

the solihull index

a community magazine and business directory
for residents of solihull

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TUDOR GRANGE PARK

👍 SATURDAY 25TH AUGUST 👍

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summertime...

Welcome to the July issue of The Solihull Index.

As I sit writing this we're in the middle of a proper heatwave but who knows what the weather will be doing by the time this reaches you! Hopefully it's still warm and sunny so everyone can get out and about and enjoy themselves.

The Solihull Summer Fest is coming back to Tudor Grange Park over August Bank Holiday weekend and with acts such as Sister Sledge and Razorlight it's definitely worth getting your tickets sorted soon.

There's lots of other great events coming up too, but not everyone gets to hear about them so check out page 6 for more information on Funtopia in Tudor Grange Park and Knowle Park's Music in the Park. Just pack a picnic (and some sunscreen!) and enjoy! Until next month,

Zoe

Zoe Reece

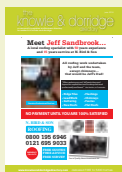
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**NOW
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Alfresco Style Garden Boutique

Designed to inspire

Opened in May 2018, The Alfresco Style is run by Lottie Newitt with the idea of creating a garden centre to inspire you to create your own unique garden that's just a little bit different.

Having worked for several of the big Garden Centre chains, Lottie has won some awards and presented on TV.

Her passion is plants, and we know with Lottie's advice you will definitely be inspired.

Located at Hatton Shopping Village, the new garden boutique is a

welcome addition sitting alongside a myriad of independent shops. This weekend the Shopping Village is also hosting summer markets where exciting traders selling crafts, cards, jewellery, clothes and a whole host of amazing gifts and goodies can be found.

The new Garden concept is still very much work in progress so do come along and see how it is evolving.

The Alfresco Style at Hatton Country World

www.hattonworld.com



community events

Solihull Sort Of Jazz Festival

20th -22nd July

Solihull Town Centre

An open-air stage will be at the heart of the Solihull Festival with 9 free shows over the 3 days, accompanied by an international street food and drinks market. There's also have 15 venues housing some funky beats over the weekend. Look out for more details about bands in The Core Theatre, Revolution Bar, Yates, The White Swan, Sevenoaks Sound and Vision, John Lewis, Slug and Lettuce, The Crowne Plaza Solihull, O'Neill's, Ramada Solihull, Royal British Legion Solihull and the Masons Arms.



Music in the Park: A Touch of Brass!

Sunday 22nd July 2 - 4.30pm

Knowle Park

Join the Shirley Band as they perform a concert of brass favourites and stirring renditions of more modern classics. Refreshments and toilets are available on site - or visitors are welcome to bring a picnic, relax and enjoy the perfect Sunday in the park. Meet at the car park off Longdon Road.

Funtopia

Saturday 28th July 10am - 4pm

Tudor Grange Park

A fun time is guaranteed for young children and their families at this event, taking place for the first time in Solihull! The event features rides, inflatables and games galore. Entrance and a wristband costs £7.00 per child or £2.00 per adult - this entitles visitors to unlimited use of all games and rides on site so once in, you can stay and play all day! Visit www.picknmixevents.co.uk for more information.

Modern Calligraphy Beginners Workshop

Saturday 4th August 2 - 4.30pm

Boston Tea Party, Herbert Road, Solihull

Get creative and learn how to write beautifully with ink and nib. This course is perfect for anyone who

wants a fun couple of hours with friends, or to learn a new relaxing and beautiful hobby. No experience is necessary. Our relaxed venues and small group sizes with two teachers on the day will ensure lots of guidance and tips. Tickets from www.ribbonsandvows.com

George Michael & Wham Tribute

Saturday 15th September 7pm

Knowle British Legion

The UK's No.1 George Michael tribute Act for 2017, Robert ignites the stage with his authentic tribute to one of the most successful vocalists of our time, delivering a powerhouse performance of both George Michaels' biggest hits and Wham's greatest songs. To book visit www.tickettailor.com/events/tributenights/160253/

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- **Jellybeans** - held monthly on a Thursday morning for story-time and rhymes for the under 5's 10.45am -11.30am
- **Monday Story Times** - Weekly story time and rhymes for toddlers and pre-school children 10.30am-11.00am
- **Under - fives** Rhyme Times at 2pm every Friday
- **Knowle Knit and Natter Group** - held monthly on a Tuesday 10.30am -11.30am
- **The Reading Café** - Monthly on a Friday morning 10.30am -11.30am
- **Self-Running Family History Group** - Monthly on a Tuesday 2.15pm -4.00pm
- **Reader's Circles** - Knowle Readers Circle meets monthly on a Friday 2.15pm
- **Knowle Library Self Running Readers Circle** monthly meeting Tuesday 11.00am -12pm
- **Poetry Group** - Monthly on a Tuesday 11.00am -12.00pm
- **Scrabble Club** - Adult Scrabble Club Fortnightly - Thursday 2.00pm

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what's going on at GuruYou?

Hello there everyone, I am sure you are all getting geared up and ready for the blistering heat of Summer, let's hope we haven't had it all in these lovely weeks we have had while the children are at school. Exams are over now and our pupils can breathe a heavy sigh of relief and try not to overthink their papers or panic about results day.

Here at GuruYou™ HQ we spent much of this school term preparing pupils for SATs, GCSEs and A levels and had some wonderful testimonials from children and their parents about the positive effect coaching had on their performance. Looking at new perspectives and evidence really works like magic! If you want to pop in over the Summer to find out how, please give me a call or drop me a line, we would love to see you!

Over the Summer we may have pupils who are nervous about transition to High School, and I will be on hand to help if you feel your child needs it. One 2 hour session for £90.00 will include tools and takeaways for September and your child's future!

For business owners, I am offering a FREE taster session over the Summer months so that you can see for yourselves the power of coaching and how it can impact your enterprise and employees. The first 5 businesses contacting me from Solihull and the surrounding area will receive

a one off session ready to kick start a fab Q4!

And finally, The Bird Table is back! Business development groups of 6 female business owners will meet in Henley once a month for a term of 3 sessions to collaborate, support and develop strategies for their organisations. The coffee is great and so is the chatter but this is not networking and it's not a cosy natter either! The Bird Table is all about working together to make your business FLY! Get in touch for dates or follow us on Twitter and Facebook!

So that, along with a week in Cornwall looks like my Summer sorted, please do come and say "Hi" if you want to know more about what we do, we would love to see you!



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answers on page 37

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Mindbenders Solution
from page 9

ALL CALLS ARE A MINIMUM OF AN HOUR LONG UP TO 24 HOURS.

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By Louise Addison

steps to a healthier heart

Cardiovascular disease causes 26% of all deaths in the UK; that's over 150,000 deaths each year – an average of 420 people each day or one death every three minutes. Those are the scary statistics but what can you do to improve the health of your heart?

Below are the top tips according to leading cardiologists.

Walk 30 minutes every day, no matter

what! – A half hour walk every day decreases an individual's chances of a heart attack by 30%. If you think you'll skip days find a walking buddy and hold each other accountable.

Find out your blood pressure and take steps to bring it down

– Your blood pressure may be a more important factor than your cholesterol! If the doctor prescribes medication take it, but you can also take steps to lower it yourself and maybe reduce the need for medication. The best ways are to exercise and lose some belly fat. Individuals with high levels of fat in the abdominal cavity (belly fat) and around their abdominal organs are more likely to develop high blood pressure because this fat interferes with the function of the kidneys, which regulate the blood pressure.



Know what your HDL number is and then

do what you can to raise it to 1.3 mmol/l – In women especially it seems that a higher HDL (good cholesterol) number is more important than a low LDL (bad cholesterol) number. Eat about 25g of raw, fresh, unsalted nuts per day – especially walnuts, pecans, hazelnuts, pistachios and almonds. Nuts are packed with omega 3 oils, raise levels of HDL good cholesterol, decrease inflammation and have a good effect on the heart. Healthy fats such as olive or rapeseed oil have a positive effect too, and the really good news is that an alcoholic drink per day also works in your favour!

Eat a good quality tomato pasta sauce!

Simple tomato pasta sauce is loaded with potassium which aids lowering of blood pressure.

Floss! – Most people don't know that your oral health has an effect on arterial health so make sure those pearly whites stay clean and flossed.

Limit saturated fat and avoid trans fats

– Try to keep saturated fat below 20g per day. Both saturated fat and trans fats (found in many processed foods) lead to inflammation of the arteries.

Read labels and avoid foods which list

sugar as one of the first five ingredients – In particular don't be fooled by foods which claim to be 'low fat' because often they contain extra sugar instead. Healthy fats such as olive oil are better than empty sugar calories.

Drink wine – But not too much! It's a slightly bizarre (but consistent scientific truth) that teetotal folk have a higher risk of heart disease than those who drink in moderation. But a glass of red wine occasionally is very different to binge drinking once a week so be careful with this tip.

Eat a rainbow of fruit and veg – Five to nine servings a day will help to keep your heart in tip-top condition. It may sound a lot but if you add chopped veg to pie fillings and casseroles and eat fruit at breakfast and salad stuff for snacks it all adds up.

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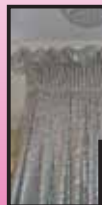
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Sat 20th	THE SOUL AND MOTOWN PARTY with SOULTOWN COLLECTIVE	£39.50
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UPVC doors are available in a wide range of colours and finishes and their comparative lower cost to alternative materials has made them popular in recent years. They also have other benefits, such as a higher resistance to weathering and generally require less maintenance



Bifold doors

Bifold doors are built to stack neatly to one or both sides of an aperture when open. This allows people to move freely from inside to outside or from one room to another. These can be used as room dividers or to open onto a balcony or terrace.

Composite Doors

As their name suggests, they are made up from several different materials to produce a robust, secure and attractive-looking to protect your home. The combination of materials, such as PVC, wood, insulating foam and GRP (glass reinforced plastic) results in a product that is very strong and requires no painting or varnishing to keep it looking good over its long lifetime. An occasional wipe with a damp cloth is all that is needed to keep it clean and retain its smart appearance.

Porches



a taster of what's on in july and august ...

CINEMA

Mamma Mia! Here We Go Again

from 20th July

This sequel picks up the story with Sophie pregnant, and not sure

how she's going to cope. But her mother's story might give her some pointers... Moving between past and present, we follow Sophie as she tries to come to terms with her situation, and also see how Donna did it all those years ago, falling in love and building a home for her family on their sun-soaked island.

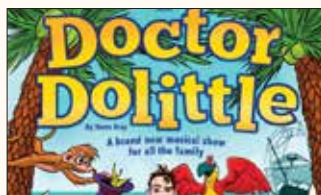


of assassins on his tail, they find themselves caught up in the world of international espionage, forcing them to go on the run and, ultimately, find a way to save the world.

To book please visit www.cineworld.co.uk

THEATRE

The Core Theatre, Solihull
(formerly Solihull Arts Complex)



Dr Dolittle

Friday 3rd August

Following the success of last year's Jungle Book, Katch 22 Productions return with a family participation show - the audience learn a few songs before the show and participate during it. Aimed at young families, Dr Dolittle is a musical show based on the classic tale of a man who makes friends with the animals... even the weird and wacky ones!

Bringing on Back the 60s

Thursday 28th July

Starring The New Amen Corner, with very special guests including Mike D'Abo, former lead singer of Manfred Mann. Join us for a fantastic evening with Europe's leading 60s revivalists, as they perform 2 hours of hits. Special guest Nancy Ann Lee performs hits from Dusty Springfield, Aretha Franklin, Lulu, Sandie Shaw and many more.



The Little Mix Experience

Friday 26th July

If you're a fan of one of X Factor's finest exports you're sure to L.O.V.E. The Little Mix Experience! Four hugely talented girls pay tribute to one of the UK's finest Girl-Bands. With breath-taking dance moves, replica costumes and some of the finest vocals in the UK, this is a high-energy show from beginning to end, packed with all of Little Mix's greatest hits and suitable for all ages!

Disney's Christopher Robin

from 17th August

The boy who went on adventures in the Hundred Acre Wood is now an adult. But Winnie-the-Pooh re-enters his life when he needs him. In an impossible position at work, Christopher Robin needs help but when it appears in the form of his old bear, he thinks he's losing his mind.



The Spy Who Dumped Me

from 22nd August

Audrey and Morgan have their lives thrown into chaos when they discover that Audrey's ex-boyfriend is a spy. When he unexpectedly shows up at their apartment with a team



To book please visit www.thecoretheatresolihull.co.uk



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take control of your electronic inbox!

'Why do you have 9632 emails in your inbox?'

I looked at my husband, 'Um...is that a lot? How many are in your inbox?' 'About twenty,' he replied. I looked at my inbox. There were emails I had meant to deal with; emails from clients and the kids' schools with information I needed; there were time-sensitive offers I'd never got around to investigating; endless updates from the social media platforms I subscribed to, and the rest I'd kept just in case, of what I'm not entirely sure.

I wondered idly if there was such a thing as being an email hoarder. I clearly had a problem and I needed to act. I paused my work and began to sift through the backlog. An hour later I'd made little progress.

'Just delete the lot,' said my husband. 'It'll be like ripping off a plaster. The anticipation is the worst bit.'

Could I do that? It was tempting. But I paused. I couldn't. I did have a problem!

I decided to compromise. I kept the last month's emails and deleted everything else. EVERYTHING. WOW it felt liberating. I looked at my almost-empty inbox. It felt so good I quickly

went through the month's worth of emails I'd kept, and deleted anything I knew I'd never get around to answering. I replied to and actioned emails which required a response, then deleted them too. But while I was working five new emails arrived and in the back of my mind I knew how easily those five would become fifty...and then five thousand. I needed to futureproof my inbox!

I decided I'd set aside fifteen minutes once or possibly twice a day to deal with email. If I needed to save information I would file it in a folder on my laptop. Then once a month I would quickly go through the inbox and delete anything else that I knew would never be actioned.

To be honest that's been the hardest part. I feel genuine anxiety about deleting emails. FOMO (fear of missing out) is a real problem for many people with email issues. So many emails are 'offers'. What if that amazing offer never comes up again? Believe me, a quick trawl through my pre-deletion inbox, indicates they do...frequently. What's more, these 'offers' are often time-sensitive and so we hang on to them 'just in case', then miss the deadline anyway and still don't delete them.

I found it useful to cap my emails at 50 and I use an email system to filter school emails into a separate inbox, so I can see at a glance when 'Dress like a Roman' day or 'Bring an onion to school' day (yes really) is coming up! Your system might have to be different. The trick is to invent one to suit your own personality and routine.

I feel more in control and organised now I'm on top of my inbox. Now to tackle the cupboard under the stairs!



COMPETITION



WIN 2 tickets

to see The ELO Experience

Thursday 6th September 7.30pm

The Core Theatre, Solihull (formerly Solihull Arts Complex)

For your chance to win these tickets, worth £46, visit the Core Theatre website page for this event - www.thecoretheatresolihull.co.uk - to find the answer to this question

How long have the ELO Experience been playing for?

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

Closing date for entries is 20th August and the winner will be drawn at random and notified by email after this date.

About the Show:

The legacy left by Jeff Lynne & The Electric Light Orchestra barely needs any introduction - suffice to say that between 1972 and 1986 they achieved more combined UK and US Top 40 hits than any other band on the planet! '10538 Overture', 'Evil Woman', 'Living Thing', 'Diary of Horace Wimp', 'Don't Bring me Down' and of course 'Mr Blue Sky' went on to become the soundtrack of our lives.

The ELO Experience are the world's foremost tribute to The Electric Light Orchestra. With a sensational string section, a stunning light show and large screen projection to further enhance the experience! Why not come along and enjoy this incredible show which accurately reproduces the songs and sounds, and takes you on a magical musical journey through time.

garden toys

Gardens are a great place for kids to run around and get that all important fresh air and exercise. The addition of a toy or two will mean you can keep them happily occupied for hours.

Swings are perennially popular. Make sure the size and style is appropriate to the age of the child. Better still buy one which has changeable seats so you can upgrade as the child grows, or simply ring the changes now and then.

Slides come in all sizes. They can be independent structures or attached to climbing frames. You really do get what you pay for in this instance. Do your homework. Is a metal or wooden frame best for your garden. How much use will it get and how many and what ages of children does it need to support? Get the best you can afford and it will serve you for many years.

Trampolines are a relative newbie to the UK garden compared with slides and swings but they are rightfully popular. Even adults can't resist them. You'll need a flat surface, and a safety net is highly recommended. Most trampolining injuries occur when one child lands on another so buy the biggest your garden will allow. It's almost impossible to police the 'one child at a time' recommendation

so bigger is safer as each child has more space.

Kids love dens. Provide a Wendy house or a tepee and let their imagination run wild. If you have the funds you can buy an elaborate fort or tree house. If you don't have space for a permanent Wendy house, provide poles and old blankets and let them construct their own!

If you have space for a sand and water area your children will love it. There are simple small plastic tables designed for the purpose and huge wooden luxury models complete with seats and sunshade. Use specialist play sand to fill it. Make sure you buy one with a cover to protect it from the weather and prevent neighbourhood cats from using it as a toilet.

We can't all have a proper pool in the garden but most of us have room for a paddling pool. Add a couple of supersoaker water pistols and a waterslide made from heavy duty silicon and you're set for an afternoon of splashy delight.

If you have a large space you could invest in some football goals or a badminton set. But for those who love to play games and have a smaller space there's croquet or outdoor skittles. And there are now outdoor giant versions of family favourites like Connect 4, Jenga and Chess.

Time for some outdoor fun.



a good read

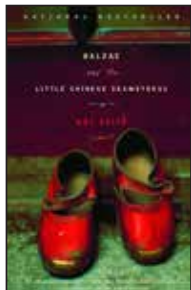
reviews By Willow Coby

Balzac and the Little Chinese Seamstress

by Dai Siji

This is a remarkable little book, considered by many to be a modern classic – so much so that it has already found itself on some GCSE English Literature syllabuses. Don't let it put you off though. I really urge you to give it a try – after the first few pages you will be hooked.

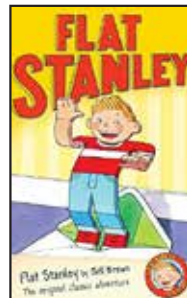
Set in 1971, Siji's novel follows the story of two middle class city boys, forcibly removed to the Chinese countryside for re-education as part of the Cultural Revolution. Guilty only of having doctors and dentists for parents, they are subjected to punishingly hard physical work and appalling living conditions. Two things make their lives bearable – the presence nearby of the beautiful Little Seamstress, and a collection of books, first borrowed and then audaciously stolen from a friend, which open up a world beyond the mountains. Siji's story crackles with wit and humour throughout – the opening scene, in which the narrator finds himself playing a tune hastily retitled 'Mozart is Thinking of Chairman Mao' sets the tone instantly. But this is also a story about the power of words and the power of desire, and as such is beautifully told. Each character is vividly drawn, from the Little Seamstress herself to the grotesque village headman. Comic episodes are interwoven skilfully with passages exploring the transformative power of literature, and before you know it you have reached the inevitable yet poignant conclusion, which will stay with you for a long time afterwards.



Flat Stanley

by Jeff Brown

Stanley Lambchop is a rather unusual boy. After an accident with a bulletin board, he is four feet tall, about a foot wide – and half an inch thick. Of course, being flat has its advantages – Stanley's trip to California in an envelope is great, and his brother Arthur would love to be able to slide under their bedroom door like Stanley does. And, if Stanley was round, he would never have been able to assist his neighbour in catching thieves intent on stealing the world's most famous painting. But there are downsides too – while it is great to be a kite for half an hour, it's not so much fun when Arthur gets bored and leaves Stanley stuck in a tree. People can be cruel too, and eventually the name calling gets too much. Luckily, Arthur is on hand with a solution to his brother's problem... This picture book manages to make an impossible situation seem perfectly plausible, thanks to the matter of fact style and simple, convincing illustrations. Ideal to read aloud to younger children or as a first book for newly confident readers, it has stood the test of time since its first publication in 1968. If it isn't already a family favourite, then it is destined to become one very, very quickly.



potato salad

A beautiful version of this classic

Preparation time: 15 mins

Cooking time: 15 mins plus cooling time

Serves 4 People

Ingredients

600g waxy potatoes
1/2 tsp Dijon mustard
1 tbsp red wine vinegar
2 tbsp vegetable oil
1 tbsp extra virgin olive oil
115g good quality mayonnaise
1 tbsp wholegrain mustard
3 spring onions - sliced thinly
Small bunch chives - finely chopped
Small bunch mint - finely chopped

Method

Boil the potatoes in salted water for 15-20 minutes until tender.

While the potatoes are boiling place the Dijon mustard and the red wine vinegar into a bowl and whisk them together, then whisk in the oils.

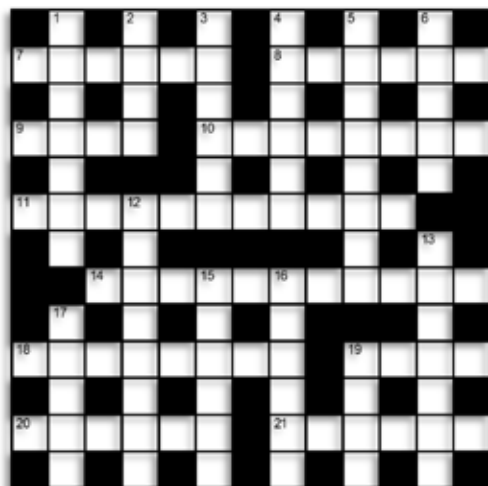
When the potatoes are cooked cut the smaller ones in half and the larger ones into quarters. Pour over the dressing, mix well and leave to cool.
Mix the remaining ingredients with the mayonnaise but reserve a few of the herbs for garnish.

When the potatoes are cool, drain off any surplus vinegar dressing then toss them in the mayonnaise. Serve garnished with the reserved herbs. into the prepared jars. Cover the surface of the jam with waxed discs, wax-side down, and either quickly cover each jar with a dampened round of cellophane and rubber band or leave to go cold before covering with cellophane or a screw-top lid. Sealing the jars well prevents the build-up of condensation under the lid, which could lead to mould.



Serves: 4 people
Preparation and cooking
time: 30 minutes

crossword

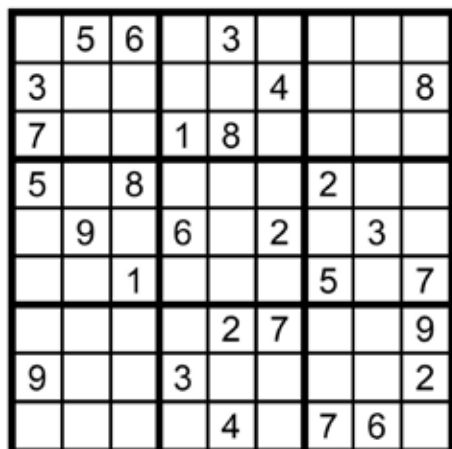


clues

- 7 Puff, wisp, waft (6)
- 8 Medicine which induces vomiting (6)
- 9 Dwell (4)
- 10 Transparent danger to drivers (5,3)
- 11 Hiking over fells (4,7)
- 14 Suitcase storage on train (7,4)
- 18 Destroying (8)
- 19 Taunt, catcall (4)
- 20 Administer with a needle and syringe (6)
- 21 Smaller, not as important (6)

Down

- 1 Little House on the _____ (7)
- 2 Sheet of glass (4)
- 3 Persistent irrational fear (6)
- 4 Pass comment (6)
- 5 Calculator (8)
- 6 Finely chopped meat (5)
- 12 Catapulted, hurled (8)
- 13 Plotter, conspirator (7)
- 15 To blame, at fault (6)
- 16 Chortle, chuckle (6)
- 17 fashion, mode (5)
- 19 Make joke (4)



how to play sudoku

It's simple!

Fill in the grid so that each row, column and 3x3 box, contains the numbers 1 through to 9 with no repetition. You don't need to be a genius. These puzzles use logic alone. Watch out! Sudoku is highly addictive.

answers on page 37

By Louise Addison

plastered!

Which wound covering should you choose?

The other day I popped into the pharmacy for a box of plasters to be confronted by a smorgasbord of choice! There is now a plaster for every occasion. If you've ever been confused read on.

Faster Healing – Hydrocolloid is a substance which forms a gel when it absorbs water. It maintains a moist environment around a wound that prevents drying of the skin and a hard scab. This substance revolutionised blister healing. Specialist blister plasters form a second skin and prevent rubbing, while wicking away the moisture and encouraging healing. They should be in every hiker's backpack as well as in the handbag of every girl who loves new shoes!

Spray-on – This is great for minor cuts and grazes especially on tricky areas like elbows and knees. A clear flexible film is sprayed over the area to protect it from bacteria.

Pain-killing – Yes really! These temporarily relieve pain by dispensing painkilling ingredients on to the skin. They are best for sports injuries, sprains and backache

Blood-stopping – Micro-dispersed oxidised cellulose (m-doc) is a powder which rapidly absorbs blood from wounds. It forms a soft gel layer over the cut to stop the flow. Great for kitchen knife injuries and shaving cuts which won't stop bleeding.

Burn plasters – Like blister plasters these are made with hydrocolloid that stops the plaster sticking to the burn and restores the natural level of moisture to the skin so that it can regenerate with less scarring.



stretch benefits

By Sarah Davey

In an attempt to prevent injury, most of us stretch before exercise and some (though not as many) stretch afterwards. But if we're doing fairly steady activities (jogging, cycling or walking) then while stretching will improve our flexibility there is not much evidence it will prevent muscle injury. In these cases the advice is to warm up with five minutes of light, gradual exercise instead. The reason for this is that it's important to increase the blood flow to the muscles and heart steadily, sudden changes will cause muscles to fatigue more quickly.

Stretching is more effective if you're doing the type of exercise where you land constantly and forcefully on your feet, or stop and start quickly (sprinting, tennis, weight-lifting, or competitive team sports like football). The more flexible the muscles are the more impact they'll be able to sustain.

But everyone benefits from stretching after a workout. During exercise lactic acid builds up in your muscles. This can lead to soreness and fatigue. Stretching after a workout helps to eliminate the lactic acid and restore the muscle to its relaxed state, preventing the fatigue.



useful numbers

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
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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

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kawild@solihull.gov.uk

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

local police contact for Solihull

Solihull police station

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Sudoku Solution
from page 34



Crossword Solution
from page 34

**Solution to Mind benders**

1. 1984
2. Heidi
3. To Kill a Mockingbird

Mindbenders Solution
from page 9

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