related to UKULELE in the letter grid?

U	K	U	L	E	L	E
C	H	O	R	D	T	F
R	V	K	G	K	U	U
T	L	N	L	X	N	N
X	I	M	U	S	I	C
S	T	R	U	M	N	I
S	T	R	I	N	G	S

chord  
fun  
music  
sing  
strings  
strum  
tuning  
ukulele



## Mixed up Musical instruments

Can you unscramble the names?

The picture clues will help

moortneb

noiliv

trigua

nipoa

batu

tufle



Answers  
Trombone  
Violin  
Guitar  
Piano  
Tuba  
Flute

Mixed up Musical Instruments

UKULELE Word Grid Solution

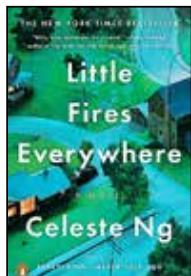
S	G	N	I	S	T	R	I	N	S
I	N	I	M	S	T	R	U	M	S
C	I	M	S	I	C	X	I	M	U
N	N	X	N	L	N	L	X	N	N
U	U	K	G	K	U	U	R	V	K
F	T	F	C	H	O	R	D	T	F
E	L	E	L	E	L	E	U	K	U

# a good read

reviews By Willow Coby

## Little Fires Everywhere

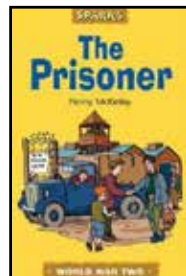
by Celeste Ng



A perfect family, living in a perfect house, in a perfect little American town called Shaker Heights. The Richardsons, led by matriarch Elena are pillars of their community. A community where everything is carefully planned, from the road layout to the colour of the houses, and everyone knows their role in life. Elena has one simple guiding principle: you play by the rules. As this intriguing novel begins there is a fire at the Richardson's house. The three older children, all in high school, are discussing the cause. Their conclusion is unanimous; their younger sister Izzy is responsible. We then flashback to a year before and we are introduced to Mia Warren and her teenage daughter Pearl. Mia is a photographer from San Francisco; she and Pearl live an almost nomadic lifestyle. But when they rent a home from the Richardsons their plan is to settle down. But plans can change. As the stories unfold these two families are drawn together by the teenagers, and tensions arise when friends of the Richardsons try to adopt a Chinese-American baby. Elena and Mia find themselves on opposite sides of a divided community in a conflict that will have far-reaching effects for both families. This is an engrossing novel which will have you questioning the secrets you hold in your own lives, wondering if there are indeed times when it would be so much better if we just burn everything down and start again.

## The Prisoner

by Penny McKinlay



Nearly two decades into the 21st century the days of the Second World War seem as remote as ancient history. For the younger generation today, with their phones, TV on demand, and Netflix, even the experiences of their own parents as children seem distant from today. This is why books like *The Prisoner* are so welcome. One of a series of 'Historical Adventures' this exciting story gives an insight into what life was really like during World War Two. Ten-year-old Bob and his friend Jack have had enough of the war. It has been going on for five years. Five years of rationing (Bob doesn't know how much more cabbage he can face) and more importantly five years of no sweets. His Dad has been gone for a long time – a prisoner of war on the continent. Blackout blinds and 'digging for victory' are such a part of life that Bob cannot remember a time without them. But one day Bob and Jack meet an Italian prisoner of war working in a nearby field. Naturally Bob is scared – this is the enemy. But as he gets to know him his feelings change. Bob starts to feel sorry for him and wants him to stay with them rather than in the prison camp. But ultimately the prisoner is an enemy. Can he really be trusted, or does he have another reason for seeming so nice? Designed to complement the Key Stage 2 History curriculum, this short novel combines facts and suspense in a story to keep every young reader on the edge of their seats. Sometimes lost among more modern 21st century books, perhaps now is the time to introduce this loveable young heroine to your children?

# useful numbers

Shirley Lions Club 0345 833 9547

## Health

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

### SILHILL

#### Mike Gough

Tel: 07480 253181

Michael.gough@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.

## local police contact for Solihull

Solihull police station

Telephone: 0845 113 5000



## Bathrooms

7 Bathrooms Galore	0121 783 9966
28 EH Smith	0121 713 7100

## Blinds & Curtains

16 Tudor Rose	07518 851 063
---------------	---------------

## Car Services

11 Johnsons Cars	01564 454 081
18 Easylease	0121 693 0573
19 Crossroads Service Station	01564 703 225
20 AP Alloys	07972 852 758

## Carpets / Carpet cleaning

22 Wainright's Carpet Cleaning	07748 801 658
23 Don Mander	01564 700 200

## Conservatories

1 Heart of England	01564 792 900
--------------------	---------------

## Doors

19 Garolla garage doors	0121 369 0774
-------------------------	---------------

## Drives

10 Dimension Landscape & Driveways	0121 733 1463
15 Central Drives & Landscapes	07748 577 687

## Electricians

12 AC Electrical	07960 266271
------------------	--------------

## Fascias & Gutters

22 Proline	0800 956 1315
------------	---------------

## Financial planners

2 Jamieson Christie	01676 532 210
---------------------	---------------

## Fireplaces

14 Woodglow	0121 707 2306
-------------	---------------

## Garden Services

10 Dimension Landscape & Driveways	0121 733 1463
15 Central Drives	

& Landscapes	07748 577 687
37 Earlswood Garden Centre	01564 702 314
38 Oakland Group	01564 758 608

## Graphic and Website Design

29 Hotlobster Design Ltd	0121 369 1977
--------------------------	---------------

## Handyman Services

25 Prestige Multi-Trades	07886 922 280
--------------------------	---------------

## Health & Beauty & Wellbeing

9 Guru You	07930 147 799
------------	---------------

## Kitchens

5 Dream Doors	0121 314 0956
28 EH Smith	0121 713 7100
39 Granite Transformations	01926 675 230

## Online selling

21 e buy gumm	www.ebuygumm.co.uk
---------------	--------------------

## Plumbing

9 Stephen Smith Heating & Plumbing	01564 200 119
------------------------------------	---------------

## Roofing

12 C Stevens Roofing	0121 733 1276
40 N Bird & Son	0800 195 6946

## Travel Agent

16 Not Just Travel	07565 534 524
--------------------	---------------

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

**Sudoku Solution**  
from page 27

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

**Crossword Solution**  
from page 27

YOUR LOCAL, INDEPENDENT  
**ONE-STOP GARDEN SHOP**

**PAVING SUPERSTORE**

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



Possibly the largest selection of paving & walling  
in the Midlands at the **most competitive prices!**

**Come and view our huge paving display and  
speak to our friendly team of experts.**

**TURF & TOPSOIL**



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

1 Sq.M Roll from **£3.51**



**TOPSOIL**

6 Grades Available in polybag, bulk bag or loose tips

Bulk Bag (0.5cu.m) from **£22**

**COTSWOLD STONE  
DECORATIVE AGGREGATES**

20mm hard angular chipping  
Ideal for driveways & paths



25kg  
**Polybag**  
from **£5**

0.5cu.m  
**Loose Tip**  
**£55**

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

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



**WE MANUFACTURE.....**



FENCE PANELS



SHEDS



SUMMERHOUSES



TOOL STORES



BESPOKE BUILDINGS

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

There's **NINETEEN** other businesses at the centre including a gent's barbers, bespoke card shop  
Dog Groomer, Tree Surgeon, Garden Designer and even a Photo Studio - come and take a look!

**OPEN 7 DAYS - BUY ONLINE ANYTIME!**

# OAKLAND



## GROUP

Service Quality Value

### Professional Outdoor Services



Tree Surgery & Hedging



Landscaping



Garden/Lighting  
Design



Porcelain Garden



Fencing



Planting &  
Irrigation



Outdoor Lighting



Borders &  
Maintenance



Mowing Services



Visit us at Rosebourne Garden Centre  
Kenilworth Rd, Hampton in Arden,  
Solihull, B92 0LP



Commercial Works



## 01564 758 608

[www.oaklandgroupuk.com](http://www.oaklandgroupuk.com)

[www.12vgardenlights.com](http://www.12vgardenlights.com)

email: [info@oaklandgroupuk.com](mailto:info@oaklandgroupuk.com)



Kitchen - Perla Bianca worktop and Royal Ivory flooring  
with Metropolis Opal mosaic and Metallic Champagne doors  
Mr & Mrs Gent, Ramsbottom, Lancashire

AFTER



# 1 million home owners can't be wrong



Over a million home owners around the world have discovered there was no need to rip out and replace their old kitchens, when they could simply transform them. Using our unique top that fits on top, rather than removing your old worktops, we simply fit directly over them, creating no debris or dust. With over 25 colours to choose from, all fully fitted by us, it's the simplest way to achieve your new look.



**FREE QUOTATION & Measuring Service**  
Visit our showroom or call to book a  
free home consultation



**PROFESSIONALLY Fitted In One Day**  
Our lifetime warrantied granite, quartz,  
recycled glass & porcelain worktops



[granitetransformations.co.uk](http://granitetransformations.co.uk)

Warwick Showroom: Hatton Shopping Village, Dark Lane, Hatton,  
Warwick CV35 8XA **01926 675 230**

Banbury Showroom: Unit 8, Swan Industrial Estate, Gatteridge St,  
Banbury, Oxfordshire OX16 5DH **01295 515 880**

Rugby Showroom: 15 Regent Street, Rugby CV21 2PE **01788 297 852**

# Meet Jeff Sandbrook...

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



Genuine Professional Roofers

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

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

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

**NO PAYMENT UNTIL YOU ARE 100% SATISFIED**

**N. BIRD & SON**

**ROOFING**



**0800 195 6946**  
**0121 695 9033**

**EMERGENCY  
CALL OUTS**

**FREE QUOTES  
FREE ADVICE  
FREE SURVEY**



Part of Quality Homes Investments Ltd