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Autumn is approaching...

Welcome to the September edition

It's a busy month with kids going back to school, and individuals getting ready for university.

The roads are going to be busier, the mornings and evenings are going to get darker, but there's still lots to look forward to. We can start thinking ahead, planning Halloween treats, bonfire parties and eventually starting to think about Christmas plans. There's also lots of interesting and fun things going on locally - just check out page 6 for more details.



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community events



Quiz Night

27 September 7.30pm, Knowle Village Hall.

Book your team in now for the Knowle Village Hall Association Quiz Night, all proceeds going to the Knowle Village Hall Refurbishment Fund. Teams can be of up to 6 people and tickets are £8 each. Bring your own liquid refreshment & nibbles and enjoy a fun evening with



great prizes. Tickets from 01564 778163 or 01564 779898.

Botown – The Soul Of Bollywood

28 September, 7pm, Core Theatre Solihull

Botown is not just a band; they're a cultural phenomenon. This super-tight ensemble of multicultural musicians takes Bollywood grooves and infuses them with a soulful funk twist, creating an electrifying musical experience like no other. With their magnetic stage presence, Botown seamlessly blend the allure of Bollywood with the irresistible charm of soul music.

Tickets: 0121 704 6962.

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2-6 October, NEC

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four different sectors: Build, Kitchens and Bathrooms, Gardens, and Interiors. Discover architects, building suppliers, kitchen, and bathroom designers as well as unique bespoke furnishings and designs alongside original pieces of artwork and much more. Tickets from www.thenec.co.uk

Wythall Beer & Cider Festival

11 and 12 October, 12pm-11pm, Wythall Park

The annual event is back raising funds for Wythall Park, with a choice of 20+ real ales and ciders alongside a fully-licensed bar. Live music and food. More information from wythall-park.org.uk or Facebook.

Tina Turner Tribute Night

12 October, 7pm, Shirley British Legion

Get ready for an electrifying evening of music, dance, and pure entertainment! Join in for a sensational Tina Turner Tribute Night that will have you dancing to the rhythm and feeling the soul of the iconic Tina Turner herself. Whether you're a die-hard Tina fan or simply looking for a fantastic night out, this event promises to be a night to remember. Tickets from www.ticketsource.co.uk



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Fact or fiction? Common relationship questions

Dipika Mistry, Legal Director at law firm Shakespeare Martineau in Solihull answers some of the frequently asked questions from couples across the country.

We're not married, but we've been together years – will I get 50%?

This is such a common misconception when unmarried couples part ways, but there is no such thing as a 'common law wife/partner'. If you choose not to marry then do consider a living together agreement to protect your best interests and ensure that if you own a home together that your name is included on the deed.

Can I get divorced if we have just drifted apart?

Yes – from 6 April 2022 'no fault divorce' has been introduced, which means parting couples no longer have to prove their marriage has irretrievably broken down due to one of the five 'divorce facts': adultery, unreasonable behaviour, desertion, or separation of at least two years or in some cases five years. Instead, they can apply for divorce jointly, without assigning any blame on one party.

Do I have to give my engagement ring back if we split?

If you break up with your partner, you may feel a moral obligation to return the ring - however, unless it can be proved that the ring was given conditionally, the law states that it is an absolute gift, meaning you do not have to return it to your ex.

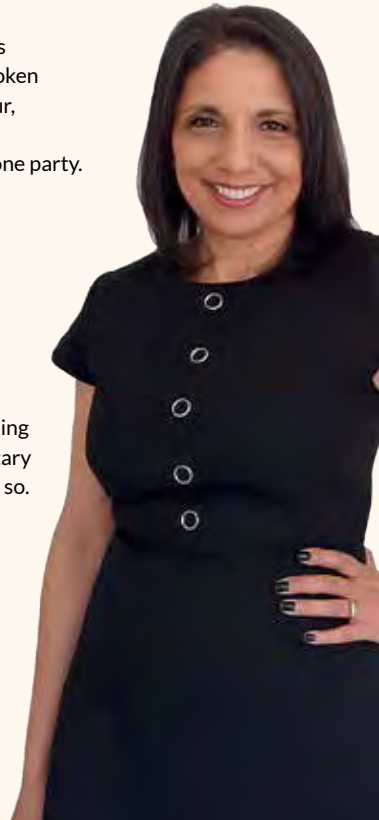
Is my prenuptial agreement (pre-nup) legally binding?

No. A pre-nup is not legally binding in English law, however, they are becoming increasingly upheld provided that they are entered into fairly and on a voluntary basis and both parties have received independent legal advice before doing so. Pre-nups do not overrule a court's decision on financial arrangements on divorce but they do carry some influence.

I want to get divorced, but I don't want to go to court, what can I do?

Collaborative law is a great option for couples who are amicable and want to avoid going to court. This is where both parties each instruct a collaboratively trained lawyer and work together to find a suitable divorce settlement, including financial and child matters.

Separation and divorce can be highly stressful and emotional, so it's important to have a trusted advisor by your side.



For more information call 0330 024 0333
email dipika.mistry@shma.co.uk or visit www.shma.co.uk

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Helping Your Child Move to Secondary School

Moving to secondary school is exciting, and marks an important stage of growing up. But like any change, it can be an anxious time and the transition to secondary school challenging.

Get Prepared

There will be lots to learn in the first few weeks, and minimising the unknowns can support your child to feel more confident. Look at the school website and map, talk through the lesson timetable and travel the school journey together.

Build Independence

Support your child to build their own skills and confidence. Encourage them to practise and to take responsibility for the things they need to do each day. Get into the good routine of packing their school bag, going to bed and getting up in time to eat breakfast.

Share Information

Share information with the new school. Arrange a meeting to share key information and discuss any support needed, this is particularly important if your child has an Education, Health and Care Plan (EHCP).

Keep Talking

Your child might feel worried about moving school and have lots of questions. Discuss their concerns openly rather than saying 'there's nothing to worry about'. Being worried is understandable, keep talking and offer reassurance.

Give It Time

Finally, give it time. Settling into a new school can be challenging and it will take time for your child to feel confident with their new routine and to build friendships.

Dr Danielle Grey is the Clinical Director for the Purple House Clinic.



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answers on page 18

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Good at Games

The benefits and difficulties associated with PE.

My youngest son loves PE lessons - all of them. He even captains the dodgeball team. My oldest, Joe* would probably rather appear naked on National TV than set foot on a sports field during the winter months... or to be honest, any month!

As we navigate an increasingly digital and sedentary age, the value of PE in schools becomes ever more crucial. Ensuring that PE remains a vital component of education is essential for fostering well-rounded development in children and young people.

With increasing childhood obesity and related health issues, regular physical activity is a necessary countermeasure. PE provides students with an opportunity to engage in structured exercise, helping them develop healthy habits that can last a lifetime. Regular physical activity also improves cardiovascular health, strengthens muscles and bones, and boosts the immune system.

PE also teaches important life skills such as teamwork, leadership, perseverance, and communication. These



experiences can build self-esteem and foster a sense of community and belonging.

But what about reluctant participants like Joe?

While the benefits of PE are clear, not all students enjoy team sports. Encouraging these youngsters requires a thoughtful approach. Diversifying the types of activities offered can make a significant difference. Options such as dance, yoga, or individual sports like tennis and swimming can appeal to a broader range of interests meaning every student can find something they enjoy and can succeed in. Joe discovered badminton and

table tennis last year, and would happily play these if they were available, but his school insist on rugby, football, cricket, and dodgeball. Their idea of diversification is making the girls play too.

Creating a supportive and non-judgmental environment is essential. Some children may feel self-conscious about their abilities or physical appearance which can deter them from participating. Teachers and coaches should emphasize personal improvement and effort over competition and winning (very much NOT the case at Joe's school). Positive reinforcement and celebrating small achievements can boost confidence and motivation.

PE might be a vital component of the national curriculum, offering numerous benefits for physical health, mental well-being, and social development but if we want to encourage every child to participate fully there needs to be diversification of activities, a supportive environment, and possible integration of technology. After all, want ALL our children to grow up, healthy and well-rounded, not just those who are naturally good at games.

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Five Good Reasons to... Learn a Foreign Language

College evening classes start up again this month. Take the plunge and learn a new language. Here are five good reasons to enrol right now.

Make new friends - Languages require practice! It's easier to talk to new people if you're both concentrating on something other than how shy you are. Chatting in a foreign language is a good way to break the ice and get to know your classmates.

Improve your English! - Learning a new language helps us understand tenses, prepositions, and all the other parts of speech we



normally take for granted. As a result, we speak and write more precisely. Many great writers were / are polyglots!

Enrich your travel experiences - Connecting with the locals is the best way to get the most out of travelling. People are more welcoming if you make an effort to speak their language. It can turn an ordinary trip into the holiday of a lifetime.

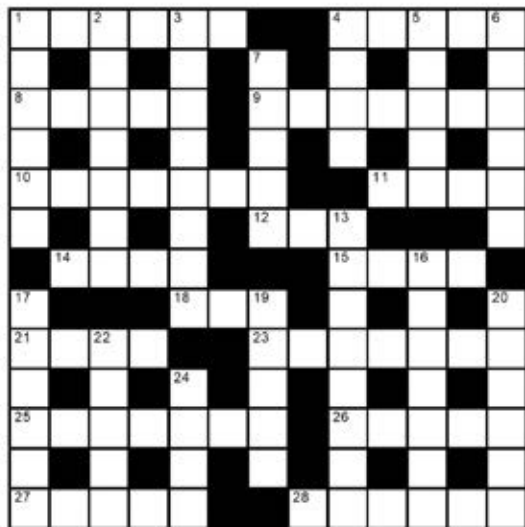
Join the global community -

Most of the rest of the world does not speak English! As the world becomes smaller and more interconnected it's easy to see that we'll come into contact with more and more non-English speakers. A foreign language puts you at an advantage in business and personal relationships.

Sense of accomplishment

- Wouldn't it be cool to tell people that you speak two or more languages? Not many people in this country can, so if you can pull it off you have a reason to be really proud of yourself.

crossword



Down

- 1 Church district (6)
- 2 Portable lamp (7)
- 3 In this day and age (8)
- 4 Lament, moan (4)

- 5 Pass out (5)
- 6 Beat pattern (6)
- 7 Growl, grumble (5)
- 13 Spilled the beans, disclosed (8)
- 16 Assassinate, kill (7)

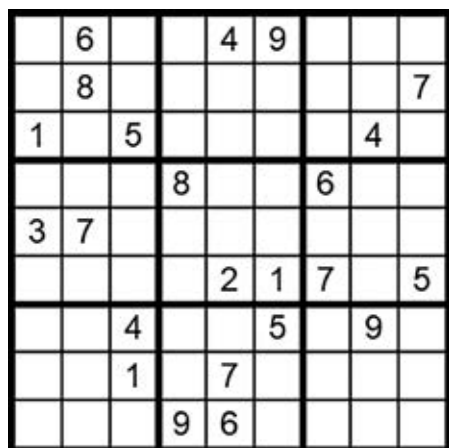
clues

Across

- 1 Eastern European country (6)
- 4 Thin crisp biscuit (5)
- 8 Overhaul, modernise (5)
- 9 Loudly, uproariously (7)
- 10 Slim, lithe (7)
- 11 Skin irritation (4)
- 12 Top, cover (3)
- 14 Jealousy (4)
- 15 Type of goat (4)
- 18 Weep, cry (3)
- 21 Retort, riposte (4)
- 23 Guitar-like instrument (7)
- 25 Conceded, endorsed (7)
- 26 Emaciated, cadaverous (5)
- 27 Black (5)
- 28 Onset, arrival (6)

- 17 Four-sided shape (6)
- 19 Chum, mate (5)
- 20 Group of six (6)
- 22 Eskimo house! (5)
- 24 Rock rhythmically (4)

answer on page 18



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 18



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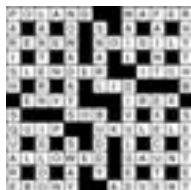
Councillor surgeries

These are face-to-face meetings held by councillors for local people to raise issues in their area.

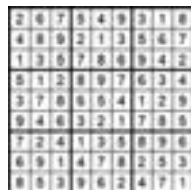
Held at The Core Library, Solihull on the first and last Saturday of the month, 10am - 12 noon.



midbenders
from page 11



Crossword Solution
from page 14



Sudoku Solution
from page 14

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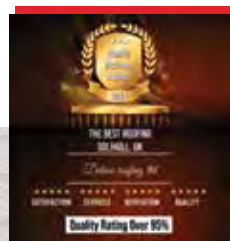
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