

the solihull index

a community magazine and business directory
for residents of solihull

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joyous june!

Welcome to the June issue of The Solihull Index.

Hopefully it will be a joyous month for you all! As usual, there's a lot of great events happening in the area, but not everyone knows what's going on so check out page 6 where you'll find details of a ball, a Jazz Festival, a charity bike ride, a beauty evening and Solihull's first ever Land Rover Festival.

There's also some great musical event coming up at the Core Theatre in Solihull including the Manfreds and The Barron Knights.

It's great to support local businesses and charities – and have some fun in the process – so I hope you get out and about and take part in some of these great events. Until next month,

Zoe

Zoe Reece

Tel: 07557 220585

Email: zoe@dorridgedirectory.com

www.solihullindex.com



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the solihull index



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Chartered Architects Gary Winn RIBA and Dean Poulton RIBA are Progression Architects and have been based in Solihull since 1992. They are about to celebrate 25 years in practice.

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At Progression we are also Chartered Town Planners and members of the Royal Town Planning Institute. We specialise in dealing with planning applications and negotiating with the Local Authorities. We also prepare, submit and attend Planning Appeals, where applications are refused, putting our case forward from an applicant's point of view.

As we are also Architects, we tend to think through our solutions creatively, at times from a perspective that is not immediately apparent. As Arboriculturists, we work together where tree issues meet planning issues, such as Tree Preservation Orders.

community events



Land Rover Fest

22nd – 24th June

Solihull Town Centre

Solihull's first ever festival of iconic Land Rovers will feature rare vintage cars, an enthusiasts' area for 4x4 fans, off-road driving experiences, an outdoor cinema and family entertainment, as well as street food and bars. The Festival is being held to celebrate Land Rover's 70th Jubilee and vehicle production in Solihull, where millions of the multi-award winning

cars have rolled off the factory lines at the Lode Lane plant.

Heart of England Bike Ride

Sunday 8th July

Packwood House National Trust

Knowle and Dorridge Lions bike ride from Packwood NT House. Gear up, get your friends and family together and enjoy a day in the Warwickshire countryside. Choose a 12 or 18 mile leisure ride, or a 50 mile sportive, teams welcome. Help raise funds for Headway, Breast Cancer Haven in Solihull and local causes. www.knowleanddorridgelions.com/bikeride

Summer Hair and Beauty Evening at John Lewis

12th July 6pm – 8pm

John Lewis Solihull, Beauty

Department on First Floor

An evening of makeup and hair styling demonstrations, along with expert advice on summer skincare. The evening includes complimentary drinks and entry into a raffle to win a beauty hamper.

Summer 'Out of Africa' Charity Ball

Friday 13th July 7pm – 11.30pm

St Johns Hotel, Solihull

An evening of delicious food and great entertainment awaits you at this black-tie fundraiser, this year with an 'Out of Africa' theme. Includes a three-course dinner, dancing to a live band and other surprises during the evening. Tickets: £45 each, £400 for a table of 10. Proceeds split 50/50 between Age UK Solihull and Solihull Sustain. To book call 0121 704 7842 or email events@ageuksolihull.org.uk.

THE CORE LIBRARY

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- **Councillor's Surgery** - these are face-to-face meetings held by councillors for local people to raise issues in their area. First and last Saturday of the month, 10.00am-12.00pm
- **Rhyme Time** - Wednesdays 10.15am to 10.30am, term-time only. A short interactive session for 0-2s that includes finger and action rhymes and songs. Come along and meet up with other parents/carers and discover what the library can offer your child
- **Meet and Play** - Fridays 10.15am to 11.15am, age 0 - 2 years (term time only). Our new

Meet and Play session offers the chance for young families to meet up, relax, chat, play, sing or make music together! The session is for families, led by families. Toys and musical instruments are provided. For more information contact 0121 704 6965.

- **Homework Club** - Tuesdays 3.45pm to 5.15pm, term time only
- **Silent Reading Cafe** - Held once a month on Thursday evenings, this is a chance to unwind and read in a cosy, informal environment without distractions. It begins with an hour of silent reading from 6pm with a chance to chat (if you want) between 7pm and 7.45pm.

Solihull Sort Of Jazz Festival

20th -22nd July

Solihull Town Centre

An open-air stage will be at the heart of the Solihull Festival with 9 free shows over the 3 days, accompanied by an international street food and drinks market. There's also have 15 venues housing some funky beats over the weekend. Look out for more details about bands in The Core Theatre, Revolution Bar, Yates, The White Swan, Sevenoaks Sound and Vision, John Lewis, Slug and Lettuce, The Crowne Plaza Solihull, O'Neill's, Ramada Solihull, Royal British Legion Solihull and the Masons Arms.

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Parents can pursue their dreams too!



So today I had a lovely client from overseas desperate for some coaching as she found herself in a very uncomfortable place, facing the business trip of a lifetime! "What if I fail?" She asked me, and then she paused..."Even more scary... What if I succeed?"



Of course, years ago, before she had children, she said she was fearless and would knock on a million doors without fearing rejection but self-doubt

and guilt arrive as soon as baby number 1 it seemed for her and I know she is not alone.

Some women are wonderfully supported at home, as is my client, but still we manage to tell ourselves we can only chase our dreams at the expense of our children. When I asked her who would benefit from the trip other than herself and her clients, she was at a loss. "No one," she replied flatly. She felt selfish. I asked her if her own Mum had chased her dreams and she had not. I asked if she had felt more loved or that she had benefitted more from her own mother's choice to temper her enthusiasm for her profession. On the contrary, my client said she would have been so proud if her Mum had gone out of her way to achieve success, and that in her childhood she had never seen any female she knew achieve the goal of their dreams.

I asked her again who else would benefit from her going on the trip. Looking at it now from a new perspective, she saw that, as she would have been happy for her own Mum to be happier and more fulfilled, so would

her children. That, in fact her partner and their children would be proud of her and aspire to follow their own steps towards exciting life goals.

Realising that we all have a right to reach for our most exciting goals is liberating. Our children will always be our priority and we won't stop loving them because we are successful. We need to make time for our children a priority - 4000 children called Childline in 2016 because they were lonely. Our career must never come first, we need to take time to pull the children off their tablets to prise out any drop of information about their day. We should make the effort, regardless of teenage grumbings to encourage family meal times. We can be there for school plays and sports days, maybe not every single one but enough for our children to know we care.

My client is an amazing mother, and this will not stop if she is successful in getting a new contract. If anything her family will blossom with her, encouraged from time to time to step out of their comfort zone and face the prospect of failure and the hope of embracing success.

My client was so thrilled with the session, she gave me permission to share a tiny part of it with you. We worked on fear of failure and meeting deadlines amongst other things but my client had arrived feeling 3/10 happy about the prospect of her trip and left feeling a 6/10 happy! Not bad for an hour out of her day once the kids were tucked into bed!!

If you too are feeling overwhelmed and could do with a coach to help you figure out a way forward, do please us call for a FREE consultation without obligation.
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Celebrating 10 years of caring for the elderly in Solihull

Bright Dawn Home Care has been providing home care to adults and the elderly in the Solihull Borough, and the surrounding areas, for the past 10 years and is proudly celebrating this milestone this month. Tracy Ferreira, the Managing Director, started this home care business in 2008 after a personal experience of having to organise and provide care for her father.

Starting out initially as part of an American Home Care franchise from offices in Hockley Heath, it became the private home care company Bright Dawn Home Care in 2015. Being independent allows Tracy to branch out into new areas of care such as live-in care, MS, Parkinson's Disease, Alzheimer's and Dementia and Stroke.

During the last 10 years Tracy is proud to have built a strong reputation in providing a good quality, consistent and person-centred care service to each of her clients.

She believes in the ethos of the company - that everyone deserves to be provided with a quality and dignified service, thus enabling people to maintain their independence, in their own homes, for as long as possible.

Bright Dawn Home Care is extremely proud of their dedicated staff, many of whom have been with the company since its inception in 2008. By supporting her staff in their careers Tracy has seen some care givers move up internally to senior and office staff and others have moved further to become mental health nurses and some are studying to become Doctors. Should you wish to find out more about Bright Dawn Home Care please visit our website.

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give blood!

World Blood Donor Day is June 14th

Most of us have had or know someone who has had a blood transfusion. Blood donation is vital to help treat thousands of seriously ill patients every day and new

donors are desperately needed. Currently only 4% of the eligible population are active blood donors.

Here are 10 reasons to consider giving blood:

Life-saver - You change lives each time you give blood. Every blood donation can save or improve the lives of up to three adults or six children.

Desperate need - NHS Blood and Transplant needs many more donors to come forward to make sure the nation's blood stocks remain at a safe level for the future.

Day-to-day needs - You may think blood is only used for massive blood loss in A&E patients, but your blood could help many different people. Donated blood is also used for patients having surgery, maternity emergencies, and for people with cancer or blood disorders.

6000 donations are needed per DAY! - It's true that changes in medical practices mean demand for donated blood has reduced. But hospitals across England and North Wales still need around 6,000 blood donations every day to treat patients.

A quick pint - If you book an appointment, the whole process takes less than an hour. One hour, every three to six months. Just a short amount of time to do something wonderful for another human being.

You're probably eligible - You need to be in general good health and weigh over 50kg to donate blood. If you are looking to donate for the first time you need to start on or before your 66th birthday. To check if you are eligible go to www.blood.co.uk

You might be a missing type - Blood from



all groups is needed but some blood groups are particularly vulnerable to shortfall such as O negative – which can be given to all patients in an emergency: think of those episodes of Casualty or ER where the doctor in charge yells 'Where's the O-NEG'!

You might be young - We need more young donors. Around half of current donors are aged over 45. The more young people get involved the better future blood stocks will be safeguarded. You can start donating at 17.

You might be BAME - Are you black, Asian or from an ethnic minority? Please consider becoming a donor as some rare blood types are more common among these communities. Conditions such as sickle cell and thalassemia are also more likely to affect these groups and patients require regular blood transfusions, ideally from donors from a similar ethnic background.

There are biscuits - Free food! Around 6 million biscuits are eaten by donors every year. Aren't we a greedy bunch? But the post donation biscuit and cuppa are important because sitting quietly while eating and drinking something helps the body to recover.

If I've inspired you to become a donor go to www.blood.co.uk or call 0300 123 23 23

Mindbenders

Can you find the hidden book titles?

84,84,84,84,84,
84,84,84,84,84,
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answer on page 37

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By Louise Addison

never too early

Book an eye examination for your child

A child's development and learning can be hindered by undiagnosed or uncorrected sight defects, so early and regular eye examinations are essential to give them the best chance of succeeding in their education.

Rapid visual development takes place between birth and 3-4 years of age. Many visual defects such as long-sight (hyperopia), short-sight (myopia), a turning eye (strabismus) or a rugby ball-shaped eye (astigmatism) can be inherited.

Most visual problems are treated better if they are diagnosed early on. It's not necessary to wait until a child can read the letters on a conventional chart before taking them for an eye examination. Special picture charts and tests can be used and it's quite possible to take certain measurements without any interaction from the child at all.

Doctors, health visitors and some school nurses will carry out rudimentary vision checks, but only an optometrist will be able to provide a comprehensive accurate assessment.

Here are some signs to look out for but it's

important to say that some children show no signs of anything being wrong at all, yet they may still have a serious underlying vision defect.

- Frequent eye rubbing
- Dark circles under the eyes
- Obvious discomfort in bright sunshine
- Watery eyes
- One eye larger than the other
- One or both eyes turning inwards or outwards, even if it's only sometimes
- A white pupil visible in family photos, particularly where flash has been used
- Holding books very close
- Aversion to reading
- Sitting right next to the TV
- Red-rimmed eyes, or sore-looking eyelids
- Excessive blinking
- Short attention span for close-up tasks
- Poor eye-hand co-ordination

It might sound obvious but choose an optometrist who likes children (not all of them do!) and who puts them at ease. When you go into the practice there should be children's books or possibly a toy or two available to keep them occupied while they wait. A child-friendly optometrist will understand if your toddler wants to run around the room periodically or alternatively doesn't want to engage at all. If your child has special needs such as autism or anxiety and needs to visit the practice to see the room and meet the staff before attending for an appointment this should be an option. Choose someone you feel comfortable with and your child will probably feel comfortable too.

Your child's sight is precious. Book and eye examination today.





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totally tropical

The 'greenhouse effect' is an environmental hot topic.

And it's true that despite the grim winter of 2017-18 we've generally

been experiencing milder conditions in recent years. I've certainly started to experiment with more exotic plants. It's a little risky; one hard winter can wipe out a tender specimen. But between now and September there's every chance that many tropical plants will survive if planted out in our gardens. They need a sunny sheltered spot, like the one you would choose for petunias, tobacco plants and rose beds.

Try Cannas. They have luxuriant broad spear-shaped leaves, which can be deep green, purple or even striped with orange or yellow. They produce vibrant flowers which look like gladioli but better!

Or how about planting scarlet dahlias like 'Bishop of Llandaff', which also sports attractive bronze foliage.

A big clump of African



marigolds provides a blaze of fiery colour. Or try tender perennial salvias in colours which range from magenta through to scarlet and deep purples and blues. They won't survive the first winter frosts but they are easy to propagate from shoot-cuttings which can be over-wintered in a cool greenhouse ready for the following spring.

Verbena bonariensis produces tall wands of dainty lilac flowers. They self-seed freely, which is great if you consider that a bonus in a plant (I do) but maybe avoid this one if self-seeding bothers you.

You could even try a

banana plant. The variety "Musa Banjo" is wonderfully architectural, and though it does not produce fruit it will create impact. Plant in a large pot and let its fan-like leaves create fabulous shadows on the patio. It hails from Japan originally and loves sunshine, but it is hardy to -6C so perfect for the suburban UK climate. Do note that in winter the leaves naturally die back and turn brown. I thought I'd killed mine the first year, but the leaves grow back quickly in the spring.

The Honey Bush (*Melianthus major*) is a terrific half-hardy foliage specimen with its 50cm long grey-green deeply serrated leaves, which look as though they've been cut with pinking shears.

Some of these plants will survive a British Winter with protection but it's probably best to treat your 'tropical' border as a temporary display. Experiment and have fun creating your very own suburban rainforest.

Happy Gardening!

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For 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 require 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 your 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 june & july ...

CINEMA

Ocean's 8 from 8th June

Debbie Ocean has just got out of prison on parole. And she's heading right back into the family business, putting together a team – 'Ocean's 8' – to rob the Met Gala. Every con has its pros, and if she's going to have a chance at pulling off this seemingly impossible heist, she's going to need the perfect crew. The risk has never been higher for her – but with a potential payoff of \$150 million, it's definitely worth it.



Adrift

from 29th June

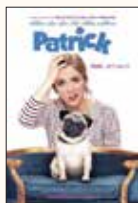
Tami and Richard sail across the Pacific to California, for an adventure. But they find themselves 'Adrift' after being caught in a hurricane. Richard's ribs and leg are broken, and they're stranded. There's no chance of rescue, and their only hope is to try and reach Hawaii – but it's thousands of miles away. Based on an extraordinary true story.



Patrick

from 29th June

Sarah's grandmother has given her a "small beast". Unsure what to expect, she discovers that the beast in question is a small, not terribly well-behaved pug



called Patrick. She's not keen to take him on at first, and she isn't allowed pets in her flat. As cute as Patrick is, he's quite a naughty dog, but he might just be exactly what Sarah needs in her life

To book please visit
www.cineworld.co.uk

THEATRE

The Core Theatre, Solihull
(formerly Solihull Arts Complex)



The Barron Knights – Farewell Tour

Saturday 26th May

The Barron Knights are probably the most entertaining group to come out of the 60s and 70s. Their musicianship, their harmonies and of course their humour makes them what their peers call 'The Guvnors'. They are the only group to have toured with the Beatles and twice with the Rolling Stones. A show not to be missed - you'll be rockin' and laughing as well as rolling!

The Manfreds 2018 Tour

Thursday 28th June

The '60s group Manfred Mann is now considered one of the finest and most respected bands from that era. Their records have a timeless quality and, some 55 years on, The Manfreds, with original front man, Paul Jones, will be performing



many of their hits, including 'Do Wah Diddy Diddy', one of the most popular songs of the '60's, along with a mix of Jazz and Blues covers from their new album.



The Kilkenys

Friday 29th June

Renowned for their musicianship and vocal abilities, The Kilkenys have gained a reputation for revitalising traditional Irish music and adding their own touch of passion and youthful energy. Come along and join in the fun for a great evening of music and song!

To book please visit www.thecoretheatresolihull.co.uk



The Barron Knights



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COMPETITION



WIN 2 tickets

**to see Morgan & West's Magic Show
(for kids and childish grownups!)**

Thursday 30th August 2pm

The Core Theatre, Solihull (formerly Solihull Arts Complex)

For your chance to win these tickets, worth £20, visit the Core Theatre website page for this event - www.thecoretheatresolihull.co.uk - to find the answer to this question:

With which TV show did Little Mix spring to fame on?

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

Closing date for entries is 15th July and the winner will be drawn at random and notified by email after this date.

About the Show:

Time travelling magicians Morgan & West present a jaw dropping, heart stopping, brain busting, opinion adjusting, death defying, mind frying, spirit lifting, paradigm shifting, outlook changing, furniture rearranging magic extravaganza! Morgan & West competed to be the Next Great Magician (ITV1) and attempted to escape The Slammer (CBBC). Witness a mountain of mysterious magic, a hatful of hyper-reality, and of course a truck full of tricks and tea. Mixing brain boggling illusion and good old fashioned tom-foolery, Morgan & West present a show for all the family, where magic and silliness abound! Fun for ages five to 105!

By Lucy Robson

downsize your dish...

...and your dress size!

Smaller plates may be a key to weight loss. Several years ago, a food psychologist called Brian Wasink gathered a group of 85 food and nutrition experts. He gave each of them a small bowl or a large bowl and a small scoop or a large scoop. Then he asked them all to serve themselves a 'portion' of ice cream. Now these were people who knew about nutrition, yet they scooped 31% more than the average serving size into the large bowl and 15% more from the large scoop.

Studies at the University of Pennsylvania

conducted similar experiments hypothesising that giving student subjects a smaller scoop would mean they would take more than one, but most of the students took only one scoop regardless of size.

So, what can those of us who want to shed a few pounds take from this? Swap your 10 inch / 25cm dinner plate for an 8 inch / 20 cm one and put fattening foods like gravy or salad dressings into small bowls with small spoons. Put salad stuff and vegetables in a big bowl with a large serving spoon and then tuck in.

Downsize with science!



a good read

reviews By Willow Coby

Interview with the Vampire

by Anne Rice

Most people are familiar with the vampire myth as originally written by Bram Stoker in the 19th century. A blood thirsty monster whose sole aim is to kill, and perhaps transform his victims into vampires. For 70 years this was pretty much how vampires were perceived, until Anne Rice published her seminal gothic novel in 1976. Daniel, a young reporter is approached by a mysterious man who offers to tell him his life story. The man is in his 20s and yet seems melancholy beyond his years. And Daniel soon learns why, as the man – Louis – tells a story that begins in the year 1791 in New Orleans. Devastated by the death of his brother, Louis gives up on life and at this low point he meets an enigmatic young man named Lestat – who turns out to be a vampire seeking a companion. With his permission he turns Louis into a vampire and the two embark on a lonely life moving from city to city and continent to continent under the cover of darkness. Known for her gothic style, it is Rice's love of her hometown of New Orleans that comes through in this wonderfully evocative novel. Her descriptions bring the city to life and she gives her vampires a voice that speaks of the agony of eternity. This hugely influential work has shaped the genre ever since.



Girl Underground

by Morris Gleitzman

Bridget is an 11-year-old girl who is about to start at a new school. Not just any school, but one of Australia's top private boarding schools. All she wants is to stay anonymous in the hope that no one will find out about her family. You see, Bridget isn't like the other pupils, and her family is not what you'd expect. Her dad does a roaring trade in dodgy Russian blenders and smuggling goods out of Turkmenistan, whilst her brother is in prison for robbery. Yes, Bridget is worried she will say the wrong thing and give herself away. So, when her new friend, Menzies, asks her to help him she is worried that people might start asking questions. Especially when it turns out that it involves breaking into the Australian government to try and see the Prime Minister! This hugely entertaining novel from Gleitzman deals with the serious issue of refugees in Australia, and debates the rights and wrongs of keeping them in detention centres as illegal immigrants. The reader will identify with the views of both Bridget and Menzies who cannot see the fairness in keeping children 'behind bars' when all they have done is escape from their homeland in fear for their lives. This is one to spark discussion!



Green Gooseberry Jam

This wonderfully tart jam goes well with scones and cream or creme fraiche and makes a lovely filling for Victoria sandwich cakes.



Makes: 2 jars (approximately)
Preparation and cooking
time: 1 hour

A cooking thermometer is necessary for this recipe. Also jam jars and a saucer. The saucer should be placed in the freezer to keep it cold.

Ingredients

900g Slightly under-ripe gooseberries,
topped and tailed
900g-1 kg Granulated sugar
600ml water

Method

First wash your jam jars in hot soapy water, then rinse well. Put them into a preheated oven at 160°C/gas 3 until you are ready to use them.

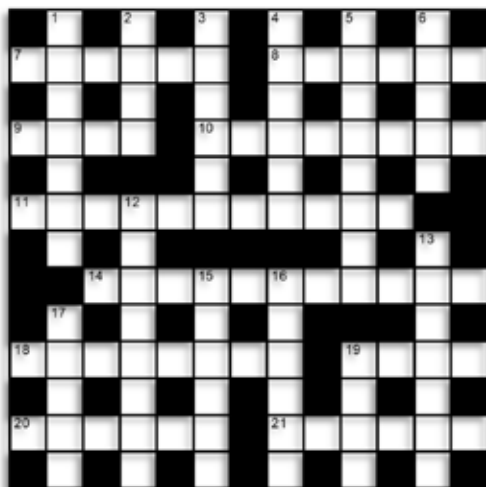
Put the fruit and water only into a large, heavy-based saucepan. Bring to the boil, then simmer gently until the skins are soft. If you add the sugar the skins will not soften.

Add the sugar and stir over a low heat until it has dissolved completely. Don't boil the jam before the sugar has dissolved or it may crystallise during storage. Once the sugar has dissolved bring the jam to a rapid but steady boil and boil until it reaches a temperature of between 105°C and 110°C.

After about 15 minutes your jam should have become more viscous and clear and you will need to see whether setting point has been reached. This is called the 'wrinkle test'. Remove the saucer from the freezer. Take the pan off the heat, spoon a little jam onto the plate and leave until completely cold. Then push it across the plate with your forefinger. It should wrinkle up if it's ready. If it only wrinkles slightly, pop the saucer back in the freezer and bring the jam back to the boil and boil for a few more minutes.

Skim any scum from the top of the jam and pour it into the prepared jars. Cover the surface of the jam with waxed discs, wax-side down, and either quickly cover each jar with a dampened round of cellophane and rubber band or leave to go cold before covering with cellophane or a screw-top lid. Sealing the jars well prevents the build-up of condensation under the lid, which could lead to mould.

crossword



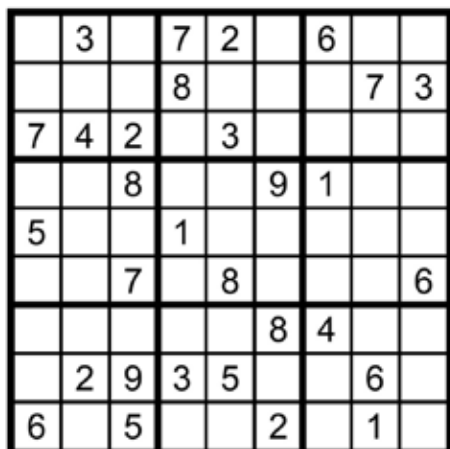
clues

Across

- 7 Important Hindu God (6)
- 8 Latin name for the onion family (6)
- 9 Sudden dull sound (4)
- 10 Anywhere, all over (8)
- 11 State of havoc or catastrophe (11)
- 14 Club, guild or union (11)
- 18 Athletic, strapping (8)
- 19 Spirit, energy (4)
- 20 Homing bird (6)
- 21 Character, disposition (6)

Down

- 1 Bleach (7)
- 2 Cast, discard (4)
- 3 Get the better of (6)
- 4 Skill, flair (6)
- 5 19th Century US soldier (8)
- 6 Female monarch (5)
- 12 Replied (8)
- 13 Console (7)
- 15 Antagonise, provoke (6)
- 16 Land surrounded by water (6)
- 17 Red-breasted bird (5)
- 19 Medieval stringed instrument (4)



how to play sudoku

It's simple!

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

answers on page 37

understanding travel insurance

It can seem like just one more extra cost you could do without, but travel without it and you could be in trouble.

Crippling costs - You risk footing a very large bill should you need healthcare or have your baggage lost or stolen. something as simple as a stomach bug in California with a stomach bug, which requires treatment and later flights home, could cost in the tens of thousands of pounds. A broken hip in a European destination could lead to a bill of £15,000

Don't forget - If you are planning any sports or other activities, mention it. Skiing and extreme sports are obvious examples, but scuba diving and other activities you may not think of as "extreme" may still need extra cover. Know how much it would cost to replace baggage, from suitcases to clothes, to jewellery, including wedding rings.

Why it matters where you're going - EU



countries tend to be less expensive while Canada, the US and the Caribbean are much more so due to the incredibly high cost of medical care in those regions.

Declare pre-existing conditions - certain medical conditions will add to the cost of your insurance, because insurance is about risk and certain ailments make it more likely that you might require medical attention. It may be worth looking at insurers which specialise in providing this type of insurance.

Tell them everything - Even if it feels like you are hiking up the cost of your insurance policy. You don't want your insurance to be invalid if you need to make a claim.

Read! - When you get your policy, make sure you read the full terms and conditions and the medical declaration carefully, so you understand exactly what you're covered for.



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
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Utilities

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

Travel

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

LOCAL COUNCILLORS

SILHILL

Mike Gough

Tel: 07480 253181

Michael.gough@solihull.gov.uk

Peter Hogarth MBE

Tel: 0121 705 5455

phogarth@solihull.gov.uk

Robert Hulland

Tel: 0121 707 0493

rhulland@solihull.gov.uk

ST ALPHEGE

Stuart Davis

Tel: 01564 776293

sdavis@solihull.gov.uk

Joe Tildesley

Tel: 0121 705 3086

joetildesley@solihull.gov.uk

Kate Wild

Tel: 07917 550 644

kawild@solihull.gov.uk

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

local police contact for Solihull

Solihull police station

Telephone: 0845 113 5000



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

Sudoku Solution
 from page 34

L	S	O	T	B	Q			
V	I	S	H	N	U	A	L	L
G	E	T	L	U	E			
T	H	U	D		W	H	E	R
T				I	N	C	N	
D	E	V	A	S	T	A	T	I
N	N					A	C	
		A	S	S	O	C	I	A
R	W	F	S					
P	O	W	E	R		L	I	F
B	R	E		A	U	O		
P	I	G	E	O	N	N	A	T
N	D	D		D	E	T		

Crossword Solution
 from page 34

**Solution to Mind benders**

1. 1984
2. Heidi
3. To Kill a Mockingbird

Mindbenders Solution
 from page 14

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