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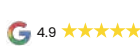
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Summertime!

Welcome to the July edition

At the time of writing this the sky is distinctly overcast but here's hoping by the time this reaches you we are firmly in Summertime!

After all, there's loads of great places to visit in the local area, which are so much more enjoyable if the sun's shining. If you want some inspiration on what's on in the area, then head to page 6 for more information.

Wishing you a great month ahead. Until next month,



Zoe Reece

Tel: 07557 220585

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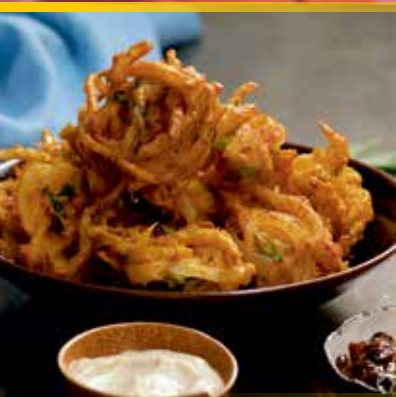
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community events

New Knowle & Dorridge Memory Café Launch

Every Tuesday, 10.30am – 12.30pm, Dorridge Methodist Church

This café, run by home care company Unique Care, aims to provide a supportive and friendly environment for individuals living with dementia and their carers. People from the surrounding area can enjoy a variety of activities, socialise, meet people in similar circumstances and find helpful information and resources. £3 per person, no need to book, call Karen for more info on 07974 263742.

Henge Fresh Air Theatre

Sun 28 July 1pm and 4pm, Shirley Park

Creators of world class dance-circus productions, Motionhouse



use dynamic parkour and rhythmic beats in this thrilling show. Watch a set of gigantic neolithic stones transform before your eyes to create new structures and shapes for the performers to play on and explore. Lively and joyous, exhilarating and exciting, HENGE is a must-see for audiences of all ages. This event is FREE. No need to book, just turn up!

The Gondoliers Outdoor Show

1 August 6pm, Brueton Park

Set in picturesque Venice, this light-hearted operetta will whisk you away to a world

of blissful romance, barbed satire and comedic chaos. Gather up your friends, pack a picnic, and bring along your own seat or blanket to enjoy this fantastic outdoor show performed lakeside in Brueton Park. Please dress appropriately for the weather - the show will go ahead, come rain or shine (unless in the case of extreme weather)! Book tickets on 0121 704 6962.

A Place in The Sun Live

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There will be a jam-packed timetable of seminars, Q&A's and panel talks across the weekend. Find out everything you need to know about buying overseas from the experts. Meet the stars of the hit show - Jasmine Harman and Laura Hamilton. They will be there to share their wealth of expertise, take part in seminars, sign show guides, and most importantly... help you to make your dream move overseas a reality.





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My partner is turning my child against me – what can I do?

If you're worried that your child is avoiding seeing you because of exaggerated, false, or negative information being given to them by your ex, then your child could be a victim of 'parental alienation'. Dipika Mistry, Legal Director at Solihull-based law firm Shakespeare Martineau explains your legal rights...

'Parental alienation' is a term often used in cases where a child or children are particularly resistant to spending time with one of their parents, or an individual with parental responsibility. Parental alienation can exist in varying degrees, from mild alienation where a child resists visits to a parent, to severe alienation where a child actively tries to get away from the 'alienated' parent.

What are examples of alienating behaviour?

Often, alienation is the result of a long-running pattern of smaller behaviours, which the 'alienating' parent may not even be aware of. For example:

- Language is used around a child which discourages them from seeing or enjoying their time with the other parent
- One parent tries to limit or disrupt the time a child spends with the other parent
- One parent demands constant communication when the child is not in their care, but does not offer the same when the child is in their care
- The child is made to feel responsible for not disappointing or angering the 'alienating' parent
- The child is made to feel that they must choose between their parents.

What can I do about parental alienation?

Parental alienation is difficult to prove, so if you think your child is being discouraged from seeing you, you should keep a clear, confidential record of everything you observe that doesn't seem right to you, documenting your visits and logging requests made by the other parent. You may find that using a parenting app is an easy way to keep a clear record of the contact you have with the other parent, and any missed visits. Ensure you stick to any agreements you have reached about contact (whether agreed voluntarily, in mediation or by court order). If your agreement is not adhered to, keep a log as evidence should the matter end up in court. Maintain an open relationship with your child so they feel comfortable telling you things without needing to add pressure. If you believe this is happening to you, or if you are being accused of parental alienation, seek legal advice.



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

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Mindbenders

Can you find the hidden phrases?

BLOOD H₂O



answers on page 18

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Sun-Smart Fashion Choose clothing with built-in UV protection this summer.

As public awareness of the harmful effects of ultraviolet (UV) radiation grows, clothing manufacturers have begun to create garments in fabrics designed to shield the skin from the sun's harmful rays, reducing the risk of sunburn, skin aging, and skin cancer.

What Makes Fabrics UV Protecting?

UV-protective fabrics are engineered to block or absorb harmful UV radiation. The effectiveness of these fabrics depends on several factors:

Weave Density: Tightly woven fabrics provide better protection as they limit the amount of UV light that can

penetrate through the material.

Material Type: Certain fibres, such as polyester and nylon, naturally offer higher UV protection compared to others like cotton. These synthetic fibres can be treated or blended with other materials to enhance their UV-blocking capabilities.

Chemical Treatments: Some fabrics are treated with UV-absorbing chemicals or dyes that enhance their ability to block UV radiation. These treatments can significantly increase the fabric's UV protection factor.

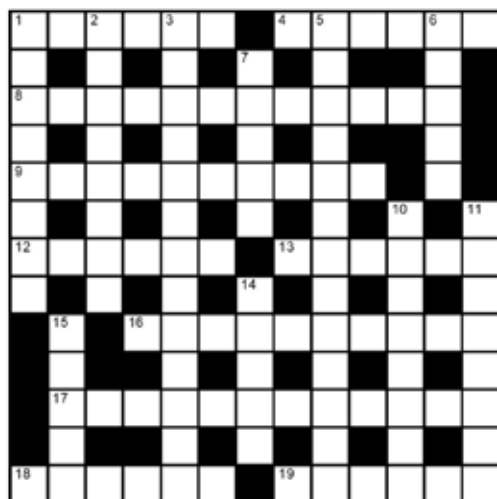
Colour and Thickness: Darker and heavier fabrics generally offer more UV



protection than lighter and thinner ones because they absorb more UV radiation.

Look for label markings such as the British Standard BS EN 13758-1 certification, which ensures the fabric meets the required standards for UV protection. Garments with these labels provide assurance that they offer effective protection against harmful UV radiation, allowing you and your children to enjoy outdoor activities safely.

crossword



clues

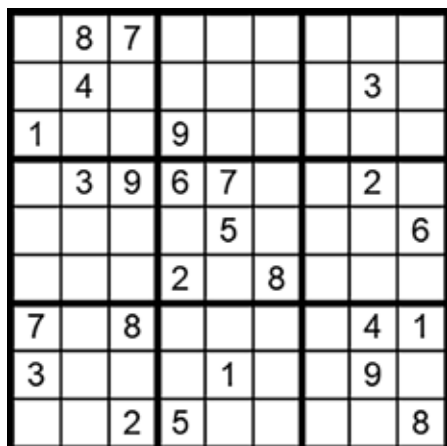
Across

- 1 Hit, clouted (6)
- 4 Abundance (6)
- 8 Institution (12)
- 9 Precise, singular (10)
- 12 Required (6)
- 13 Like better (6)
- 16 Amenities (10)
- 17 Advanced culture, society (12)
- 18 Prompt (6)
- 19 Rides a bike (6)

Down

- 1 Ceasing (8)
- 2 Watched, looked (8)
- 3 Deliberation, Cogitation (13)
- 5 Outstanding (13)
- 6 Cares for (5)
- 7 Concern, problem (5)
- 10 Accredited, authentic (8)
- 11 Gifts (8)
- 14 Stiff (5)
- 15 Father's brother (5)

answer on page 18



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.

answer on page 18



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Solution to Mind benders

1. Blood is thicker than water
2. Heavy sigh
3. Last not least

midbenders
from page 11

Crossword Solution
from page 14

Sudoku Solution
from page 14

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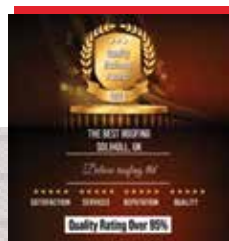
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