

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

Fact or fiction?

Common relationship questions

Dipika Mistry, Legal Director at law firm Shakespeare Martineau in Solihull answers some of the frequently asked questions from couples across the country.

1. We're not married, but we've been together years – will I get 50%?

This is such a common misconception when unmarried couples part ways, but there is no such thing as a 'common law wife/partner'. If you choose not to marry then do consider a living together agreement to protect your best interests and ensure that if you own a home together that your name is included on the deed.

2. Can I get divorced if we have just drifted apart?

Yes – from 6 April 2022 'no fault divorce' has been introduced, which means parting couples no longer have to prove their marriage has irretrievably broken down due to one of the 'divorce facts': adultery, unreasonable behaviour, desertion, or separation of at least two years or in some cases five years. Instead, they can apply for divorce jointly, without assigning any blame on one party.

3. Do I have to give my engagement ring back if we split?

If you break up with your partner, you may feel a moral obligation to return the ring - however, unless it can be proved that the ring was given conditionally, the law states that it is an absolute gift, meaning you do not have to return it to your ex.

4. Is my prenuptial agreement (pre-nup) legally binding?

No. A pre-nup is not legally binding in English law, however, they are becoming increasingly upheld provided that they are entered into fairly and on a voluntary basis and both parties have received independent legal advice before doing so. Pre-nups do not overrule a court's decision on financial arrangements on divorce but they do carry some influence.

5. I want to get divorced, but I don't want to go to court, what can I do?

Collaborative law is a great option for couples who are amicable and want to avoid going to court. This is where both parties each instruct a collaboratively trained lawyer and work together to find a suitable divorce settlement, including financial and child matters.

Separation and divorce can be highly stressful and emotional, so it's important to have a trusted advisor by your side.



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

Your money transfer *specialists*

We are industry experts with over 22 years of experience helping businesses and individuals get the best rates and personal service.



Currency transfers



Purchasing property abroad



Paying for international goods or services



Global payroll



Multi-currency accounts



Carey Goate

SABLE
INTERNATIONAL

T: +44 (0) 121 368 0036

M: +44 (0) 78 3079 2064

E: c.goate@sableinternational.com

W: www.sableinternational.com

REVIVE
ROOFING & BUILDING SOLUTIONS

ROOFING AND BUILDING SOLUTIONS



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.



Midlands Enterprise Awards 2023

**Revive Roofing
And Building Solutions**

Most Trusted Roofing & Building
Business 2023
West Midlands

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

john@reviveroofingandbuildingsolutions.co.uk
www.reviveroofingandbuildingsolutions.co.uk



Happy New Year

Wishing you all a very happy 2024.

Here's hoping you've survived the mayhem of Christmas and are ready for a healthy and happy 2024.

If your aim for 2024 is to experience more fun events then see what's coming up on page 6, or if you've decided 2024 is the year to get round to updating your house or fixing all those jobs you never get round to, we have a wide range of local businesses in here who can help.



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

Olly Murs Tribute Night

27 January, Knowle

British Legion

This Olly Murs Tribute Night features the incredible talents of Karl Lewis. Get ready for an evening of fantastic entertainment, filled with the soulful sounds of Olly Murs, right in the heart of Knowle! Tickets from www.skiddle.com

The Full Monty

30 January – 3 February,

Alexandra Theatre

Birmingham

As in the 1997 smash hit film, this brand-new production is a rollercoaster ride of ups and downs, laughs and heartbreak. Celebrating the 25th Anniversary of the film on a major national tour. Book now to relive the music of the 90's and have a great night out in the

company of our group of lads as they work to put on the show of their lives. Tickets from www.atgtickets.com this Elton tribute act truly offers an authentic performance that will leave guests captivated. www.thelakeatbarston.co.uk.

Las Vegas Nights - tribute to Swing

9 February, The

Lake at Barston

Featuring Frank Sinatra, Dean Martin, Bobby Darin, Bing Crosby, Nat King Cole, Perry Como, Matt Monro, Tony Bennett and many more! Looking back to the days of the Rat Pack and MGM musical to modern giants such as Michael Buble and Robbie Williams, Legends of Swing takes you on a journey with Hollywood's greatest superstars. To book tickets call 01675 444890



Valentine's Day Romance with Young Lionel

14 February, Nailcote Hall

Embrace the magic of love this Valentine's Day with the enchanting Babalola Jr, a celebrated Soul and Motown artist whose performances have left audiences spellbound. As "YOUNG LIONEL," he weaves a mesmerizing tapestry of Lionel Richie's greatest love songs. Tickets from www.nailcotehall.co.uk

Boatlife Show 2024

15-18 Feb, NEC

Book your tickets now for the UK's largest indoor boat show! Featuring some well-known faces on the live stage, family activities, indoor pool, demos, over 200 boats and more... This fantastic annual event is for the entire boating community to come together and celebrate their love of life on the water. Tickets from www.thenec.co.uk





For all your event management needs

Experienced, award-winning, event organiser, 30 years experience

Networking, drinks receptions, awards ceremonies, dinners, seminars, openings and showcases, speaker events, team-building, themed events, charity fund-raising events

www.hcevents.co.uk

JRT EXTERIOR CLEAN



**Driveways
Patios
Gutter Cleans
Fascia's & Soffits
Pressure Washing**



**We thrive
on cleaning
your drive**

CALL 07368 544 115

a good read

By Natasha Donovan

Perfect

by Rachel Joyce

Perfect by Rachel Joyce is a beautifully written novel that delves into the intricacies of human nature, exploring themes of guilt, regret, and the search for redemption. Set against the backdrop of a quiet English town in the 1970s, the story intertwines the lives of its characters, primarily revolving around a young boy named Byron and a pivotal moment that alters his life forever.

The narrative unfolds in two parallel timelines – the first follows young Byron and his friend as they embark on a quest for truth after witnessing a tragic accident, and the second, decades later, presents Jim, a middle-aged man grappling with mental health issues and the weight of his past. The dual timelines are elegantly woven, converging to reveal the interconnectedness of these seemingly disparate lives.

Joyce's prose is evocative and deeply emotional. Her portrayal of Byron is haunting; his youthful innocence is clouded by the burdensome weight of guilt and the adult complexities he struggles to comprehend. Jim's story is equally touching, presenting a life marked by isolation, yet seeking connection and understanding.

One of the novel's strongest attributes is its exploration of the concept of 'perfect' – challenging societal norms, personal expectations, and the often-unrealistic standards we set for ourselves (especially at this time of year). Through the imperfect lives of its characters, the novel underscores the idea that perfection is an illusion, and our flaws and mistakes are integral to our humanity.



What to do with a Box

by Jane Yolen, illustrated by Chris Sheban

If your house is like mine, Christmas saw the arrival of at least one big box, and in the enchanting realm of children's literature, Jane Yolen's What to Do with a Box stands out as a delightful ode to imagination. With simple prose, Yolen captures the boundless potential of a plain cardboard box, turning it into a gateway to a myriad of adventures. Through her words, children are invited to sail roaring oceans, scale towering mountains, and journey to outer space, all without ever leaving their living rooms.

Integral to the magic of this book are Chris Sheban's evocative illustrations. He masterfully employs soft, dreamy tones and delicate lines to bring to life the whimsical world Yolen describes. Sheban's use of light and shadow emphasizes the contrast between reality and imagination. The fact that he draws the box with all the labels and markings still visible serves to reinforce the power of a child to see beyond what is real.

The story is a celebration of creativity, and the illustrations provide a visual foundation upon which young minds can build their dreams. In this regard, Sheban manages to tap into the essence of childhood wonder.

What to Do with a Box, is more than a story—it's an invitation. to dream, to play, and to remember that in the mind of a child, the most ordinary objects can become the most extraordinary treasures.





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

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

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
INSTALLER & GUARANTEE ALL GLAZING



Get a FREE Quote

Social distancing in operation

Faulty locks, handles or hinges?



Priority freephone

0800 61 21 118

www.cloudy2clear.co.uk

Love Your Home - Protect Your Windows - Save Money



YOUR LOCAL EXTERNAL CLEANING SPECIALISTS

Book your Roof & Gutter Cleaning NOW

Our Cleaning Services:

- ✓ MOSS REMOVAL
- ✓ LEAF REMOVAL
- ✓ GUTTER CLEANING
- ✓ ROOFS
- ✓ PATIOS
- ✓ DRIVEWAYS
- ✓ STONWORK
- ✓ FASCIAS & SOFFITS

CALL NOW FOR A FREE QUOTE



0121 369 0070

07546 264164



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

VIEW SOLCLEAN ONLINE



Have a Nap-py New Year!

Enjoy the benefits of a good nap in 2024

In a society where napping is often misconstrued as laziness, there's a growing body of scientific evidence underscoring the benefits of this habit. I love a nap, and I've witnessed firsthand the advantages that a brief midday sleep can offer, aligning with the latest findings from sleep science.

Research on napping has historically been mixed, with some studies highlighting its cognitive and mood benefits, while others pointed to potential health risks, especially in older adults. This ambiguity made experts cautious about recommending naps. However, recent studies have refined our understanding, suggesting that the ideal nap duration is approximately 20 to 30 minutes.

The need to nap is driven by two physiological processes: homeostatic sleep pressure (HSP), which builds the longer we stay awake, and circadian rhythms that naturally induce sleepiness in the afternoon. Whether someone is a habitual napper or not also depends on genetic factors influencing these processes.

Short naps have been shown to significantly enhance certain cognitive functions, such as memory, information-processing speed, and vigilance. Research



at the National University of Singapore emphasizes the mood-improving effects of napping, noting that even a brief 10-minute nap can be refreshing. A nap lasting around 30 minutes is considered optimal, as it predominantly involves light sleep, making it easier to wake up refreshed. The researchers advise against napping after 5 P.M. to avoid disrupting nighttime sleep patterns.

While longer naps can provide more extended cognitive benefits, they also have downsides. Moving into deeper sleep stages can lead to sleep inertia, a state of grogginess upon waking, which many of us find unpleasant. Moreover, naps exceeding 30 minutes have been linked to health issues like obesity and metabolic syndrome. This association, however, is probably more indicative of

underlying health conditions rather than being a direct result of prolonged napping.

Interestingly, excessive napping can also be a symptom of illnesses, such as Alzheimer's disease or increased brain inflammation. If you regularly need lengthy naps (over an hour) or multiple naps per day, you might have a health problem and should consult your GP.

After looking at the research, I don't feel guilty about my 20-minute naps anymore. They leave me feeling alert and productive, which aligns with the scientific understanding of the benefits of brief naps. When done correctly, napping can be a valuable tool for enhancing cognitive function and overall well-being. I would go as far as to say that in today's fast-paced world, napping is a valuable survival tool.

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



ACCESSIBLE BATHROOMS SHOWER & WET ROOMS

WITH INSTALLATION FULLY MANAGED FROM START TO FINISH



★ Trustpilot ★★★★★
Rated 'Excellent' by our customers

- ✓ Expert Mobility Advice
- ✓ High-quality fixtures, fitting and finish
- ✓ Interest Free Credit*

Call today to book your FREE no obligation
in-home design consultation

0121 227 2568

Visit our showroom
1 Oxhill Road, Shirley, Solihull B90 1LR
bathingmobility.co.uk



* Credit is subject to status and affordability. Terms and conditions apply. Authorised and regulated by the Financial Conduct Authority. Bathing Mobility Advisory Service Limited, FCA Register no. 819781 is an appointed representative of Mobility Bathing Group Limited, Unit 20-21 Padgets Lane, Redditch. B98 0RA, FCA Register No. 673828. Credit is provided by Novuna Personal Finance, a trading style of Mitsubishi HC Capital UK PLC, authorised and regulated by the Financial Conduct Authority (Register No. 704348).

Beef Stroganoff with Herb Pasta

Pappardelle pasta makes the most perfect partner for creamy stroganoff, but you can also rice or any pasta of your choice.



Preparation time: 10 mins (+45 mins freezer time)

Cooking time: 20 mins

Serves: 4

Ingredients

400g beef rump steak, trimmed
1 tbsp butter
1 tbsp olive oil
300g small button mushrooms
400g pappardelle pasta
3 shallots, finely chopped
1 tbsp plain flour
300ml beef stock
1 tbsp Dijon mustard
1 tbsp tomato purée
3 tbsp crème fraîche
½ x 20g pack flat-leaf parsley, chopped.

Method

Freeze the beef for 45 mins before you begin. This makes it easy to slice really thinly. Season well. Melt half the butter and half the oil in a large, non-stick frying pan. Turn the heat up and quickly sear the beef in batches until browned on both sides. Remove the meat and set aside. Repeat with the mushrooms, then set aside with the beef. Boil the pasta. Add the remaining butter and oil to the pan and soften

the shallots for a few mins. Stir in the flour for 1 min, then gradually add in the stock, stirring continuously to prevent lumps. Simmer to allow it to thicken for 5 mins, then stir in the mustard, tomato purée, crème fraîche and seasoning. Simmer for one more minute, then return the beef and mushrooms to the pan. Drain the pasta, toss with half the chopped parsley, season, then serve with the creamy stroganoff, sprinkled with the remaining parsley.

Resolution Revolution

The five best new year resolutions that are NOT about losing weight.

Learn a new skill or hobby:

Commit to learning something new, like a musical instrument, a new language, or a craft. It's fulfilling; it stimulates the brain, introduces you to new communities, and can be a source of joy and pride.

Improve your financial health:

Focus on financial goals such as saving a specific amount of money, learning how to invest, or cutting down on unnecessary expenses. Small changes can lead to long-term improvements in financial security and peace of mind.

Enhance personal

relationships: Resolve to spend more quality time with family and friends. Work on communication and empathy skills to strengthen those personal connections, which are crucial for emotional well-being.

Volunteer and give back:

Commit to regular volunteering or find ways to help others in your community. It can be rewarding and benefit not only those you help but can also give you a sense of purpose and connection.

Prioritise your mental health:

You could try meditation or yoga, and if you have ever wondered whether you might benefit from therapy, this year could be the time to give it a try. Or you could simply work on increasing your leisure and relaxation time. Good mental health is foundational to overall well-being.

Each of these resolutions offers a path to self-improvement that goes beyond physical appearance, focusing instead on personal growth, happiness, and well-being in 2024.



Rightio Plumbing & Heating

0121 206 3761

We work in

Solihull, Edmdon,
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

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



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.

ADVERTISE IN THIS PUBLICATION

DON'T MISS OUT!

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

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

REDUCE YOUR ENERGY BILLS & SAVE MONEY BY EXTERNALLY INSULATING YOUR HOME

By externally insulating your home, it will not only save you money by reducing your heating bills and make your home cosier, but it will also totally transform the look of your home and add to its value!

**WE ALSO
OFFER
CAVITY WALL
AND LOFT
INSULATION**

BEFORE



AFTER

The whole house has been transformed by Rockwarm using a traditional white finish render for the External Insulation. We are extremely pleased with the installation, and the attention to detail throughout, any minor problems were overcome with ease, a very helpful office staff, good communication and friendly. Wouldn't hesitate to highly recommend Rockwarm.

GaryMM-1318, 24 Aug 2023



Tel: 02476 34 55 54

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

info@rockwarm.co.uk • www.rockwarm.co.uk



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



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

The flexibility of our home care services enable you to live safely and comfortably in the place you know best – your home. From daily or Weekly visits, there are plenty of homecare services available, even on a short-term basis, half an hour visits, forty five minutes or hour-by-hour visits. We're here to support you.

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

