the solihull index

a community magazine and business directory for residents of solihull

The UK Only Buy and Sell Website IS NOW LIVE!!!



Want to know why everyone's talking about it?

Go online and check it out NOW!

www.ebuygumm.co.uk



TWO COURSES £20.99 . THREE COURSES £25.99

DINNER

TWO COURSES £23.99. THREE COURSES £27.99

PROSECCO OFFER: Festive parties of 8 or more booked before 25th November & dining between 26th November to 14th December, will receive a complimentary bottle of Prosecco



www.thebarnatberryfields.co.uk
THE BARN AT BERRYFIELDS . MERIDEN . CV7 7LB . 01676 522 155

BRING YOUR PARTY TO OUR PARTY!

Enjoy Christmas Party Nights

in **Packe** & MARQUEE at Nailcote Hall Hotel

Ø	NOVEN	IBER STATE OF THE		
9	Sat 3rd	MAMMA MIA PARTY with VIVA ABBA	£29.50	
15	Sat 10th	BACK TO THE 70'S PARTY with CHRIS NOTT	£32.50	
ì	Sat 17th	GEORGE BENSON - STEVIE WONDER PARTY with NAT AUGUSTIN	£35.00	
	Sat 24th	CELEBRATE THE 80'S THROUGH TO TODAYS TOP HITS with REAL BREEZE	£35.00	
Ġ)	Fri 30th	MOTOWN DIVAS SHOW with THE DREAMETTES	£35.00	
٥.	DECEM	IBER		
2	Sat 1st	SWINGING 60'S & MOTOWN PARTY with THE KRYSTALETTES	£35.00	
	Sat 1st	THE SNOWBALL CHARITY PARTY with STAYIN' ALIVE - BEE GEES	£42.50	
7	Fri 7th	THE 'TAKE THAT' SPECTACULAR with 'TAKE@THAT'	£45.00	
	Sat 8th	'HITS OF THE DECADES' PARTY with JARZINO	£45.00	
	Sun 9th	AFTERNOON TEA & DANCE PARTY with VINTAGE VOICES	£25.00	
	Fri 14th	CHRISTMAS MOTOWN DIVAS SHOW with THE DREAMETTES	£39.50	
	Fri 14th	THE XMAS SOUL PARTY with SOUL SURVIVORS	£45.00	
*	Sat 15th	THE BEST 'PARTY ANIMALS' NIGHT with RANG A TANG	£39.50	
	Sat 15th	XMAS 'BACK TO THE 80's' PARTY with 80's EXPERIENCE	£45.00	
V	Sun 16th	THE No.1 ROD STEWART TRIBUTE with GARRY PEASE	£35.00	
	Wed 19th	GARY BARLOW TRIBUTE PARTY NIGHT with BOOTLEG BARLOW	£35.00	
ð	Thu 20th	THE 'GEORGE MICHAEL' TRIBUTE SHOW with RANDALL BUTLER	£35.00	
1	Fri 21st	THE SOUL AND MOTOWN PARTY with SOULTOWN COLLECTIVE	£45.00	
	Sat 22nd	THE XMAS Soul and Funk Party with 'MARKS BROTHERS'	£45.00	
	Mon 24th	DINNER IN THE OAK ROOM RESTAURANT	£45.00	
	Mon 31st	NEW YEARS EVE 'BLACK TIE' MOTOWN BALL with NAT AUGUSTIN'S SOUL TRAIN	£90.00	
CVET	OVET DDICES INCLUDE 2 COLIDES MEAL. WE WILL CATED FOR ANY ODECIAL DISTARY MEEDS BY DDIOD ADDANGEMENT			

PLEASE VISIT OUR WEBSITE TO SEE THE FULL EVENTS DIARY LISTING: www.nailcotehall.co.uk

BOOKING HOTLINE CALL: 02476 466174



info@nailcotehall.co.uk

Golf & Country Onto

Nailcote Lane, Berkswell, Warwickshire CV7 7DE





Have a Splendid September...

Welcome to the September issue of The Solihull Index.

September's the perfect time to start updating your home, after the kids have gone back to school and before the Christmas rush starts. All of the businesses and tradespeople who advertise in this magazine work locally and would love your support.

As usual, there's lots going on in the area – from the 8th Solihull Food & Drink Festival to opera evenings at Carluccio's to an evening with Frank Bruno.

However you choose spend your time, I hope you have a great month.





Zoe Reece

Tel: 07557 220585

Email: zoe@dorridgedirectory.com www.knowleanddorridgedirectory.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

Locally designed by: hotlobster design Itd Printed by: Warwick Printing Company

PLEASE RECYCLE THIS MAGAZINE

4 Mention the Solihull Index when responding to advertisements

QUALITY KITCHEN **FACELIFTS**

Transform your kitchen this summer



you can reface?

- UK's leading kitchen facelift expert
- Installed in 1-2 days by professionals
- Save £1000s with a makeover











Call 0121 3140956

www.dreamdoors.co.uk New Solihull showroom coming soon!

community events

Opera Evening at Carluccio's

18th September, 23rd October, 20th November High Street, Solihull

The evening starts at 6.30 with prosecco and canapes, followed by a 3 course meal of authentic Italian fare whilst opera singers create the perfect ambience to enjoy your meal. £40 per person.To book, please call 0121 704 5215.



Cuppa & Chat at Boston Tea Party

Thursday 20th Sept, 2-3pm Boston Tea Party, Herbert Rad, Solihull

Free Event! Get more out of life with The Oddfellows. Come and join us, meet new people and make new friends! Open to members and non-members. Includes a FREE cuppa. The Oddfellows is a friendly society with Branches across the UK. Through friendship and social events, we help our members get more enjoyment out of life and offer care, advice and support in times of need.

Solihull Food & Drink Festival

28th - 30th September

This year's food festival will be the biggest and best one yet, featuring a demo kitchen, over 60 continental food stalls and bars, children's entertainment, the Big Ale Trail, live music in the evenings... and all for free! Visit www. solihullbid.co.uk for more details.



Wildfest @ Parkridge

Sunday 30th September, 10am – 3pm, Parkridge Centre, Brueton Park, Solihull

Discover the nature reserve in Brueton Park, Solihull during our day of wild activities before hibernating for winter.

THE CORE LIBRARY

- 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.

An Evening with Frank Bruno

18th October St Johns Hotel, Warwick Road. Solihull

Featuring a 3-course meal, interview with Frank Bruno and a guest appearance from comedian Jed Stone. For tickets please call 07703 826931



Stephen Smith & Son Plumbing & Heating Services



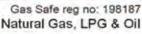
Vhich:

Trusted trader









Tel: 0121 247 4957 or 01564 200119

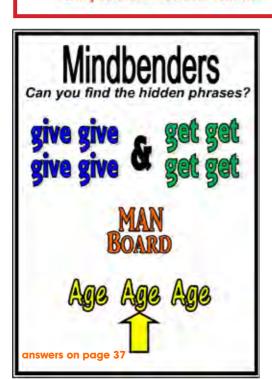
7 year manufacturer's warranty on all Worcester Greenstar gas boilers installed

www.stephensmithandson.co.uk

"Family business. Local and reliable."

Work carried out includes:

- Boilers / Radiators
- Natural Gas LPG and Oil Installation and Repair
- Bathroom Installations
- Landlord Gas Safety Inspections/Certificates
- Boiler Servicina
- Hot Water Cylinders (vented and unvented)
- System Powerflushing
- Cold Water Tanks
- Shower Installations / Repairs
- Pipework
- Underfloor Heating
- Solar Installations
- Renewable Energy





Land Rover Sports & Social Club

FORTHCOMING EVENTS

TAKE@THAT 20th October 2018

Take@That is one of the UK's leading tributes to the greatest British man band of our generation. Each member has tirelessly worked on recreating mannerisms and harmonies, along with choreographed dance routines,

providing a real likeness to the original



Tickets online from www.landroversc.co.uk

NATURAL BLU

3rd November 2018

Consists of three very talented vocalists - Alex Williams, Dannielle Mayers- Reid and Lynette Walters. The show is a very high-energy vocal harmony, full of fun and plenty of audience participation set to professional backing tracks of popular Motown, reggae and soul songs.



Tickets online from www.landroversc.co.uk

CALL DURING OPENING HOURS TO PICK UP TICKETS FROM THE CLUB

Billsmore Green, Solihull, B92 9LN • 0121 742 5490

what's going on at GuruYou?

Back to Cool for Mums!

It's September already! Wow! Where did the Summer go?... great weather, exams seemed on the whole to go well and we have all now taken out shares in Smiggle it seems in preparation for the new term.

s a working Mum I have to say I love spending time with my children during Summer but I am EXHAUSTED!! Most of the year is spent looking forward to a break, only to find I am doing more miles than Forrest Gump and getting way behind work wise whilst struggling to be "Fun Mum!"

"Fun Mum" does not ask her kids to do jobs, she doesn't like me set her 15 year old homework to get them focused for September and she certainly does NOT make the children get up before lunch time!...I am clearly by definition then, not Fun Mum!

But surely Fun Mum and I are both knackered on September the 2nd? Whether you have been arranging garden camping and bake days or fitting Skype calls in between social ones, we are not so different.

And so as we all head back to school, why don't us parents head back to cool?

Take a "Mumcation"...I think I made this up but I like it!! How indulgent in term time when the children don't need you!! I had one on the children's first day back, and it was wonderful! Potter, read, shop, do coffee...anything but chores! Get some time for YOU! Your family will thank you for it!!

Reflect on your goals for the Autumn. How can you embrace the longer nights rather than dread them? What can you do in Autumn and Winter that you can't in Spring and Summer? Daily Greatness Journals are brilliant for this and help you stick to your goals. (www.dailygreatnessjournals.com)

What can you do to make your kid's lives (and therefore yours) easier? Get together to make a family list of things that you can all do to help take the pressure off a bit- I can guarantee mine will say "Nag less!"

Mindfulness and meditation are a wonderful way to help you manage the big stuff! Contact us and we can point you in the right direction!

And finally, you may want to look at your business afresh and take some time to think about how you can help that grow over the winter. Female business owners can do this with The Bird Table, business development groups starting in Henley in Arden on September 17th. (www.guruyoucoach.com/bird-table). Quote "Backtocool" to receive a 25% discount!



Rebecca Mander rebecca@guruyoucoach.com www.guruyoucoach.com 07930 147799

Curtains and Blinds

designed and made for especially you

No job too big or too small

call for a free no obligation quotation "local interior designer" Sarah J Harper 07518 851063



Tudor Rose Curtains

Mobile: 07518 851063

answer machine: 0121 445 2072 si@tudorrosecurtains.co.uk

NEW WEB SITE www.tudorrosecurtains.co.uk



Business development group for female business owners - Henley in Arden

THE BIRD TABLE

09.30-12.30

17th Sept, 22nd Oct and 12th Nov

£150.00 for all three sessions

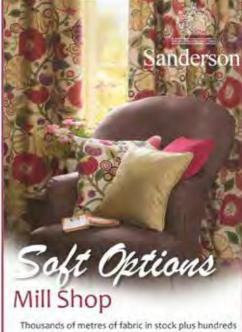
- · Grow your business more quickly
- · Belong to a small, like minded Spread the word! confident group of women
- · Hold each other accountable
- · Make working with a professional coach more affordable
- · Stay on track

Presented by:

Rebecca Mander of GuruYou™

07930 147799





of samples from all leading manufacturers.



Blinds, Poles & Tracks, Rufflette, Haberdashery and everything for the curtain maker.

Express making service available in our workrooms.

Family run business with over 60 years experience.

FREE measure & quote service.

Fitting service available.

Open 7 days a week



01564 783399

Box Trees Craft Centre, Stratford Road Hockley Heath, Solihull B94 6EA

Dimension Landscape & Driveways

- Quality driveways, patios and garden landscaping
 - Competitive prices and reliable service
- Using our own in-house expert contractors and equipment

Call us now for your free no obligation quote and to find out about our New Year Spring Bargains













0121 733 1463 / 07799 428557

www.dimensiondriveways.co.uk barnev.dimension@icloud.com

4200 Waterside Centre, Birmingham Business Park, Solihull Parkway, B37 7YN

They're Back!! December 2018
Winter Wonderland Party Nights!!!

Winter Wonderland!

Inclusive Party Nights:

Sat 1st | Fri 7th | Sat 8th | Fri 14th | Sat 15th | Thu 20th Fri 21st | Sat 22nd

All-inclusive Package - £62.50 per person (Inc VAT)

Includes prosecco arrival, 3 course Christmas fayre and unlimited house beer, wine and soft drinks ALL night!!

Non-Inclusive Party Nights: Thurs 6th | Thurs 13th | Wed 19th

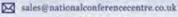
Non-Inclusive Package - £39.50 per person (Inc VAT)

Includes reception glass of prosecco, 3 course choice Christmas Fayre and entertainment. Table wines and bar drinks are all on a cash basis.

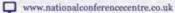




Information & bookings:







Ceventry Road, Bickeahill, Sellihull, B92 0Ed



Beat **Jetlag!**

ACT: The human body was not designed to travel long distances at high speeds across time zones. The result of this fact is jet lag. Is there any way to minimise its effects?

Yes! Here are our handy tips to beat jet lag.

It's all in the timing - Whether you like to kick back with a good movie on a long-haul flight, or prefer to check emails and work, remember the blue light emitted from tablets, laptops and screens can delay sleep, so turn off devices one hour before your desired nap time.

Eat healthily and space out meals - Stick to light fare, such as seafood salads. Many long-haul airlines employ teams of nutritionists to design wholesome meals, designed for easy digestion and energy.

Stay hydrated - The rule of thumb is to drink at least a quarter of a litre of water for every hour vou're in the air.

Get some rest - The more rest your body gets en route, the more prepared you will be to deal with the stresses of jet lag. Take a travel pillow, a small blanket, your own noise-cancelling earplugs, and an eye mask.

Match local time - From the time you board the plane set your watch to the local time of your destination. On the plane aim to move towards eating and sleeping at the time you will do these activities when you arrive. If you follow these steps you will be more likely to avoid the major effects of jetlag when travelling.



CROSSROADS SERVICE STATION LTD

A friendly, family-run business since 1969

- MOT Testing Cars & Motorbikes
- Servicing & Repairs
- Air Conditioning Service & Repair
- Diagnostic Service & Repair
- Laser Wheel Alignment
- Tyres Supplied & Fitted
- Qualified & Experienced Staff
- Courtesy Car or Collection/Delivery available

OPEN 6 DAYS A WEEK

MON – FRI 7.30am – 6pm Sat 7.30am – 1pm

MOT's while you wait!

VOSN ** RMI

599-601 Tanworth Lane, Shirley, Solihull B90 4JE **Tel: 01564 703225**

www.crossroadservicestation.co.uk

VAT No.: 113213041

PRESTIGE MULTI TRADES LTD

complete professional property renovation and maintenance services

"From a new roof to a dripping tap, to installing a cat flap"

HANDYMAN SERVICE NOW AVAILABLE

Flat Roof Repairs and Recovering Specialist | UPVC Windows | Doors, Soffits, Guttering | General Property Repairs and Property Maintenance | Decorating | Carpentry | Plumbing | Plastering | Brickwork and much more...

CALL FOR A QUOTE

www.prestigemultitrade.uk a1prestigeprop@aol.com 0121 745 3359 | 07886 922 280





STEVE LANE CARS LTD



ESTABLISHED 20 YEARS. ALL USUAL DEALER FACILITIES. OPEN 7 DAYS A WEEK.



Steve Lane Cars are based in the leafy village of Tidbury Green, Solihull within easy reach of M42 Junction 3. Our aim is to make the process of purchasing your next car as enjoyable as possible.

If we haven't the car you are looking for in stock, please call and we can locate it for you. We are licensed credit providers and experts in offering car and commercial finance, with access to the best rates from the country's leading providers.

Our success has been built on customer retention and recommendation and we are confident you will be impressed with the individual, professional way we conduct business.

01564 822209 07970 901420

1 LOWBROOK LANE, SOLIHULL, B90 1QR



Johnsons Knowle should be your first stop when looking for a pre-owned vehicle.



Every vehicle we sell has been sourced from within the Johnsons Group and checked over by one of our trained technicians, so you can have faith in the quality of each and every one of our vehicles on the forecourt.

Alongside our showroom on Station Road we also have a state-of-the-art workshop, offering a comprehensive range of aftersales services, from MOTs to fixed-price servicing on all models.

For Sales, Service or Parts enquiries call us today on **01564 454 051**, or if you're passing pop in for a coffee and one of our friendly team will assist you.

Johnsons Cars

25 Station Road, Knowle, Solihull, West Midlands B93 OHL

Call us today on **01564 454 051** or visit us at **johnsonscars.co.uk/knowle**

Vehicles shown for illustration purposes only. Johnsons Dealerships LLP trading as Johnsons Cars (partnership No OC383295) is a subsidiary of Johnsons Cars Ltd, (registered in England No 3716766). Johnsons Dealerships LLP (Firm Reference Number: 512460), is an appointed representative of ITC compliance Ltd, which is authorised and regulated by the Financial Conduct Authority (their registration number is 313486).

Six Reasons to Shop Local

You boost the local economy - For every £1 spent with a small or medium-sized business 63p stayed in the local economy, compared to 40p with a larger business.

You increase the value of your home - High streets populated with thriving independent businesses boost the prices of nearby homes. Discount stores and charity shops decrease home values in the area.

It is more ethical - When you shop at local butchers, bakers, farm shops and green grocers, it is likely that a decent percentage of the produce has had a short field-to-fork journey. As a bonus it means the food is likely to contain more nutrients and have less packaging

You support local entrepreneurs - Head for your local artisan market. These help foster the talents of the next generation of British designers and retailers. There is a constant turnover of new products, and sellers listen to customers' demands. From food to fledgling clothing designers there will be something for everyone.

You help to build your local community -

Bookshops, cafes and craft shops often drum up custom by hosting events, from reading groups to knitting clubs and children's events. If local businesses are not supported, these fun local groups tend to disappear too.

You might get a better deal or some good advice - Local independent businesses can use their discretion to reward regular custom. Butchers will give advice on cooking times, and how large a joint you might need to feed a family get-together, with some leftovers. Get to know your local traders.





LAURA ASHLEY

Roca

Symphony®



Utopia



Expert advice

Site Surveys CAD design

Book your appointment today...

Haslucks Green Rd, Solihull Call 0121 713 7100



Buy online

- . Bathroom Aids . Bath Seats
- * Bath Lifts * Electric Showers * Bath Steps
- . Shower & Bathing Accessories . Bathrooms Deltis
- · Bathmaster Sonaris and more...

Go to www.otbathrooms.co.uk to see our full range of products

We are a trusted and reliable company supplying and fitting specialist bathrooms. We are here to help and advise accordingly, providing our customers with a bathroom that is safe, practical and stylish.

We welcome visitors to our showroom at 53 Warwick Road, Olton Hollow B92 7HS but If you are not local to Solihull, then we are only a phone call away. If you wish to speak to us please call on

0121 707 8612

Alternatively, get in touch with us via email at: sales@othbathrooms.co.uk





If you are unable to get to our showroom in Solihull we can visit you at no cost for a no obligation quote



PROFESSIONAL LINE UK LTD

REPLACEMENT PVCu FASCIAS & GUTTERS IT'S THE ONLY PROPER WAY

Don't be fooled by cheap prices! Capping over existing Fascias will ruin your home! It causes sweating, will rot away your old boards and eventually put dry rot through your roofing timbers.

Don't be fooled by those who say they cut rotten wood first, and then cap over. OLD WOOD WILL ROT, NO MATTER WHAT!

CALL NOW FOR OUR SEPTEMBER & OCTOBER DEALS We promise to beat any genuine quote!

TEL: 0121 314 4390 MOBILE: 07776 287035

I will call, survey and explain exactly what the installation entails, with no obligation on your part. We would however be pleased to quote you for any additional areas. If you have had new Gutters & Down Pipes in the last ten years, it is possible to refit them afterwards.

Central Boulevard, Blythe Valley Business Park, West Midlands, B90 8AG

We also install Windows, Conservatories, Porches, Cavity Wall Insulation, Felt & Flat Roofs



Our products are so good they speak for themselves





WINDOWS

Whether you want just one window replacing or a whole house, we can help. We offer advice on a range of designs to maximise the potential of your home, giving results you can enjoy for many years.

DOORS

We offer a wide range of door options including residential doors, french doors, patio doors, composite doors and bi-folding doors in Upvc and Aluminium.





WE MANUFACTURE
OUR OWN UPVC AND
ALUMINIUM PRODUCTS

Telephone: 0121 772 5557

www.davidcannonwindows.co.uk



BUILT WITH TRUST START TO FINISH

Your local family-run building company.



pjayyjed

BUILD. DECORATE. MAINTAIN

Contact us, to see how we can help.

0121 241 2959

or visit us at: www.parkfieldbs.co.uk

Extensions. Conversions. New Builds. Renovations. Refurbishments.

Windows & doors. Decorate, external & internal. Re-fit, bathrooms & kitchens. Roofing. Electrics.

Plumbing. Heating. Carpentry. Tiling. Drives & patios. Architecture Design.

Planning Applications. Interior Design.





EXPERTS IN THE DESIGN, BUILD, INSTALL AND SERVICING OF FIRES AND FIREPLACES.

BROUGHTON

FIREPLACES

WOODGLOW

FIREPLACES

At Woodglow we make fireplaces to suit your requirements – any shape, any size, any style, any colour. We are an established family-run business that have been trading for over 20 years.

Come and visit us at our showroom in Olton Hollow and see what we could do for you.

0121 707 2306

59 Warwick Road, Olton, Solihull B92 7HS Open Monday to Saturday 10am - 5pm





YARDLEY MEMORIALS

We pride ourselves on personal service and customer care

We are now also based at Widney Manor Cemetery for new memorials and flowers.

Yardley Memorials offers a personal, sympathetic and professional service when you are faced with the painful and emotional task of choosing a suitable memorial for a loved one.

All lettering free on new memorials*.





453 Stockfield Road, South Yardley, Birmingham B25 8JH.

Open Monday to Friday 9-5, Saturday 12-4.

Widney Manor Cemetery, Widney Manor Road Bentley Heath B93 9AA. Open 7 days a week 10-4.

* Terms and conditions apply.

0121 706 2473

peter@yardleymemorials.co.uk www.yardleymemorials.co.uk









Windows, Doors and Conservatories

Mainstream is a specialist manufacturer of high quality windows, doors & conservatories. We have a huge range of products including bifold doors, orangeries, glass extensions, pvc and upvc windows.





Over 20 Years Experience For over 20 years, our award-winning FENSA regulated firm has successfully manufactured and supplied windows, doors and conservatories to our clients.





The Personal Touch

Our company is owned and run by three experienced directors that work in a 'hands-on' role. No job is too small or too large for us and if you are looking for something different, we can make bespoke products just for you.





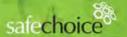
High Quality Standards

We pride ourselves on attention to detail, and all of our products are manufactured 'in-house' at our Head Office in the West Midlands. And the same goes for our fitters – they are our own trusted staff, with many years' experience between them.

Come and see our new high performance Origin Aluminium Windows and doors.

0121 430 9150

www.mainstream-doubleglazing.co.uk









A-door-able!

UPVC & Bifold Doors to Suit All Applications

Mainstream Windows is a leading supplier of all types of replacement domestic **UPVC & Aluminium Bifold** doors. Whether you are looking for a new front entrance, back entrance or garage options, Mainstream's expert team can advise you on the best product to suit your property, lifestyle and budget.

or front entrance and back entrance. there are three main types of products used in homes today wooden, UPVC and composite doors.



UPVC Doors

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 reauire 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 vour 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 september and october...

CINEMA

American Animals

from 7th September

This is the unbelievable true story of four friends who decide to attempt one



of the most daring art heists in US history. They're planning to break in to a library containing the most valuable book in the United States, and a \$12 million payday is waiting for them if they can pull it off.

King of Thieves from 14th September

This film tells the true story of the Hatton Garden iewellerv heist, in which a group of retired criminals in their 60s and 70s made off with £200 million.

Police initially



thought it had been done by a gang of super-thieves... but they were mostly just unoccupied and bored, looking for one last hurrah

The House With A **Clock In Its Walls**

from 21st September

An epic story of a This magical adventure tells the tale of an orphan, Lewis, who is sent to live with his uncle in a creaky old house. But the house is enchanted



and reveals a secret world of warlocks and witches. Lewis

must join his uncle on a quest to discover the source of a mysterious ticking within its walls.

To book please visit www.cineworld.co.uk

THEATRE

The Core Theatre, Solihull (formerly Solihull Arts Complex)

Crescendo presents The Sound of Musicals

Saturday 22nd September

Crescendo Musical Theatre are a talented vocal harmony aroup who recreate West End and Broadway musical hit songs from the 1940s through to the current day.



Dire Streets

Saturday 29th September

Dire Streets cover tracks from early classics like Sultans of Swina and Lady Writer, through to the mega-hits of the 80s and Brothers in Arms, taking in all the classic album and live versions from the legendary Alchemy, Live Aid and Mandela concerts.



The Matt Monro Story

Wednesday 3rd October

Celebrating the life and music of the leaendary Matt Monro, this is an inspired and unforgettable show featuring a unique evening of music, warmth and love, keepina the memory of his music alive.

To book please visit www. thecoretheatresolihull.co.uk





Howard Yarnold Windows & Doors Ltd

Design, Build & Fit Aluminium & PVC-U Windows, Doors & Conservatories







New Bi-Folding Doors

Now available 'A' rated UPVC energy saving windows

Special offer on our Superb Bi-Folding Concertina doors any colour. Ideal for entrance from lounge to conservatory

- · We can offer a style to suit any home.
- · Advanced locking systems coupled with frames which are resistant to bending or the easy removal of glass make our windows less attractive to unwelcome visitors.
- · Use of modern materials means our windows are virtually maintenance free, reduce noise pollution and provide thermal insulation in your home.
- · Every frame is tailor made so fitting is a quick process with very little disruption to you.

FAMILY BUSINESS OFFERING HONESTY & PERSONAL SERVICE THROUGHOUT



Call Brian or 0121 414 0808

e: sales@howardyarnold.co.uk www.howardyarnold.co.uk

1 Birkdale Avenue, corner of Heeley Road, Selly Oak, Birmingham B29 6UB



Does your website look old and dated?



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.



studio@hotlobster.uk.com

T: 0121 369 1977 www.hotlobster.uk.com

COMPETITION



WIN 2 tickets

to see Let There Be Love

Friday 5th October 7.30pm

The Core Theatre, Solihull (formerly Solihull Arts Complex)

For your chance to win these tickets, worth £32, visit the Core Theatre website page for this event - www.thecoretheatresolihull.co.uk - to find the answer to this question:

What does The Telegraph refer to Ray Gelato as?

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

Closing date for entries is 24th September and the winner will be drawn at random and notified by email after this date

About the Show:

Join musical partners and dear friends Claire Martin OBE and the UK's 'Godfather of Swing' Ray Gelato, on this irresistible romp through the romantic classics of the Great American Songbook and find the perfect antidote to the woes of modern living!

Lose yourself in their interpretations of timeless favourite songs such as Gershwin's 'Embraceable You', Nat 'King' Cole hits 'Let There Be Love' and 'When I Fall in Love' alongside Dean Martin's 'That's Amore'.

Claire and Ray are joined on-stage by a stellar group of musicians representing the cream of British jazz talent, in this heart-warming concert - which is guaranteed to pull on your heartstrings and is the perfect night out for romantics everywhere.

By Tom Hancock

Like Learning to Ride a Bike...

If learning to ride a bike a rite of passage for a child, teaching your child to ride a bike is a rite of passage for their parents. **So, what is the easiest way?**

The act of riding a bike comprises three individual skills combined: balancing, pedalling, and steering. One of the easiest ways to teach cycling is by teaching each skill on its own.

Balancing -

Either remove the pedals from your child's own bike or buy (or borrow) a balance bike which has no pedals. All they have to concentrate on is their balance, pushing off with their feet and gliding along. When they are confident enough to move along without wobbling or putting their feet down, it's time to reattach the pedals!

Pedalling -

Encourage your child to ride short distances in a straight line. Find a place where they can travel a short way without needing to steer or brake, so that they can focus solely on learning to pedal. This bit can take quite a while as pedalling is a good deal more complex than it looks.

Steering -

When they can pedal confidently in a straight line, set-up some obstacles for them to cycle around. Place the obstacles far apart to begin so the gaps are easy for your child to navigate without having to make big adjustments with the handlebars.

Consolidating -

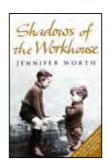
The best way to increase your child's confidence is to let them cycle alongside you. Pick and easy route and cycle it together. It's a companionable way to keep fit and make your child feel they are achieving something worthwhile.



good read reviews Bv Willow Cobv

Shadows of the Workhouse by Jennifer Worth

There are not many people who have not seen, or at least heard of the BBC drama Call the Midwife. However, few are aware that the first series was based on the memoirs of midwife Jennifer Worth, and the women and families she encountered in the East End of London in the 1950s. She wrote a trilogy of



memoirs and the second of these is Shadows of the Workhouse.

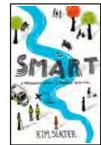
When we think of workhouses we tend to think of Dickens' Oliver Twist, However, workhouses persisted until much later: the last ones only closed their doors in 1948. Among the communities that Worth worked in, many people were haunted by their recent memories and experiences in these institutions.

There is Jane, who works with the midwives but as a child in the first decade of the 1900s grew up in a children's workhouse as an unwanted child. Frank and Peggy, a brother and sister, were sent to the workhouse in 1908 when their parents died, their later lives forever affected by the harsh and uncaring institution they grew up in. As the workhouses fade from living memory this memoir provides a reminder of how they shaped the lives of countless men, women, and children.

Smart by Kim Slater

If a King or a President is killed it is headline news

and everyone tries to find out who was responsible. But as 14-vear-old Kieran points out, when it is a homeless man called Colin, no one really cares. No one, that is, except Kieran and he is going to find out. When he grows up he wants to be a reporter for Skv News, and he uses his artistic skills to draw and record what he sees. Art is an escape for Kieran, and he needs an



escape because secrets are all around him. The biggest secrets seem to be in his own home.

Kieran has learning difficulties and is a bit of a loner. Whilst Slater does not say directly, many readers have drawn clear comparisons to The Curious Incident of the Dog in the Night-time, and there are certainly many very well written autistic traits displayed by Kieran. This debut young adult novel will almost certainly appeal to readers of Curious Incident.

Whilst the novel promises a detective story, it is much more than that. It is the story of a boy who is different, trying to make sense of his life and the adults around him, who largely neither understand him nor seem to care.

Apple Strudel

September brings a glut of apples. Make the most of them with this delicious strudel recipe.

Preparation time: 20 mins Cooking time: 40 - 45 mins Serves 6 - 8 people

Ingredients

750g/1lb 10oz Bramley apples, peeled, cored, quartered and sliced

1½ tsp ground cinnamon

1/2 unwaxed lemon, zest only

2 tsp lemon juice

100g/31/20z golden caster sugar

75q/21/2oz raisins

95q/31/2oz butter

40g/11/20z white breadcrumbs

6 large sheets filo pastry

1 tbsp icing sugar

Preheat the oven to 190C/170C Fan/Gas 5. Line a baking tray with baking parchment.

Mix the quartered apples with the cinnamon, lemon zest and juice, sugar and raisins. In a small frying pan, melt 20a/3/40z butter and fry the breadcrumbs until golden-brown, then add these to the apple mixture. Melt the remaining butter in a pan.

On a clean, dry tea-towel lay a sheet of the filo and brush with some of the melted butter. Lay another sheet on top and repeat until you have used all the filo. Layering the pastry with the melted butter helps to create flaky layers.

Place the filling along the length of the pastry along one side about 2-3cm/1 in from the edge. Using the tea-towel to help you, roll the pastry up to enclose the filling. Tuck the ends in and roll the strudel seamside down onto the lined baking sheet. Brush with the remaining melted butter.

Bake for 40-45 minutes, until golden-brown. Leave to cool to room temperature and dust with icina sugar. Slice and serve with cream, ice cream or custard.



crossword

1 2 3 4 5 6 7 8 10 11 12 13 14 15 15 16 17 17 18 19 20 21 22 1

clues

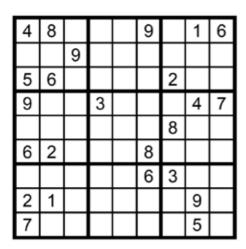
Across

- 7 Warm region (6)
- 8 Clothmaker (6)
- 9 Leave out (4)
- 10 Set alight again (8)
- 11 Butcher's chopping blade (7)
- 13 Following (5)
- 15 Punctuation mark (5)
- 16 Sound a fire makes (7)
- 18 Hidden (8)
- 19 Name of an object (4)
- 21 Scrounger (6)
- 22 Sheep dog (6)

Down

- 1 Type of lily (4)
- 2 Study of eyes (13)
- 3 Flee (7)
- 4 Alert, eyes open (5)
- 5 Gloriously (13)
- 6 Recklessly hurried (4-4)
- 12 Untightened (8)
- 14 Foretell (7)

- 17 Idolise, worship (5)
- 20 Group, section (4)



how to play SUCOKU

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

Mis Pagg

On the first day back at school Miss Black sets some homework. She tells the children it is due in the day before four days from the day lafter tomorrow. If today is Wednesday 5th September, when is the homework due in?

Answer: Monday 11th September



School Supplies Word grid
Can you find all the school supplies from Josh's shopping list in the

F G W A T E R B O T T L E
E L S C H O O L B A G Z N
L U S C A L C U L A T O R
T E S H M L R L Q I W E G
T S C J A A Q U Z J S Y O
I T I M L R G Q L A P N B
P I S X L U P L R E Z E N
S C S V D S N E D C R J P
M K O F L A W C N O O Z E
V A R O L W W K H E O N N
B U S P A S S S Z B R E C
N O T E B O O K O Q O Q I
O T Y C R A Y O N S B X L

Josh - school shopping list

bus pass notebook
calculator pencil
crayons ruler
eraser school bag
felt tips scissors
glue stick sharpener
lunch box water bottle



Q. What do you get if you cross a teacher with a vampire?

A. Lots of blood tests!



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 Solibull

tor Solinuli

Solihull police station

Telephone: 0845 113 5000



Bathrooms

17 FH Smith 0121 713 7100 18 OT Bathrooms 0121 707 8612

Blinds / Curtains / Fabric

Tudor Rose Curtains 0121 445 2072 Soft Options 01564 783399

Builders

21 Parkfield Building 0121 241 2959 Services

Car Services

12 Crossroads Service 0156 4703 225 Station 01564 822 209 14 Steve Lane Cars 38 Easylease 0121 693 0573 39 Johnsons Cars 0156 4454 081

Carpets 39 Don Mander

0156 4700 200

Central Heating / Gas Services / Boilers Restaurants

Stephen Smith & Son 0156 4200 119

Drives

10 Dimension Landscape 0121 733 1463 & Driveways

Events

Nailcote Hall 02476 466 174 Land Rover Sports & Social Club 0121 742 5490

11 National Conference Centre 0121 704 2784

Fascias & Gutters

19 Proline 0800 956 1315

Fireplaces

22 Woodglow 0121 707 2306

Garden Services

10 Dimension Landscape

0121 733 1463 & Driveways

Graphic Design

28-29 Hotlobster Design Ltd 0121 369 1977

Handyman Services

13 Prestige Multi-Trades 07886 922 280

Health & Beauty & Wellbeing

9 Guru You 07930 147 799

Kitchens

5 Dream Doors 0121 314 0956 17 EH Smith 0121 713 7100

Memorials

0121 706 2473 23 Yardley Memorials

Online Buying & Selling

1 ebuygumm www.ebuygumm.co.uk

Plumbing

Stephen Smith & Son 0156 4200 119

2 The Barn at Berryfelds 0167 6522 155

Roofing

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

Stairs

19 Lyndale Stairs 0154 3677 780

Windows & Doors

20 David Cannon Windows

0121 772 5557 24-25 Mainstream 01564 320 013 27 Howard Yarnold 0121 414 0808

Suduko Solution

from page 34



Crossword Solution

from page 34



Solution to Mind benders

Forgive and forget

Man overboard

Middle age

Mindbenders Solution

from page 7







Helping You Afford

HYUNDAI 120 AIR



Special Offer £160 pm
Bluetooth USB Alloys

Your Next Vehicle.

VW SHARAN



Special Offer £400.00 pm
Bluetooth 7 Seats USB

No Deposit! Inclusive of FREE Servicing and MOT's!

FORD TRANSIT CUSTOM LTD



Special Offer £310.00 pm 3 Seats Bluetooth Sat Nav

FORD



Special Offer £400.00 pm
3 Seats ply Lined Bluetooth

No Need to worry about CCJ's or Bad Credit! Visit www.easyleasecars.co.uk

To Find Out How or Call Us Now on 0121 693 0573

D.A. MANDER & SON Ltd

PROFESSIONAL FITTER AND SUPPLIER OF QUALITY CARPETS

Don Mander does not have retail premises. If you need him please call him direct—the only way to buy carpets



EASIER

Than walking round lots of shops

CHEAPER

No overheads cutting costs

ACCURATE

See colours in their true light

CONVENIENT

View in the comfort of your own home

Really pleased with job done by Don and family to install our hall, stairs and landing carpet, quick, knowledgeable and professional, wish we had found them sooner! Would highly recommend.

Claire Price, Solihull

For the best carpet fitters in the UK look no further than Don, Davina and Luke Mander. Experts in their field, trustworthy and extremely knowledgeable. No job is to big or too small. They carried out a repair job on our stair carpet which had been ruined by the cat. It is now as good as new.

Carol Tromans, Solihull

01564 700200

We can uplift and remove existing carpets and move furniture

Mobile: 07976 778694 FREE ESTIMATES

91 Longdon Road, Knowle B93 9HT

See our Review's at Freeindex.co.uk

Meet Jeff Sandbrook...

A local roofing specialist with 50 years experience and 15 years service at N. Bird & Son



All roofing work undertaken by Jeff and the team, except chimneys... that would be Jeff's Dad!

"When replacing my roof, Jeff went above and beyond our expectations and he always behaved professionally and honest." Alan Hawkins, via Trustatrader

- Ridge Tiles
- Lead Work
- Guttering
- New Roofs
- Flashings
- Chimneys
- Fascias
- Flat Roofs

NO PAYMENT UNTIL YOU ARE 100% SATISFIED

N. BIRD & SON











0800 195 6946 0121 695 9033



FREE QUOTES
FREE ADVICE
FREE SURVEY



Part of Quality Homes Investments Ltd