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for residents of solihull delivered FREE to 5700 homes

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# Boo!

Welcome to the October edition

**As soon as October hits we all start thinking about Christmas. But there's Halloween and Bonfire Night to enjoy first.**

Check out page 6 to see what you can do to get into the seasonal spirit and make the most of your time now that the nights are longer and colder. With Christmas approaching, it's a time of year many of us set deadlines - we want the extension finished by then, the carpets professionally cleaned, the gutters cleared... whatever you need help with there are a range of local professionals who advertise in this magazine who are ready and willing to help.



Zoe Reece  
Tel: 07557 220585  
Email: [zoe@dorridgedirectory.com](mailto:zoe@dorridgedirectory.com)  
[www.solihullindex.com](http://www.solihullindex.com)



# ADVERTISE HERE

A close-up photograph of a hand pressing a large, pink button labeled 'Advertise' on a white computer keyboard. The button is the central focus, with other keys like 'ctrl' and 'alt' visible around it. The lighting is bright, highlighting the texture of the keys and the skin of the hand.

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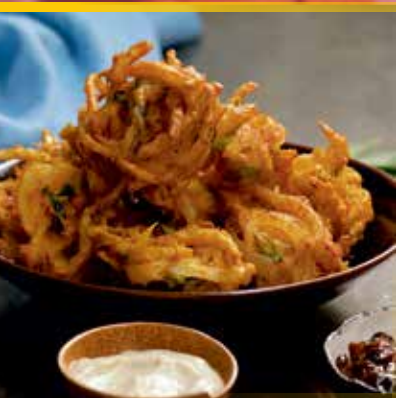
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# community events



## Fireworks Display

**3 November, gates open 4.30pm, Moseley Rugby Club**  
Join the hospital charities for Queen Elizabeth Hospital Birmingham, Heartlands, Good Hope and Solihull Hospital for their spectacular fireworks display. The event includes charity stalls, tombola, hot food, and a licensed bar available. Scan the QR Code to book or visit: [www.hospitalcharity.org/events/charity-fireworks-moseley](http://www.hospitalcharity.org/events/charity-fireworks-moseley)

## Solihull Halloween Festival

**25 and 26 October 10-6, 27 October 10-4, Solihull High Street and Mell Square**

Visit the town centre for a wide range of food, drink, and shopping stalls where you can take your pick from tasty foods and beautiful crafts from around the world. And the kids haven't been forgotten,

as there will be plenty of entertainment to keep them amused.

## Little Ravers – Solihull Halloween Bumpkin Special

**30 October 1-3pm, PopworldSolihull**

This is Popworld for kids aged 2 to 12. They can have fun with a live DJ, UV lighting, free kid's face painting, and free pumpkin painting. There's also a licensed bar for the grown-ups. Book tickets at: [www.popworldparty.co.uk/solihull](http://www.popworldparty.co.uk/solihull)

## Pub Quiz Night

**12 November 8pm, The Greville Arms, Solihull**

Support Solihull Hospital Charity by joining in this quiz night – prizes include a meal voucher and cash. £3 per person, max 6 per team. To book please visit [www.hospitalcharity.org/events](http://www.hospitalcharity.org/events)



## Wythall Bonfire & 2 Fireworks Displays

**2 November 6pm, Wythall Park**

Early bird tickets available for best value entry. 10 yrs & under FREE when accompanied. All proceeds to Wythall Park. Visit [www.wythallfireworks.eventbrite.com](http://www.wythallfireworks.eventbrite.com) for tickets.

## Christmas Fair

**30 November 10am - 1pm, Knowle Village Hall**

Come and browse amongst a lovely selection of Christmas gifts and cards, Christmas wreaths for the door, books, Bric -a Brac, competitions and lots more, including the Grand Christmas Raffle! Refreshments will be available. All proceeds to the Hall refurbishment fund.



# Enjoy a Life of Possibilities

Avery Healthcare are renowned for their vibrant and welcoming communities. Their dedicated Well-being teams produce an exciting and varied programme of activities and events every day. Residents are supported in pursuing personal interests beyond the regular activity calendar, while memory, physical, and sensory-based activities are carefully designed with therapeutic benefits in mind.

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## How to protect your business if you become unwell.

If you were in an accident that impacted your mental capacity, you'd want your business to continue to run smoothly, but how can you ensure that the right person is making decisions on your behalf, or that they even have the legal power to do so? Hannah Tait, partner at Shakespeare Martineau in Solihull explains how having a business lasting power of attorney in place can prevent your business going bust if you're incapacitated.

### What is a lasting power of attorney?

A lasting power of attorney (LPA) is a legal document to give those you trust legal authority to make decisions about your financial affairs or health care, if you are unable to do so, should your mental capacity deteriorate due to accident or illness. As soon as you are well again, the responsibility returns to you.

### Why do I need a business lasting power of attorney?

If you are unable to make business decisions due to accident or illness, you can rely on your business lasting power of attorney (BLPA) to do this. People often assume that a spouse or those involved with the business will be able to make decisions for you, however this is not automatically the case. Without a registered specific BLPA it can be extremely difficult for your loved ones or those you trust to make decisions where you're not able.

### What are the risks to my business?

Without a BLPA your business could be vulnerable with issues such as bank account freezing, contracts becoming invalid or void, regulatory breaches and possible impacts on insurance. A BLPA can prevent these risks, protect your business interests and ensure things run as normal.

### How do I choose a BLPA?

Many people prefer to keep their business and personal finances lasting powers of attorney separate, as BLPAs must be business-focussed. Thought should be given to appointing someone you have full trust in to look after your business interests.

### How can I put in place a business lasting power of attorney?

You must register a BLPA with the Office of the Public Guardian and it is recommended that you use a solicitor to prepare and register the important document.



**For more information call 0330 024 0333**  
email [hannah.tait@shma.co.uk](mailto:hannah.tait@shma.co.uk) or visit [www.shma.co.uk](http://www.shma.co.uk)



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# Providing Specialist Support

**H**ere at the Purple House Clinic we support children, adolescents and adults to navigate life's challenges and improve their emotional wellbeing.

**Talking Therapy:** Therapy provides a safe space to explore life events, relationships difficulties, physical health problems, and to understand emotions such as depression, anxiety, anger, low self-esteem.

**Occupational Therapy:** Mental health impacts every aspect of a person's life including their ability to participate in educational,

recreational and occupational activities. Occupational therapists help people to overcome these challenges and engage in meaningful activities.

**Speech and Language Therapy:** We support children with attention and listening, comprehension and expression, swallowing, communication and social communication and identify skills and strategies to support everyday communication.

**Sensory Assessment:** A sensory assessment can help children and adults who struggle to process the

sensory environment and experience sensitivities to sound, touch, taste or smell. Sensory processing difficulties can cause an individual to feel overwhelmed by daily activities and occupations, and a sensory assessment identifies sensory strategies to support everyday activities.

**Autism Assessment:** We offer children and adult assessment that provides an insight into an individual's strength, difficulties and practical life skills. We recognise that a diagnostic assessment is often the first step, and offer neuroaffirmative therapeutic support.



## Mental Health & Neurodiversity Services

At the Purple House Clinic we understand that psychological health is as important as physical health. We believe that everybody deserves to be happy and fulfilled in life, and we are committed to helping people overcome, or adapt to, life's challenges.

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## Flu Jabs

While very few people now qualify for a free COVID vaccine, many groups of people qualify for a free flu jab, including those over 65, diabetics, asthmatics, people with chronic heart, liver or kidney disease, people with BMI over 40, carers and frontline health workers.

Why should an otherwise healthy person need a flu vaccine? Well, seasonal flu is a substantial and unpleasant illness, far worse than the common cold, with which it's sometimes confused. Flu generally requires a week or so off work to recover and can

trigger other conditions like bronchitis or pneumonia.

The average person with flu infects one or two other people through sneezing, coughing and touch. If you work with the general public, in a shop or hair salon for example, you are more at risk of being exposed to the virus so you might consider a flu jab a worthwhile investment.

A business owner may consider the impact a week off sick would have on their business and opt to protect themselves for that reason.

Children are much more likely to pick up and pass on bugs as



they are in such close proximity to each other all day. For this reason, teachers and parents might think it wise to have a jab.

Flu jabs are generally safe unless you have an allergy to eggs or have had a previous allergic reaction to a shot. So, discuss protecting yourself with your pharmacist today.

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## There might be challenging times in your life when a family law solicitor can help:

- Have you decided your marriage or relationship is over, are you unsure about your family's future?
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- Are you moving in with your partner and need a cohabitation agreement?

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# Mind Your Manners When Trick or Treating!

**H**alloween, once primarily an American tradition, has firmly taken root in the UK.

Love it or loathe it, October 31st will bring with it groups of spookily clad youngsters, going door to door shouting 'Trick or treat!' As they venture out into the night, it's important for both trick-or-treaters and homeowners to observe some etiquette to ensure a fun and respectful evening for all.

## **TRICK-OR-TREATERS:**

### **Costumes and Manners:**

Dress up in your best costumes and be sure to say "please" and "thank you" when collecting treats. Politeness

goes a long way in making a positive impression.

**Stay Safe:** Say in a group and have an adult accompany young children. Carry a torch or wear reflective clothing to stay visible. Householders

**Treats Only:** Provide wrapped sweets and chocolates for hygiene and safety.

**Respectful Refusals:** If you prefer not to participate, it's perfectly acceptable. Simply leave your exterior lights off and consider putting up a polite sign indicating you're not taking part.

**Signal Participation:** If you're happy to welcome trick-or-treaters, make it clear with

decorations, a lit pumpkin, or leaving the porch light on.

**Treats Only:** Provide wrapped sweets and chocolates for hygiene and safety.

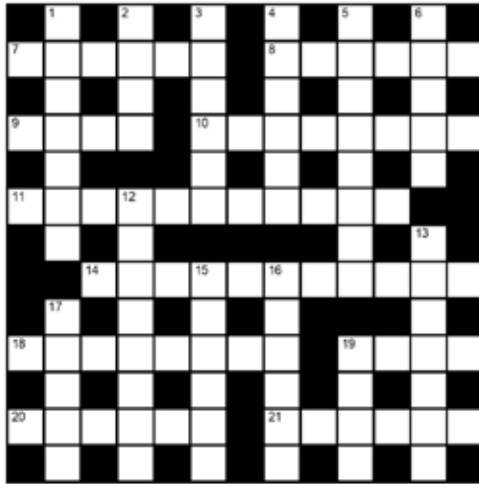
**Respectful Refusals:** If you prefer not to participate, it's perfectly acceptable. Simply leave your exterior lights off and consider putting up a polite sign indicating you're not taking part.

**Be Inclusive:** Consider offering non-food treats as well for children with allergies or dietary restrictions, such as stickers or small toys.

By following these simple guidelines, both trick-or-treaters and homeowners can enjoy a spooky, safe, and happy Halloween.



## crossword



## clues

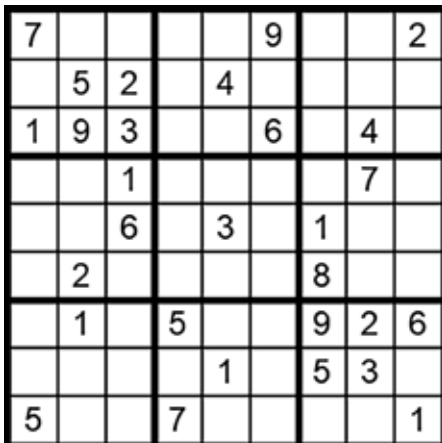
### Across

- 7 Graceful, drooping tree (6)
- 8 \_\_\_\_\_ Wisdom (actor) (6)
- 9 Giant, usually evil (4)
- 10 They pull Santa's sleigh! (8)
- 11 British seaside town (11)
- 14 Used to disguise or conceal (5,6)
- 18 Broadcast, relay (8)
- 19 Ruler of Mt. Olympus. (4)
- 20 Apparition, hallucination (6)
- 21 Finally (6)

### Down

- 1 Royal realm or province (7)
- 2 Abscond, scarp (4)
- 3 Deviate, sidestep (6)
- 4 Intense blue-purple (6)
- 5 Animal that catches and eats others (8)
- 6 Blanched, washed-out (5)
- 12 Fanciful, impractical (8)
- 13 Mexican alcoholic drink (7)
- 15 Japanese garment (6)
- 16 Appease, sooth (6)
- 17 Plait, weave (5)
- 19 Vivacity, zeal (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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# Growing Up Digital

## What parents need to know about screen time

**A**rguments about screen time rage in households around the UK, and

with kids using phones and tablets at ever younger ages, should we be concerned?

Recent research has found a correlation between the age at which a child receives their first smartphone or tablet and the severity of mental health issues they report as young adults, particularly in girls. 74% of females who received their first device at age 6 experienced mental health challenges, compared with 46% for those who received it at age 18. In addition, it was found that toddlers who used tablets for 75 minutes or more daily at age 3-4 were more prone to angry outbursts a year later, suggesting excessive screen time may interfere with emotional regulation skills. Device ownership among children is high in the UK, with 91% of children owning a smartphone by age 11 (including mine). As parents it seems we employ various strategies to manage screen time:

**Time limits** – Many of us use apps like Google's Family Link to restrict screen time.

### **Content monitoring**

– Most of us at least try to monitor the content our children consume online.

### **Delayed ownership**

– Some families choose to delay giving children their own devices. We held out until ours started senior school, as did most of our friends. I'd have preferred to wait longer but peer pressure was strong (their peers and ours!)

**Educational use** – Some parents (including one of my friends) only allow screens for educational purposes. This requires boss-level parental monitoring, and we are not those parents, but all credit to her for trying. There's no universal consensus on the ideal age for device ownership, or optimal screen time. However, most experts agree that delaying device ownership is a good idea. The longer the delay, the better for our kids' long-term mental health. They also agree that parents should use monitoring services to keep tabs on their offspring's online activities. Child development experts (and most parents I know) feel strongly that device use should not detract from



other crucial developmental activities, such as playing, sport, and socialising, and that parents should actively teach digital literacy skills. As technology continues to evolve, so will our understanding of its impact on child development. Ofcom, the UK's communications regulator has plans to develop proposals on using AI to detect illegal content which might cause harm to children online. Smartphones and tablets are wonderful tools, which offer many benefits, but perhaps we should be more aware of the dangers and acknowledge that as parents we should be managing this: delaying device ownership; setting clear boundaries, and actively engaging with our kids' digital experiences. As research in this field progresses, guidelines will likely become more refined, and hopefully help us navigate the complex landscape of childhood in the digital age.

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## local police contact for solihull

Solihull Police Station: 0845 113 5000 or 101

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### Health

NHS non-emergency 111

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Northbrook Group Practice 0121 746 5000

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### Travel

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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.



Crossword Solution  
from page 14



Suduko Solution  
from page 14

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