

the solihull index

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

N.BIRD & SON

ROOFING SERVICES



FREE QUOTES

EST 1987 SOLIHULL BASED

- Small Repairs
- Flat Roofs
- New Roofs
- Ridge Tiles
- Chimney Work
- Lead Work
- UPVC Fascia & Soffits
- GRP Flat Roofs
- Small brickwork jobs

0121 743 6324

LOCAL FAMILY RUN BUSINESS



249 Lyndon Road, Solihull B92 7QP

**Built on trust and reliability, we have
been in the roofing business for over 30 years**



Our services include:

- New slate and tiled roofs
- Flat roofs
- Chimneys
- Velux roof windows
- Repointing
- Roof timberwork
- Solar panel installation
- And more!

**Our highly qualified roofing
experts will complete your
roofing tasks, quickly
and efficiently.**

12
YEAR
Guarantee

Promise To Our Customers

We guarantee to offer you a dependable service, offering outstanding quality at realistic prices, with your complete satisfaction being our number one priority.

**Please call John: 07854 623 592 or Office: 0330 043 6806
to arrange your free inspection and quotation.**

Mental Health Awareness Week 2024

Takes place 13 to 19 May on the theme 'movement: moving more for our mental health'.

Physical activity is great for our body and mind. Exercise triggers our bodies to release feel good hormones that act as natural mood lifters, it reduces the symptoms of anxiety and depression, and promotes sleep.

Getting moving positively impacts on our physical and emotional wellbeing, yet it isn't always a priority in our

busy lives. Reshaping daily routines is a great way to invest in our wellbeing. Not everyone feels comfortable going to the gym, or has aspirations to run a marathon. We need to find moments for movement that feel comfortable; dancing around the kitchen, chair exercises, playing football in the park. Exercise is an opportunity to connect with others, build self-confidence and self-esteem; all of which contribute to our mental health.

Like our muscles, the brain needs exercise to build strength

and resilience, support when strained and time to recover. Therapy can be exercise for our emotional wellbeing and offers a supportive space to explore life's challenges. It can often be seen as the last resort, yet therapy can also be a way to 'move more for mental health'.

Dr Danielle Grey from the Purple House Clinic.

The clinic is based in Coleshill and offers psychological health care.

For more information visit www.purplehouseclinic.co.uk or call 0121 820 7851.



Mental Health & Neurodiversity Services

At the Purple House Clinic we understand that psychological health is as important as physical health. We believe that everybody deserves to be happy and fulfilled in life, and we are committed to helping people overcome, or adapt to, life's challenges.

the
PURPLE HOUSE CLINIC 

Our Services

Delivered by a team of highly qualified and registered healthcare professionals, our services include:

- Psychological Therapy
- Autism Assessments
- ADHD Assessments



0121 820 7851



birmingham@purplehouseclinic.co.uk



Coleshill - with easy access from the M42

Marvellous May!

Welcome to the May edition

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 Reece

Tel: 07557 220585

Email: zoe@dorridgedirectory.com

www.solihullindex.com



**ADVERTISE
HERE**

**Contact Zoe Reece on 07557 220585 /
zoe@dorridgedirectory.com**

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

PLEASE RECYCLE THIS MAGAZINE



MONSOON

EAT . DRINK . RELAX

www.monsoon.restaurant

OFFER:
MONDAY & TUESDAY

ANY STARTER
ANY MAIN DISH*
ANY NAN OR RICE
& COFFEE**

*(Fish, Lamb Shank & King Prawns £4.00 extra per dish)

** (Plain Coffee)

£16.00^{PP}

BOOKINGS RECOMMENDED

73-75 May Lane, Hollywood
Birmingham, B47 5PA

t: 01564 829 200

www.monsoon.restaurant



community events

Great British Musicals

1 June 7.30pm, Knowle Village Hall

The Strolling Players invite you to join them as they present songs from great British musicals, such as "The Lion King", "Salad Days", "Chess" and "Pickwick" as well as music from Lloyd Webber, Ivor Novello and much more. Tickets £10 - please call 01564 777634.

Charity Craft Material Sale

4 June 10.30 - 1.30, Warwick Room at Shirley Institute, Shirley B90 2AX

Raising money for Alzheimer's Society. All types of crafts available.

Purchases - CASH ONLY.
Light refreshments available.

Girls Aloud

18 - 20 June, Resorts World Arena

The hugely anticipated shows will feature all of the band's historic pop hits including No.1 songs 'Sound Of The Underground', 'The Promise' and 'I'll Stand By You', alongside cast-iron classics such as 'Love Machine', 'Call The Shots', 'Biology', 'Something New' and 'The Show'. Tickets from www.resortsworldarena.co.uk

Pure Queen - Tribute to Queen

14 June, The Lake at Barston
Possibly one of the



greatest performers of all time is portrayed by Mark Lavell (Pure Magic) and his supporting Queen band, including hits such as Bohemian Rhapsody, Barcelona, Killer Queen and more. To book please call 01675 444890.

Northern Soul Night

13 July, Knowle British Legion
SJoin in for an unforgettable night of rhythm, soul, and dance. Get ready to groove the night away. Tickets £5 from ticketsource.co.uk



Grief and money make the perfect storm.

Hannah Tait, partner at law firm Shakespeare Martineau explains why the absence of a clear and legally binding will could ignite unnecessary heartache and financial burden for families left behind.

What are the consequences of dying without a will?

If an individual passes away without having made a will, their net estate of up to £322,000 (known as the 'statutory legacy') will automatically pass to a spouse or civil partner, along with 50% of the remaining estate. The remaining 50% will go to any children and if there are no children, it will all pass to the surviving spouse.

For those with an estate of less than £322,000, the surviving spouse or civil partner will inherit it all. Importantly however, this benefit is not extended to cohabiting couples, highlighting the potential vulnerability of unmarried partners, who often think of themselves as common law partners, which unfortunately for them has no recognised legal status. People in this "legal black hole" could therefore end up with nothing if their partner passes away without the appropriate planning and advice.

The importance of planning

Without a will, the distribution of an estate will be subject to arbitrary rules and can lead to unintended consequences. The strict rules of intestacy may not account for step-children or other financial dependents or take into account the specific circumstances or wishes of the person concerned.

Family structures have changed enormously with people now forming part of blended families, involved in second marriages with stepchildren or simply cohabiting. These families can face unique challenges when the rules of intestacy are applied. Disputes and claims from dependents seeking a share of "the pot" can become commonplace and can lead to further and unnecessary stress, friction and cost.

Preventing heartache

One of the most significant benefits of thorough estate planning is certainty and the comfort of sparing our loved ones unnecessary heartache and financial burden during an already challenging time. By clearly articulating our wishes and distributing assets in a well-documented manner, we alleviate the burden on our grieving family members, avoiding lengthy, contentious legal battles and the emotional strain that comes with them. Tailored estate planning with those who we trust in control can minimise legal costs in the long run and avoid disputes over asset distribution and the direction of an estate.

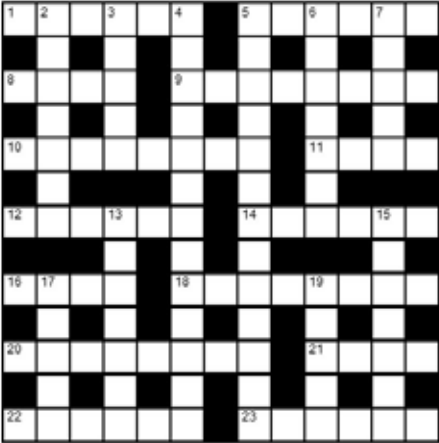
Navigating the complexities of estate planning can be daunting, but seeking professional guidance can provide invaluable support.



For more information call 0330 024 0333
email hannah.tait@shma.co.uk or visit www.shma.co.uk

Shakespeare Martineau Radcliffe House, Blenheim Court, Solihull, B91 2AA

crossword



clues

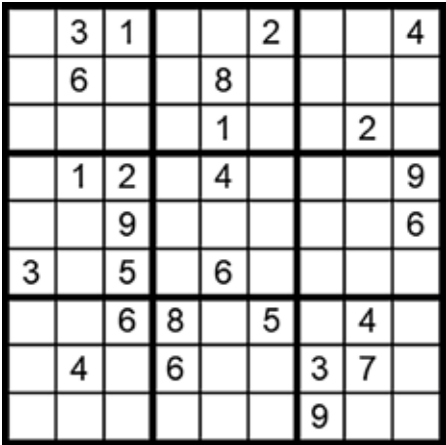
Across

- 1 Pleasantly occupied (6)
- 5 Douse, drench (6)
- 8 Wide smile (4)
- 9 Party game (8)
- 10 Not damaged (8)
- 11 Valueless (4)
- 12 Rush-hour shortcut (informal) (6)
- 14 Fall asleep (informal) (6)
- 16 Minor confrontation (4)
- 18 Ratifying, embracing (8)
- 20 Appeased (8)
- 21 Three squared (4)
- 22 Causes hay fever (6)
- 23 Win back, pay off (6)

Down

- 2 English actress _____ Hart (7)
- 3 Father Christmas (5)
- 4 Evidence, proof (13)
- 5 Automated payment (8,5)
- 6 Educated (7)
- 7 Metal alloy (5)
- 13 Hear the same legal case again (7)
- 15 Economic affairs (7)
- 17 Keyboard instrument (5)
- 19 Fit, sleek (5)

answer on page 22



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 22

Heritage

DRIVES & LANDSCAPES LTD

We pride ourselves on our high standards of workmanship



Driveways & Landscapes In The West Midlands

Professional Driveway & Landscaping company based in Solihull, working throughout the West Midlands



Sunnyside, Kenilworth Road, Hampton in Arden B92 0LW
heritagedrivesltd@gmail.com



0121 690 5581



07377 53446

heritagedrivesandlandscapes.co.uk

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.CSTEVENSTEROOFING.CO.UK

Boot Bargains

Let the car boot sale season begin.

Car boot sales are a quintessential British tradition where unpredictable

British weather meets an equally unpredictable array of goods for sale. You can haggle over the price of a teapot with a missing lid on one stall and buy a questionable painting that may be a lost masterpiece (spoiler: it's not) at another.

Car boot sales are the adult equivalent of a treasure hunt, where X marks the spot, but 'X' is a muddy field somewhere between No-Idea-Where-That-Is and 'Didn't-Aunty-Sue-Get-Married-Somewhere-Near-There.

Jesting aside, if you're up for a bit of work a car boot sale is a great opportunity to clear out your attic, shed, or spare room while making some cash and enjoying the fresh air.

Begin with a Clear Out:

Sort through your items. Anything from vintage clothing to old records, books, toys, and kitchen gadgets can find a new home. Remember, one person's trash is another's treasure.

Price to Sell: Be realistic about pricing. Boot sale buyers are looking for bargains. A good rule of thumb is to ask yourself what you'd be willing to pay. Label items clearly.

Presentation is Key: A well-organized stall can make a world of difference to how much you earn. Arrange items so they're easy to browse. Group similar items together and make sure everything is clean. A little bit of preparation can significantly increase your sales.

Be Prepared: Bring plenty of change and bags for your customers. Arrive early to get a good spot. A folding table and chair, a flask of coffee and a sandwich can also make your day more comfortable.



Perfect Your Pitch: Friendly banter and a smile will attract more buyers. Be ready to haggle...it's an art. The seller starts with a price, the buyer counters with an offer so ridiculously low it's actually insulting, and eventually, you meet somewhere in the middle, each convinced you've outsmarted the other. Just remember that if YOU'RE the one decluttering and selling, the object of the exercise is to get rid of everything, not

take it all back home with you for the sake of a few pence!

And it's not just about the buying and selling. Car boot sales are essentially a social event, places where you overhear phrases like, "Remember when we nearly set the house on fire with this fondue set?"* or "Do you think anyone will notice this shoe is missing a heel?"*

As the day ends, you head back to your car, hopefully cutter-free and cash-rich if you're a seller, or arms laden with goodies if you were a treasure seeker. And if you're lucky you might overhear a puzzled wife say to her husband, "Why did you buy a unicycle when you can barely ride a bike without stabilisers..."**

Whether you are looking to declutter or in search of a bargain, the car boot sale is great British tradition so check out a local one this month. There may or may not be a woman surreptitiously selling a unicycle.***

**Actual overheard snippets of conversation from other sellers when we held a car boot sale last year!*

***I may or may not have been that puzzled wife.*

****That woman may or may not be me...*

Have Your Windows Steamed Up?

Finance
Options
Available

Replace just the failed glass unit!

All glazing backed by our

**25
YEAR
GUARANTEE**

Looking to upgrade your existing
windows and doors? UPVC,
composite or aluminium.

Contact us NOW!



TRUSTMARK
Government Endorsed Quality

Checka
trade

FENSA
APPROVED
MEMBER & CERTIFIED GLAZIER



Get a **FREE** Quote

Social distancing in operation

Faulty locks, handles or hinges?



REPLACING YOUR FAILED DOUBLE GLAZING

Priority freephone

0800 61 21 118

www.cloudy2clear.co.uk

Love Your Home - Protect Your Windows - Save Money



YOUR LOCAL EXTERNAL CLEANING SPECIALISTS

**Time for a Spring Clean,
Time to call SolClean.**

Our Cleaning Services:

- ✓ DRIVEWAYS
- ✓ PATIOS
- ✓ GROUND MOSS REMOVAL
- ✓ BRICKWORK & STONEWORK
- ✓ ROOFS
- ✓ GUTTERS
- ✓ FASCIAS & SOFFITS

CALL NOW FOR A FREE QUOTE



0121 369 0070

07546 264164



✉ enquiries@solclean.co.uk 🌐 www.solclean.co.uk

VIEW SOLCLEAN ONLINE



Working **together**
to find a solution
RAYDENSOLICITORS



There might be challenging times in your life when a family law solicitor can help:

- Have you decided your marriage or relationship is over, are you unsure about your family's future?
- Do you need to protect your children, or understand the options to resolve arrangements for your children?
- Do you need a pre nuptial or post nuptial agreement to protect assets?
- Are you moving in with your partner and need a cohabitation agreement?

Choosing the right family lawyer for your circumstances is crucial. Rayden Solicitors are family law specialists with many years' experience; we provide tailored and practical solutions in all areas of family law - divorce, relationship breakdown, child arrangements and financial settlements.

Bespoke advice from Rayden Solicitors in Birmingham.

Contact us, enquiries@raydensolicitors.co.uk

Specialist family lawyers.
RAYDENSOLICITORS

3rd Floor
2 Edmund Gardens
121 Edmund Street
Birmingham
B3 2HJ
Tel: 0121 314 8170.



RAYDENSOLICITORS
www.raydensolicitors.co.uk

We are available on



a good read

By Natasha Donovan

The Memory Police

by Yoko Ogawa

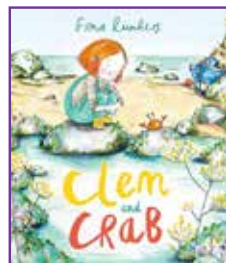
This is a hauntingly beautiful and dystopian novel that delves into the fragility of memory and the essence of loss. Set on an unnamed island, the story unfolds in a world where objects and concepts are systematically disappearing, erased from existence and memory by the enigmatic Memory Police. The narrative is centred around a young novelist who struggles to preserve her memories and those of the island's inhabitants. Ogawa's writing is elegantly simple yet profoundly deep, weaving a tale that is as much a melancholic meditation on memory as it is a compelling story of resistance and survival. The island's inhabitants, resigned to the relentless loss of their surroundings, adapt to each disappearance with a troubling nonchalance. This eerie acceptance of loss is one of the novel's most chilling aspects, highlighting the insidious nature of the Memory Police's power. The novelist (who is also unnamed), with the help of an old man and a risk-taking editor who is immune to the forgetfulness, attempts to defy the Memory Police by hiding her editor in a secret room. Their struggle against the inevitable tide of forgetfulness forms the heart of the story, illustrating the human capacity for resilience in the face of oppressive forces. The atmosphere of subtle suspense and creeping dread imbues the story with a quiet intensity. The characters are sketched with a delicate touch, yet they are profoundly relatable in their quest to hold onto their memories and identities. This struggle against the erasure of memory becomes a powerful metaphor for the larger human experience of loss and the effort to preserve our own pasts. The Memory Police is not just a story about



an authoritarian regime's control over personal memories; it is also a reflection on the impermanence of existence. Ogawa explores the idea that what makes us human is not just our ability to remember but also our capacity for empathy and connection.

Clem and Crab

This is a lovely story about cleaning up our beaches. The story is a simple one: Clem loves to search the beach for things to put in her bucket. After a fun day at the seaside, Clem finds a Crab with its claw tangled in a



plastic bag. She wants to take him home and keep him safe, but reluctantly lets him go back to the sea after her sister explains it's where he belongs. On her way home on the bus, Clem finds Crab tucked away in her trouser leg, and Crab ends up going on an adventure to Clem's school and inspires Clem to want to help clear the beaches of horrible plastic junk. The story is fun and easy to follow, and the illustrations are charming. The environmental message is there but it's never preachy. It's a nice gentle introduction for children about the importance of taking care of our planet.

Star Legal

SOLICITORS

Head of Matrimonial Services

Our Head of Department, **Sanjay Solanki** is a member of Resolution and he is committed to promoting a non-confrontational approach to family problems. Sanjay prides himself on dealing with matters sensitively. Sanjay offers practical advice and he pays particular attention to looking for constructive ways to provide a cost effective tailored service with a personal touch.

"We appreciate your challenges and our team is here to listen and support you."

Our bespoke services include:

- Divorce and Separation
- Advice on Financial Matters
- Cohabitation Agreements
- Pre and Post Nuptial Agreements
- Children Arrangements
- Family Mediation

**Call Sanjay today on 01527 839 423
to arrange an appointment. (quote "SLM")**

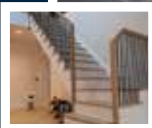


Sanjay Solanki
Solicitor and Mediator

Strand House, 70 The Strand, Bromsgrove, B61 8DQ
Sanjay.Solanki@star-legal.co.uk www.star-legal.co.uk



Specialists in
staircase design,
manufacturing,
installations
and renovations



Lyndale Stairs Ltd
Unit 1 Mount Road,
Burntwood,
Staffordshire. WS7 0AJ
T: 01543 677 780
E: sales@lyndalestairs.co.uk

www.lyndalestairs.co.uk



Rightio Plumbing & Heating

0121 206 3761

We work in

Solihull, Elmdon,
Bickenhill, Cathrine-de-
Barnes & all
surrounding areas

COMPETITIVE RATES

- ✓ Fast Response
- ✓ All Work Guaranteed
- ✓ Flexible Appointment Times

12 Month

guarantee
on labour!

Excludes blockages

OAP

Discount
Speak to
us today!

1-2 Hour

Emergency
Response
time!



650921

OUR SERVICES

- ✓ Boiler Breakdowns
- ✓ Boiler Servicing
- ✓ Radiators & Pipes
- ✓ Tanks & Cylinders
- ✓ Toilets & Taps
- ✓ Leaks & Bursts
- ✓ Showers
- ✓ Clearing Blockages
- ✓ Pipework Replacement
- ✓ Gas Safe Certified

Mindbenders

Can you find the hidden phrases?

LANE
LANE

man
board

the π sky

answers on page 22

ADVERTISE HERE



Contact Zoe Reece on 07557 220585 /
zoe@dorridgedirectory.com

Does your website
look old, dated and you're
not sure what to do?



hotlobster design offers you up-to-date
websites to replace your tired ones.

Bespoke content managed websites are cheaper than you think.
Call now for a chat about your website, social media & marketing needs.

hotlobster 
design • marketing • web • print

0121 369 1977

www.hotlobster.uk.com

Double cheese and Spring Vegetable Tart



Preparation time: 30 mins

Cooking time: 1 hours

Serves: 8

Ingredients

500g block shortcrust pastry
plain flour, for dusting
25g mature cheddar,
finely grated.
200g asparagus spears,
woody ends trimmed.
100g frozen peas
2 eggs
100g crème fraîche
150g double cream
whole nutmeg, for grating
100g watercress
2 x 150g logs of soft,
rindless goat's cheese.

Method

Take the pastry out of the fridge ten minutes before starting. Lightly dust the work surface with flour then roll the pastry out into a rectangle.

Scatter the grated cheese over the rolled-out pastry, fold the pastry in half and roll out again into a circle that fits a 25cm tart tin. Leave the edges of the pastry slightly overhanging the edge of the tin. Pop it in the fridge for 20 mins to chill. Meanwhile, cook the asparagus in boiling water for 3 mins, then drain and refresh under cold water. Defrost the frozen peas. Preheat the oven to 200C / 180C fan / gas 6. Prick the base of the tart well with a fork, line with baking parchment and fill with baking beans or dried lentils. Bake the tart for 30 mins, remove the parchment and beans, prick again if it has puffed up,

then bake for another 10-15 mins until golden brown. Meanwhile, beat the eggs in a bowl, add the crème fraîche and cream, season and add a pinch of freshly grated nutmeg. Scatter the peas and most of the watercress over the tart and crumble over half the goat's cheese. Pour over the creamy egg mixture, then lay the asparagus spears on top. Finally, slice the remaining goat's cheese and arrange on top, then bake for 25-30 mins until the custard is just set and the cheese is golden brown. Leave to cool in the tin, trim the edges of the pastry. Remove from the tin, cut into slices, and serve with the remaining watercress.

Projects

Paving & Landscaping

DRIVEWAYS & LANDSCAPE SOLUTIONS

- Clay & Block Paving • Tarmacing (Red or Black)
- Patios • Brickwork • Slabbing • Gravel • Landscaping
- Fencing • Property Repairs • Roofing Repairs
- Driveway Maintenance (Pressure cleaning & Sealing - weed free)

0121 652 0145

Solihull

01926 674 782

Kenilworth, Warwick
and Leamington

M: 07961 358 367

E: projectspaving@icloud.com



We pride ourselves on
our high standards of
workmanship

We will beat any
like for like genuine
written quote

Find us on Facebook



To see our current range of work carried out in your local
area please visit **www.projectspaving.co.uk**

328 Alcester Road
Wythall B47 6JR

Affordable facelifts

External wall insulation made easy

Externally insulating your home can save you money on your energy bills while increasing the value of your home.

- Save money on energy bills
- Increase value of home
- Warmer in the winter
- Cooler in the summer
- Good looking all year round

ROCKWARM
EXTERNAL WALL INSULATION

40
years

SUCCESSFULLY TRADING

GET IN TOUCH FOR A FREE QUOTE

02476 345554

info@rockwarm.co.uk

Visit www.rockwarm.co.uk to see some of our work

Trident Business Park, 4 Holman Way, Nuneaton CV11 4PN



Recommended!



No issues at any time. Good, responsive communication from the office, the various teams on site were polite, friendly and low maintenance, the site was left tidy after each day's work, and most importantly, the job looked great when complete. Thoroughly recommended.

Andy E-230 / 31 Jan 2024



All guttering cleaned and repaired from £49.99

A fully insured and highly skilled roofing company based in Solihull, West Midlands with many years experience. Deluxe Roofing Ltd is a professional, reliable roofing company with unrivalled expertise in the industry.

- New Roofs • Flat Roofs • Minor Repairs • Fascias and Guttering
- Insurance Work • Moss Removal • Rebedding of Ridge Tiles • Chimneys
- Valleys • All Guttering Cleaned and serviced from £39.99

OFFICE: 0121 314 99 53 FREEPHONE: 0800 747 14 61

MIDLANDS BRANCH

UNIT 70, 123 STRATFORD ROAD, SHIRLEY. B90 3ND
(MIDLANDS BRANCH), COVENTRY, SHIRLEY

WWW.DELUXEROOFINGLTD.CO.UK

Nutritious nettles

As a novice gardener I spent a lot of time pulling out nettles from the overgrown patch I inherited when I bought my first home. Fast forward twenty years and I have learned that I was doing the humble nettle a disservice.

Contrary to their reputation for stinging and being a pervasive nuisance, nettles offer numerous (and free) benefits. These include serving as a rich nutrient source for your garden, attracting helpful insects, and even being a delightful edible option when gathered properly.

You can leverage the nutrient-rich nature of nettles by making a homemade, organic liquid fertilizer. Nettles are packed with some fabulous garden-friendly elements such as nitrogen, calcium, and magnesium, all vital for plant growth.

Any part of the plant can be used, even the older, tougher parts, and the process is straightforward. Chop the nettles and pack them into a sealable container (to mitigate any unpleasant smells) before submerging them in water. Let the mixture sit for about a month to create a potent nettle tea. Dilute this tea with water in a ratio of 1:10 for a

nutrient-rich feed, ideal for nurturing leafy greens like kale, chard, and spinach.

Nettles also double as an excellent mulch for bigger plants or fruit bushes and act as a compost accelerator by enhancing the breakdown process in your compost pile. However, avoid using the roots or seeds, to prevent unintended growth.

By allowing some nettles to grow on your patch, you support the lifecycle of butterfly species such as red admiral, small tortoiseshell, painted lady, and comma butterflies, and also offer a habitat for beneficial insects such as ladybirds, which control aphid populations and other garden pests.

In addition to their usefulness in the garden, nettles are a versatile ingredient in the kitchen. Using gloves to avoid the stings, nettles can be harvested and used just like spinach, boasting a similar high iron content. They're perfect for steaming or as the base for a soup - blend boiled potatoes and tender nettles with vegetable stock, season and enrich with a spoon of cream for a hearty dish...perfect after a day working in the garden!





Live Safe & Well

Avery Healthcare offers a safe and supportive environment where residents can flourish, make new friends, maintain contact with their local communities and live a life of possibility.

Nutritionally balanced seasonal menus • Light and spacious suites
Highly trained staff team • Residential, nursing, dementia and respite care
Stimulating schedule of daily activities and entertainment



Birchmere House
Knowle

☎ 01564 621933



Birchmere Mews
Knowle

☎ 01564 621505



Knowle Gate
Knowle

☎ 01564 621645

averyhealthcare.co.uk

ADVERTISE HERE

Contact Zoe Reece on 07557 220585 /
zoe@dorridgedirectory.com

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
Sardul Marwa MBE
Tel: 07940 775122
sardul.marwa@solihull.gov.uk

Angela Sandison
Tel: 07500 557427
angela.sandison@solihull.gov.uk

Samantha Gethen
Tel: 07360 648047
samantha.gethen@solihull.gov.uk

local police contact for solihull
Solihull Police Station: 0845 113 5000 or 101


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	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 (supply & emergencies)	0800 783 4444
Travel	
National Rail Enquiries	03457 48 49 50
Network West Midlands (buses)	0345 303 6760

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.

Crossword Solution
from page 8



Sudoku Solution
from page 8



midbenders
from page 15

Solution to Mind benders

1. The fast lane
2. Man overboard
3. Pie in the sky



Belmont@Home
provide bespoke
home care service
designed to fit
perfectly around
each individual.

If you wish to stay in your own
home with your own front door,
safe in the knowledge that
someone is there to care for you
- we can help!

Get in touch today

0121 295 8905

homecare@belmonthhealthcare.co.uk



Inspected and rated

Good



Belmont@Home care services flex to each
individual because every day is different





You look after the kids, we'll look after the lawn

We provide a premium lawn care experience.

We seed them, feed them, even control
the weeds. So, you don't have to.

For a FREE lawn analysis visit
greenthumb.co.uk or contact our local team.

Solihull branch

Call 0121 705 6395 Email solihull@greenthumb.co.uk

Coming soon on

itv1

Alan Titchmarsh's
GARDENING CLUB

Brought to you by

GreenThumb
LAWN TREATMENT SERVICE