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a community magazine and business directory for residents of solihull delivered FREE to 5700 homes



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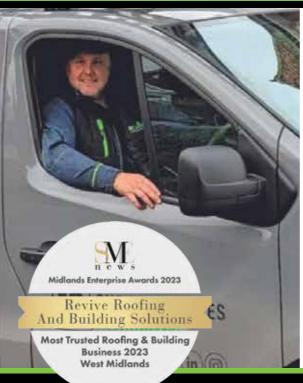
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# **Joyous June!**

#### Welcome to the June edition

There's a whole load of great events coming up – from festivals to art experiences. Fingers crossed the weather's good to us and we can get our picnic blankets out!

Or maybe you're busy getting your garden summer ready or preparing to move house. If you need help getting your garden landscaped, your drive re-done, or your bathroom or kitchen updated then have a look to see if one of the local and reliable businesses who advertise in here can help.

Wishing you a great month ahead. Until next month,



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Email: zoe@dorridgedirectory.com

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# community events

## "Remember When...?"

#### 29th June 2pm, Knowle Village Hall

The Knowle Village Hall Association invite you to "Remember When...?". Vintage Vocalist Amy Price will be presenting a nostalgic programme of songs from the 1940's to the 70's, guaranteed to jog your memory. Refreshments will be served during the interval. Tickets £10 (admission by ticket only) from 01564 779445 or 01564 779898.

#### Dorridge Cricket Club Family Fun Day

7th July 2pm, Dorridge

#### Cricket Club, Grange Road, Dorridge

Dorridge Cricket Club is holding a family fun day and opening its new ground at Grange Road. There will be live music, pop-up food stalls, a BBQ and bar, cricket taster sessions and two cricket matches taking place. Everyone is welcome.

#### Dolly Parton Tribute Night

#### 13th July 7pm, Shirley British Legion

Join in for a night of toetapping tunes, dazzling costumes, and unforgettable memories as they pay tribute to the one and only Dolly Parton! Tickets from ticketsource.co.uk



#### Solihull Summer Fest

#### 20-21 July, Tudor Grange Park

Grab tickets now for an epic festival experience filled with music, art, food, and unforgettable memories! Tickets from solibulls upmerfest, co.uk/

#### Beyond Van Gogh - The Immersive Experience

#### 1 August - 1 September, The NEC

Beyond Van Gogh: The Immersive Experience blends more than 300 of the post-Impressionist icon's paintings with cutting-edge technology and a specially curated musical soundtrack to tell the story of one of history's most influential artists. Tickets from https://www.thenec.co.uk/







# Something for Everyone

Avery Healthcare has a dedicated Well-being team to produce an exciting and varied programme of activities and events every day. Residents are supported with personal interests not already covered in the calendar and memory, physical and sensory-based activities are designed with therapeutic outcomes in mind.

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### What happens if I die without a will?

If someone dies without a will then their estate will follow the rules of 'Intestacy' – Hannah Tait,
Partner at Solihull-based law firm Shakespeare Martineau, explains...

#### What does it mean to have died intestate?

Dying 'intestate' means that a person has passed away without a valid will, so the order of priority in terms of who inherits what is outlined in the Administration of Estates Act 1925, which in effect creates a 'virtual will' to decide how that person's estate is distributed.

#### Who will inherit the estate?

In England and Wales, assets held jointly, such as joint bank accounts and some joint property will pass automatically to the surviving owner. If there is only a spouse or civil partner and no children, then they will inherit everything else. Where there are children, the spouse or civil partner will inherit the personal possessions and the first £322,000 of the estate, with the balance being equally shared between the spouse or civil partner and the children. Where there are children but no spouse or civil partner, then the children inherit everything. If there is no spouse or civil partner or children, then grandchildren, followed by parents, siblings, nieces/nephews, grandparents, aunts/uncles or cousins will inherit, in that order.

#### What happens with property?

It depends on how it is held; if property is held jointly, as beneficial joint tenants, then the share belonging to the person who has died will pass to the surviving owner automatically. If they held it as tenants in common then their share will pass under the rules of intestacy.

#### Do you need a solicitor?

It is always possible to write a will or administer an estate without legal assistance. However, this can be very time-consuming and sometimes complicated. It's also very easy to get wrong, to misunderstand what is needed, or simply not to know the best option until it's too late. This can result in unnecessary tax charges, people benefitting who you hadn't anticipated, or situations that are difficult to unwind.

Using a specialist might seem expensive, but going it alone can often cause more stress and money wasted in the long run.

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



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## Super Strawberries Nature's sweet solution to wellbeing

t's the time of year to celebrate the strawberry. The first shocker is that it is not actually a berry. It's a member of the rose family and is in fact the enlarged receptacle of a flower!

There's a lot to love about them. They're lower in both calories and sugar than fruits like apples or bananas, yet they're high in fibre and other key nutrients. They're a low-glycaemic food, which means that they have little effect on blood sugar. This makes them a tasty option for people looking to control or lower their blood glucose levels.

There are more health



benefits too. They naturally deliver vitamins, fibre, and particularly high levels of antioxidants known as polyphenols - without any sodium, fat, or cholesterol. They are among the top 20 high-antioxidant fruits and are a good source of manganese and potassium. Just one serving -about eight berries - provides more vitamin C than an orange.

Strawberries also have minerals such as calcium, iron, potassium, folate, and magnesium, along with more antioxidants called anthocyanins. Those are healthful plant compounds that also give strawberries their red colour. The redder the fruit, the more antioxidants it has.

The vitamins, minerals, and antioxidants in strawberries provide important health benefits.

Allergic reactions to strawberries usually cause symptoms such as itchy bumps, tingling, or swelling of your lips, mouth, tongue, or throat. Seek medical advice if this happens.





#### There might be challenging times in your life when a family law solicitor can help:

- · Have you decided your marriage or relationship is over, are you unsure about your family's future?
- Do you need to protect your children, or understand the options to resolve arrangements for your children?
- Do you need a pre nuptial or post nuptial agreement to protect assets?
- · Are you moving in with your partner and need a cohabitation agreement?

Choosing the right family lawyer for your circumstances is crucial. Rayden Solicitors are family law specialists with many years' experience; we provide tailored and practical solutions in all areas of family law - divorce, relationship breakdown, child arrangements and financial settlements.

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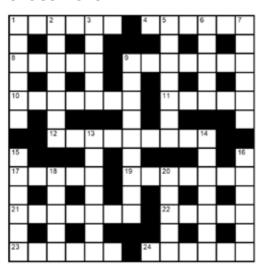
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#### crossword



#### clues

#### Across

- 1 Small round stone (6)
- 4 Pristine (6)
- 8 Large black bird (5)
- 9 Zeal (7)
- 10 Type of large military ship (7)
- 11 Rectify, revise (5)
- 12 Scarlet food dye (9)
- 17 Yellow/brown (5)
- 19 Gleaned (7)
- 21 Sparkle, shine (7)
- 22 Barbecue (5)
- 23 Cantankerous (6)
- 24 Burns supper dish (6)

#### Down

- 1 Robbery at sea (6)
- 2 Temporary, makeshift camp (7)
- 3 Estate, territory (5)
- 5 Recite, recount (7)
- 6 Tally, total (5)
- 7 Make fun of, insult (6)
- 9 Outlawed, prohibited (9)13 The fastest big cat (7)
- 14 Deficient, incomplete (7)
- 15 Purchased (6)
- 16 Grown ups (6)
- 18 Lift (5)
- 20 Belief, principle (5)

answer on page 18

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

## how to play SUGOKU

#### 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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# Microchipping Made Simple

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ational Microchippina Month emphasizes the importance of updating your pet's microchip details to ensure they can be reunited with you if lost. This event also promotes the benefits of microchipping pets.

Microchips, about the size of a grain of rice, are implanted by a vet or trained implanter in a quick, harmless procedure, providing a permanent means of identification unlike removable collars and tags. Since April 2016, it has been mandatory for all doas in the UK to be microchipped and registered with a governmentapproved database, and startina 10th June this year, this requirement will extend to all cats by the time they are 20 weeks old.

The key advantage of microchipping is the increased likelihood of being reunited with you pet should they become lost. While microchipping for pets other than dogs and cats isn't legally required, it is highly recommended for all types of pets. Only authorized implanters, including vets and animal welfare organizations, can perform microchippina.

You can be fined up to £500 if your dog or cat is not



microchipped when they need to be. Dogs are also still required to wear a collar and tag.

If you are buying or adopting a dog or cat you should ask for proof a microchip has been fitted.

You can ask to see: a microchip certificate, vet records, or a pet passport.

For further information visit www.gov.uk/get-yourdog-cat-microchipped

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Samantha Gethen Tel: 07360 648047

samantha.gethen@solihull.gov.uk

#### local police contact for solihull

Solihull Police Station: 0845 113 5000 or 101

Shirley Lions Club	0345 833 9547
Health	
NHS non-emergency	111
Grove Surgery	0121 705 1105
Northbrook Group Practice	0121 746 5000
Hobs Moat Medical Centre	0121 742 5211
Solihull Hospital	0121 424 2000
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Solihull Council	0121 704 6000
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Severn Trent Water	
(supply & emergencies)	0800 783 4444
Travel	
National Rail Enquiries	03457 48 49 50
Network West Midlands (buses)	0345 303 6760

#### **Councillor surgeries**

These are face-to-face meetings held by councillors for local people to raise issue's in their area.

Held at The Core Library, Solihull on the first and last Saturday of the month, 10am - 12 noon.



Crossword	Solution
from page 14	

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

**Suduko Solution** from page 14

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