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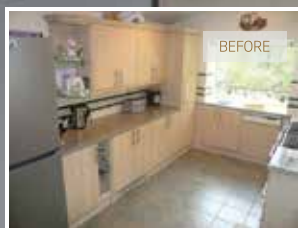
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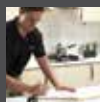
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Welcome to the November edition...

By the time this arrives **Christmas** will only be 6 weeks away! Check out page 6 to see what local Christmassy events are on. If you fancy treating yourself to a night out before the main event, find out what's on at the cinema and the **Core theatre in November on page 26**. Have a look through the magazine too as some of our advertisers are holding their own local Christmas events and would love your support.

You've just about got time to make any last-minute changes to your home in time for Christmas so remember to support local businesses as they really value their customers – we have a great collection of local tradespeople and businesses who are local and are looking for your custom.

Here's hoping the **pre-Christmas build up** isn't too hectic and that you find the time to relax, maybe over a glass of mulled wine and a mince pie!

Zoe

Zoe Reece

Tel: 07557 220585

Email: zoe@dorridgedirectory.com

www.solihullindex.com



contents

- | | | | |
|-----------|--------------------------|-----------|--------------------------|
| 6 | Local events | 34 | Puzzles |
| 26 | Cinema and theatre guide | 36 | Useful telephone numbers |
| 30 | Competition | 37 | Index |
| 32 | Book Reviews | | |
| 33 | Recipes | | |

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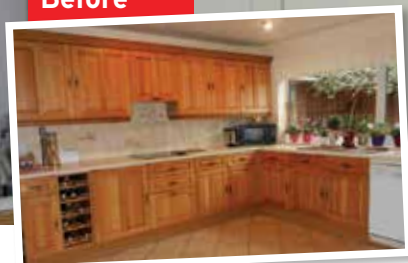
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community events

Black Tie Ball in aid of Solihull Marie Curie Hospice

Saturday 17th November, from 7pm

St Johns Hotel, 651 Warwick Road, Solihull

A fabulous evening consisting of a drinks reception, three course meal, live entertainment, Casino tables with fun money, photo booth and plenty of amazing raffle prizes. Tickets £45 per person – available from Claire on 07774 759758.



Charity Christmas Fair

Saturday 1st December, 10am – 2pm

Knowle Village Hall

The Knowle Village Hall Fund Raising Committee, in association with the Knowle Flower Club, invite you to a Charity Christmas Fayre attended by Santa Claus himself with his Children's Lucky Dip. There will be plenty of Christmas and other items on sale plus competitions and Face Painting as well

as refreshments. Everyone is most welcome.

"The Chimes of Christmas"

Saturday 8th December, 7.30pm
Knowle Village Hall

The Strolling Players are presenting this festive concert in aid of Macmillan Cancer Care: Reg Charity 261017. The programme includes G&S, songs from the musicals, opera - plenty to enjoy! Tickets £8 from Box Office 01564 772071.

Christmas Outdoor Cinema

10th – 22nd December
Mell Square

Visit the marquee in Mell Square to see showings of your favourite childhood Christmas movies, including Frozen and Miracle on 34th Street. The movies are free to watch, and seating is on a first come, first serve basis. Refreshments will be available to buy, including hot chocolate and hot dogs.



THE CORE LIBRARY

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- **Councillor's Surgery** - these are face-to-face meetings held by councillors for local people to raise issues in their area. First and last Saturday of the month, 10.00am-12.00pm
- **Rhyme Time** - Wednesdays 10.15am to 10.30am, term-time only. A short interactive session for 0-2s that includes finger and action rhymes and songs. Come along and meet up with other parents/carers and discover what the library can offer your child.
- **Meet and Play** - Fridays 10.15am to 11.15am, age 0 - 2 years (term time only). Our new Meet and Play session offers the chance for young families to meet up, relax, chat, play, sing or make music together! The session is for families, led by families. Toys and musical instruments are provided. For more information contact 0121 704 6965.
- **Homework Club** - Tuesdays 3.45pm to 5.15pm, term time only
- **Silent Reading Cafe** - Held once a month on Thursday evenings, this is a chance to unwind and read in a cosy, informal environment without distractions. It begins with an hour of silent reading from 6pm with a chance to chat (if you want) between 7pm and 7.45pm.

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Being the best version of ourselves.

It can be very difficult in a world of Facebook and Instagram to not compare ourselves to others. We know we don't grow green grass simply by looking at our neighbours' garden but we cannot help wanting what someone else has sometimes.

11+ results are out and there are many disappointed, hardworking students out there comparing themselves to others who did better. Imagine though that the test was so hard, none of their friends got through, they would feel instantly better. **The fear of missing out (fomo) is not just for children though is it?** When you got your last car, you were probably over the moon with it, kept it tidy and felt really happy driving in it but as time goes by we get bored with the material things and the car gets messy, a new model comes out and hey presto! we are comparing it with the shiny new one!

If I can't make a date for work or play, I immediately start to wonder what opportunities or fun I am missing out on! When I am in someone else's business though or (someone's car for that matter!) that means I am not in my own and so I am so busy looking at what everyone else is achieving, I forget to work on myself. We need to tend our own lawns instead of looking enviously at those of others.

The only person we can truly compare ourselves with is our self! Being in the now and focusing on our behaviour and our achievements in light of our own view of the world and previously set goals is a far more effective way to be the best version of ourselves.

Reviewing where we are and what we have achieved is a great way to become the best version of who we are and far more realistic. Don't be fooled by the perfect life pictures on social media, they have been carefully selected to paint a picture that is not real. **Instead, draw your own picture of what YOU want and reflect each day in a journal on how you are getting on.** The three Rs are a great way to do this. Review, Refine and Repeat. What would you say about the day, what would you do better next time and what would you do again.

Happy journaling and let me know how you get on!



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Choose the **Perfect Winter Coat**

A winter coat is one of life's bigger clothing investments, so it makes sense to be fully informed and have a plan before hitting the shops (or the internet!).

The first thing to look at is your lifestyle. Imagine someone who travels by car and parks outside their place of work every day, but who likes to go for country walks with their dog at the weekend. Then imagine someone who waits for a bus or a train every day and has a half mile walk at either end of their commute. They will have different demand from their winter coats.

In the UK winters vary from mild to extreme but one thing is certain...it will rain! A waterproof outer shell is a must-have for any winter coat. Look for 'water resistant' on the label. Don't rule-out a proper wool coat; a somewhat unsung property of wool is its water-resistance. Beware though: many coats which purport to be 'wool' are a wool blend with only about 20% wool fibres. These will be less resistant to a downpour; more likely to make you sweat and smell a bit fusty after a while.

Look at how well insulated the coat is. Proper

wool coats are naturally warm and feel luxurious. Among other types of coat insulation is a choice of down or synthetic fibres. Down is a classic, natural insulator. It is incredibly lightweight though less good for very wet weather. If you plan to walk a lot in all weathers it may not be the right choice. Synthetic insulation holds up better against moisture but won't retain its insulating properties for as long as down.

Check all zips and cuffs are made from high quality material that will last. Double zips or a zip and Velcro-flap combination create added warmth. Cuffs should be cosy around the wrists so that no drafts can get in.

Once you've found a coat you like, examine it to make sure it really is high quality. Make sure all the seams are secure and there are no holes where insulation is escaping.

There are many super-stylish winter coats around, but never sacrifice comfort and warmth for style as you will regret it on the coldest wettest days. For example, check that you can wear layers, or a thick jumper under the coat. I've found many 'fashion' coats have arms which are too skinny to allow for a jumper and thus restrict your movement and / or blood-flow!

Finally think creatively. In our first hypothetical example the person might prefer a light warm wool jacket for commuting by car to work, but a thick full-length down-insulated coat for country walks at the weekend. OR, they might prefer to buy a jacket with a lining that can be removed and worn separately as a jacket in its own right for car journeys, then with the waterproof outer layer at weekends. If your budget is tight try searching through charity shops or factory shops. There are some amazing bargains to be found from heavy pure wool overcoats to branded hiking wear.



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Porches



a taster of what's on in November and December...

CINEMA

Juliet, Naked

from 2nd November

Based on the novel by Nick Hornby, this is the story of Annie, Duncan's long-suffering girlfriend, who unexpectedly strikes up a friendship with Tucker Crowe, a musician whom Duncan's obsessed with.



Robin Hood

from 21st November

Robin of Loxley returns home from the Crusades to a conflicted England. Under disguise, he becomes Robin Hood and joins the fight against the corrupt crown. Living a double life – as Hood and Loxley – he'll face his greatest battle yet.



Ralph Breaks the Internet

from 30th November

This follow-up to Wreck-It Ralph follows Ralph and Vanellope on their latest adventure after their arcade gets connected to the World Wide Web. Travelling through this virtual metropolis, how can these two misfits hope to succeed in this huge, strange world?



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THEATRE

The Core Theatre, Solihull
(formerly Solihull Arts Complex)

Hairspray – the Broadway Musical

20th – 25th November

You can't stop the beat in this big and bold musical about one girl's dream to dance! Set in the early 1960s, Hairspray features the loveable plus-size teen Tracy Turnblad who just loves to dance! This Solihull premiere is presented by St. Augustine's Musical Theatre Company.



Let's Twist Again

Friday 30th November

Love 50's and 60's music? Then you will love 'Let's Twist Again. This company of critically acclaimed artistes and musicians returns by popular demand to deliver a show that combines great music, fun and laughter with the greatest hits of Elvis, Dusty, Lulu, The Beatles, Cilla and more.



80's Mania

Saturday 1st December

Europe's Official 1980s Multi-Tribute Concert featuring 25 chart topping pop icons authentically recreated with a live band and awesome dancers. Includes tributes to Duran Duran, The Human League, Kim Wilde, Culture Club, Madonna, Madness and many more!



To book please visit www.thecoretheatresolihull.co.uk

Why wear a Poppy?

By Sarah Davey

It's over a century since more than nine million soldiers were killed during the First World War. The last of the veterans from that era are dead and many young people know little about the causes and devastating aftermath of the conflict. **Many refuse to wear a poppy because they think it glorifies war.** Perhaps it's more important than ever that we discuss the poppy's place in history.

Much of the worst fighting in World War 1 took place in Flanders, the western part of Belgium. The area suffered terribly, with homes, farms, roads and trees all completely destroyed. The land became a bleak, muddy graveyard for the thousands of soldiers who fell there.

One plant, however, thrived in the disturbed soil and **that was the poppy.** Year after year, as the warm weather arrived, the poppies bloomed and turned the grim bare ground into a sea of red. At that time, fighting in Flanders was a young Lieutenant, Colonel John McCrae, a Canadian physician. In May 1915, his close friend and fellow soldier was killed in action. Seeing the poppies growing alongside his grave moved McCrae to write the poem '**In Flanders Fields**', which was later published in Punch magazine.

The idea to use the poppy as a symbol of remembrance for dead soldiers came from an American professor and YWCA worker, Moina Michael, in 1918. She wrote a poem in reply to McCrae's called '**We Shall Keep the Faith**' and started to sell silk poppies. The idea was adopted by the American Legion in 1920 and she became known as '**The Poppy Lady**'.

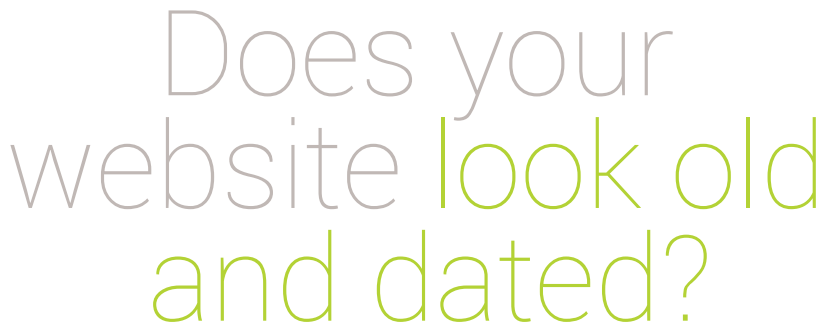
In 1921, Anna E Guerin started making artificial poppies in France and gained the support of Field Marshal Douglas Haig, founder of the Royal British Legion.

The first poppy appeal was held on Armistice Day 1921. It was hugely popular and, despite a recommended selling price of threepence per poppy, single petals sold for £5. In all, the appeal raised £106,000 – that's nearly £30 million in today's terms!

In recent years some people have chosen to wear a white poppy, either instead of or alongside a traditional red one. **White poppies symbolise pacifism and also remember the civilians killed in conflicts past and present,** as well as the soldiers. The idea is not a modern one as I originally assumed; it was initially put forward in 1926 by the No More War Movement, and the first white poppies were sold by the Cooperative Women's Guild in 1933. They are now distributed by the Peace Pledge Union, a British pacifist non-governmental organisation that works for a world without war.

However you **choose to wear your poppy this year** I hope you now have a greater understanding of the interesting and complex story behind this iconic flower.





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COMPETITION

WIN 2 tickets

to see A Viennese Strauss Gala

Tuesday 29th January 2019, 7.30pm

The Core Theatre, Solihull (formerly Solihull Arts Complex)

For your chance to win these tickets, worth £42, visit the Core Theatre website page for this event - www.thecoretheatresolihull.co.uk - to find the answer to this question:

How many years has this show been running for?

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

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

About the Show:

Recreating the romance of the Viennese Festive season, reminding you of a bygone age of glamorous soirees and Strauss waltzes. The Show features highlights from some of the great Operettas of the Strauss family, Kalman and Lehar; including Die Fledermaus, The Merry Widow and many more.

This wonderful production is cleverly staged and choreographed, and authentically costumed, and will appeal to the romantic as much as the music aficionado. It continues to be hugely popular all over the country.



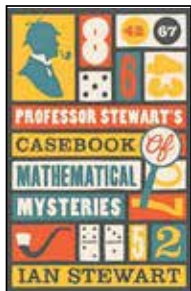
Directed by Stephen Leatherland

a good read

reviews By Willow Coby

Professor Stewart's Casebook of Mathematical Mysteries

by Ian Stewart

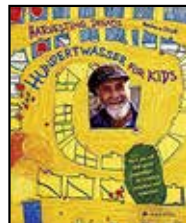


Like its wildly popular predecessors *Cabinet of Mathematical Curiosities* and *Hoard of Mathematical Treasures*, Professor Stewart's third book is a miscellany of over 150 mathematical curios and conundrums. He manages the subtle balancing act of appealing to all. Those with a mathematical background will find much to enjoy but so will those whose abiding memory of school maths is counting the minutes until the end-of-lesson bell. He does write about complicated things but in his hands it all becomes understandable and even fun. *Casebook* is packed full of humour. It follows the adventures of the hapless detective Hemlock Soames and his sidekick Dr John Watsup. By a remarkable coincidence they live at 222B Baker Street, just across the road from their more illustrious neighbour... who can never be mentioned by name.

The book is designed to be read, and shared, in bite-sized chunks and it is the sharing aspect which makes this irresistible. You'll just have to try out the number games and puzzles on members of your family and you won't be able to stop yourself from sharing all the fascinating facts and tricks such as 'The Case of the Face-Down Aces', a mathematical magic trick of quite devilish cunning... Ranging from one-liners to four-page investigations from the frontiers of mathematical research, the *Casebook* is Professor Stewart at his challenging and entertaining best.

Harvesting Dreams: Hundertwasser for Kids

by Barbara Stieff



You may never have heard of Friedensreich Hundertwasser, but he was an eccentric artist, humanitarian, environmentalist and architect. He dedicated his life to the beautification of the world in which we live. In this colourful, quirky book Barbara Stieff introduces children to Hundertwasser's free-thinking, inspirational approach to art and the environment. There is something about Hundertwasser's vibrant, exciting work which appeals to children and adults alike. Most children enjoy colouring and love bright colours but often become bogged down with making things look 'right' rather than developing their own creative style. Likewise, adults don't always fully appreciate children's imaginative artwork and gently admonish that cows are not pink with yellow stripes...when of course there's no good reason why they shouldn't be any colour at all in a painting.

Stieff's engaging and slightly off-the-wall style suits the book. She spent many years as an art educator at ZOOM, a children's museum in Vienna and it shows. The book is packed with fun projects and suggestions for stretching children's imaginations in an artistic but also in a more general way. It is also lavishly illustrated with Hundertwasser's work which makes it a beautiful decorative item in its own right; a fact of which Hundertwasser would certainly have approved.

Bacon and Pumpkin Pasta

Preparation time: 10 mins

Cooking time: 20 mins

Serves 4

Ingredients

3 tbsp olive oil
140g Pancetta or bacon, cut into cubes
1 Small onion, thinly sliced
25g Butter
500g/1lb 2oz Pumpkin or butternut squash, peeled, deseeded and diced
20g Fresh sage, finely shredded
400g Pasta (I used spaghetti)
25g Freshly grated parmesan
Parmesan, plus extra to serve

Method

Heat 1tbsp olive oil in a heavy-based saucepan.

When hot add the chopped pancetta or bacon, then cook for a few mins.

Add remaining oil and the onion.

Cook for 5 mins, until the onion becomes soft and the pancetta becomes crispy.

Stir in the butter until melted, then add the diced pumpkin or squash and the sage.

Stir well to combine, then season well.

Cover and cook for 6-10 mins, stirring occasionally until the pumpkin is soft, but not mushy.

Meanwhile, cook the pasta in salted boiling water until it's soft but with a little bite remaining.

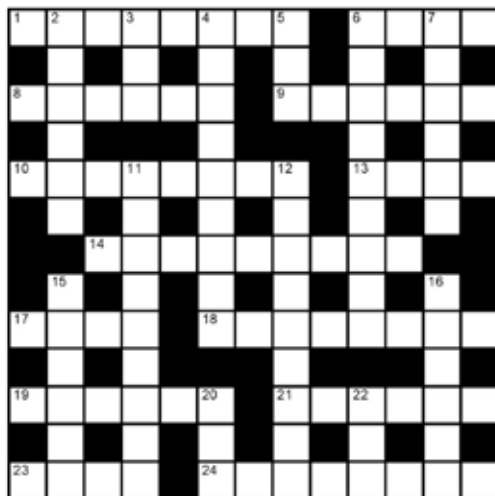
Drain and add to the pumpkin mixture. Stir in the Parmesan and season.

Serve in pasta bowls sprinkled with extra Parmesan.

Serves: 4 people
Preparation and cooking
time: 35 minutes



crossword



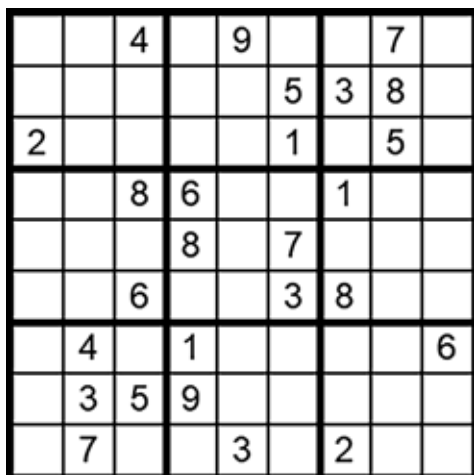
clues

- 1 Small spring flowers (8)
- 6 Slender, narrow (4)
- 8 Climbing apparatus (6)
- 9 Untidy person (6)
- 10 Deprived of weapons (8)
- 13 Distort (4)
- 14 Confession, disclosure (9)
- 17 Hinged barrier (4)
- 18 Revolution, twirl (8)
- 19 Exercise treatment (6)
- 21 Tainted, unclean (6)
- 23 Removed trapped air from radiator (4)
- 24 Funds, budget (8)

Down

- 2 Part of the crew of a touring band (6)
- 3 Rotter, bonder (3)
- 4 Being careful with expenditure (9)
- 5 Distress call (initials) (3)
- 6 Evicted, expelled (6,3)
- 7 Ailing, weak (6)

- 11 Hailed, spoke to (9)
- 12 Illegally leaving the armed forces (9)
- 15 The *Lovely Bones* actress _____ Weisz (6)
- 16 Croaky, raspy (6)
- 20 Clumsy fool (3)
- 22 Wordplay (3)



how to play sudoku

It's simple!

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

answers on page 37

SAD times

By Louise Addison

As many as one in six people suffer with a low mood in Winter and a small number of these will suffer with the more serious Seasonal Affective Disorder (SAD)

SAD sufferers are less able to control their serotonin levels in the absence of sunlight and if serotonin levels drop too low, so will your mood.

Here are five ways to raise your serotonin levels even in the coldest, darkest months.

Lighten up - As lack of sunlight is the problem, more light could be a solution. Light boxes are available that provide levels of brightness which can elevate your brain's serotonin levels.

Exercise - There's evidence that aerobic exercise not only boosts your brain's levels

of serotonin but also keeps those levels elevated for hours after your workout.

Laugh - A study in Norway found that laughing with friends, watching a funny movie or doing something that briefly improves your mood may stoke your brain's levels of serotonin.

Step outside - Research shows that walking in nature — especially with other people — is an effective way to combat depression. Spending at least 30 minutes a day outdoors even during the cold winter months may offset the seasonal drops in serotonin.

Physical contact - Massage has been proven to increase your brain and body's levels of serotonin. The soothing experience significantly reduces the blues.



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 |
|------------------|---------------|

Utilities

| | |
|----------------------------------|---------------|
| Electricity power cut | 0800 6783 105 |
| Gas leak | 0800 111 9999 |
| Severn Trent Water | 024 7771 5000 |
| Severn Trent Water (emergencies) | 0800 783 4444 |

Travel

| | |
|-------------------------------|----------------|
| National Rail Enquiries | 03457 48 49 50 |
| Network West Midlands (buses) | 0345 303 6760 |

LOCAL COUNCILLORS

SILHILL

Mike Gough

Tel: 07480 253181

Michael.gough@solihull.gov.uk

Peter Hogarth MBE

Tel: 0121 705 5455

phogarth@solihull.gov.uk

Robert Hulland

Tel: 0121 707 0493

rhulland@solihull.gov.uk

ST ALPHEGE

Stuart Davis

Tel: 01564 776293

sdavis@solihull.gov.uk

Joe Tildesley

Tel: 0121 705 3086

joetildesley@solihull.gov.uk

Kate Wild

Tel: 07917 550 644

kawild@solihull.gov.uk

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

local police contact for Solihull

Solihull police station

Telephone: 0845 113 5000



Bathrooms

- 17 EH Smith 0121 713 7100
18 OT Bathrooms 0121 707 8612

Blinds / Curtains / Fabric

- 9 Soft Options 01564 783 399
9 Tudor Rose 0121 445 2072

Builders

- 16 Parkfield Building Services 0121 241 2959

Car Services

- 12 Crossroads Service Station 0156 4703 225
12 Steve Lane Cars 01564 822 209
15 Johnsons Cars 0156 4454 081
21 Easylease 0121 693 0573

Carpets

- 23 Don Mander 0156 4700 200

Central Heating / Gas Services / Boilers

- 7 Stephen Smith & Son 0156 4200 119

Drives

- 10 Dimension Landscape & Driveways 0121 733 1463

Events

- 9 Land Rover Sports & Social Club 0121 742 5490
11 National Conference Centre 0121 704 2784
38 Hatton Country World 01926 843411

Fascias & Gutters

- 19 Proline 0800 956 1315

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- 10 Dimension Landscape & Driveways 0121 733 1463
39 Oakland Group 01564 758 608

Graphic Design

- 28-29 Hotlobster Design Ltd 0121 369 1977

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- 13 Prestige Multi-Trades 07886 922 280

Health & Beauty & Wellbeing

- 8 Guru You 07930 147 799
19 Equanimity 0844 693 1282

Kitchens

- 3 Granite Transformations 01926 675 230
5 Dream Doors 0121 314 0956
17 EH Smith 0121 713 7100

Memorials

- 14 Yardley Memorials 0121 706 2473

Online Buying & Selling

- 1 ebuygumm www.ebuygumm.co.uk

Plumbing

- 7 Stephen Smith & Son 0156 4200 119

Restaurants

- 2 The Barn at Berryfelds 0167 6522 155

Roofing

- 7 Roofing & Guttering Services 0795 6228 842
22 C Stevens Roofing 0121 733 1276
40 N Bird & Son 0800 195 6946

Windows & Doors

- 24-25 Mainstream 01564 320 013



Sudoku Solution
from page 34



Crossword Solution
from page 34

**Solution to Mind benders**

1. Musical chairs
2. Light at the end of the tunnel
3. Long in the tooth

Mindbenders Solution
from page 22

Hatton
SHOPPING
VILLAGE

**Christmas
Shopping
as it should be.**



Christmas Craft Fayre
Friday 9th - Sunday 11th November 2018

Christmas Food Fayre
Saturday 17th & Sunday 18th November 2018

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every weekend from 24th November plus
Friday 21st December 2018

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Gillian Cain, Audi Birmingham, 31 July 2017

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