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# 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!**

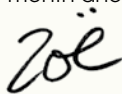
It's also a great time for getting your garden looking lovely and for selling your home. We've got a great range of local, reliable businesses in here who can help you get your garden ready and update any aspect of your home, from your roof to your kitchen, your bathroom to your décor, whether you're 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](mailto:zoe@dorridgedirectory.com)

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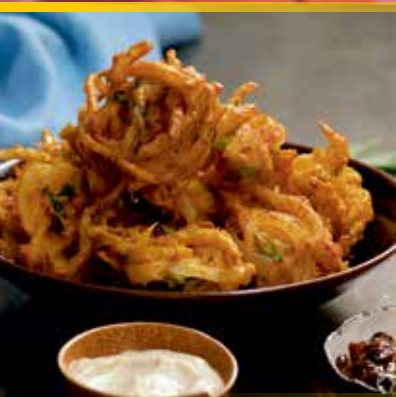
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# community events

## Great American Musicals

**7 June, 7.30pm**

**Knowle Village Hall**

The Strolling Players are celebrating the music of Broadway in this concert at Knowle Village Hall. There will be numbers from "The Sound of Music", "Gigi", "Paint Your Wagon", "Carousel" and lots more! A pleasure to sing, and a pleasure to enjoy! Tickets are £10 and available from 01564 777634 or any of the Players.



BBQ, ice cream, face painting, and much more. Tickets are £5 for adults and £3 for children over 3 years, and family tickets (2 adults and up to 3 children) are £12. To book please call 01564 703444.

## Solihull Food & Music Festival

**Tudor Grange Park**

**24-26 May**

A weekend of music, food and entertainment. Take your

pick from more than 15 street food vendors; experience nonstop live music including tributes acts for Elton John, Oasis, Bruno Mars and The Jam; buy beautiful gifts, crafts, and food & drink produce; have a thrill on the funfair rides and enjoy the kids entertainment, including an arts & crafts bus, face painting, glitter tattoos, bouncy castles & roaming characters meet-and-greet. Tickets from tickettailor.com

## Bank Holiday BBQ

**26 May, 12 noon - 4pm**

**Hogarths, Dorridge**

Let someone else do all the hard work on Bank Holiday Monday and head over to Hogarths for a feast. Enjoy a 2 course BBQ for £30 per person, available 12 noon-4pm. Enjoy treats such as Garlic, Lemon & Lime King Prawn Skewers and Hereford Beef Ribeye Skewers with Zingy Chimichurri. To book call Hogarths on 01564 779988.

## May Bank Holiday Fun Day

**26 May, 1-6pm**

**The Limes Country Lodge Hotel, Earlswood**

Enjoy a fun-filled afternoon perfect for the whole family. You'll be able to enjoy live music from their DJ, garden games, inflatables, a delicious



## Vinyl City

**25 May**

**The Beech House, Solihull**

You could sit at home watching TV or.... have a lively Sunday afternoon of pure groove at The Beech House with Vinyl City - Rob Hadley. Enjoy a live vinyl session of funky beats, disco classics, and 70s & 80s vibes - for free!



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# THE BELL

— ON THE GREEN —

SUNDAY  
MENU

## TO SHARE

**LOCAL RUSTIC BREAD**  
Butter, olive oil & Modena  
balsamic vinegar /  
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**MARINATED MIXED  
OLIVES**  
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CAMEMBERT**  
Chilli jam &  
rustic garlic bread /  
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**MEAT GRAZING BOARD**  
Chorizo sausage, duck & orange pate,  
home baked ham, pickles, chutneys,  
rustic bread, olive oil  
& Modena balsamic vinegar /  
£18.95 GF\*

**FISH GRAZING BOARD**  
Smoked salmon, marie rose prawns,  
haddock fishcake, tartare sauce,  
rustic bread, olive oil  
& Modena balsamic vinegar /  
£18.95 GF\*

## STARTERS

**SOUP OF THE DAY**  
Rustic bread / £7.50

**BREADED BRIE WEDGE**  
Apricot & chilli chutney / £8.95 V

**CRISPY DUCK SALAD**  
Hoi sin sauce / £9.50 GF\*

**DUCK LIVER & ORANGE PATE**  
Bacon jam & toast / £9.25

**SMOKED HADDOCK  
& SPINACH FISHCAKE**  
Whole grain mustard cream sauce / £9.50

**BANG BANG CAULIFLOWER**  
Tempura cauliflower florets, sriracha  
vegan mayo / £8.95 V, VE

**SLOW BRAISED BEEF CROQUETTES**  
Caramelised cauliflower purée,  
beef jus / £9.50

**CREAMY GARLIC MUSHROOMS  
ON TOAST**  
White wine cream sauce and  
toasted baguette / £9.25

## MAIN COURSES

**BEER BATTERED FISH & CHIPS**  
Crushed minted peas, tartare sauce, hand cut chips / £18.95 GF\*

**TRADITIONAL HAM, EGG, CHIPS & GARDEN PEAS** £18.95 GF\*

**PAN SEARED LAMBS' LIVER**  
Crispy streaky bacon, spring onion mash & gravy / £17.95 GF\*

**STEAK & ALE SHORT CRUST PASTRY PIE**  
Garden peas, hand cut chips & gravy / £18.95

**BREADED BREAST OF CHICKEN MILANESE**  
Tomato and basil linguine / £18.95

**CRISPY DUCK SALAD** Hoi sin sauce / £18.95 GF\*

**PAN FRIED FILLET OF SALMON**  
Baby spinach, potato gnocchi, white wine cream / £19.95

## SUNDAY ROASTS

All served with seasonal vegetables, Yorkshire pudding,  
roast potatoes & pan gravy.

**PRIME SIRLOIN OF 28 DAY BLACKGATE BEEF** / £22.95

**BREAST OF TURKEY** / £20.95

**LOIN OF PORK** / £20.95

**LEG OF LAMB** / £22.95

**TRIO OF ROASTS: BEEF, PORK & TURKEY** / £23.95

Add a side of **CAULIFLOWER CHEESE** / £4.95

## BURGERS

**PREMIUM WAGYU BEEF  
GOURMET BURGER**  
Brioche bun, skinny fries, lettuce,  
tomato / £18.95 GF

**BBQ CHICKEN SCHNITZEL BURGER**  
Brioche bun, lettuce, tomato,  
coleslaw & skinny fries / £18.95

ADD TOPPINGS £1 EACH:  
CHEDDAR, STILTON, MUSHROOM, BACON  
UPGRADE SKINNY FRIES TO  
HAND CUT CHIPS £1.50

## VEGAN

**ASIAN SPICED VEGAN BURGER**  
Brioche bun, lettuce, tomato, vegan coleslaw  
& skinny fries / £16.95 VE

**FALAFEL & HUMMUS**  
Skinny fries, pitta bread & seasonal salad /  
£16.95 VE, GF\*

**BUTTERNUT & PEARL ONION TARTE TATIN**  
Whisky glaze, green salad and new potatoes /  
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## SIDES

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# Helping Your Child with Worry and Anxiety

Just like adults, children sometimes feel worried. However, if those worries begin to overwhelm them or affect their wellbeing, there are supportive steps you can take.

**Talk About It:** Encourage your child to talk about their feelings. Make conversations about emotions a normal part of the day, like during mealtimes or car rides. Let them know it's okay to open up.

**Listen and Validate:** It can be hard to see your child struggle, but try not to dismiss their worries. Instead of saying "there's nothing to

worry about," listen calmly and help them feel heard.

**Ride the Emotion Wave:** Emotions rise and fall like waves. Teach your child to "ride the wave" using calming tools such as deep breathing, playing outside, or engaging in relaxing activities. Creating a self-soothing box filled with comforting items like photos or textures can help too.

**Challenge Anxious Thoughts:** Anxiety often brings negative thoughts. Help your child notice these and explore why they may not be true, just like spotting a bully's voice. Use a Worry Box: Writing worries down and placing

them in a box can help children let go of anxious thoughts and talk through them later with support.

**Seek Help:** If anxiety persists, consult your GP or a professional service like the Purple House Clinic for guidance.

Dr Danielle Grey is a Clinical Psychologist and the Clinical Director for the Purple House Clinic, Birmingham. The clinic is based in Coleshill and offers private psychological health care.

**For more information visit [www.purplehouseclinic.co.uk](http://www.purplehouseclinic.co.uk) or call 0121 820 7851.**



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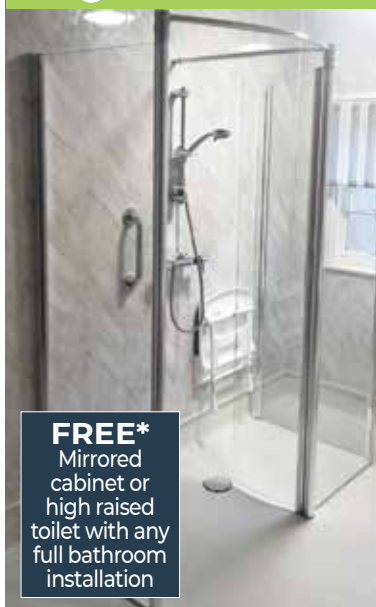
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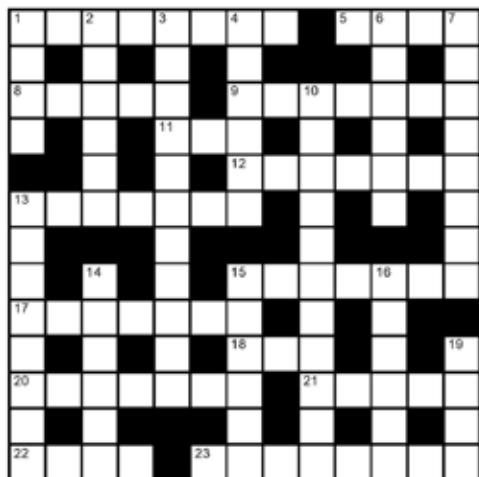


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## crossword



## clues

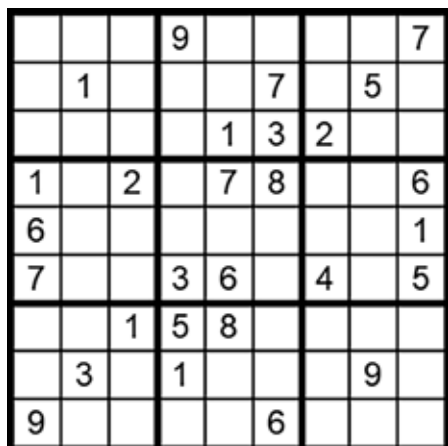
### Across

- 1 Joint writer of a book or paper (2-6)
- 5 Run \_\_\_\_, behave uncontrollably and disruptively (4)
- 8 Royal dog (5)
- 9 More slender (7)
- 11 Type of snake (3)
- 12 Foolish, stupid (7)
- 13 Largest great ape (7)
- 15 Spread through, suffuse (7)
- 17 Young pilchard (7)
- 18 Floor covering (3)
- 20 A word of opposite meaning (7)
- 21 First sign of the zodiac (5)
- 22 91.44 centimetres (4)
- 23 Banner, ribbon (8)

### Down

- 1 Rooster (4)
- 2 More spacious and well ventilated (6)
- 3 Distress, anguish (11)
- 4 Canadian capital city (6)
- 6 Fixed (6)
- 7 Paraffin oil (8)
- 10 Question systematically in a formal manner (11)
- 13 List of information about the meanings of specialized words (8)
- 14 Excavation, depression (6)
- 15 Allow, authorise (6)
- 16 State as fact, declare (6)
- 19 Emperor, ruler (4)

answer on page 22



## 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 22





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Michael McIntyre

**LOFALLINGVE**

answers on page 22

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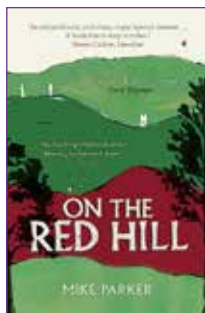


# a good read

By Natasha Donovan

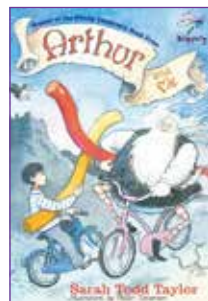
## **On the Red Hill: Where Four Lives Fell into Place** by Mike Parker

This is an evocative and deeply personal exploration of place, identity, and belonging. Set in rural Wales, the memoir chronicles Parker's life alongside his partner, Peredur, after they inherit a farmhouse, Rhiw Goch, from an older gay couple, Reg and George. The book is both a tribute to these men and a meditation on the ways lives intertwine with the land and community. Structured around the four seasons, the narrative intertwines Parker's reflections on his own experiences with the lives of Reg and George, whose unconventional partnership in mid-20th-century Britain defied social norms. Through photographs, journals, and anecdotes, Parker brings their story to life, portraying them as pioneers who lived with integrity and grace. The book delves into themes of love, resilience, and the changing rural landscape, weaving historical and personal narratives into a rich tapestry. Parker's lyrical prose vividly captures the beauty of the Welsh countryside and its complex history. His deep connection to the land and its people is palpable, and his exploration of identity and queer history is both tender and profound. The book's pacing is meditative, reflecting the rhythms of rural life. This is not a book to race through, more one to savour. *On the Red Hill* is a moving and beautifully written work that transcends the personal to touch on universal themes of belonging, heritage, and the passage of time. It is a celebration of love, memory, and the enduring connection between people and place.



## **Arthur and Me** by Sarah Todd Taylor

*Arthur and Me* is a charming, whimsical tale that blends adventure, humour, and history. Tomos is struggling on the school history trip. They are supposed to be studying King Arthur, but the class bully has taken his lunch, and he seems to be in constant trouble. Then he falls down a hole and manages to wake the real King Arthur. While this is something of a surprise to both of them, it seems that Tomos finally has a chance to impress his teacher. But Arthur, with all his grandeur, chivalry, and medieval quirks, struggles to adapt to the modern world, leading to a series of madcap adventures. As Tomos tries to help Arthur return to his own time, the two form an unlikely friendship. Arthur's chivalric code often clashes hilariously with modern sensibilities, but it also inspires Tomos to find courage and integrity in his own life. Together, they navigate obstacles, uncover hidden truths, and ultimately learn valuable lessons about bravery, friendship, and self-discovery. The wit and storytelling is pitched at ages around seven to nine and will leave young readers reflecting on what it means to be a true hero.





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# Growing vegetables: seeds or plugs?

When it comes to growing our own vegetables,

one of the first decisions we face is whether to start from seed or to buy young plug plants. Both methods have their advantages and drawbacks, and the right choice often depends on our experience, time, and gardening goals. Here's a breakdown of the pros and cons to help you decide which approach suits you best.

## Sowing from Seed

**Pros:** Sowing vegetables from seed offers variety, affordability, and satisfaction. Seed packets are relatively inexpensive, and one packet can yield dozens—if not hundreds—of plants.

They also provide access to a broader range of varieties than you'll typically find in garden centres. If you want heirloom tomatoes or rare purple carrots then seeds are your best bet.

Starting from seed will also give you complete control over your plants' early growth. You'll know exactly how they've been treated, what compost has been used, and whether they've been exposed to any chemicals. For many gardeners, this transparency is a big plus.

Cons: However, growing



from seed does require time, patience, and a little bit of skill. Seeds need the right conditions to germinate - usually warmth, moisture, and light - and some varieties are trickier than others. You'll need to sow them at the right time, monitor them daily, and often transplant seedlings to bigger pots before they go into the ground. It's rewarding, but not without effort.

## Buying Plug Plants

Plug plants, also known as starts or transplants, are young vegetable plants that have already been germinated and grown for a few weeks.

**Pros:** The biggest advantage here is convenience. You can skip the tricky germination stage and go straight to planting them in the ground or containers. This saves time and reduces the chances

of early failure. Plug plants are therefore ideal for beginners or busy people who still like to garden.

They're a reliable choice for vegetables with long growing seasons, like tomatoes or peppers, especially if the weather is cooler and it isn't practical for you to start the seeds off early indoors.

**Cons:** The trade-off are cost and variety. Plug plants are more expensive than seeds and often come in limited selections. You may only find standard varieties, not the unique or heritage ones you could grow from seed. Additionally, you won't know how the young plants were raised—some may have been treated with chemicals or stressed in transit.

So, it all really depends on your priorities. Seeds offer choice and value but require time and care. Plugs offer ease and speed but at a higher cost and with less variety. Many gardeners find a balance, starting some vegetables from seed and buying plugs for others. And remember, nothing is set in stone when you're gardening. If plugs get you comfortable growing your own veg, maybe you'll feel confident enough to try seeds next time. There's always a next year when it comes to growing.

Happy gardening.





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### SOLIHULL / SILHILL

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Peter Hogarth MBE

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phogarth@solihull.gov.uk

Wazma Qais

Tel: 0121 709 3404

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Bob Grinsell

Tel: 07515 527345

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Samantha Gethen

Tel: 07360 648047

samantha.gethen@solihull.gov.uk

## local police contact for solihull

Solihull Police Station: 0845 113 5000 or 101

### Misc

Solihull Council

0121 704 8001

### Health

NHS non-emergency

111

Solihull Hospital

0121 424 2000

Spire Parkway Hospital

0121 704 1451

Grove Surgery

0121 705 1105

Northbrook Group Practice

0121 746 5000

Hobs Moat Medical Centre

0121 742 5211

Daleswood Health

01675 489489

### Utilities

Electricity power cut

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Gas leak

0800 111 999

Severn Trent Water

0300 034 2222

Severn Trent Water (emergencies)

0800 783 4444

### Travel

National Rail Enquiries

03457 484950

Network West Midlands (buses)

0345 303 6760

## 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 Saturday of every month, 10am - 12 noon, excluding bank holidays, for both Silhill and St Alphege residents.

### Solution to Mind benders

1. Last of the big spenders
2. Stand up comedian
3. Falling in love

midbenders  
from page 16



Crossword Solution  
from page 14



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