

the solihull index

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



Bastock & Bruce Ltd
FUNERAL DIRECTORS

A partnership between C. Bastock Ltd and Bruce Bragg

Bruce is now the only remaining member of the Bragg family still in the funeral business following the sale of the Bragg family business in Shirley to a national group.

This partnership brings a family business to Knowle with generations of experience ensuring the truly personal service you would expect from an independent Funeral Directors.

Brisker Court, 1685, High Street,
Knowle, Solihull. B93 0LN

01564 33 5577 (24 hour)

Serving all surrounding areas

If Knowle is difficult to get to,
home visits can be arranged
or we can arrange to use any of the
Bastock family funeral homes in Olton,
Shirley or Yardley.



www.bastockandbruce.co.uk

info@bastockandbruce.co.uk

SOLIHULL

SUMMER FEST

2021



IT'S

HAPPENING!

24TH - 25TH JULY 2021
TUDOR GRANGE PARK

SATURDAY 24TH JULY 2021

KOOL & THE GANG

MARTI PELLOW | SHALAMAR

THE BRAND NEW HEAVIES

SNAP! | THE BLOW MONKEYS

SUNDAY 25TH JULY 2021

BILLY OCEAN

TONY HADLEY | BELINDA CARLISLE

NIK KERSHAW | BAD MANNERS

SUPPORTED BY
TRIBUTE ARTIST

ROD & THE FACEZ FEAT GARRY PEASE

HERITAGE

**2ND
STAGE!**

FEAT. **K-KLASS | SHADES OF RHYTHM**
ALLISTER WHITEHEAD + MUCH MORE

FOR TICKETS AND INFO VISIT: WWW.SOLIHULLSUMMERFEST.CO.UK

Hatton COUNTRY WORLD

SPRING HAPPENINGS

Nestled in the beautiful Warwickshire countryside, with oodles of space and fresh air. **Hatton Country World** has fantastic attractions for the whole family to enjoy this spring.

Outdoor Spring Markets

Our outdoor markets are packed with a plethora of treats...

Outdoor Markets: Saturday 15th & Sunday 16th May
Whitsun Markets: Saturday 29th to Monday 31st May

The Unusual, Unique & Boutique

Explore the nooks and crannies of **Hatton Shopping Village** to find a variety of independent retailers; **Ladies Fashion, Childrens Wear, Bespoke Jewellery, Wildlife Gallery, Bike Shop, Antiques, Sweet Treats, Hand Crafted Liquor, Garden Supplies** and so much more. This is very much **Not on the High Street**.

Escape Rooms - Reopening 17th May

Looking for something a little bit different... Experience immersive adventures at our **Escape Rooms**. Seek treasure on a pirate ship or go undercover in gangland Chicago. **Will You Escape?**

Private Celebration Areas

We've all got a lot of catching up to do, why not get all your friends and family together at one of our **Private Celebration Areas** from May 17th. With stunning locations for up to 30 guests fully serviced or simply to rent. For more information please visit our website.

And That's not all...

Hatton Adventure World is bursting with newborn Spring animals; amazing Blockbusters are showing at our all American style **Drive in Cinema & Diner**; and so much more...

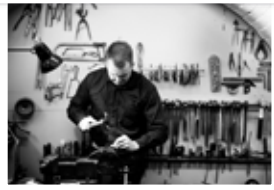
For information on all of the above as well as upcoming events and attractions please visit our website.

TELEPHONE: 01926 843411

www.hattonworld.com

HATTON COUNTRY WORLD,
HATTON, WARWICK,
CV35 8XA

FREE
ADMISSION



FANTASTIC ATTRACTIONS FOR THE WHOLE FAMILY

Marvellous May!

Welcome to the May edition...

May's one of the best months of the year - we're firmly in the Spring, and have all the anticipation of a lovely Summer ahead. Fingers crossed!

It's also a great time for getting your garden looking lovely and for selling your home. We've got a great range of local, reliable businesses in here who can help you get your garden ready and update any aspect of your home, from your roof to your kitchen, your bathroom to your décor, whether you're getting it ready to sell or just want to update it for your own benefit. Wishing you a great month ahead.

Until next month...



Zoe Reece

Tel: 07557 220585

Email: zoe@dorridgedirectory.com

www.solihullindex.com



contents

34 Recipe

38 Puzzles

46 Kids' page

48 Useful telephone numbers

49 Index

Locally designed by: hotlobster design ltd **Printed by:** Norwood Press

PLEASE RECYCLE THIS MAGAZINE

FULLY FITTED ROLLER GARAGE DOORS

FROM **£895*** WAS **£1,354**
INC VAT

* Offer Valid For Openings Up To 3.6m Wide & 11m2.
2 Remote Controls, Electric White State,
Internal Manual Override.



CE
Approved

WHATS INCLUDED:

- ACOUSTIC & THERMAL INSULATION
- TWO REMOTE CONTROLS
- EXPERT MEASURING & FITTING
- 24 COLOURS AVAILABLE



GAROLLA

ROLLER
SHUTTER
DOORS
www.garolla.co.uk



Made To Measure...

ROLLER GARAGE DOORS

Garolla can save a lot of space inside your garage. Rolls up vertically into a box. Takes only 8 inches of headroom! Opens vertically so you can park up close to the door. Remotely open/close the garage even from inside your car.

CALL US TODAY

Phone:

0121 369 0774

Mobile:

07537 149 128

C. STEVENS ROOFING

EST FAMILY BUSINESS

NEW TILED ROOFS • GUTTERS
FLAT ROOFS • BRICK WORK
LEADWORK • SMALL REPAIRS
UPVC FASCIAS • CHIMNEYS



KNOWLE

SOLIHULL

01564 790008 0121 733 1276



WWW.CSTEVENSTEROOFING.CO.UK

Dimension Groundworks & Driveways

Specialists in Driveways and Landscaping

- Block paving • Tarmacing (red or black) • Patios
- Brickwork • Slabbing • Gravel • Landscaping
- Fencing • Property & roof repairs
- Driveway maintenance
(pressure cleaning & sealing – weed free)



07961 358367 / 0121 652 0145 / 01926 674782

dimensiongroundworks@icloud.com

www.dimensionpathways.co.uk

328 Alcester Road Wythall Birmingham West Midlands B47 6JR

Stephen Smith & Son Plumbing & Heating Services



Accredited
Installer



Gas Safe reg no: 198187
Natural Gas, LPG & Oil

Which?
Trusted trader

**Tel: 0121 247 4957
or 01564 200119**

**10 years Manufacturer's Warranty
on all Worcester Greenstar
gas boilers installed***

www.stephensmithandson.co.uk

"Family business. Local and reliable."

Work carried out includes:

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

*Worcester Bosch terms apply

Home Instead
SENIOR CARE
to us, it's personal.



**The best
home to be in
is **your own****

Home Instead Senior Care Solihull

Phone: 01564 330 395 | 01212 704 615

Website: www.homeinstead.co.uk/solihull

Each Home Instead Senior Care© franchise office is independently owned and operated. Copyright © Home Instead 2017.



As Lucky Can Be?

The History of the Chimney Sweep

Spring is here, and with it the urge to make everything clean and fresh, including the chimney. If your fireplace is clogged and sooty from use during the cold winter months, now is the time to call a chimney sweep. This skilled high-tech profession has a rich and dark history.

The profession of 'sweep' dates back to the 16th century. Originally the service was needed only by the wealthy with grand estates, but gradually the trend of installing chimneys in every home caught on, and the demand for sweeps grew. The houses in city streets were tightly packed and sweeps would work from house to house, sometimes roof to roof, cleaning sooty chimneys.

In the 17th century the government introduced a hearth tax, based partly on the number of chimneys a house possessed. People wanted to avoid the tax, so builders connected flues of new fireplaces with the existing chimney, creating a maze of narrow, pitch black tunnels inside homes.

When people switched fuel from wood to coal, chimneys became coated with sticky soot deposits. These had to be cleaned frequently; otherwise, the house filled with toxic fumes. So, chimney sweeps became associated with restoring fresh air in homes and thus became symbols of good health.

Unfortunately, the sweeps themselves did not enjoy good health. Tiny children between 4 and 11 years old became the primary 'tools' used for cleaning because they were small enough to squeeze through the narrow, maze-like chimneys. It must have been a terrifying job, working without light in suffocating cramped conditions. The children, known as 'climbing boys' were either sold by destitute parents or were chosen from orphanages. Their job was to scrape the coal deposits from the flue lining. If a young child was afraid to climb, the master would sometimes light a small fire to 'motivate'

him to move. It's actually where the phrase 'to light a fire under someone' originated.

The boys' only official day off was May Day, and in Rochester they still commemorate this with the Sweeps Festival (sadly cancelled this year) involving three days of fun, real ale, music, and dancing across the bank holiday weekend.

These children suffered bone malformation, soot inhalation, and cancers. Some of them became trapped and died of suffocation inside chimneys. Most didn't make it to middle age.

After many humanitarian appeals to Government, in 1864, the English Parliament finally passed the "Act for the Regulation of Chimney Sweepers" which made it illegal to send a child up a chimney.

Today's professional chimney sweeps are educated in the science of chimneys and fireplaces as well as in building codes. It is important to employ a qualified professionally trained sweep, from a recognised organisation, so you know they are well-trained and fully insured. Many are also skilled to carry out appliance servicing and fitting chimney cowlings etc.

National Association of Chimney

Sweeps: nacs.org.uk

Association of Professional Independent

Chimney Sweeps: apics.org.uk

Guild of Master Sweeps:

guildofmasterchimneysweeps.co.uk





ALFRESCO STYLE

Garden Boutique – Independently owned with ever-changing seasonal plants & inspirational displays.

Farm Shop – bursting with delicious local food including freshly baked bread, fruit & veg, meats and cheeses. Plus, NEW Alfie's @ Home Range.

Alfie's Café – with scrumptious home-made breakfast, lunches, cakes, afternoon teas and refreshments.

Help roses recover from stresses of Black Fly/Black Spot or extreme weather conditions with Potassium feed. Banana peels contain Potassium and are a rich source of the mineral. To use as a fertilizer bury the banana peels 4/6 inches deep at the base of the plant.

Visit Alfresco Style for all your gardening needs.

Our Events

Whitsun Markets and Alfresco Rain Forest Fest - Saturday 29th to Monday 31st May.

Outdoor Markets & Jazz Weekend - Saturday 5th & Sunday 6th June.

Summer Craft Fayre - Saturday 12th & Sunday 13th June.

Summer Markets and Fashion & Flower Fest - Saturday 19th & Sunday 20th June.

Special Shopping Evenings - for birthdays, celebrations, group of friends – 07990 513969.

Alfresco Style Special Offer

One FREE hot
drink with this
voucher
valid until 30.06.21




Hatton Shopping Village, Hatton
Country World, Hatton, Warwick
CV35 8XA
Tel: 01926 843555

www.thealfrescostyle.com

Open Every Day 10am - 5pm
(4pm during Jan & Feb) Closed
Christmas Day, Boxing Day &
New Year's Day

Events subject to change without notice



Tip of the Month:
Plant Summer
Bedding Out Now
For Colour



Alfresco Style
Creative Living

FREE PHONES

FREE VoIP handsets from the telecom titans at Triton Telecom!

Cost-effective and reliable, a **VoIP system** from Triton Telecom provides businesses of any size and type with a bespoke, unified and fully integrated service. With the switching off of traditional phone lines in 2025, there is no better time to drop us a line.

Call us today to future-proof
your phone system:

0800 849 8030



Triton
Telecom





EASTCOTE
PARK
CINNAMON LUXURY CARE

FOUNDER
MEMBER OFFER
NOW TAKING
RESERVATIONS

NEW Exclusive Retirement Village and Care Home

OPENING - 1ST JUNE

Eastcote Park is in a class of its own. This exclusive Retirement Village boasts 34 spacious 2-bedroom apartments, an array of state-of-the-art facilities and a luxurious care home.

We are very excited to be welcoming our first residents on the 1st June. So why not book a personalised tour and see first hand the outstanding facilities and stunning surroundings.

At Eastcote Park, people will always come first.

**To book your personalised tour, call Ben on 01564 757405
or email eastcote.haa@cinnamoncc.com**

RETIREMENT APARTMENTS | RESIDENTIAL CARE | DEMENTIA CARE | RESPITE CARE

Eastcote Park Care Home

Eastcote Park, Knowle Road, Eastcote, Solihull B92 0JA

www.cinnamoncc.com/eastcote





STEVE LANE CARS LTD



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



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

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

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

01564 822209 07970 901420 **1 LOWBROOK LANE, SOLIHULL, B90 1QR**

Born to Run Tips for all runners.

Did you start Couch to 5K during lockdown? Did you fall in love with running? Or do you need motivating? Here are our top tips as runners.

Walk – You heard us. Walk to warm up, loosen your muscles, and prime your joints for the activity of running. If you walk the first five to 10 minutes of your workout, especially if it's early in the morning, of you've been sitting at a desk for hours, it's easier on your body and you'll find your rhythm more quickly.

Go slower – Not walking this time. We mean find your sustainable pace. This is the pace you can run at easily and most of your runs should be at this level of effort. Once or twice a week you can do the speedwork and tempo runs, which train your body to get faster. Running this way reduces your risk of injury and burnout. The sustainable

pace should be slow enough to maintain a conversation without huffing and puffing, but not so slow you can sing your favourite song!

Find your time of day – We all have a natural body clock. Try running at different times until you find the perfect workout hour for you.

Eat wholesome carbs beforehand – The meal you eat before your run should be the most carb rich one of the day (think fruit, veg and wholegrains rather than chocolate cake!), so your body has plenty of ready-to-burn fuel. Obviously don't eat JUST before you run...but you knew that, right?

Make it recreational – Choose a great playlist, or your favourite audio book or podcast. Or run with a friend to catch up on all the gossip or put the world to rights. This is your time, and it should be enjoyable, so you'll look forward to it and want to keep doing it. Hope this helps.

**Belmont @ Home
provides bespoke
home care
services designed
to fit perfectly to
each individual.**



For those who still wish to have their own familiar front door and stay at home safe in the knowledge someone is there to care, Belmont @ Home offers at home care services.

Unlike other home care services, Belmont @ Home care services are not rushed. Every individual benefits from the care team's time, attention, and care, no rushed visits, no clock watching,

just time for dedicated service.

At home care services should adapt to each individual need, mood and daily, weekly plans.

From personal care, organisation of social activities, attending to daily admin, housekeeping and preparing meals, or acting as chaperone to appointments, Belmont @ Home is there to support you!

Belmont @ Home care services flex to each individual because every day is different



Your first step towards personalised home care services starts with a free no obligation conversation with a Trusted Assessor to learn more about you and your needs.

To receive an initial assessment call us on 0121 295 8905



Because every day is different, Belmont @ Home will work to your needs and aspirations.

www.belmonthealthcare.co.uk

☎ 0121 295 8905

✉ homecare@belmonthealthcare.co.uk

Join us for tailored home care services uniquely designed for you and your life.

Belmont @ Home is a  Healthcare company



**Acorn Floors
Ltd.**

Floorcovering Specialists

Providing quality floorcoverings for over 25 years

**Luxury Vinyl Tiles
Carpets
Wet Room Solutions
Floor Refurbishment
Carpet Whipping**



**The complete
design and
installation service**

10% OFF
with this advert

Free Quotation & Sample Service

acorn-floors.co.uk enquiries@acorn-floors.co.uk

Contact Stephen Sherrington

0121 693 3301 07799 645 709

TOGETHER, WE'RE BUILDING A NATION OF LAWN LOVERS

FROM JUST

£15*

PER TREATMENT

* Based on a lawn size
up to 40m²

REVOLUTIONISING LAWN CARE

With our passion for innovative solutions and most importantly, our love for lawns, we'll ensure your lawn takes pride of place as your garden's crowning glory, all year long.

Our ground-breaking **Lawn Treatment Programmes** feature four fantastic **NutraGreen Treatments**, plus an application of our newly improved **Oasis Water Conserver**. Our unique **Standard** and **Ultimate Programmes** include even more benefits to ensure your lawn remains weed-free, luscious, and of course, beautifully green!

START YOUR LAWN CARE JOURNEY

- 1 Get an instant free quote at [greenthumb.co.uk/measure](https://www.greenthumb.co.uk/measure)
- 2 Your local lawn expert will contact you to analyse your lawn and discuss recommendations
- 3 Admire your beautiful lawn as it shines proudly as the centrepiece of your garden

Let's create the lawn we both love

Start your Lawn Care journey today:

Call: 0121 705 6395

Email: solihull@greenthumb.co.uk

Visit: [greenthumb.co.uk](https://www.greenthumb.co.uk)

GreenThumb
LAWN TREATMENT SERVICE



Mindbenders

Can you find the hidden phrases?

THE 12th DOOR

offend + bruise



answers on page 29



NOT JUST TRAVEL



HOLIDAYS MADE *Better*

Choice • Service • Value

ENQUIRE NOW

Any trip • Anywhere • Anytime • Tailor-made

Honeymoons - Cruises - Adventure Packages - Flights
Hotels - Extras - Airport Car Parks - Weddings Abroad



Sabina Clay
Not Just Travel
sabina.clay@notjusttravel.com
07565 534 524



ABTA
Travel with confidence



heating studio

SOMETHING FOR ALL SEASONS

314 HASLUCKS GREEN ROAD
SHIRLEY
SOLIHULL
B90 2NE
0121 289 5480





DESIGNER RADIATORS



OUTDOOR FIREPITS



WOODBURNERS



GAS & ELECTRIC FIRES



16 Mention the Solihull Index when responding to advertisements

England's 'Vaccine Passport' For International Travel

The government has revealed its plan for England's 'vaccine passport' which will involve it being based on the standard NHS app. With the ban on overseas travel set to be lifted on 17th May 2021, they have started to roll out what holidays overseas will require.

Countries are starting to lay out their regulations for international visitors, such as requiring vaccinations, and/or negative COVID test.

There is no agreement as of yet as to how travellers will be required to prove their vaccinations or test, but the UK government has been working on a short-term fix that is hoping to help ease border restrictions for summer.

Grant Shapps appeared on Sky News advising "in terms of vaccine certification, I can confirm we are working on an NHS application."

It is hoped the app will be able to show that you have had a vaccine or that you've been tested. The app is that of the standard NHS app, rather than the NHS Covid-19 contact tracing app that has been used for the past few months since its release.

The government's plan will



only apply to England, as the other 3 nations will make their own decisions on how to prove their Covid status certification.

When will it be ready?

The BBC reported recently that a government source has advised it would not be ready 'imminently'.

Vaccines Minister Nadhim Zahawi said that work was underway on preparing the app to act as a passport, with plans for it to be able to access the most recent test results along with vaccine status. Work is taking place to make it operationally possible for the ban on travel to be lifted.

Zahawi has noted that a number of countries are going ahead with vaccine passports so they would "much rather do it in a coordinated way."

The European Passport

Plans are in place for an EU-wide digital certificate that will go before European Parliament. The key to it will be a QR code containing data, which the EU's Commission says will be safe and secure. It's currently working with the World Health Organisation to ensure this can be recognised beyond Europe. There are 27 member states who want it to include non-EU countries such as Norway and Iceland.

It's still early days in regards to this coming to fruition, we will bring you more as we know! More details are expected to be released in the next few weeks.

When will travel resume?

The government has outlined that the ban on international travel is due to be lifted on 17th May 2021, with many eager to jet off on their holidays. The countries that are going to be quarantine-free will be revealed "in the next couple of weeks" according to Mr Shapps.

Sabina Clay

Not Just Travel
sabina.clay@notjusttravel.com
07565 534 524



CLEARLY
BETTER

WINDOWS

Are YOUR windows ready for a makeover?

New glass in your existing windows

- Replace failed double glazing: just the pane, not the frame •
- Fix faulty hinges, handles and locks •

A local family run business with 10+ years of experience, we can help you

Call 0800 048 5223

For a FREE quote

Visit ClearlyBetterWindows.co.uk to find out more



Composite Decking Specialists

Suppliers and installers of composite decking

Over 20 years' experience creating decking solutions

Our decking board comes with a 25-year guarantee

We have 1000's of meters in stock and available for immediate delivery

We also supply a complete range of fascia board, corner trim and fittings

Board sizes are 3600mm x 140mm x 23.5mm (0.504 sqm each)

Prices from £21/board

**"Non-slip and
maintenance
free"**

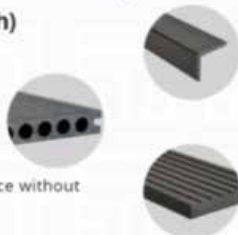
DURA-TEC® composite decking is a hi-tech eco-friendly alternative to traditional wooden decking. Our decking boards have both a natural grain and grooved contemporary profile, bringing a superb look to your outside space without the associated problems of cracking, splitting, warping and excessive maintenance requirements.

Contact us on: 07966 897 953 or 07868 735 678
or email us at: enquiries@dura-tec.co.uk



DURA-TEC

WWW.DURA-TEC.CO.UK



CROSSROADS SERVICE STATION LTD

A friendly, family-run business since 1969

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

**OPEN 6 DAYS
A WEEK**

MON – FRI 8.00am – 6.00pm
SAT 8.00am – 1.00pm

COVID SECURE



599-601 Tanworth Lane, Shirley, Solihull B90 4JE

Tel: 01564 703225

www.crossroadservicestation.co.uk

VAT No.: 113213041

 **Madd Projects**
Bringing your projects to life
Release the potential in your outdoor spaces

Proud Member of



**Garden Rooms
Outdoor Offices
Saunas
Landscaping
Play Dens
Composite Decking
and many more**



maddprojects.co.uk

07948496803

maddprojects@mail.com

Purple sprouting broccoli

Purple Sprouting Broccoli is a beautiful, tasty addition to the dinner table, and the garden. It has a great flavour, a long harvesting season and is nutritionally beneficial. A single portion provides half your daily requirement of carotenoids, plus high levels of folic acid and vitamins A and C. It's definitely a 'plan-ahead' crop though. If you start planting now you will give yourself something to look forward to next January, and as it is a 'cut and come again' crop, that long season should keep you going until April or May!

Purple-sprouting broccoli is extremely hardy, tolerating temperatures as low as -12°C. You can actually start raising seeds in March, for even earlier crops. I usually start the new year with good intentions of staggering my planting like this (because it is one of my favourites veg), then forget and end up planting in April or May.

One of the reasons I love it is that I garden on fairly alkaline soil, in which it thrives. It prefers a heavier soil than mine ideally but seems to do well enough in my garden. I dig in a fair amount of leaf mould and well-rotted manure to bulk it up. Purple sprouting broccoli doesn't like exposed sites, because the wind buffets the stems, so if your garden is more open it will need a bit of protection.

Sow seeds into small pots or multi-cell trays, using a good quality multi-purpose seed and cuttings compost. When the little plants are large enough to handle, prick the seedlings out and transplant them into single 9cm pots. Watering them in well.

Once the plants have matured, fork the soil over. Remove large stones and perennial weeds. Even if your soil is heavier it's worth digging in some organic matter to improve texture and moisture retention. I don't need to add lime to my soil but if you garden on neutral



or acid soil, you'd be advised to work some in. Transplant when the broccoli plants are 7-9cm tall. Water them well before removing from their pots, and plant them 50-60cm apart, with a similar distance between the rows. Brassicas dislike loose soil, so make sure you firm around the plants lightly with your foot. Water again after planting. Six plants will produce enough broccoli to feed a family of four. I grow more because I love it.

Harvest when the flower shoots are well developed but before the flowers have actually opened. Cut the central spears with a sharp knife first, as this encourages the side shoots to develop quickly. Then crop the side shoots regularly to extend the cropping time.

January seems a long way away right now, but a little planning and preparation will ensure that deliciousness will await when we get there.

All aspects of arboriculture work undertaken.

Pruning, thinning, reshaping, crown lift, reductions, removals and stump removal.

- All hedge work
- All waste removed
- All work guaranteed to the highest industry standards
- Fully insured
- Free advice and quotations
- NTPC Qualified Workforce



COVID-19 UPDATE:

We are still working – safely and in line with Government guidelines regarding social distancing

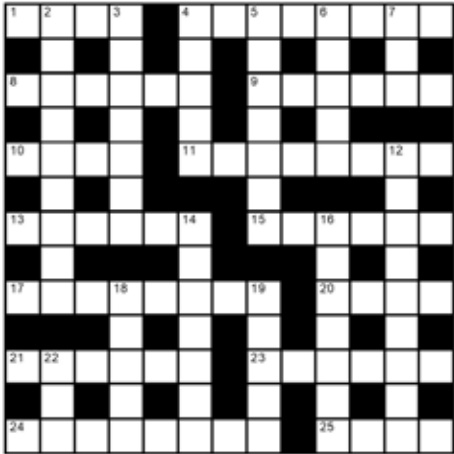
Freephone: 03335 775733

Mobile: 07786 527 729

Email: info@solihulltreecare.com www.solihulltreecare.com

crossword

clues



- Across**
- 1 Rip-off, hoax (4)
 - 4 Twirling (8)
 - 8 Foetus (6)
 - 9 Be angry about (6)
 - 10 Circle (4)
 - 11 Striped feline (5,3)
 - 13 Monty Python's, _____ Brian (4,2)
 - 15 Native American home (6)
 - 17 Another word for aubergine (8)
 - 20 Small round salty cracker (4)
 - 21 Cavern, den (6)
 - 23 Womb (6)
 - 24 Supply, material (8)
 - 25 Seize, grab (4)

Down

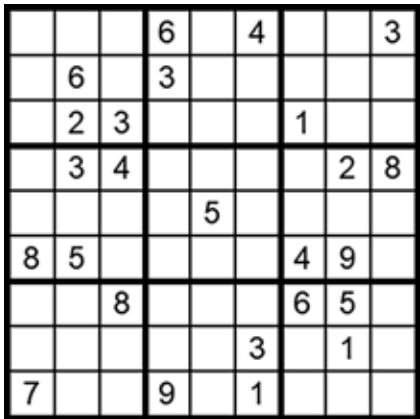
- 2 Mixing (9)
- 3 Phenomenon (7)
- 4 Crow, flaunt (5)
- 5 Welsh _____, cheese on toast (7)
- 6 Delicious (5)
- 7 Female member of religious order (3)
- 12 Dumbfounded (9)
- 14 The essence of a food (7)
- 16 Ardent, impassioned (7)
- 18 Paved garden area (5)
- 19 Accord, amnesty (5)
- 22 Fish eggs (3)

answer on page 29

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 29

Preparation time: 10 min
Cooking time: 1 hr 20 plus cooling
Serves: 2-4

A classic Italian supper

Spinach and Ricotta Cannelloni

Ingredients

250g fresh egg lasagne sheets

For the sauce

1 tbsp olive oil
 1 onion, peeled and cut in half
 1 carrot, cut in half lengthways
 1 celery stick, cut in half
 800g tinned plum tomatoes
 1 small bunch basil
 Splash of balsamic vinegar

For the filling

250g fresh spinach
 1 tbsp butter
 1 small garlic clove, peeled and crushed
 175g fresh ricotta
 30g Italian hard cheese, grated
 Nutmeg

Method

Heat the olive oil in a wide pan over a medium heat, add the onion, carrot and celery, and fry for two minutes, until they start to brown. Add the tomatoes, basil, and balsamic vinegar, bring everything to a simmer, then turn down the heat and cook gently for about 30 minutes, until thick. Remove the vegetables and herbs, then blend the sauce

until fairly smooth, and season to taste.

While the sauce is cooking, trim and discard any tough stalks from the spinach and wash the leaves well. Put the still-wet spinach into a saucepan over a medium heat, cover and cook, shaking the pan occasionally, until the spinach is completely wilted, then run under cold water to stop the cooking process. Once it's cool enough to handle, squeeze until dry, then chop finely.

Melt the butter in a frying pan over a medium heat, add the garlic, cook for one minute, then add the spinach. Sauté to coat everything with the butter, then remove from the heat and leave to cool.

Heat the oven to 200C (180C fan) / gas mark 6. Mix the ricotta and spinach and add most of the grated cheese, reserving some for the top, season the mixture well with nutmeg and salt.

Pour a thick layer of tomato sauce into the bottom of a medium baking tin. Make a sausage shape of filling on the short end of one of the pasta squares and roll it up, until you have slight overlap. Put the filled tube seam side down in the baking dish, then repeat with the remaining pasta and filling; pour the remaining sauce on top. Bake for 30 minutes. Scatter the remaining grated cheese over the dish before serving and place under the grill until it bubbles.



Divine Designs

Home and Garden Design

Need help realising your dream home?



Full range of services
to suit your project
Including:

Design Service
Interior Decoration
Murals
Garden makeovers
Plus Many More



One Free
Consultation
with this
advert

Over 10 years interior design experience



✉ divinedesigns@mail.com ☎ 07841718185

📷 [divinedesignswithbeth](https://www.instagram.com/divinedesignswithbeth) 🌐 www.divine-designs.uk



Why not invest in a new driveway or patio to enhance the appearance and add value to your property?

Approved Drives and Landscapes offer a range of services to help improve all areas of your home, including:

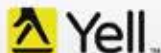
Clay & Block Paving - Tarmacing (red or black) -
Patios - Brickwork - Slabbing - Gravel -
Landscaping - Fencing - Property Repairs
Roofing Repairs - Driveway Maintenance
(Pressure cleaning & sealing - weed free)

Proud member of



Find us in/on

Google



www.centraldrivewayslimited.com

Get in touch today for a FREE quotation

T: 0121 702 1456 M: 07748 577687

Michael.central@icloud.com



Does your company
need a **fresh approach**
to marketing?



hotlobster design offers everything a
business needs in this **digital world**.

Bespoke content managed websites, SEO, social media management,
print management, logo design, clothing, copy writing and much more.

hotlobster 
design • marketing • web • print

0121 369 1977

www.hotlobster.uk.com

a good read

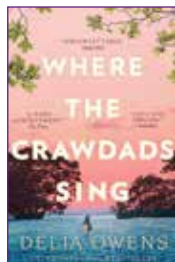
reviews By Willow Coby

Where the Crawdads Sing

by Delia Owens

When a young man is found dead on the North Carolina coast the local police – and local residents – start looking for the culprit. It doesn't take long before they turn their attention to Kya, also known as the Marsh Girl. But is she guilty of anything more than being an outsider?

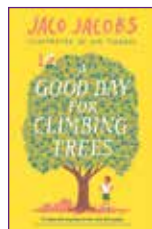
What follows is actually two stories intertwined. As the hunt for the murderer continues we learn of Kya's life in the marsh. At the age of 6 she watched Ma walk away from their shack with a blue case and high heeled shoes. Though Kya waited, her mother never returned and over the following months her siblings left as well, leaving her alone with Pa. He was often drunk or absent, so it was up to Kya to survive, until he finally left when she was 10. To some extent, this is a coming-of-age story. It is an unforgettable novel; a celebration of nature and some of the most engaging parts are the descriptions of the marsh world through which Kya glides effortlessly in her canoe. It becomes a character in its own right. There is no denying that this novel will stay with you long after you finish it and feel as if you have been along the journey though the marsh with Kya.



A Good Day for Climbing Trees

by Jaco Jacobs

Don't let anyone tell you that you are too young to take a stand. Sometimes all it takes is one simple, spur of the moment decision, to change your life forever. Marnus was fed up. No one seemed to notice him. His older brother acts as if he is in charge, and his younger brother seems to know everything. But a single knock on the door, a petition, and a tree under threat, will ensure that everyone notices him. This charming novel from one of South Africa's most popular and prolific children's authors will hook you in straightaway. It will make you laugh and will make you think about grabbing those opportunities that life gives you.



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 0121 704 1451

Daleswood Health, Solihull 01675 489489

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

SOLIHULL / SILHILL

Mike Gough

Tel: 07480 253181

Michael.gough@solihull.gov.uk

Peter Hogarth MBE

Tel: 0121 705 5455

phogarth@solihull.gov.uk

Wazma Qais

Tel: 0121 709 3404

wazma.qais@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



Car Services

- 12 Steve Lane Cars 01564 822209
 19 Crossroads Service Station 01564 703225

Care services

- 7 Home Instead 01564 330395
 11 Eastcote Park 0121 269 1236
 13 Belmont @ Home Care 0333 444 0121

Carpets & Flooring

- 14 Acorn Floors 0121 693 3301
 31 Don Mander 01564 700 200

Doors and windows

- 5 Garolla garage doors 0121 369 0774
 19 Clearly Better Windows 0800 048 5223

Events

- 2 Solihull Summer Fest 0121 472 6688
 3 Hatton Country World 01926 843411

Funeral Directors

- 1 Bastock & Bruce 01564 335577

Gardens and Drives

- 6 Dimension Landscape & Driveways 0121 733 1463
 9 Alfresco Style 01926 843555
 15 GreenThumb 0121 705 6395
 18 Dura-tec 07966 897953
 18 Madd Projects 07948 496803
 21 Solihull Tree Care 0121 604 6809
 24 Divine Designs 07841 718185
 25 Central Drives & Landscapes 0121 702 1456

Graphic and Website Design

- 26 Hot Lobster Design Ltd 0121 369 1977

Heating

- 7 Stephen Smith Plumbing & Heating 01564 200119
 16 Heating Studio 0121 289 5480

Interior Design

- 24 Divine Designs 07841 718185

Plumbing

- 7 Stephen Smith Plumbing & Heating 01564 200119

Roofing

- 5 C Stevens Roofing 0121 733 1276
 32 N Bird & Son 0800 195 6946

Shopping

- 9 Alfresco Style 01926 843555
 3 Hatton Country World 01926 843411

Telecoms

- 10 Triton Telecom 0800 8498030

Travel Agent

- 16 Not Just Travel 07565 534524

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

Sudoku Solution
from page 22

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

crossword Solution
from page 22

**Solution to Mind benders**

1. A foot in the door
2. The last leg
3. Cut a long story short

mindbenders
from page 16

Why We Love an Online Quiz

My friend Sally looked up from her phone and chuckled. 'Look...this is me as a dog!' She proffered her phone. The pic was of a Chihuahua, wearing Ray-Bans, lying on a sunbed next to a cocktail... actually pretty representative of Sal, with her diminutive stature and love of beach holidays.

Why do we find these online quizzes irresistible? Why do we have the urge to know what we will look like as an old lady, a man, or a biscuit?

Most of us are more than a little self-obsessed. We like to talk about ourselves and we like to learn about ourselves. 40% of the words we utter in life are about us!

Researchers in psychology at Harvard University ran a series of studies comparing how people felt when talking about themselves, compared to how they felt when talking about other people. The researchers found that, no matter how the studies were set up the results indicated that the reward centres in human brains were stimulated most during self-disclosure. We actually get a brain buzz from talking about ourselves!

Online quizzes and surveys tend to ask questions such as, 'What is your favourite colour from this selection?' or 'Would your ideal Saturday evening be spent a) dancing in a nightclub? b) camping in the Cairngorms? c) curled up with a good book in front of a fire?' etc. The quiz allows self-expression based on personal preferences. We disclose something

about ourselves which releases the shot of dopamine which makes us feel good.

But we also like to learn about ourselves. Have you or any of your friends every taken part in an online quiz or survey which starts off by declaring, 'Every woman has her own Eighties anthem. Which is yours?' or 'Which celebrity would play you in the movie of your life?'. You click the link, answer a couple of questions and the song title or photo of the celeb pops up, along with, 'Tracey is a hardworking woman. She's been through some tough times but always keeps smiling. She is fiercely loyal and

will stand by her friends through thick and thin. If you hurt her, she may not show her feelings outwardly but rest assured, she'll never forgive you.' We could all probably be described like that, and even though we know it's hokum, like horoscopes, we lap it up precisely



because these online quiz results are relentlessly positive, and while we love learning things about ourselves, we love learning good things about ourselves even more. We share it with friends because it validates the positive things we feel about who we are.

Learning about ourselves is a national pastime. The self-help industry is a £7.5 billion per year business worldwide. Its entire premise is that understanding yourself is the key to a happier, more fulfilled life. People pay serious money to go on retreats, courses or to see a therapist to learn about themselves, which probably explains why a free quiz claiming to reveal our personality type based on which Avengers character we prefer is so alluring.

D.A. MANDER & SON Ltd

PROFESSIONAL FITTER AND SUPPLIER OF QUALITY CARPETS

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



**SUPPLIERS
TO THE
NATIONAL
TRUST**

Need a carpet?

Support the NHS
Stay at home and stay safe

We come to you

ACCURATE
*See colours in their
true light*

CONVENIENT
*View in the comfort of
your own home*

EASIER
*Than walking round
lots of shops*

0121 647 3598

We can uplift and remove existing carpets and move furniture

Mobile: 07976 778694
FREE ESTIMATES

The Cottage, Forshaw Heath Lane, Earlswood, Solihull

See our Review's at



N.BIRD & SON

ROOFING SERVICES



FREE QUOTES

EST 1987 SOLIHULL BASED

- Small Repairs
- Flat Roofs
- New Roofs
- Ridge Tiles
- Chimney Work
- Lead Work
- UPVC Facia, Soffit & Gutters
- GRP Flat Roofs

0121 743 6324

LOCAL FAMILY RUN BUSINESS



249 Lyndon Road, Solihull B92 7QP

NO PAYMENT UNTIL YOU ARE 100% SATISFIED