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for residents of solihull delivered FREE to 5700 homes



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**SOLIHULL**

**SUMMER FEST**

2021



**IT'S  
HAPPENING!**

**11TH - 12TH SEPTEMBER 2021**  
**TUDOR GRANGE PARK**

**SATURDAY 11<sup>TH</sup> SEPTEMBER 2021**

**OLLY MURS**

**MARTI PELLOW**

**ALEXANDRA  
BURKE**

**THE BRAND  
NEW HEAVIES**

**ARTFUL  
DODGER**

**THE BLOW  
MONKEYS**

**SUNDAY 12<sup>TH</sup> SEPTEMBER 2021**

**TONY  
HADLEY**

**KIM  
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Join us for tailored home care services uniquely designed for you and your life.

# Summertime!

Welcome to the July edition...

**If you're keen to get out and about, have a look on page 6 for some ideas. And if you fancy a local music festival then don't forget to book your tickets to Solihull's Summer Fest this September. You won't want to miss seeing the likes of Olly Murs and Marti Pellow!**

If you're feeling lucky, see our competition on page 26 as you could win 4 tickets to see The Jungle Book film at the Core Theatre in Solihull next month.

As many of us won't be jetting abroad this Summer it's a great opportunity to explore your local area more and try new places. Here's hoping the weather stays good for us all so we can make the most of Summer 2021.

Until next month...

Zoe

Zoe Reece

Tel: 07557 220585

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

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



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# community events

## Dinosaurs Alive

**24 July – 5 September**  
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**Hatton, Warwick**

Dinosaurs are invading Hatton this summer! Get up close with dinosaurs at the meet and greet, step back in time with a fantastic Dinosaur show. But the fun doesn't stop there, with Falconry displays, Superslide Mania Indoor Play, Tractor Rides, Bouncy Castles & Fun Fair Rides to name a few, you'll be sure to have a fabulous fun filled day. To book: [www.hattonworld.com](http://www.hattonworld.com)



## Music in the Park: Jubilant Jazz

**1 August**  
**Brueton Park, Solihull**

This popular free event returns with a rousing performance from local jazz sensation George Huxley and his Hot Five, featuring vocalist Sheila Fawkes. The band will be playing their distinctive blend of blues and traditional jazz classics – so bring a picnic, a chair or blanket and enjoy!

## Pop Divas Live

**28 August**  
**Core Theatre, Solihull**

Get ready for the best songs

from all your favourite female stars in one fabulous fun-packed show featuring the songs of Little Mix, Taylor Swift, Meghan Trainor, Ariana Grande, Beyoncé, and Rihanna. To book: [www.thecoretheatresolihull.co.uk](http://www.thecoretheatresolihull.co.uk)



## Balsall Common Fun Run

**19 September**  
**Heart of England School, Balsall Common, Solihull CV7 7FW**

Our slogan is Walk | Jog | Run | Race and we welcome people of all ages and abilities for the Mini Runs, Junior 5KM, Family 5KM and Adult 5KM & 10KM

events. For more information: [www.stuweb.co.uk/event/3838](http://www.stuweb.co.uk/event/3838)

## Solihull Food & Drink Festival

**24-26 September**  
**Solihull town centre**

You will be spoilt for choice with a huge selection of food and drink traders in the town centre. The much-loved demo kitchen will be back, with a delicious and diverse variety of food and drink, family entertainment and the live music stage. We're also delighted to announce that Ainsley Harriott will be headlining the festival.



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- **St Francis Lodge**, Cornyx Lane, Solihull, B91 2TE - **from £144,950**
- **Gracewell Court**, Stratford Road, Hall Green, B28 9ET - **from £115,000**
- **Pegasus Court**, Union Road, Shirley, B90 3BU - **£165,000**
- **Portershill Drive**, Shirley, B90 4DS - **£199,950**
- **Blythe Court**, Grange Road, B91 1LB - **£129,950**
- **Millers Court**, Haslucks Green Road, Shirley, B90 2ND - **Offers Over £100,000**
- **Priory Court**, Shelly Crescent, Monkspath, Solihull, B90 4XA - **£119,950**
- **Silvermead Court**, Silver Street, Wythall, B47 6LN - **£109,950**



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Check plants daily and water them if the soil is dry – especially newly planted fruit trees and shrubs that are still getting established. Keep on top of weeding. Your plants shouldn't have to compete for precious water, light, and nutrients.

Visit Alfresco Style for all your gardening needs.

## Our Events

Summer Markets - Sat 24th & Sun 25th July, Sat 31st July & Sun 1st Aug, Sat 7th & Sun 8th Aug.

Summer Markets and Cacti & Chilli Festival - Sat 14th & Sun 15th Aug.

Summer Markets - Sat 21st & Sun 22nd Aug.

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# Open Water Swimming



## Seven reasons to start

**It's freeing** - With no restrictive lanes, you swim in your own space and at your own pace without worrying about being caught, lapped, or kicked. Also...the scenery actually changes!

**It's social** - open water swimming groups are generally friendly and non-competitive.

**It's exhilarating** - Swimming in nature is relaxing but stimulating.

**It's physically and mentally challenging**

- Acclimatising to the cold temperatures of the open water pushes you physically and mentally! You need to build up your stamina and train your body's cold response. Wetsuits are not only allowed but recommended for beginners because they help keep you warm and improve buoyancy.

**Your energy levels will increase** -

Cold water excites nerves and speeds

your heart rate. It's a natural high!

**It's good if you're trying to lose weight**

- Although most open water swimmers are not doing it to lose weight, swimming in cold water requires your body to use more energy to keep you warm. So, you'll burn fat more efficiently and increase your metabolism, and this will lead to weight loss as part of a calorie-controlled diet.

**It's good for pain management** - Cold

water immersion is used among athletes to help with injury and muscle pain. Swimming in cold water helps to minimise pain caused by inflammation. It seems to be particularly good for chronic pain.

**Website:** [www.outdoorswimmingsociety.com](http://www.outdoorswimmingsociety.com)

*\*Before taking up any new exercise regime consult your GP.*



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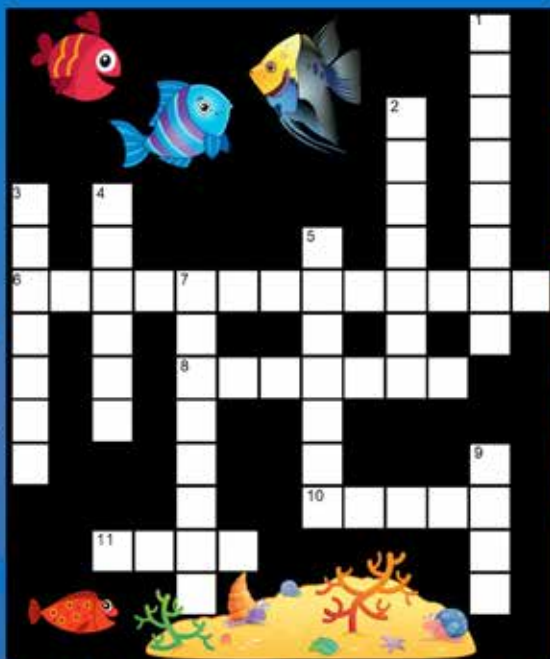
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# Kids' Page

Can you solve our underwater picture crossword?

Across



1 Down



What do sea monsters eat for lunch?  
FISH and SHIPS!



What do you get when you cross a fish with an elephant?  
SWIMMING trunks!

An octopus can change the colour of its entire body in 0.3 seconds! It can even mimic specific objects, like plants or rocks, to disappear into the underwater scenery.



Crossword Solution





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answers on page 33

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# The Best-Kept Secret Of The British Isles

**Could Jersey be the best-kept secret that you haven't explored yet?**

**A**t only 9 miles by 5, it may seem small but the island packs a huge punch! Slightly closer to France, than it is England, Jersey is a perfect blend of the British etiquette we love so much mixed with a bit of exotic flair you didn't know you were even missing.

Think hidden valleys, flower meadows and stunning rugged cliffs accompanied by miles of blissful golden sands. It's a little slice of paradise that is a lot closer to home.

## Top Things To Do

- Explore the landscape; lace up and step out to explore Jersey's beaches, cliffs, field and dunes
- Relax and unwind; the ideal place to rejuvenate, choose from luxury spa and wellness breaks
- Tuck into the Big Four; Dine on Jersey's Royals, oysters, lobsters, and dairy delights from the Jersey Cow
- Follow the Gin Trail; Hunt out St. Helier's speakeasy-style retreats on the Jersey Gin Trail



- Take a RIB trip; perfect for those adrenaline-junkies, enjoy incredible scenery and the chance to stop dolphins
- Go foraging; go wild and set out with a guide at low tide to find oysters and seaweed for your supper

## Get Active

Jersey is the ultimate adventure playground, you can arrive within an hour and quite literally, hit the ground running.

From grandparents to grandkids, the whole family can enjoy some of Jersey's most exhilarating activities.

To catch a wave, head to St.Ouen's Bay where the Gulf Stream warms the waters, plus

its powered by the Atlantic to create the island's surfer Mecca. From newbies to pro, you'll find friendly surf schools.

If you're seeking adrenaline, you need to try blokarting; think go-karting meets sailing! Or why not head to Mont Orgueil Castle for abseiling, or even ziplining, kayaking or coasteering.

If your soul needs rebalancing, take a yoga season on the beach or even on a stand-up paddleboard!

---

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# Real Men Wear Sunscreen

## And hats and sunspecs...oh yes they do.

Is there anyone who doesn't know that sunbathing with too little skin protection is dangerous? As well as being painful sunburn can be a prelude to skin cancer later in life. Unfortunately, it seems that men are complacent about sun protection, and die from skin cancer at almost twice the rate of women.

Sunburn is the damage caused to skin by ultraviolet (UV) radiation from the sun. Sadly for Brits, UV rays are not blocked by cloud cover so we should always use a sunscreen, even in the absence of blue skies. And the sun's rays are strongest between 11am and 3pm, so use this time to take a break in the shade.

Sunburn is not just a holiday problem. Most of us burn when we're not really aware of being exposed to the sun: a children's sports day; gardening or walking the dog are all potential sunburn situations.

Australians had a fabulous campaign to counteract the effects of the strong Antipodean sun. Their catchphrase: "Slip, Slop, Slap ", reminds them to slip on a shirt, slop on sunscreen and slap on a hat. But this year they ran a Sun Smart campaign aimed primarily at men, who often fail to realise the value of sunscreen. Skin cancer can be lethal, but it's also largely preventable, and most skin cancers can be avoided by using good sun protection.



This year, thanks to COVID-19 we are socialising outdoors more so it's critical we protect our skin.

The Australian campaign features a dad protecting all the household items he cares about such as the car, decking and the barbeque from the effects of harmful UV. His young son then points out the irony that he's forgotten to protect his own skin. The takeaway message is, if you cover something it lasts longer. That applies to your possessions but more importantly it applies to your skin – at any age.

If you know you are going to be exposed to the sun for several hours, wear a wide-brimmed hat, loose long-sleeved shirt, and long trousers. Baseball caps may be the hat of choice for British men but they don't provide the necessary protection for the delicate skin on the back of the neck. Choose a 'Foreign Legion' style hat instead with cloth that hangs down at the back, or a wide-brimmed Panama. Don't forget close-fitting wrap-around sunspecs to protect your eyes. Look for sunglasses stamped with BS EN ISO 12312-1 for general use, and BS ISO 12312-3 if you participate regularly in outdoor activities such as running or cycling etc.

Poor application of sunscreen is a common way to get sunburnt. Areas often overlooked are inside the top of the arms, tops of the ears and at the edges of clothes and swimwear. Apply sunscreen generously and reapply regularly, especially after swimming or exercise. Take extra care with balding heads where the skin is extremely delicate. Use a total sun block or a hat.

Remember, some medicines, including some antibiotics and anti-depressants, can increase the skin's sensitivity to sunburn. Ask your GP for information if you are concerned.

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# Save water

In spite of the somewhat soggy spring water is an increasingly precious resource in the UK. Over the past few decades, rivers, reservoirs, and ground water supplies have become depleted. It's important to save water where we can.

Most of us have enough space for at least one water butt, and there are slimline versions for smaller plots. Connect them to every available downpipe around your house! Fit guttering to sheds and summer houses to allow even more water collection. Keep the butts covered to prevent leaves falling in and deter mosquitos from breeding.

Bulk up soil with organic matter, such as compost and leaf mould. This improves free-draining soil particularly, but most soil types will benefit. It prevents clay soil baking hard and damaging roots, and on boggy soil it improves drainage and oxygenation. It's win-win, whatever soil you garden on.

Water during cooler parts of the day. A good soak every few days is better than little and often, because when only the surface is wet most of the water evaporates or drains away. Also, water only at critical stages like germination, or when you've just transplanted young plants with immature root systems, or when fruit is setting such as tomatoes or strawberries.

Bare soil loses moisture quickly through evaporation so mulch, mulch, mulch. Use straw, grass clippings or leaf mould. Mulching has the added benefit of smothering weeds.

A green lawn looks lush, but no-one

should be watering a lawn nowadays. Yes it will yellow, but lawns are tough and will green up at the first sign of rain.

I retired my sprinkler system years ago. Sprinklers are wasteful and it's better to implement targeted watering or even a slow drip-irrigation system. Work with your

garden rather than against it. My free-draining lime soil favours plants such as lavenders and other silver-leaved species. If you garden on clay you might choose roses or ribes sanguineum and Malus (crab apples).

Greenhouses can be a major source of water wastage. Never place pots directly on to staging. Instead use capillary matting or trays to capture run-off and enable plants to access this when needed.

The only time you shouldn't use rainwater is with seedlings. They are vulnerable a variety of fungal infections called which fall under the catchall phrase, 'damping off disease'. Tap water only is recommended for seedlings. But once they are potted up, you can switch to harvested rainwater.

'Grey' water is water from washing up or washing vegetables, or even bathwater. Collecting it can be a good idea providing you take certain precautions. There are plenty of tutorials on YouTube to help you make the most of your own grey water. Use rinsing water only or eco products free from phosphates which are harmful to the microflora in the soil. Bathwater should not be stored for too long and should only be used to water flowers, never edible crops, because of the risk of bacterial growth harmful to humans if ingested.

I hope this has inspired you to save water in your garden this summer.







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# An Open and Shut Case

**Could a new garage door increase the kerb appeal of your home?**

What does your garage door say about your home? Never thought about it? Perhaps you should. As the housing market picks up and people begin to think about upgrading or downsizing the right garage door can significantly increase the kerb appeal and even the price of your house.

There are two types of garage door: tilt-up and roll-up.

Tilt-up garage doors consist of a single panel of material. The door has to be pulled out and then pivoted up so it can slide along the roof of the garage. Roll-up garage doors, on the other hand, are made of a number of horizontal sections which are hinged together for flexibility. Because it rests on rollers, it can be lifted, and rolled into place along the roof of the garage.

Sectional roll-up doors are more expensive as a rule but have certain advantages. Since these doors don't have to be pulled outwards they are a great option if space on your drive is tight. They also take up less room in the garage since they can be placed higher than a tilt-up door.

Both types of doors are usually made from wood or steel. Wood is generally cheaper, and some people prefer the look. However, just like wooden patio furniture, a wooden door is more easily damaged by the weather and may warp, split, or blister.

Steel is more expensive. It isn't prone to warping but does need to be properly treated to prevent rust.

Garage doors are also available in aluminium or fibreglass. Both of these materials are less expensive than steel or wood, but neither is as strong, and they are more prone to damage with normal wear and tear.



Remember a garage door will be exposed to everything the weather can throw at it day in and day out, so will need regular maintenance.

Doors should be washed down regularly. Wooden garage doors need to be repainted in alternate years to ensure that the wood stays protected. Steel doors can be painted and treated to an occasional shine with car wax. All moving parts should be lubricated with motor oil whenever the door starts to feel stuck.

## Consider...

**Remote control** - For ease, convenience and even safety you can't beat a remote-controlled door.

**Override** - Make sure the remote can be manually overridden in case of power failure. You don't want the kids, or the dog trapped in there, or even yourself.

**Security** - Automatic door locking mechanisms are useful.

**Safety** - This one is my top priority. To ensure that an electric garage door is deemed safe for use, it will have to incorporate at least one sufficient safety feature into its mechanism which will prevent personal injury. Every year children and adults are injured in accidents which involve older style garage doors. New doors should have an automatic reverse function. That way, if the door encounters any object as it is closing it will immediately stop and back-up.



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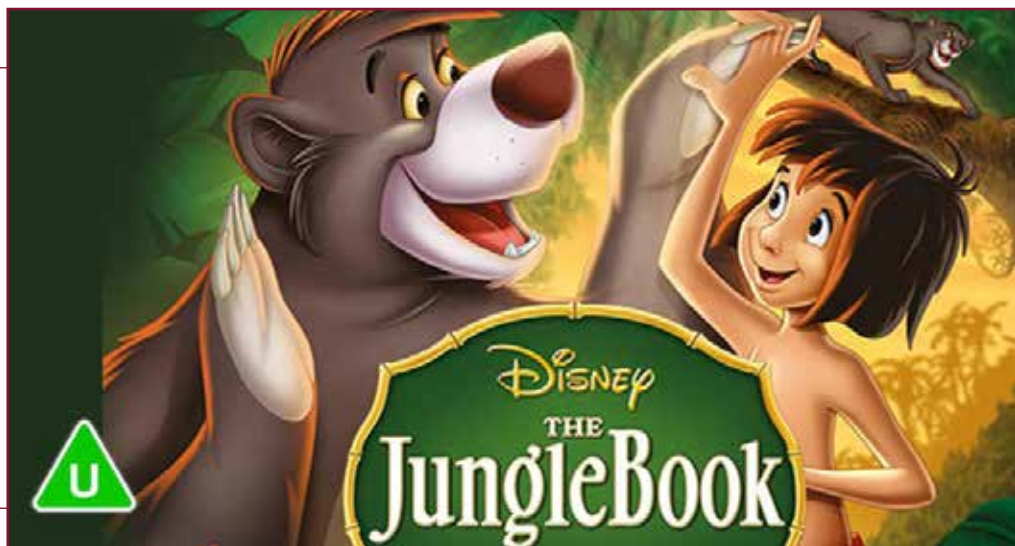
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# COMPETITION



## Win 4 tickets

to see

## The Jungle Book Film

at **Solihull's Core Theatre** on **Friday 13 August, 2.30pm**

For your chance to win these tickets, visit the **Core Theatre website page** for this event - [www.thecoretheatresolihull.co.uk](http://www.thecoretheatresolihull.co.uk) - to find the answer to this question:

**What year was this version of the film made?**

Email your answer to:

[thecoretheatre@solihull.gov.uk](mailto:thecoretheatre@solihull.gov.uk) –

and please put **'Jungle Book'** as the subject line.

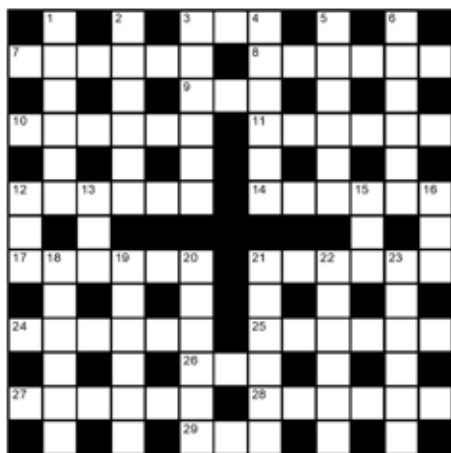
Closing date for entries is 1st August. The winner will be drawn at random and notified by email after this date.

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

### About the show:

The Disney classic animated film tells the story of Mowgli, a child who grew up in the jungle. When the villainous tiger Shere Khan returns to the jungle, Mowgli's friends Bagheera the panther and Baloo the bear must convince Mowgli to leave the jungle for his own safety. The film includes much-loved songs such as The Bare Necessities and I Wan'na Be like You.

## crossword



## clues

## Down

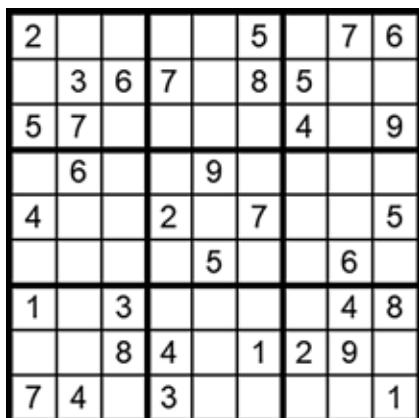
- 1 Writing table with drawers (6)  
2 Concerning teeth (6)  
3 Member of the musical brass family (6)  
4 Pussyfoot (6)

- 5 Red semi-precious stone (6)  
6 Sight (6)  
12 Mate, chum (3)  
13 Pasture, grassland (5)  
15 The night before (3)  
16 Spanish for 'two' (3)  
18 Departed (6)

- 3 Feline (3)  
7 Evening jacket (6)  
8 Sloping text style (6)  
9 Tear (3)  
10 Overpowered, routed (6)  
11 Played at Wimbledon (6)  
12 Young hen (6)  
14 Increase in length or time (6)  
17 Exits (6)  
21 Souvenirs, trophies (6)  
24 Disastrous failure (6)  
25 Drifting (6)  
26 Giant mythological bird (3)  
27 Covert, private (6)  
28 Cohesive (6)  
29 High-pitched bark (3)

- 19 Church dressing room (6)  
20 Athletic, active (6)  
21 Daintier than a mug! (6)  
22 Base unit of temperature (6)  
23 Tidy, set straight (6)

answer on page 33

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.

answer on page 33

The simplest and quickest of simple suppers, for eating al fresco on a warm summer's evening



## Prosciutto di Parma Salad with figs and Blue Cheese

### Ingredients

4 figs, washed and quartered  
4 slices Parma ham  
60g blue cheese (Dolcelatte if you want authenticity)  
2 tbsp chopped basil leaves  
Handfuls of rocket leaves  
2 tbsp extra virgin olive oil  
Salt and pepper, to taste

### Method

Divide the rocket, figs, ham and cheese between four plates.

Sprinkle with basil leaves and drizzle with oil.

Season to taste and serve immediately with warm crusty ciabatta bread and a glass of Italian Rose.



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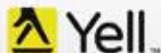
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# useful numbers

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## 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 0121 704 1451

Daleswood Health, Solihull 01675 489489

## 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

### SOLIHULL / SILHILL

#### Mike Gough

Tel: 07480 253181

Michael.gough@solihull.gov.uk

#### Peter Hogarth MBE

Tel: 0121 705 5455

phogarth@solihull.gov.uk

#### Wazma Qais

Tel: 0121 709 3404

wazma.qais@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



**Car Services**

- 19 Crossroads Service Station 01564 703225  
 21 Steve Lane Cars 01564 822209

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- 3 Belmont @ Home Care 0333 444 0121  
 9 Home Instead 01564 330395  
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- 1 Bastock & Bruce 01564 335577

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 22 Dimension Landscape & Driveways 0121 733 1463  
 29 Central Drives & Landscapes 0121 702 1456

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- 30-31 Hot Lobster Design Ltd 0121 369 1977

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**HR Services**

- 5 HR Dept Solihull 0121 217 8038

**Insurance**

- 21 Precise Protect 07984 171033

**Plumbing**

- 9 Stephen Smith Plumbing & Heating 01564 200119

**Roofing**

- 5 C Stevens Roofing 0121 733 1276  
 36 N Bird & Son 0800 195 6946

**Shopping**

- 8 Alfresco Style 01926 843555

**Telecoms**

- 15 Triton Telecom 0800 8498030

**Travel Agent**

- 16 Not Just Travel 07565 534524

**Solution to Mind benders**

1. Back up
2. Roll over and over
3. Head over heels in love

**mindbenders**

from page 16

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

**Sudoku Solution**

from page 27

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

**crossword Solution**

from page 27



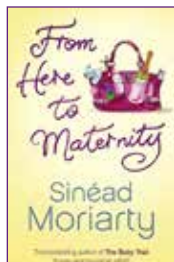
# a good read

reviews By Willow Coby

## From Here to Maternity

by Sinead Moriarty

Motherhood is never easy. Your life and priorities change suddenly and dramatically. But when being a new mother coincides with pregnancy it throws everything up in the air! Emma and James have been trying for a few years to get pregnant and with several failed IVF attempts they decide to pursue adoption instead. As the novel starts they are about to board a plane to Russia where they are adopting 10-month-old Yuri, along with a tatty cuddly elephant. However, Emma is in for a shock when she discovers that she is pregnant. In 9 months' time she will have two under 2s! Adjusting to life with Yuri is certainly not easy. The book was published in 2006 and there are many familiar moments for anyone who started a family in the 'noughties' as Emma turns to all the available parenting books to help her. To make matters worse for Emma she is dealing with a mother who always speaks her mind. Family life is never easy, but it has its moments and is something Emma would never change.



## We Wear Underpants

by Katie Abey

There are many different styles of books for young children, and I know that when mine were both toddlers, one sort of book that was guaranteed to occupy them every time was a spotting book. We



Wear Underpants is this type of book, and the illustrations are wonderful. Each page is full of animals wearing ... well, the sorts of things that you would NOT expect an animal to wear! From the titular item of underpants to t-shirts, scarves, wellies, and pyjamas. Each page asks the reader to look for a different thing. Counting candy floss on a page with animals wearing t-shirts at the fair. Finding the stripy scarf and deciding which scarf you would want to wear. And who is dreaming while wearing pyjamas. The final page asks, 'What will you wear today?'

A lovely way to get young children thinking about getting dressed – a task that often seems to be low on the list of priorities for a child that age!

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