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for residents of solihull

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summer is coming

Welcome to the April issue of The Solihull Index.

Here's hoping we've all got a spring in our step now that we've managed to battle through the recent cold months! So now's a good time to plan some nice things in the diary – whether you want to try a new restaurant or challenge yourself to doing the Tudor Grange Spring Aquathlon (see page 6) or get your garden looking lovely.

There's also lots of great shows coming up at The Core Theatre in Solihull including a production of Made in Dagenham and a celebration of Whitney Houston's music.

Until next month,

Zoe Reece
Tel: 07557 220585
Email: zoe@dorridgedirectory.com
www.solihullindex.com



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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

Spring Sing!

The Core Theatre, Solihull

Saturday 21st April, 7.30pm

Modern community choir Sing! Bentley Heath invites you to welcome Springtime with an evening of popular songs from 'across the pond'. The singers will be sharing favourite hits from stars as varied as Jackson 5, Ed Sheeran, John Denver, Bryan Adams, The Three Degrees and the Beatles. Tickets (£9.50) are available from The Core Box Office (0121 704 6962) and are also on sale at Palmers (school uniform and clothing shop) on Knowle High Street. Kindly sponsored by Standley



and Co Solicitors, Knowle. Profits and collections go to this year's charities: The Dyspraxia Foundation and The Men's Shed Group (Marie Curie Solihull). www.singbentleyheath.org.uk

Fine and Local Food Fayre

Mell Square, High Street and Mill Lane, Solihull

Saturday 21st April 9am – 5pm

Sample the best of locally sourced food and produce from a range of top quality suppliers at this market, which is held on the third Saturday of each month. Artworks and craft items by regional artists are also available at this market, which is held on the third Saturday of each month.

Solihull Spring Craft Fair

High Street, Mill Lane and Mell Square, Solihull

Saturday 28th April 9am -5.30pm

Visit this craft market for a chance

to purchase handmade items from home and abroad. The market showcases the work of local artists and jewellery designers, as well as offering artefacts from Morocco and other overseas locations.

Spring Aquathlon 2018

Tudor Grange Park and Leisure Centre

Sunday 29th April, first swimmer 1.45pm

If you enjoy swimming and running and want to get fit this year, then Aquathlon is for you! Organised by Solihull Triathlon Club, the event is suitable for anyone from the age of 8, with varying distances dependent on age. There are courses available at the club to help participants to train for the various distances before the event. Everyone is welcome, regardless of ability. Registration costs £16 for junior athletes and £18 for adults.

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.



Through the Pinhole!

Worldwide Pinhole Photography Day (WPPD) takes place on Sunday 29th April

With the advent of the smart phone we have happily turned into a nation of photographers, capturing images wherever and whenever we please.

We add filters and create digital art so easily that we've almost forgotten a world where this wasn't possible...where photography was more of a dark art. Worldwide Pinhole Photography Day aims to get us back in touch with that magic.

Pinhole photography is photography without a lens. People have been making images using pinholes since the 5th century AD. They knew that objects reflect light in straight lines and that rays from the top of an object, travelling through a pinhole, will appear in the lower half of an image...

in other words the image will be upside down.

Sir David Brewster, a Scottish scientist, was one of the first to make pinhole photographs in the 1850s. Pinhole photos are soft and some photographers liked them because they felt the images were atmospheric.

Nowadays the pinhole camera is still popular. One big advantage is that it's very easy to make. It's basically a light box, with a tiny hole in one end and film or photographic paper in the other. Building your own camera is great fun and taking pictures with it is a very satisfying experience. There are helpful videos on YouTube and even ready-made pinhole camera kits.

Check out the link here to the Worldwide Pinhole Camera Website, where you can find instructions to build your own pinhole camera. You could even upload your efforts to the WPPD web gallery. Have fun.

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Do you fear being 'found out'?



In business and in life in general, many of us can lack self-esteem and confidence. Career men, and women in particular, often feel they are in a position through sheer luck. And both sexes may fear being "found out", particularly the 'higher up' they go.

Ironically, in this world of high achievers, go-getters and fast-lane-flyers we fail to see and give credit to our success and the reasons behind it. The female of the species may outperform her counterpart in school but later on, when aiming for top positions and salaries men win hands down with women occupying just under 10% of FTSE 100 executive roles.

Many of us short change ourselves because of the negative messages we pick up on. We selectively attend to the ones that back up our belief that we are not quite good enough and we ignore evidence to the contrary. Those of us who suffer from low-self-esteem, when paid a compliment may remark, "...yes but, they're only being nice". The genuinely paid compliment goes against our inner critic and so it is tossed aside in preference for the more familiar feeling "I am not good enough!"

It is this inner critic that stops us going for a promotion or salary increase. Let's be honest - how often do we have a great idea and then think "I couldn't do that", or go to make an arrangement to catch up with someone thinking "I am sure they are too busy for me..."? Perhaps we dread walking into a situation for fear of what others may think.

Interestingly, our capacity to be drawn towards the negative has developed to keep us from harm. Humans evolved constantly on the



lookout for threats from predators and enemies. This instinct, developed for own survival still continues, even though real dangers these days are rare. We still look for the faults in a situation much more readily than we notice the positive.

Worryingly, our biggest predator in business and in life, can be our own self-talk. Would you speak to a friend the way you speak to yourself? Probably not. Catch your inner critic when it rears its ugly head and ask yourself what your best friend would say to you? What would you say to someone else in a similar situation? It is probably far more encouraging and loving. So why not be kinder to yourself and tell yourself this is real, this success is down to you. Rather than worrying about being "found out", focus on being discovered for the incredible person you really are.

Rebecca Mander is a Personal Coach working in schools and businesses to help improve individuals' performance and mental wellbeing. Rebecca also has her own private practice in Henley in Arden. For a free consultation, call 01926 485465 or visit www.guruyoucoach.com

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answer on page 37

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declutter your life

It's that time of year when we get the urge to Spring Clean

If you can't lay your hands on items you need because they're buried under piles of junk; if you're constantly moving items from one pile to a new 'temporary' pile; if you find yourself thinking, "I can't throw this away, it might come in useful one day," you're probably a clutter-victim.

Californian blogger Dave Bruno wrote The 100 Thing Challenge. He set himself a year-long experimental task of reducing his belongings to 100 items. Although it started as a challenge he actually chose to keep living by his new rules afterwards, saying he prefers the simplicity.

It would be tough for most of us to emulate Bruno exactly, but he has a point. Most of us probably put far too much time, effort and money into acquiring, keeping and storing possessions, and sometimes it's good to let go.

If you're ready to de-clutter, then we have a few simple tips. If you feel you need help, there are experts in de-cluttering who will guide you through the process of letting go.

De-cluttering Tips

Deal with one room at a time the task will seem less daunting. Stick with that room until it's finished.

Choose a nice day - Take the room contents outside. Psychologically it's easier to sort and let go if you're one step removed. It's also less likely that the clutter will make it back inside. Sort everything into three piles - Label them dump, donate and keep. Be realistic: if the item in question hasn't been used for over a year it is unlikely you will ever use it.

Deal with the dump and donate piles - Do this before anything comes back into the



house. It's much harder to mess up your good work if the stuff is physically gone. Sort and label - Place the remaining items in clearly labelled boxes. Make sure there is one temporary box to house items which really belong in another room. As each room is sorted those items can be replaced, and other misplaced items can be housed there while the de-cluttering process continues. Replace everything that remains - The maxim 'A place for everything and everything in its place' is a good one. Keep small items in clear plastic boxes and store them in cupboards or wardrobes. When you're done instigate a 'one thing in: one thing out' rule. It will make you think twice about acquiring something if you know something else must go. Finally, once a week, take two bags and go through your home. One bag is for rubbish, the other for items in the wrong place. When you've finished throw the rubbish away and replace the misplaced items. Follow these small steps and you too can de-clutter your life.

Bless You!

It's Hayfever time again

Hayfever is on the increase, says the British Allergy Foundation. The most likely explanation for this is that summer is starting earlier and pollution is rising.

Pollution traps pollen in the atmosphere and holds it there. As a result we're all being exposed to many more allergens, particularly those of us who live in towns in cities. No wonder we're all sneezing.

The body's immune system is a wonderful creation. It responds to nasty substances such as viruses and bacteria by generating special antibodies which help to neutralise them. These helpful antibodies are actually large protein molecules of a category known as IGG.

Unfortunately, there is another set of antibodies from a category known as IGE. These are less helpful because they tend to over react to allergens, which are harmless materials such as grass pollen.

The problem lies with our mast cells. These are cells choc full of histamine and other substances capable of producing inflammation. The IGE molecules cling to the mast cells and when an allergen enters the body it sticks to the IGE-coated mast cells and triggers them to explode, whereupon they release all their histamine and cause an inflammatory response.

Some of us have high levels of IGE in our bodies and some of us don't. Those with high IGE levels are more susceptible to allergies. In the case of hayfever it triggers runny noses and itchy eyes, but it can also

trigger asthma if the response occurs in the airways and eczema if it occurs in the skin.

Susceptibility does have a genetic basis. However, scientists also know that the immune system develops very early so early exposure to an allergen may affect the development and number of immune cells present, so later in life an allergic response to a particular allergen is more likely.

We can't yet reduce the number of IGE cells in a body but a few years ago scientists discovered that IGG and IGE molecules have different structures and bind differently to mast cells. Thus new medications are now being developed with the ability to disable the IGE and stop it binding to mast cells in the first place.

In the future we may be able to relieve the misery of hayfever altogether. Wouldn't that be lovely?



CURRENT TREATMENTS

Anti-histamine tablets Impede the body's immune response so preventing symptoms.

Nasal Sprays Work directly on the affected area and leave the rest of the immune system alone.

Injections Offer long term protection but are only used in severe cases because of their ongoing nature.

.....

REMEMBER - Do not wait until symptoms start. Ideally begin to take medication 3-4 weeks before the start of the hayfever season.

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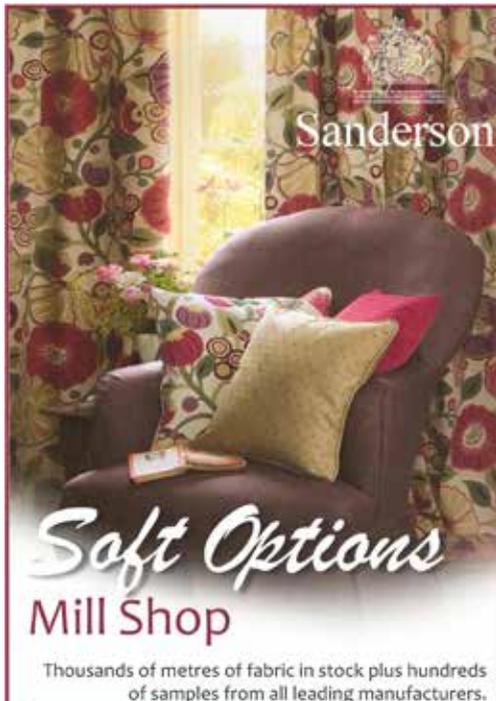

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plant a butterfly garden

Fascinating fact...Winston Churchill loved butterflies so much he had a garden designed specifically to attract them.

This family home was the beautiful Chartwell, but you really don't need a grand estate to attract butterflies because they will happily flock to the tiniest plot if the planting is right.

When planting for butterflies we need to consider their life-cycle, and of course they start life as caterpillars.

Butterflies choose to lay their eggs where there is a good food supply for their hungry offspring. A patch of nettles in a sunny spot is all you need to attract the red admiral, the small tortoiseshell, the painted lady and the peacock.

If you want the common blue (though sadly these are not that common now) plant some birdsfoot trefoil, also known as lady's fingers and properly named *lotus corniculatus*.

A packet of sweet rocket seeds (*hesperis matronalis*) is a good investment. One pack produces flowers in all shades of lilac. They have a sweet scent, which is more powerful in the evening,



and as a bonus they attract the orange tip butterfly.

So, having satiated the caterpillars, we need to address the feeding requirements of the adult butterfly.

The most famous butterfly-attracting plant is probably *Buddleia davidii*, hence its other name, the butterfly bush. It grows well in most soils but needs to be pruned back hard every year so the flowers, and hence the butterflies, are kept at eye level. Don't worry too much if you know very little about pruning, *Buddleias* are hard to kill!

Sedum spectabile must be one of the easiest plants ever to grow and even thrives in

my poor soil. Its dusky pink flowers are always smothered in butterflies and bees when they open in late summer.

Caryopteris clandonensis, or to use its more romantic name, blue mist spirea is also a wonderful butterfly magnet and very easy to grow.

You can now buy packets of wild flower seeds and butterfly mixes. Try some among your borders and you'll be rewarded with fluttering, jewel-like visitors all summer.

BUTTERFLY ESSENTIALS

SUNSHINE - plant butterfly-attracting plants in the sunniest spots
Shelter - the site needs to be out of the wind
ROOSTING SPOTS - Butterflies need somewhere to sleep. They prefer to be high so plant climbers like honeysuckles and clematis.
NETTLES AND WILDFLOWERS - if space is at a premium try growing them in pots. It works really well.

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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 april & may ...

CINEMA

Duck Duck Goose

from 1st April

This film sees a high-flying but irresponsible goose named Peng get injured in flight, causing him to crash-land next to a pair of recently hatched ducklings. They don't have anyone else to look after them, so he's stuck with them. With no other option but to bring them with him on his journey south, Peng is in for an incredible adventure that will see him truly become part of a family for the first time.



him. Although divided following the civil war between Captain America and Iron Man, they must be willing to sacrifice everything in order to defeat their near-omnipotent enemy. They need all the help they can get – and luckily, the Guardians of the Galaxy are here to lend a hand.



To book please visit www.cineworld.co.uk

THEATRE

The Core Theatre, Solihull (formerly Solihull Arts Complex)



Made in Dagenham
Tuesday 24th – Saturday 28th April

Solihull on Stage is proud to present the Solihull premiere of Made In Dagenham. Based on the real events of the Ford sewing machinists strike of 1968. Funny, touching and timeless, Made in Dagenham shows how ordinary people can do extraordinary things when they stand together. Not suitable for children under 12.

All Our Yesterdays

Monday 30th April – Tuesday 1st May

From the biggest nostalgia show producers in the UK, a stunning musical journey through the past six decades. Including some

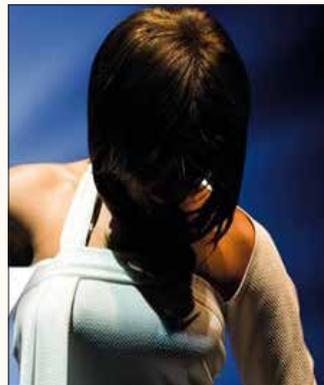


of the greatest all-time hits by Judy Garland, Connie Francis, Buddy Holly, Cliff Richard, Dean Martin, Frank Sinatra, Sandy Shaw, Dusty Springfield, Elvis Presley, Tom Jones, The Carpenters, Bay City Rollers, Abba, Michael Buble and many more.

Thoroughbreds

from 6th April

'Thoroughbreds' follows the gripping, darkly comic adventures of Lily and Amanda, two upper-class teenage girls who rekindle their friendship, after years of growing apart, in an extremely unusual way. Lily seems to have the perfect life, while Amanda is happy enough being a social outcast. They bond over their mutual contempt for Lily's stepfather, and set out on a destructive path towards setting their lives straight.



Whitney – Queen of the Night 2018

Saturday 5th May, 7.30pm

Taking us on a magical rollercoaster ride through three decades of classic hit's that include, I Wanna Dance With Somebody, One Moment In Time, I'm Every Woman, My Love is Your Love, So Emotional Baby, Run to You, Saving All My Love, I Will Always Love You, and many more, this show beautifully remembers the most highly awarded female artiste in the world ever!

To book please visit www.thecoretheatresolihull.co.uk

Avengers: Infinity War

from 26th April

This film sees Thanos, one of the most powerful beings in the cosmos, arrive on Earth on his quest to balance the universe. Only the Avengers can stop



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COMPETITION



WIN 2 tickets

to see **The Little Mermaid** by Ballet Theatre UK

Wednesday 30th May at 7.30pm

The Core Theatre, Solihull (formerly Solihull Arts Complex)

For your chance to win these tickets, worth £36, visit the Core Theatre website page for this event - www.thecoretheatresolihull.co.uk - to find the answer to this question:

What's the name of Ballet Theatre UK's Artistic Director?

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

Closing date for entries is 7th May and the winner will be drawn at random and notified by email after this date.

About the Show:

Basing his ballet on the classic tale of The Little Mermaid who fell in love, Ballet Theatre UK's Artistic Director has created a captivating piece with swirling movement, whimsical flights of the imagination, eclectic music and joyful dance. The Little Mermaid is delightful entertainment for all ages. Ballet theatre UK have a fantastic following, offering exquisite small-scale ballet shows in local venues at a fraction of the price of the big city venues where audiences are often seated a very long way from the action. An ideal introduction to new or younger ballet fans - once seen you will become a fan!

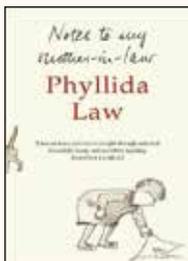
a good read

reviews By Willow Coby

Notes to my Mother-in-law

by Phyllida Law

This is one of those deceptive little books that looks like a quick 'read it and forget it', but is really much more. At little over a hundred pages, it is indeed a quick read – easily done in one sitting – but the pictures of family life it paints will, justifiably, stay in your memory and affections for some time.



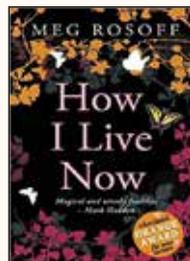
The title is a fairly straightforward description of the contents. Law's mother in law, Annie, shared her family home for seventeen years and 'was picture-book perfect'. As she was deaf, Law would write her notes with reminders, requests and tidbits of gossip every evening before going to bed. In response to her husband's comment that she could have written and illustrated a book in the time she spent on these notes, she did so, gathering together a series of missives – some long, some short, some sad and some funny. The one sided nature of the story – we never hear anything of Annie's replies – means that we fill in the gaps ourselves. The topics range from the mundane – the availability of pearl barley or dusters – to the profound – the death of a family pet. All, however, are tinged with humour, mainly from the chaos of family life and the cast of unseen characters whose many deeds and misdeeds fill the pages.

What raises this above the ordinary, however, is the sense of a bygone age. Annie belonged to a past that is gone, having been in service and maintained many of the disciplines and routines she learnt as a girl. The depth of feeling in Law's relationship with her is palpable, and as Annie becomes increasingly ill the reader cannot help but feel the sense of imminent loss. Often funny, never sentimental but truly touching – a wonderful read.

How I Live Now

by Meg Rosoff

I'm really not sure whether to describe this as a children's book, but certainly if you know a teenage girl of 13 upwards, they will be captivated by it. Rosoff's debut novel is narrated by Daisy, a 15 year old American sent to England by her newly married father for the summer to stay with her cousins.



She is immediately drawn in by this wild and wonderful bunch – Osbert, Isaac, Piper and Edmond – and delighted when Aunt Penn begins to tell her more about the mother she never knew.

But, within days, the world changes. A bomb in London may or may not have started a war, and Aunt Penn is unable to return home. Left alone, the children attempt to survive in the best way they can, and Daisy and Edmond fall in love. Meanwhile, the mysterious war develops through rumours and shortages and increasing military presence, until the inevitable happens and Daisy and Edmond are separated.

In Daisy, Rosoff creates an engaging, realistic and intelligent narrator whose matter of fact style carries us forward. Something like a cross between Holden Caulfield and Esther Greenwood (*The Bell Jar*), she deserves to be as widely known as both. This is a novel about first love, about war and about being young. If you're buying it for that teenager, you could do worse than read it yourself before you hand it over. You won't regret it.

Hot Cross Buns

Preparation time: 40 mins

Cooking time: 20 mins - 25 mins

Makes 12 buns



Ingredients

Zest and juice 1 large orange
Sunflower oil for greasing
For the dough and crosses
225ml semi-skimmed milk
50g unsalted butter, plus extra for greasing
1 large egg
450g strong white bread flour, plus extra for dusting
2 tsp fast-action yeast
50g golden caster sugar

For the flavouring, crosses and glaze

200g raisins
1 tsp ground cinnamon
4 tbsp golden caster sugar
100g plain flour

Method

To make the dough: Heat the milk in a pan until hot but not boiling. Remove from the heat. Add the butter stir until melted. When the liquid has cooled to tepid, beat in the egg and half the orange zest. Mix the strong flour, yeast, 1/2-1 tsp salt (depending on taste) and the sugar in a large bowl. Pour in the liquid and stir to make a soft dough. Knead the dough for 5-10 mins on a floured surface until smooth and elastic. (you can use a mixer with a dough attachment if you have one). Oil a large bowl and place the kneaded dough inside it, then cover with oiled cling film. Leave in a warm place for about 1 hr or until the

dough has doubled in size.

Place the raisins and half the orange juice in a small pan and simmer gently for a few minutes. Allow to cool completely. Mix the cinnamon with 2 tbsp sugar and the remaining zest.

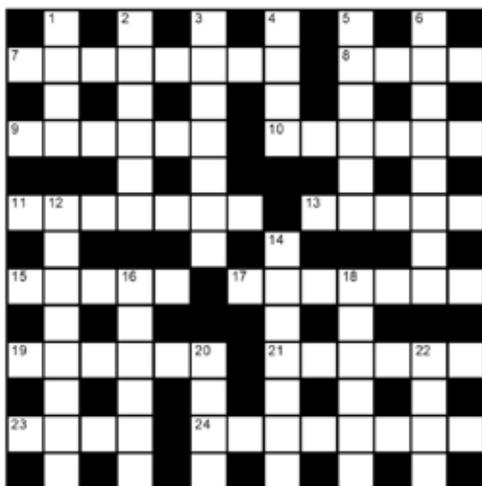
Turn the risen dough onto a floured surface and press it out to a large rectangle, a little bigger than A4 paper size. Scatter it evenly with the drained raisins, and cinnamon-sugar mix. Roll the dough around the filling, then knead it well for a few mins until the fruit and spices are evenly spread.

Grease and line a large baking sheet with baking parchment. Divide the dough into 12 equal pieces. Shape each piece into a bun making the top as smooth as possible. Place the buns, smooth-side up, on the baking sheet, leaving room for rising. Cover loosely with oiled cling film and leave in a warm place for 30-45 mins or until the dough has risen and doesn't spring back quickly when prodded gently.

Meanwhile preheat oven to 190C/170C fan/gas 5. Make the paste for the crosses by gradually stirring 6-7 tbsp water into the plain flour to make a smooth, thick paste, then put in an icing bag or small plastic food bag then snip off the corner to about 5mm. Pipe the crosses, then bake for 20-25 mins until the buns are risen and dark golden brown.

Mix the remaining orange juice with the remaining sugar and let it dissolve. Brush the syrup over the buns while they are still hot, then leave to cool. Eat on the day of baking or serve toasted the next day.

crossword

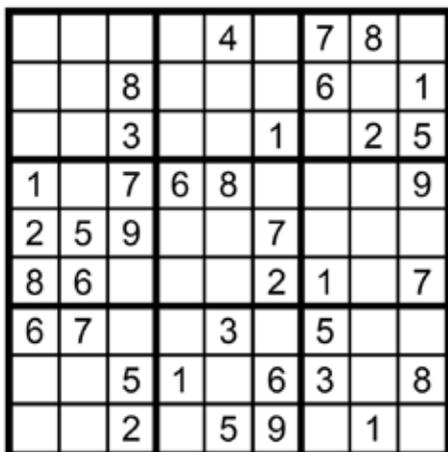


clues

- 7 Take away from (8)
- 8 Grows old (4)
- 9 Small dash between words (6)
- 10 Mystery, conundrum (6)
- 11 Disappoint, fail to satisfy (3,4)
- 13 Toy bear (5)
- 15 Coniferous tree (5)
- 17 Ill-prepared, off guard (7)
- 19 In danger (2, 4)
- 21 Enclosed by (6)
- 23 Type of sound system (2-2)
- 24 Had faith in (6, 2)

Down

- 1 Compulsory task (4)
- 2 Inscribed in metal (6)
- 3 Beautiful nocturnal bird (4, 3)
- 4 Cease (4)
- 5 Blind with light (6)
- 6 Quiet and sheltered from view (8)
- 12 Uses mains power or a battery (8)
- 14 Clever-clogs (4-3)
- 16 Sour, astringent (6)
- 18 Respect and admiration (6)
- 20 Stone edge to a path (4)
- 22 Chemical symbol is Fe (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

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Council

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Margaret Bassett

Tel: 0121 706 9045
margaret.bassett@solihull.gov.uk

Peter Hogarth MBE

Tel: 0121 705 5455
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Robert Hulland

Tel: 0121 707 0493
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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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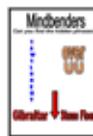
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9	1	6	2	4	5	7	8	3
5	2	8	9	7	3	6	4	1
7	4	3	8	6	1	9	2	5
1	3	7	6	8	4	2	5	9
2	5	9	3	1	7	8	6	4
8	6	4	5	9	2	1	3	7
6	7	1	4	3	8	5	9	2
4	9	5	1	2	6	3	7	8
3	8	2	7	5	9	4	1	6

Sudoku Solution
 from page 34

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

Crossword Solution
 from page 34



- Solution to Mind benders**
1. The only way is up
 2. Over to you
 3. Between a rock and a hard place

Mindbenders Solution
 from page 9

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