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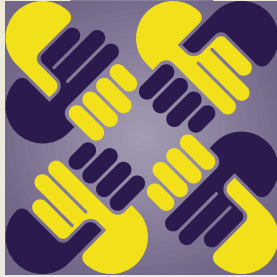
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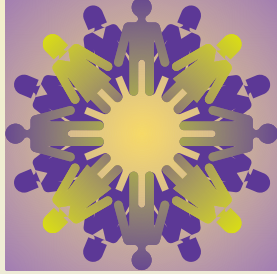
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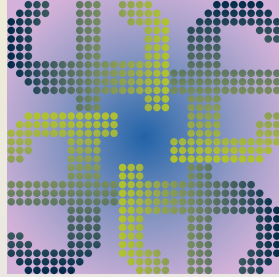
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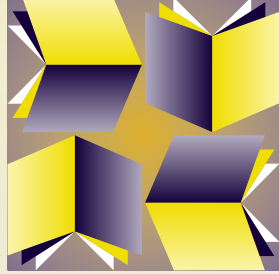
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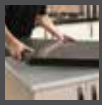


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# Welcome to April!

Now's a great time to plan some nice things in the diary – whether you want to try a new restaurant or challenge yourself to doing the Knowle Fun Run in May or get your garden looking lovely. There's also lots of great shows coming up at The Core Theatre in Solihull.

Here's hoping the weather stays lovely so we can all get out more and experience all the great places to visit locally.

Until next month,



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# community events

## Fashion Show

**Thursday 9th May 5.30-8pm**

**John Lewis Solihull**

Join us for a fashion show and let our Personal Stylists show you all the latest spring and summer trends. There will be a glass of fizz on arrival and the evening will include hair and beauty demonstrations. Tickets are £10 each with proceeds going to The Alzheimer Society. Please visit Customer Support on First Floor to purchase your tickets.

## Strictly Line Dancing

**Friday 17th May 7.30pm**

**Knowle Village Hall**

Knowle Village Hall Association invites you to a Line Dance at the Hall, hosted by Mavis Worth. Tea and coffee will be available but bring your own "liquid refreshment and nibbles". Tickets £5 from Carolyn Abbott 01564 779898 or Keith Williams 01564 779445. This event is in aid of the Hall Refurbishment Fund.

## Knowle Fun Run

**Sunday 19th May**

Entries are now open for May's 36th Knowle Fun Run. Now with a choice of 5k or 10k, runners have no excuse not to get fit for Solihull's longest running Fun Run. Join in for a great community atmosphere on traffic-free streets and help raise funds SoLo Life Opportunities and Sepsis UK Trust with half of all proceeds being retained for local causes; or run for your own cause. Enter online at [www.knowlefunrun.org.uk](http://www.knowlefunrun.org.uk).



## Charity Pro-Am Golf Competition

**Monday 10th June**

**Copt Heath Golf Club**

For the 35th year The Rotary Club of Knowle and Dorridge is hosting this annual event in conjunction with the PGA Midlands. This year's charities are Action Against Cancer and Berrow Cottage Homes, both supporting people in the local community. To enter a team, sponsor a hole, donate a raffle prize or auction lot, please contact Colin Winstone on 07800 121274 or [colin.winstone@blueyonder.co.uk](mailto:colin.winstone@blueyonder.co.uk)



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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.

## Heart of England Bike Ride

**Sunday 14th July**

**Packwood House National Trust**

Gear up, get your friends and family together and take on the challenge of the 12 mile or exciting all new 60 mile velo route. Help raise funds for The UK Sepsis Trust, SoLo Life Opportunities and local causes. After your ride enjoy a free visit to the House and Gardens and something from the Lions BBQ. [www.knowleanddorridge.lions.com/bikeride](http://www.knowleanddorridge.lions.com/bikeride)



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# International Womens Day

**M**arch marked International Women's Day and I was really proud to speak at an event and attend Lady Margaret Hall College Oxford with a client. Of course, many ask "why just women?" Well there is an International Men's Day in November, but I guess women still have a long way to go before they are accepted as equals and so find collaborating and supporting other women on their journey incredibly empowering.

We have made incredible progress since Lady Margaret's time- she was forced into marriage at the age of 12- but still there is a way to go. At the day I spent at Oxford I learnt about childbirth bias, which surrounds the optimum career ages of 21-35. Men continue to thrive and grow through these optimum years, where **women are more likely to be less active in the workplace as they are the main carers for young children.**

We haven't invented men giving birth yet and I am pleased about that, but how can we support women during this time? Meetings held in core hours are becoming more common place in forward thinking businesses allowing participants male or female to share school pick-ups and drop offs. In many workplaces, it is becoming acceptable to be family friendly and therefore more flexible.

Leaders like the New Zealand PM, Jacinda Ardern show that leading with love as well as courage works. She has challenged world leaders that incite fear and is clear in her compassionate approach

regardless of the attention it attracts. She is a mother who gave birth during her time in power and does not hide her family values. Like our own Prime Minister, she is challenging the stereotype that women get **"all emotional"** in times of crisis and are **"nice because they have to be!"**

My Mum was an incredible business woman and saw her company rise and fall through two recessions. She had her thighs pinched under far too many boardroom tables and one muppet nicknamed her 'Penni Legs' because she had a good set of pins! There was no **"Me Too Movement"** she had to brush them off and tell them where to go...and then get on with it! Her brave but heart-lead leadership style meant no one ever left of their own accord so loyalty and profitability soared! This month I also was part of a book launched to celebrate female business owners and *Woman Who* by Sandra Garlick, 2nd edition, was launched on Amazon. I am so, so proud to be part of a project like this and **it's amazing women like my Mum that made it all possible!**

**Woman Who** by Sandra Garlick is available on Amazon.



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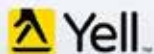
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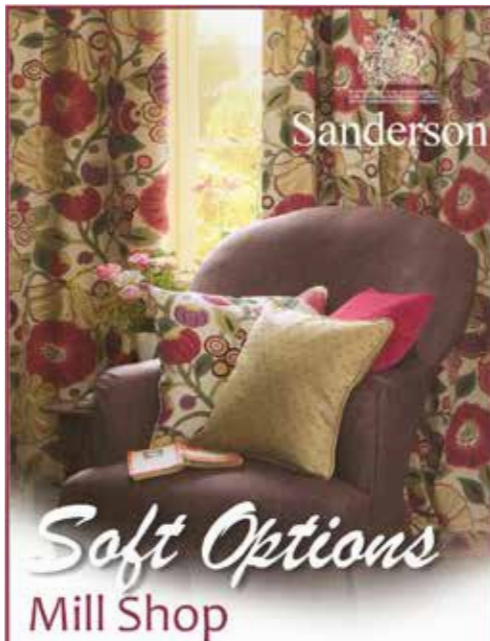
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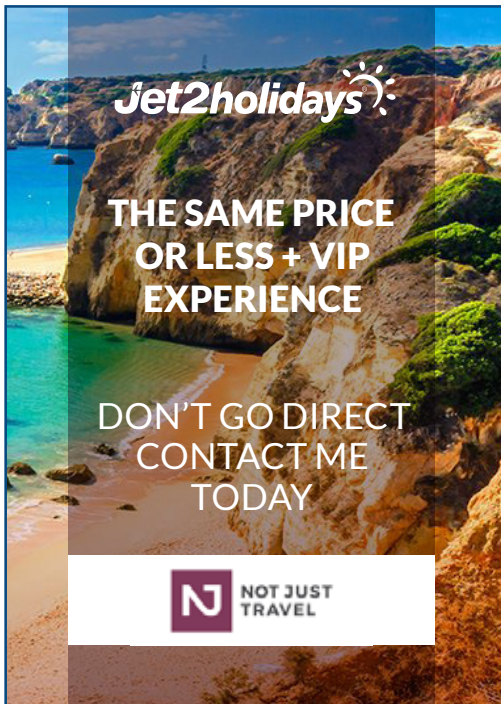
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## 5 destinations to check out for an Easter break

Not made any plans for Easter yet? Whether you favour a scenic holiday by the coast or an exciting city break, there is still time to book a holiday. Here are some great ideas to whet your appetite.

### Fuerteventura, Canary Islands

Fuerteventura enjoys warm weather all year round, but it starts to see the temperatures rising in April, making it an ideal time to visit at Easter. If relaxing on the beach is not for you, then why not try your hand at some water sports like kitesurfing, diving, surfing, scuba diving and jet skiing? There are lots of land-based things to do such as a trip to the Oasis Park which has a zoo and botanical garden. It has over 250 different animal species and a cactus garden which has 6000 varieties of tropical cacti and plants.

### Marrakech, Morocco

If you are looking for warmer weather, blue skies and an interesting city break, Marrakech should be high on your list. It is truly an intriguing and captivating city that is full of the most beautiful mosques, palaces and gardens. It is a city of contrasts, which you will see as you wander through both the medieval and modern parts of town. Marrakech is also home to Morocco's legendary souks and the renowned Jemaa el-Fnaa square which is the beating pulse of Marrakech.



### Banff, Canada

If you are looking for a last-minute break before the ski season ends, then a trip to Canada certainly is an ideal destination. Banff National Park's famously long ski season offers an excellent opportunity to experience the Ski Big 3 resorts: Mt. Norquay, The Lake Louise Ski Resort and Banff Sunshine Village. There is even an Easter egg hunt that takes place on Easter Sunday! If you need a break from the slopes, why not take a tour of Banff on horseback or go on an evening wildlife safari? The Banff foodie scene is fantastic - from fine dining to eclectic restaurants dedicated to fondue, there is something for everyone.

### Sapporo, Japan

Sapporo is one of the last places in Japan where you can see the emergence of the cherry blossom. This pretty city is a must-see place in Hokkaido and provides a vast selection of things to see and do. One of the most beautiful places to visit in Sapporo is the Takino Suzuran Hillside National Park where you can see flowers of all varieties. However, every garden and park in Sapporo will be in full bloom at Easter where you can see flowers such as tulips and lilacs. In

fact, the lilac tree has been designated as the tree of Sapporo city. Skiers might be interested to know that you can even take advantage of some last-minute skiing in Sapporo. Most of the ski resorts in Hokkaido are open until early May and typically there is enough snow to enjoy skiing and snowboarding.

### Lisbon, Portugal

The colourful city of Lisbon is swiftly becoming eponymous with gastronomy and you will find a vast selection of fine dining establishments within the Portuguese capital, including the two Michelin-starred restaurant Belcanto. Lisbon is one of the world's oldest cities and you might be surprised to learn that it predates the likes of Paris, London and Rome by hundreds of years. This can be seen all over the city, but especially so in the Alfama district. When in Lisbon, you absolutely have to try a cheeky glass of port or porto (as the locals call it!) as you watch the world go by at one of the charming bars or cafes.

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**Stronger mind** – Exercise actually increases brain function. Because it improves the flow of blood to your brain it helps the brain remain healthy, increasing the ability to grow new nerve fibres and replace damaged ones, thus reducing your risk of Alzheimer's.

**Weight management** – Exercise helps to burn unwanted fat and increase muscle mass, helping you control your weight and maintain it at a healthy level.

**Motivation** – Committing to a regular workout is not easy. And sometimes when we don't get quick results, we tend to give up. At a gym you will see and meet people like you, slowly building

towards their goal. That sense of being part of a like-minded community is very motivating.

**Socialising** – Some of those people you nod and smile at in the gym will go on to become friends. The gym is an excellent place to hang out with people whose goals are aligned with yours.

**Uninterrupted workout routine** – While your running or cycling routine might be interrupted by the weather, if you're a gym member you can simply rock up there and exercise all year long.

**Professional guidance** – Good gyms have well-trained professional staff who can instruct you how to use equipment safely and give advice about technique and nutrition.

**So, there's no excuse.** Pop along to your local gym today and start reaping the benefits of regular exercise.

**By Louise Addison**

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## What is Reiki?

Reiki is a form of **complementary therapy** commonly referred to as energy healing. It has been around for thousands of years but its current form was first developed in 1922 by a Japanese Buddhist called Mikao Usui. It is said to involve the transfer of universal energy from the practitioner's palms to their patient.

The idea of Reiki is that is **channels energy** from the practitioner to target and work on the energy channels of the patient. Energy can stagnate in the body where there has been physical injury or emotional pain and, if not released, these energy blocks can cause illness. By **improving the flow of energy** around the body, practitioners say they can enable relaxation, reduce pain, and speed healing.

The practitioner places their hands lightly on



or over specific areas of the head, limbs, and torso using different hand shapes, for between 2 and 5 minutes. The transfer of energy takes place while the hands are held over the patient. Each hand position is held until the practitioner senses that the energy has stopped flowing.

According to practitioners, **the healing effects are mediated by channelling the universal energy known as qi**, pronounced 'chi.' It is the life force energy that some people believe surrounds all of us. Reiki is said to induce deep relaxation, help people cope with difficulties, relieve emotional stress, and improve overall wellbeing.

**By Sarah Davey**

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# Organise an Easter Egg Hunt

Easter egg hunts are great fun, but it can be hard to come up with original ideas. Depending on the ages of the children the hunt can be easy or fiendishly difficult

## Here are some ideas

**Bunny Bounce Challenge** - Set up different activity posts around the garden or park. At each one, the kids need to complete a physical challenge in order to receive an egg. The challenges could include star jumps, hopping, hula-hooping, or doing a silly dance.

**Easter Rhyme Challenge** - If you're good at rhymes, create a set of rhyming clues that take the children from one hiding place to another until they find the eggs.

**Pirate Bunny Treasure Hunt** - Create a treasure map which the children have to follow to discover where the chocolate eggs are hidden. Perhaps a paw print or an Easter Egg could mark the spot instead of an X

**Easter Craft Challenge** - Set up different craft activities around the house or garden. For each cute Easter craft your child completes, they win a little chocolate egg.

**Easter Bonnet Competition** - Challenge the kids to create their own Easter bonnets from craft materials and old hats (Charity shops are great for cheap hats). You can give chocolate egg prizes for the most creative, the prettiest, the funniest etc

**The Scrambled Egg Hunt** - This is a great Easter egg hunt idea for older kids. At each station leave cards with single letters written



on them, or a set of plastic toy letters. The challenge is to rearrange the letters to spell the word of the next place to find a clue, for example 'bath' or 'shed' or 'stairs'. At the final station they get to collect their eggs.

**Colour-Coded Easter Egg Hunt** - Use a pack of eggs in different colours. Give each child a colour. They can only collect eggs which match that colour.

**Bunny Vouchers Easter Egg Hunt** - Some children can't have chocolate due to a medical condition, so instead of chocolate treats, pop little slips of paper inside plastic eggs. Each slip should have a little treat written on it for your child to claim over the next week or so; things like 'go trampolining with my dad', or 'fly a kite with mummy.

**Egg Decoder Hunt** - Take apart colourful hollow plastic eggs and put them back together with mismatched colours. The children must work in teams to find the eggs hidden around the garden, take them apart and put them back together with the matching colour. The team with the most colour-matched eggs wins the big prize.

**Happy hunting!**

**By Sarah Davey**





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# COMPETITION



## WIN 4 TICKETS

to see **Pirate Pearl & The Big Blue Monster**

**Wednesday 29th May at 3pm**

**The Core Theatre, Solihull (formerly Solihull Arts Complex)**

For your chance to win these tickets, visit the Core Theatre website page for this event - [www.thecoretheatresolihull.co.uk](http://www.thecoretheatresolihull.co.uk) - to find the answer to this question:

**What did The Guardian say about this show?**

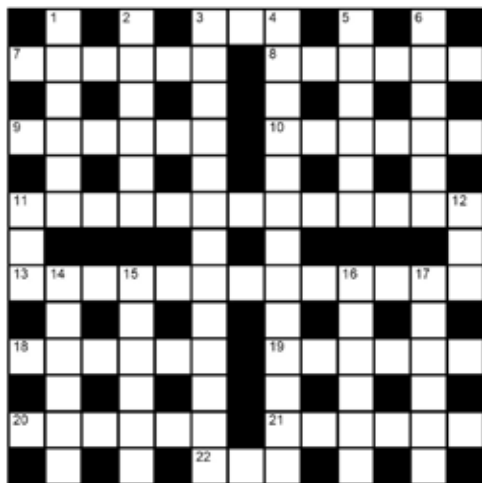
Email your answer to: [thecoretheatre@solihull.gov.uk](mailto:thecoretheatre@solihull.gov.uk) – and please put 'Pirate Pearl' as the subject line

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

### **About the Show:**

Set sail on this swashbuckling high sea adventure, especially for little pirates and their grown-ups! (ages 3+). Ahoy there, land lubbers – hop aboard the good ship Mirabel and join our rollicking adventures on the high seas. Pirate Pearl lives with her crusty old crew, Barnacle the dog and Mr Puskins the cat. One Day Pearl finds a stowaway onboard ship. It's a baby monster but, if you feed a baby monster, it grows into a **BIG CLUMSY MONSTER!** Will baby monster ever find his mummy, or will Pearl be stuck with smelly bums and stinky nappies FOREVER?! With songs, puppets and live music, this fantastic family show will have you singing along, dancing in the aisles and laughing till your sides split!

# crossword



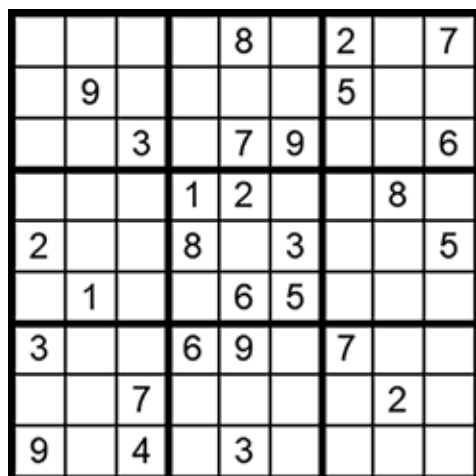
## clues

### Across

- 3 Worthless dog (3)
- 7 Beat to separate the corn (6)
- 8 Ran away to marry (6)
- 9 Crab claw (6)
- 10 Supplying with weapons (6)
- 11 Blood-curdling (5-8)
- 13 Saying something with wry humour (6-2-5)
- 18 Gentle walk (6)
- 19 Sherlock \_\_\_\_\_ (6)
- 20 Played at Wimbledon (6)
- 21 Package (6)
- 22 Distress call (3)

### Down

- 1 Small shellfish (6)
- 2 Signalling light (6)
- 3 Devoid of personality (13)
- 4 Bonds between people (13)
- 5 Official, decorous (6)
- 6 \_\_\_\_\_ and McCartney (6)
- 11 Perch, squat (3)
- 12 \_\_\_\_\_ Wan - TV fashion stylist (3)
- 14 Discount store (6)
- 15 Floor, terra firma (6)
- 16 Mrs. Bill Clinton (8)
- 17 Hole to poke your shoelaces through (6)



## 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 50**

# Host the Best Garage Sale

Garage sales are a great way to raise a little extra cash. Maximise your profit with our top tips.

**Choose the right time** - Weekend mornings are traditional, but Sunday afternoons might be good because people often like a walk after lunch. If you live on the same road as a primary school, try a weekday morning to attract people dropping their children off.

**Teamwork** - Team up with a few neighbours to host a road-full of garage sales. By pooling resources, you could reach a wider range of potential customers.

**Advertise** - Successful garage sales rely on spreading the word beforehand. Put up fliers or advertise in your local village or Parish magazine (like the one you're holding!). If your village has a Facebook page, list your sale on that.

**Put up signs** - Simple, bright signs work best. A large arrow pointing the way along with the words 'GARAGE SALE' will do the trick. Remember to remove them afterwards so you don't contravene any by-laws.

**Prepare** - Think about what buyers might need. If you're selling a lot of clothes, is there a screen so people can try things on in private. Is there a mirror? If you're selling electronics or small appliances, have batteries or extension cords handy so people can see an item works.

**Have change** - Have plenty of coins on hand so you can quickly provide change for customers.

**Make it look like a shop** - People browse longer in well-organised boutiques and stores. Borrow or rent tables so shoppers don't have

to bend over or rummage on the ground to inspect items. Put some bright bunting up to make it look welcoming. Group similar items together: kitchen items in one area; kids' clothes in another etc. This helps people evaluate what you have on offer quickly.

**Price It Right, and Offer Deals** - A good rule of thumb is to sell items at 10-25% of their original value. People don't look to spend a lot in a garage sale. If you think something is worth £50 or more it might be better to use eBay. Towards the end of your sale, consider posting an 'everything must go' sign and offer deals or bundles. Or have a few paper bags on hand and tell people to fill them with whatever they'd like for £5 or £10 per bag.

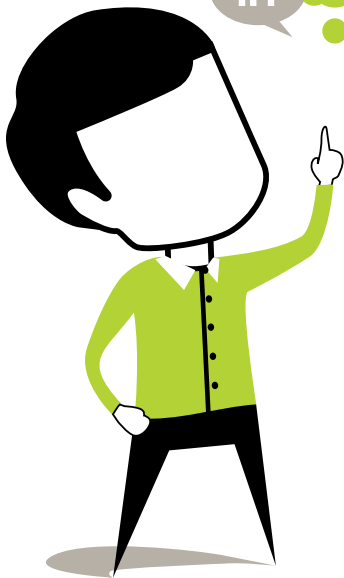
**Make It a Party** - Music entices people to stay longer and spend more. So, crank up the tunes, put out some nibbles and drinks, and make people feel welcome.

**Be Comfortable** - Wear comfortable clothes, a hat and sunscreen, depending on the weather. Have drinks and snacks handy.

**Be Safe** - Lock your doors while you're running the sale. Safeguard your money: use a zipped bum bag or an apron with large pockets. Cash boxes can disappear while you're distracted with a buyer. Enlist a friend to help as an extra pair of eyes and hands.



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## Hiring a Tree Surgeon

**Tree surgeons plant, maintain and perform hazard assessments on trees.** They prune or cut down trees where necessary. It can be a dangerous job, involving the use of power tools, a lot of climbing and working at height. Yet surprisingly anyone can call themselves a tree surgeon! So, it's up to you to research the company or individual carefully before hiring them.

### What qualifications should you look for?

The National Proficiency Tests Council (NPTC) is part of the City & Guilds group and is the governing body which issues certificates of competence for tree surgeons. As a minimum, any tree surgeon you hire should hold the following certificates:

- CS30 – Maintenance of the chainsaw, on site preparation and basic cross cutting
- CS31 – Fell and process small trees
- CS38 – Climb a tree and perform aerial rescue
- CS39 – Use of a chainsaw from a rope and harness

### First Aid at Work

You should ask if the tree surgeon works to British Standards and see if he or she can name the relevant ones. The two main British standards for tree work are:

- British Standard 3998:2010 Tree work. Recommendations
- British Standard 5837:2012 Trees in relation to design, demolition and construction – Recommendations

It's also worth asking whether they have any other qualifications - like a relevant degree, additional NPTC certification, or whether they are a member of the Arboricultural Association



(AA), the Tree Care Industry Association (TCIA) or the Royal Forestry Society?

The difference between an arborist and a tree surgeon is education. The International Society of Arboriculture has developed a certification program and testing that gives the individual the distinction of being called a Certified Arborist. The responsibility of being a Certified Arborist means maintaining the educational credits every year. These are highly skilled and qualified individuals who care about trees.

**Any contractor should provide you with a free quotation, in writing.** This should break down exactly what's included in the price. For example, does the final price for the job include the hire of any equipment, stump grinding, taxes, and the clearance and disposal of waste?

They will also be able to demonstrate a thorough understanding of how the law applies to their job.

Take a look at the equipment your chosen tree surgeon brings with him to the job - and how he uses it. In particular:

**Any worker should be wearing the right personal protective equipment.** This should typically include a helmet with visor and ear protection, chainsaw boots and chainsaw trousers. Anyone working up in a tree should be wearing - and using - a harness and a rope.

**Follow our tips and any contractor you employ should do a tree-mendous job.**

**By Ian Robbins**

# Spinach and Feta Frittata

**Preparation time: 15 mins**

**Cooking time: 15 mins**

**Serves: 4-6**

## Ingredients

2 tablespoons olive oil  
 1 medium shallot, finely chopped (about 2 tablespoons)  
 1 medium clove garlic, finely chopped (about 1 teaspoon)  
 1 (5-ounce) bag baby spinach  
 1 tablespoon finely chopped fresh flat-leaved parsley or basil.  
 Sea salt and freshly ground black pepper  
 10 eggs, beaten  
 1/4 cup milk  
 3/4 cup (about 3.5 ounces) crumbled feta

## Method

Preheat the grill. Heat olive oil in an 8-inch pan over a medium high heat. Add chopped shallots and cook for 2-3 minutes beginning to soften. Add garlic and continue to cook for

a further two minutes until softened.

Add spinach and parsley (or basil) and cook, tossing often until spinach is fully wilted and any water released by the spinach has cooked off. Season to taste with salt and pepper.

In a large bowl, beat eggs and milk with a whisk until mixed together. Don't over-beat. Add feta, and season with salt and pepper. Pour egg mixture over spinach then gently stir with a spatula to release the spinach from the bottom of the pan so that the eggs are in direct contact with the surface of the pan, so they cook quickly.

Cook until the eggs are almost totally set (this takes 10-12 minutes), reducing heat to prevent burning. Place pan under the grill for a couple of minutes, until the top is set as well, keeping a close eye on it so it does not burn.

To release the frittata from the pan, loosen edges with a spatula. Place a dinner plate over pan, and holding plate firmly flip the pan over so the frittata releases onto the plate.

Serve warm.

Serves: 4-6 people  
 Preparation and cooking  
 time: 30 minutes



a taster of what's coming up...

CINEMA

Missing Link  
from 5th April

Sir Lionel Frost is a brave adventurer who considers himself to be the world's foremost investigator of myths and monsters. He goes on a search for the world's most legendary creature - The Missing Link - and together they set out on a daring quest around the world to seek out Link's distant relatives.



To book please visit [www.cineworld.co.uk](http://www.cineworld.co.uk)

THEATRE

The Core Theatre, Solihull  
(formerly Solihull Arts Complex)

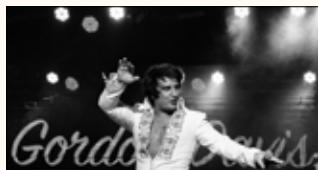
Red Joan  
from 19th April

This is the story of Joan Stanley who, while enjoying her retirement, is arrested by MI5 and accused of providing intelligence to Communist Russia. In 1938, while she was studying at Cambridge, she fell for a communist whose political views began to shape her own.



The King Elvis Presley Lives On

20th April  
Gordon Davis is known as one of the best Elvis tribute artists in the world after winning Images of the King in Memphis Tennessee 2012. Gordon brings the majesty of the voice and the electrifying power of Elvis's performance back to life.



Avengers: Endgame  
from 25th April

Adrift in space with no food or water, Tony Stark sends a message to Pepper Potts as his oxygen supply starts to dwindle. Meanwhile, the remaining Avengers must figure out a way to bring back their vanquished allies for an epic showdown with Thanos, the evil demigod.

of this most charming of tales with a feast of first class games, colourful animal characters and heart-warming family fun.



Andy Abraham's Nat King Cole Songbook  
26th April

Platinum selling recording artist Andy Abraham shot to fame as the runner up of The X Factor in 2005. On the lead up to the 100-year anniversary of the man himself, Andy's new show will see him perform hits such as 'Unforgettable' and 'Mona Lisa'.



To book please visit [www.thecoretheatresolihull.co.uk](http://www.thecoretheatresolihull.co.uk)

There was an Old Lady Who Swallowed a Fly!  
23rd April

Based on the classic nursery rhyme this magical new show has been written especially for parents to enjoy with their children, so come and relive the delights



# Kids' Page

Can you find all the words related to UKULELE in the letter grid?

U	K	U	L	E	L	E
C	H	O	R	D	T	F
R	V	K	G	K	U	U
T	L	N	L	X	N	N
X	I	M	U	S	I	C
S	T	R	U	M	N	I
S	T	R	I	N	G	S

chord  
fun  
music  
sing  
strings  
strum  
tuning  
ukulele



## Mixed up Musical Instruments

Can you unscramble the names?

The picture clues will help



moortneb

noiliv

trigua

nipoa

batu

tufle

Answers  
Trombone  
Violin  
Guitar  
Piano  
Tuba  
Flute

Mixed up Musical Instruments

S	G	N	S	R	I	N	S
I	N	I	M	U	M	S	T
C	S	I	C	M	I	X	X
N	N	X	N	L	N	T	T
U	U	K	G	K	R	V	R
F	D	T	C	H	O	R	D
E	L	E	L	E	U	K	U

UKULELE Word Grid Solution

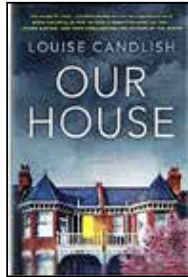
# a good read

reviews By Willow Coby

## One Day

by David Nicholls

Ah, the hazy days of university. When we are young, with the responsibilities of a family far in the distance, full of potential, with the world at our feet. How many of us sat around with our friends and thought about what our lives would be like when we were 40. Would we be happy? Would we be married with children? Would we even still be friends?



Dexter and Emma are both studying at Edinburgh University and on following their graduation they spend the night together. Both have dreams and plans and they wonder what their lives will be like in the future. This night marks the beginning of their friendship. A friendship that is revisited in the book every 15th July for 20 years.

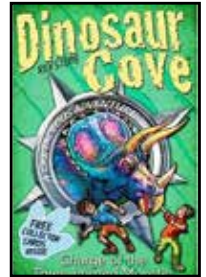
This is an interesting format for a novel: one chapter for each day. We see nothing of what happens in the intervening 364 days and are left to deduce what happened from the text. Will their lives turn out as they hoped – will Emma improve the world as she wanted to on that first 15th July?

Life, it is clear, never quite turns out as we planned. As joy and tragedy play out for the reader, we are reminded that events have a habit of not asking us for permission first and taking us down a different path.

## Heidi

by Johanna Spyri

There are some books that remain forever imprinted on our memories and often those strongest memories are the ones of the books we read as children. We may not remember the details but there is something special about sitting, curled up as a child, and allowing ourselves to be transported to another world, away from homework, parents, and annoying siblings.



One such novel is Heidi. Few who have read it can forget young Heidi being dragged up the hill by Aunt Dete to be left with her grandfather in a small house near the village of Dorfli. Or the moment that her hard-hearted grandfather gives little Heidi his own bed, showing a small level of affection for his orphaned granddaughter. How many of us will have longed to run freely across the Swiss Alps with Peter and his herd of goats? And of course, there is that magical moment when the fresh mountain air helps the sickly Clara to walk again.

Sometimes lost among more modern 21st century books, perhaps now is the time to introduce this loveable young heroine to your children?

# useful numbers

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 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  
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#### 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



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 18 Crossroads Service Station 0156 4703 225  
 20 AP Alloys 07972 852 758  
 21 Easy Lease Cars 0121 693 0573

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 23 Don Mander 0156 4700 200

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1 Heart of England 01564 792 900

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12 AC Electrical 07960 266271

**Fascias & Gutters**

22 Proline 0800 956 1315

**Financial planners**

2 Jamieson Christie 01676 532 210

**Fireplaces**

14 Woodglow 0121 707 2306

**Garden Services**

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 15 Central Drives & Landscapes 07748 577 687  
 37 Earlswood Garden Centre 01564 702314  
 38-39 Oakland Group 01564 758 608

**Graphic and Website Design**

29 Hotlobster Design Ltd 0121 369 1977

**Handyman Services**

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**Health & Beauty & Wellbeing**

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

**Plumbing**

9 Stephen Smith Heating & Plumbing 01564 200 119

**Roofing**

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 14 Roofing & guttering services 07956 228 842  
 40 N Bird & Son 0800 195 6946

**Travel Agent**

16 Not Just Travel 07565 534 524

5	4	1	3	8	6	2	9	7
7	9	6	2	1	4	5	3	8
8	2	3	5	7	9	1	4	6
6	3	5	1	2	7	4	8	9
2	7	9	8	4	3	6	1	5
4	1	8	9	6	5	3	7	2
3	8	2	6	9	1	7	5	4
1	6	7	4	5	8	9	2	3
9	5	4	7	3	2	8	6	1

**Sudoku Solution**  
from page 27

S	B	C	U	R	F	L						
T	H	R	E	S	H	E	L	O	P	E		
R	A	A	L	R	N							
P	I	N	C	E	R	A	R	M	I	N	G	
M	O	A	T	A	O							
S	P	I	N	E	C	H	I	L	L	I	N	G
I	T	O										O
T	O	N	G	U	E	I	N	C	H	E	E	K
U	R	R	S	I	Y							
S	T	R	O	L	L	H	O	L	M	E	S	
L	U	E	I	A	L							
T	E	N	N	I	S	P	A	R	C	E	L	
T	D	S	O	S	Y	T						

**Crossword Solution**  
from page 27



**Solution to Mind benders**

1. Splitting headache
2. Too big to ignore
3. A little on the large side

**Mindbenders Solution**  
from page 9

YOUR LOCAL, INDEPENDENT  
**ONE-STOP GARDEN SHOP**

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20mm hard angular chipping  
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0.5cu.m  
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# OAKLAND



# GROUP

Service Quality Value

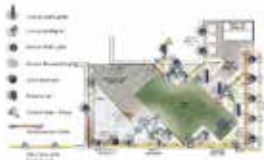
Professional Outdoor Services



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Fencing



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Borders &  
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Solihull, B92 0LP



Commercial Works



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[www.oaklandgroupuk.com](http://www.oaklandgroupuk.com)

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OAKLAND



GROUP

Service Quality Value

Professional Outdoor Services

---

**We've been working hard, changed our logo and moved into a new office.**

**Our wide range of outdoor services (shown opposite) remain.**

**We've some exciting new things to tell you about including**

- **our new outdoor porcelain system**
  - **composite decking**
  - **outdoor lighting and**
- **verandah and garden room products**

***So do come and see us at...***



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