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a community magazine and business directory
for residents of solihull

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Sat 24th	CELEBRATE THE 80'S THROUGH TO TODAY'S TOP HITS with REAL BREEZE	£35.00
Fri 30th	MOTOWN DIVAS SHOW with THE DREAMETTES	£35.00

DECEMBER

Sat 1st	SWINGING 60'S & MOTOWN PARTY with THE KRYSTALETTES	£35.00
Sat 1st	THE SNOWBALL CHARITY PARTY with STAYIN' ALIVE - BEE GEES	£42.50
Fri 7th	THE 'TAKE THAT' SPECTACULAR with 'TAKE@THAT'	£45.00
Sat 8th	'HITS OF THE DECADES' PARTY with JARZINO	£45.00
Sun 9th	AFTERNOON TEA & DANCE PARTY with VINTAGE VOICES	£25.00
Fri 14th	CHRISTMAS MOTOWN DIVAS SHOW with THE DREAMETTES	£39.50
Fri 14th	THE XMAS SOUL PARTY with SOUL SURVIVORS	£45.00
Sat 15th	THE BEST 'PARTY ANIMALS' NIGHT with RANG A TANG	£39.50
Sat 15th	XMAS 'BACK TO THE 80's' PARTY with 80's EXPERIENCE	£45.00
Sun 16th	THE No.1 ROD STEWART TRIBUTE with GARRY PEASE	£35.00
Wed 19th	GARY BARLOW TRIBUTE PARTY NIGHT with BOOTLEG BARLOW	£35.00
Thu 20th	THE 'GEORGE MICHAEL' TRIBUTE SHOW with RANDALL BUTLER	£35.00
Fri 21st	THE SOUL AND MOTOWN PARTY with SOULTOWN COLLECTIVE	£45.00
Sat 22nd	THE XMAS Soul and Funk Party with 'MARKS BROTHERS'	£45.00
Mon 24th	DINNER IN THE OAK ROOM RESTAURANT	£45.00
Mon 31st	NEW YEARS EVE 'BLACK TIE' MOTOWN BALL with NAT AUGUSTIN'S SOUL TRAIN	£90.00

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October's full of opportunities...

... to have a good time. It doesn't matter that the weather's turned colder, there's always lots of great events going on locally. Check out what local events are coming up on page 6 and see what's going on at the theatre and cinema on page 36.

Make sure you fill your house with treats (or tricks!) in time for Halloween on 31st October and get your sparklers at the ready for Bonfire Night on 5th November.

Zoe

Zoe Reece

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Email: zoe@dorridgedirectory.com

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contents

- | | | | |
|-----------|--------------------------|-----------|--------------------------|
| 6 | Local events | 34 | Puzzles |
| 26 | Cinema and theatre guide | 36 | Useful telephone numbers |
| 30 | Competition | 37 | Index |
| 32 | Book Reviews | | |
| 33 | Recipes | | |

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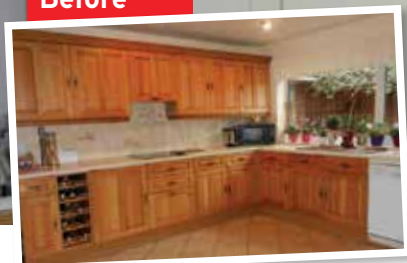
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community events

Autumn Quiz Night

Thursday 18th October 7.30pm

Knowle Village Hall

Book your team in now (maximum of 6 people) for this light-hearted, fun quiz! Simple refreshments are available but bring your own "drinks". Good prizes. Tickets £6 each, from Stephen Yeomans: 01564 778163. This is a Knowle Village Hall fundraising event.



Arden Academy Fireworks Festival

Saturday 10th November

Arden Academy, Station Road, Knowle B93 0PT

Join us for Street Food Units, TWO amazing displays with DJ and Music, Real Ale, Mulled Wine and Prosecco Bars, Stalls and more! Gates open 5pm, Junior Display 6pm, Main Display 7.15pm. Tickets can be purchased in advance (cheaper) or on the door. Book online at www.jumblebee.co.uk/ardenfireworks.

Remembering Solihull's Soldiers

1st – 30th November

Touchwood, Solihull

Touchwood is introducing a special installation of 6ft statues of soldiers to commemorate the lives of local troops who have died in battle. The silhouette soldiers will be unveiled in the centre from 1st November in the lead up to Armistice Day, to remember the

heroes of Solihull who lost their lives during the First World War.



Christmas Craft Fair

Saturday 24th November

10am – 3pm St. Philip's Church Hall, Manor Road, Dorridge

There will be refreshments all day as well as a selection of Craft and Home Produce Stalls, Tombola and Bottle Stall. Father Christmas will be visiting.

26th Lions Festive Walk

Thursday 27th December

Walk from Baddesley Clinton National Trust House in aid of SoLO Life Opportunities and The UK Sepsis Trust, and local causes. Choice of 4 routes between 1.4 & 8.6 miles. Visit knowleanddorridgelions.com/ walk for more details & to download the free entry form to complete and bring along on the day.



THE CORE LIBRARY

0121 704 6965

- **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.

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7 Good Reasons to Be Yourself.

Last week was social inclusion week when many businesses celebrated the ways in which they welcome their teams to be themselves and embrace who they really are. Some of us do it more than others and it is such a shame, as we were made to be **unique for a reason!** Each one of us has strengths and qualities that define us, yes of course we can over play them sometimes, but surely if people love us for who we are they will forgive us if we get a little ahead of ourselves!!

Here are **7 reasons off the top of my head why it's better to be yourself** rather than another version that you think someone may prefer!

1. If you pretend to be someone you are not, sadly, you will never know if your friends are friends with you or the version you are offering to them which can lead to your own insecurity.
2. You can't please all the people all of the time! If you are not being yourself and trying to meet the needs of someone else...You still won't make 100% of the people happy, so you may as well be yourself and accept that you won't please everyone!
3. It is exhausting! Imagine the freedom of being who you really are! My husband is naturally reserved and would never speak with strangers say, in a hotel lift or in a shop and I used to talk to anyone who would listen! For some reason I stopped at some point, maybe because I knew it made him uncomfortable. Now though I just laugh it off if he rolls his eyes as the waitress I have been sharing my life with walks away, and I remind

him I am just being myself! It's very liberating!!

4. As long as you are not hurting anyone, being the "way you are" is good for your self-esteem. **CAUTION THOUGH!!!!** If by being yourself, you could offend or be hurtful don't expect your excuse of "That's just the way I am!" to hit the spot!
5. You are in danger of losing your identity if you do not have your own opinions, views and thoughts heard. Again, you would never get 100% agreement or approval, so don't aim for it.
6. People warm to genuineness. Humans can see right through pretense and it irritates because it feels like someone is trying to trick us. No one wants to be conned and like any mammal, we are on the alert for threat so our instincts pick up on anything that is outwardly awry. If you are comfortable in your own skin, open and honest in your approach, people gravitate towards you.
7. If you are like Ronseal and "do what it says on the tin", then your friends, family and colleagues will know what they are going to get and will feel far more at ease in your presence.

Coaching really fosters confidence and self-belief so that we can be the best version of ourselves. If your confidence needs a boost-
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Answers on page 37



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Thurs 6th | Thurs 13th | Wed 19th

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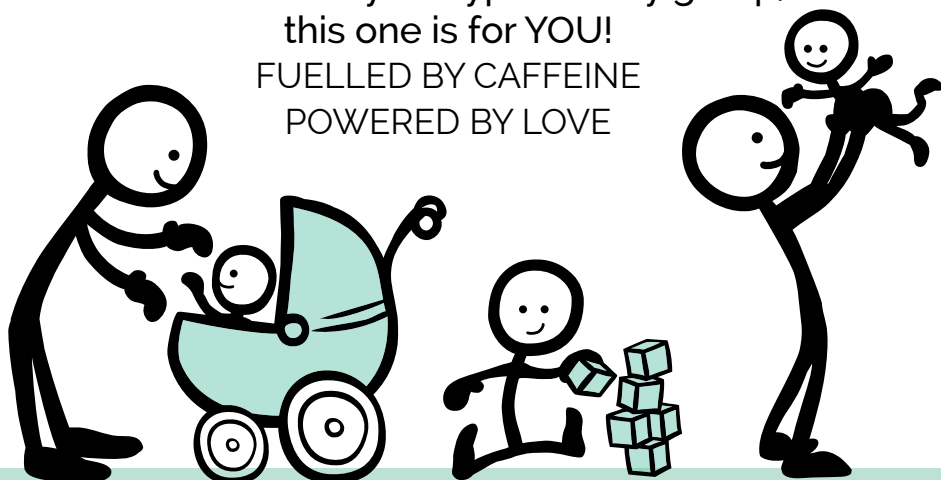
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Porches



a taste of what's on in October and November...

CINEMA

Smallfoot

from 12th October

When Migo, a yeti living in the mountains, encounters a human – thought to be a myth – he sets out in search of the legendary 'Smallfoot'. He joins up with other yetis who also believe that humans exist, but gets frustrated with their lack of evidence.



First Man

from 12th October

The true story of Neil Armstrong, the 'First Man' to set foot on the Moon. Focusing on 1961 to 1969, the film follows Armstrong's life and the sacrifices he made to complete one of the most dangerous missions in history.



Goosebumps 2: Haunted Halloween

from 19th October

Halloween comes to life as Slappy the Dummy returns, bringing another horde of monsters with him. When two boys unknowingly open a book which unleashes the Goosebumps monsters, it's up to them to thwart Slappy's plans.



To book please visit
www.cineworld.co.uk

THEATRE

The Core Theatre, Solihull
(formerly Solihull Arts Complex)

The World-Famous Elvis Show

Friday 19th – Saturday 20th October

Chris Connor is back! Sold out in 2017, direct from the West End, world-leading Elvis performer Chris Connor stars in this huge 2-hour production. Voted 'The World's Best' in a world-wide Elvis Presley fan poll, audiences are left speechless by his voice, looks and moves.



The Bob Dylan Story

Friday 26th October

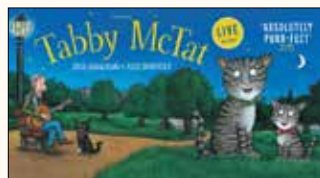
The Bob Dylan Story is the stunning and definitive live concert celebration of rock music's greatest icon. With some of the most memorable songs ever written, Bob Dylan created the soundtrack for 1960s America, amassing a huge and enduring fanbase.



Tabby McTat

Friday 2nd November

Enjoy this delightful rhyming story of music, friendship, loyalty - and cats! No cat can sing like Tabby McTat, Fred the guitar-playing busker's cat. Lovingly adapted from the book by Julia Donaldson & Axel Scheffler.



To book please visit www.thecoretheatresolihull.co.uk

Seven Steps to the Perfect Pumpkin Lantern

1. Choose a decent sized, rounded pumpkin. Fresh unblemished ones are best. Work on newspaper as pumpkin carving is messy!
2. Use a serrated blade to cut a lid. Make sure the hole is big enough so that you can scoop out the flesh inside.
3. Use a large spoon or ice cream scoop to remove the pulp and seeds. Thin the walls a little too by scraping away some of the flesh. This makes carving easier and allows more light through.
4. It's best to draw your design in marker first. Bold shapes are easiest. For a professional finish use a paper template. You can draw your own or download one; tape it to the pumpkin then use a sharp pointed tool, like a knitting needle or nail, to poke holes around the design. When you remove the paper, the design will be left on the pumpkin.
5. A sharp, serrated knife will work best to cut out your design. Start at the centre and work outwards using short saw-like strokes for better control.
6. Rub some petroleum jelly on to the exposed parts of the pumpkin. This stops those areas turning brown.
7. If you're using a real candle, put it in a small glass. Cut holes in the lid to allow heat and smoke to escape. Fairy lights and battery-operated candles are the safest and best options for lighting.

pumpkin

Visit www.pumpkinpile.com for some great stencils and ideas.

Beginner's Guide to Firework Photography

I'm a keen amateur photographer but I always failed at firework photography until last year when I decided to get serious. I've put together this short guide.

Kit: camera, torch, tripod, charged battery (and spare), decent memory card, remote shutter release.

Location: Get to any display early, before the crowds to choose the right spot. You want somewhere which avoids obstacles such as buildings or trees, street lights, car lights, and bright signs.

Wind: Stand upwind of the fireworks (wind blowing away from you). If you're downwind smoke will probably block most of your shots!

Settings: I've finally mastered this! If you have a camera you can set to manual: Turn the flash off; Turn noise reduction on; Set ISO 100; Set Aperture to F11; Focus for landscape (slightly less than infinity - some cameras have a landscape setting); shutter speed - you need to experiment to find your preference - try everything from 1-15 seconds (NB. this is why you need the tripod and shutter-release cable, to avoid blurry photos)

If you only have an automatic (point-and-shoot) camera: Look for a firework setting. If you don't have one, try the landscape setting and experiment. I found clicking as soon as I heard the 'whoosh' of the firework being launched meant I caught the firework more often than not.

Experiment: Try different settings, different shutter speeds and focal lengths. Use the torch to check and adjust settings. Enjoy the process and don't forget to share your photos!

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Stay Safe Online

By Sarah Davey

Use the latest OS (Operating System) -

The most recent OS is generally the safest. Microsoft's Windows 10 is their most up-to-date OS, and anything earlier should really be upgraded. Don't forget that free software updates are issued all the time. Take advantage of these and update regularly.

Install security software - The main threats to your online security are hackers, viruses and spyware, (this last one is a programme that may be used to log your credit card details). Ideally you should have a firewall, plus antivirus and anti-spyware software as an absolute minimum. You really need all three, because individually they won't protect you against every attack. Be sure to update them regularly.

Ditch the SPAM! - As far as possible don't open anything you think is SPAM.

Use 'disposable' email addresses for registrations on sites with which you're unfamiliar and use SPAM filter software.

Wi-Fi Wisdom - Wireless networks can offer an easy way for people to eavesdrop on your PC. Because they use radio waves, anyone within range can pick up the signal, making them a target for hackers who could be after your financial details, as well as freeloading unauthorised users who might piggyback your signal to access your broadband connection. Use an up-to-date router. Make sure you rename your network to make it more difficult to find, create a unique password and always turn on the encryption.

Backup! Backup! Backup! Just in case. Back all your data up regularly, and from time to time check the backups.



COMPETITION



WIN 2 tickets

to see **The Lock In Christmas Carol**

Tuesday 4th December 7.30pm

The Core Theatre, Solihull (formerly Solihull Arts Complex)

For your chance to win these tickets, worth £33, visit the Core Theatre website page for this event - www.thecoretheatresolihull.co.uk - to find the answer to this question:

What does The Telegraph say this show is guaranteed to do?

Email your answer to: thecoretheatre@solihull.gov.uk
and please put 'Lock In' as the subject line

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

About the Show:

Half gig, half dance show and half panto! This is The Core's very first Lock In show, which are starting to gain a cult following.

Join the BBC Award-Winning team of musicians & dancers for 150% of the very best festive live music, song and dance! The show is loosely based on A Christmas Carol by Charles Dickens and features folk powerhouse "The Demon Barbers" and artists from Breaking Tradition Dance Company.

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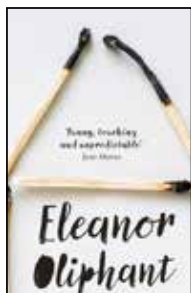
a good read

reviews By Willow Coby

Eleanor Oliphant is Completely Fine

by Gail Honeyman

Most of us live in communities, surrounded by others – be it family, friends, neighbours, or even co-workers. But for some of us, life can be lonely. If you are one of the few who have yet to read this runaway success debut novel, then you are in for a treat.



Eleanor Oliphant is nearly thirty years old and lives alone in her apartment in Glasgow. In fact, not only does she live alone but she spends all her time alone – even at work she doesn't speak to anyone if she can avoid it – and she is completely fine with this. Nothing is missing from her life. Her carefully planned and ordered life.

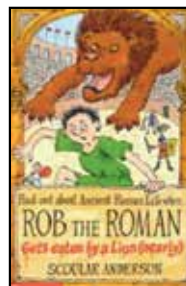
Or is it?

Eleanor's life, it turns out, is not complete. Nor is it as straightforward as it first appears. A friendly offer to hold the door open from a co-worker, Raymond, threatens to bring down her ordered life and reveal the truth of her past. Sometimes a little kindness can make a world of difference.

Rob the Roman gets eaten by a Lion (nearly)

by Scoular Anderson

Ever wondered what it was like to live in Ancient Rome? This fantastic short book aimed at young readers introduces them to Rob – short for Robur – who lives in Rome with his parents and sister. Rob doesn't want to follow in the footsteps of his father who inspects drains, but dreams of being a famous gladiator!



Using a mixture of text and cartoon strips, Rob shows the reader what his life is like, from trips to the Baths, to a trip to the country to visit his Grandpa on his farm. But the highlight is when his cousin, Illustrious returns from the army and manages to get tickets to see the gladiators fighting in the amphitheater. Rob is very excited until a turn of events sees him a bit TOO close to the action!

This is a great little read, especially for children who are either interested in history, or who might need a little bit of help with their history homework!

A cute and seasonal supper

Preparation time: 20 mins

Cooking time: 25 mins

Serves 4

Ingredients

4 Orange peppers
200g Cooked brown rice
1 tbsp Sunflower oil
450g Minced beef or turkey
1 Medium onion finely chopped
225g Mixed mushrooms, chopped
350g jar roasted red pepper sauce
1 tsp Dried oregano
¼ tsp Chilli flakes
Salt and pepper to taste

Method

For the pepper lanterns

Preheat the oven to 180C / Gas Mark 4. Use a sharp knife to slice the top off each pepper horizontally. Don't discard these tops as they will be the little hats for the pepper lanterns. Deseed the peppers. Rinse and pat dry with kitchen towel. Use a small paring knife to cut holes into the exterior of the peppers to make pumpkin-lantern style faces. If the peppers don't stand upright,

slice a small amount from the bottom to flatten the surface.

Cook rice according to package directions. Lightly oil a baking tray. Arrange the peppers and their tops on the tray and cook in the oven for 20 minutes, or until peppers are cooked, but still are still firm. They mustn't collapse! Remove peppers from oven and allow to cool while you make the filling.

For the filling

Heat 1 tbsp oil in large frying pan over medium heat. Add the chopped onion and mushrooms and sauté for 3-4 minutes, until the mushrooms have softened and reduced in size. Increase the heat to medium-high. Add mince, herbs and chilli flakes and continue to cook, stirring occasionally until browned.

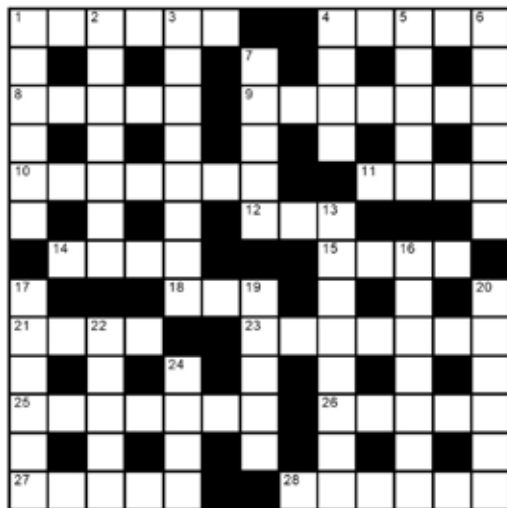
Drain the excess oil. Reduce heat to low, then add the pepper sauce and cooked rice. Stir to combine and cook for 2-3 more minutes, or until mixture is heated through.

Fill each pepper to the brim, allow the mixture to spill over slightly. Place a top on to each stuffed pepper and serve with green salad.



Serves: 4 people
Preparation and cooking
time: 45 minutes

crossword



clues

- 1 Hypothesis, notion (6)
- 4 Happen (5)
- 8 Melody, tune (5)
- 9 Progress, develop (7)
- 10 Flyer (7)
- 11 Threesome (4)
- 12 Affirmative response (3)
- 14 Sparkly stones (4)
- 15 Part of the foot (4)
- 18 Ocean (3)
- 21 Simple (4)
- 23 Robert _____, stage and TV Actor (7)
- 25 Pointier, more acute (7)
- 26 Eskimo dwelling (5)
- 27 Ate, consumed (5)
- 28 Festive drink (6)

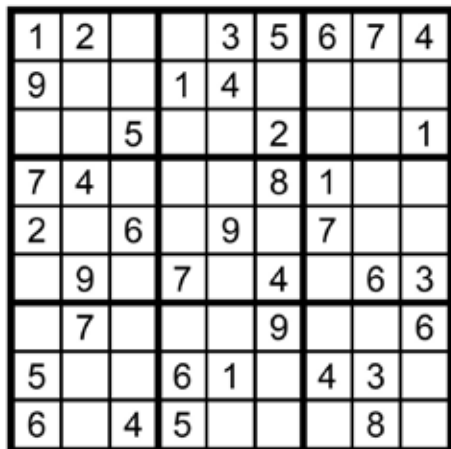
Down

- 1 Place of worship (6)
- 2 Bushwhack, trap (7)
- 3 Foolhardy (8)
- 4 Expression of mild dismay (4)
- 5 Singing group (5)
- 6 Sports Brand (6)
- 7 Filthy (5)
- 13 Neglecting, rejecting (8)
- 16 Fifth letter of the Greek alphabet (7)
- 17 Stopped (6)
- 19 Panic, terror (5)
- 20 Fictional being, part human, part machine (6)
- 22 Killed (5)
- 24 Slang for potato (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

Kids Page

On the first day back at school Miss Black sets some homework. She tells the children it is due in the day before four days from the day after tomorrow. If today is Wednesday 5th September, when is the homework due in?

Answer: Monday 11th September



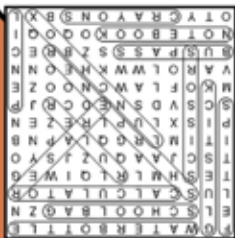
School Supplies Word grid

Can you find all the school supplies from Josh's shopping list in the

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

Josh - school shopping list

bus pass	notebook
calculator	pencil
crayons	ruler
eraser	school bag
felt tips	scissors
glue stick	sharpener
lunch box	water bottle



Word Grid Solution

Q. What do you get if you cross a teacher with a vampire?

A. Lots of blood tests!



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

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Kate Wild

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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



Bathrooms

- 17 EH Smith 0121 713 7100
18 OT Bathrooms 0121 707 8612

Blinds / Curtains / Fabric

- 9 Soft Options 01564 783399

Builders

- 16 Parkfield Building Services 0121 241 2959

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- 12 Crossroads Service Station 0156 4703 225
12 Steve Lane Cars 01564 822 209
15 Johnsons Cars 0156 4454 081
31 Easylease 0121 693 0573

Carpets

- 23 Don Mander 0156 4700 200

Central Heating / Gas Services / Boilers

- 7 Stephen Smith & Son 0156 4200 119

Drives

- 10 Dimension Landscape & Driveways 0121 733 1463

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- 3 Nailcote Hall 02476 466 174
11 National Conference Centre 0121 704 2784
14 Therapy Sense 07870 174 376
20-21 Ramada Hotel 0121 711 5486
38 Hatton Country World 01926 843411

Fascias & Gutters

- 19 Proline 0800 956 1315

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- 22 Woodglow 0121 707 2306

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39 Oakland Group 01564 758 608

Graphic Design

- 28 Hotlobster Design Ltd 0121 369 1977

Handyman Services

- 13 Prestige Multi-Trades 07886 922 280

Health & Beauty & Wellbeing

- 9 Guru You 07930 147 799
14 Therapy Sense 07870 174 376
19 Equanimity 0844 693 1282

Kitchens

- 5 Dream Doors 0121 314 0956
17 EH Smith 0121 713 7100

Online Buying & Selling

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Restaurants

- 2 The Barn at Berryfields 0167 6522 155

Roofing

- 7 Roofing & Guttering Services 0795 6228 842
22 C Stevens Roofing 0121 733 1276
40 N Bird & Son 0800 195 6946

Stairs

- 19 Lyndale Stairs 0154 3677 780

Windows & Doors

- 24-25 Mainstream 01564 320 013



Sudoku Solution
from page 34



Crossword Solution
from page 34

**Solution to Mind benders**

1. Return Ticket
2. Post man
3. All in a day's work

Mindbenders Solution
from page 9

Hatton
ADVENTURE
WORLD

Pumpkin Spooktacular

Daytime

25th October to
4th November 2018

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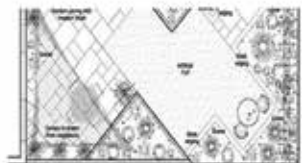
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Gillian Cain, Audi Birmingham, 31 July 2017

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