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Visit www.hellosolihull.co.uk for a comprehensive list of shops, restaurants, hotels and businesses in Solihull.

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Spring is in the air (hopefully)!

Welcome to the March edition...

It's a great time of year to start thinking about your next house move, or having a Spring clean, or maybe getting around to those home and garden improvements you've been putting off and off...

We have a wide range of organisations and tradespeople who advertise in here who are all local and keen to take on more work in the area.



Zoe Reece Tel: 07557 220585

Email: zoe@dorridgedirectory.com

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community events

Visit Knowle Spring Ball

Visit Knowle Spring Ball 4 April Old Sils Sports Club, Knowle

Get ready for an evening of delicious food and good music! Enjoy a delicious 3-course meal before you let loose and dance the night away to music. You could be in with a chance to win prizes or bid for an auction lot, all donated by local businesses. All profits raised will go towards projects that support Knowle. Tickets from www. ticketsource.co.uk

Spring Concert

5 April 7.30pm Knowle Village Hall

The Knowle Village Hall Association is delighted to present the Birmingham Male Voice Choir, returning to sing by popular demand. Tickets are £15, available from 01564



778163 or 01564 779898. Early booking is recommended.

Torvill & Dean: Our Last Dance

25-27 April

BP Pulse Live, NEC

Seize your chance to see the world's most famous ice dancing duo, Torvill & Dean perform together on ice, before they retire from skating for good! See them in action as they reflect on their illustrious career, writing the final chapter in what has been a truly remarkable story in British sport. Tickets from www.bppulselive.co.uk

Back to the 80's Disco

10 May

Royal British Legion Shirley

Join in for a totally tubular night of retro fun at the Shirley British Legion! Get ready to rewind the clock and groove to the iconic beats of the 80s. Whether you're a neonclad solo dancer or arriving with your squad, this event promises a blast from the past that you won't forget! Tickets from www.seetickets.com

The Take That Experience

16 May

The Core Theatre

With acclaimed vocal performances, stunning replica costumes and iconic dance routines, The Take That Experience recreate the magic of Take That live on stage with their 'Greatest Hits Tour'. Call 0121 704 6962 to book.





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Where to get free hearing tests In Solihull

How do you know if you need a hearing test?

Do you find you're having to turn the TV up to a higher volume than you used to? Do you keep saying pardon? Do you struggle to keep up with conversation in a noisy bar or restaurant? You're not alone. The best place to start is with a hearing test in Solihull.

Why does hearing deterioriate?

The reason for hearing loss can be as simple as hair cells wearing out, the ear drum thickening, or the structure of the inner ear deteriorating - all pretty common with age. However certain medical conditions can cause hearing loss so it's worth finding out how good or bad your hearing really is, what's causing the problem, and what you can do about it.

Free hearing tests in Solihull

Hidden Hearing on Station
Road in Solihull can help with
free hearing tests in Solihull
too. And if you discover you
do need a hearing aid, they
have a wide range of options
available including behindthe ear, in-ear, Bluetooth,
invisible, rechargeable, and
spectacle hearing aids.

The Hearing Care Partnership

is located in Walford & Round opticians on the Warwick Road in Solihull. As well as offering free hearing assessments, they can also help with hearing aids and ear wax removal.

Sutton and Solihull Hearing Centres have a branch on Solihull High Street where they offer free hearing tests. If you can't make it into their store, they can offer athome appointments for £50, although this is refunded if you purchase hearing aids with them after your test.

Amplifon on Station Road in Solihull recommend that those aged 50 and over should have their hearing checked regularly. As well as offering free hearing tests in Solihull, they also offer a free 14 day hearing aid trial.

Isabella Fisher Independent Hearing Care in Knowle's free hearing tests include a full audiometric hearing test, to allow them to understand the extent of your hearing loss and your needs, so they can offer you the best professional advice.

The Ear & Hearing Clinic, based on Station Road in Solihull, offer free hearing tests in Solihull from the comfort of your own home, which is perfect for those who have limited mobility or who are anxious about going out.

How does a hearing test work?

You'll be asked to wear a set of headphones, and then an audiologist will check your level of hearing by playing sounds at different pitches – you'll need to press a button every time you hear a sound. As a separate experiment you'll then wear a special type of headband that will test your hearing through vibrations.

What if you need hearing aids?

If the audiologist feels that hearing aids would help you, they will discuss your options with you and may need to take a mould of your ear canal to ensure a perfect fit - this is painless and should only takes about 5 minutes. Usually your new hearing aids can be fitted on the same day as your test and programmed to your specific needs.

To discover how to get the most out of Solihull please see our other articles, from ideas on eating out, to the best local businesses in the area: www.hellosolihull.co.uk/articles

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Turf care is more than just a job for us—it's a passion. We take immense satisfaction in seeing the transformation of our customers' lawns and the joy it brings them. We're proud to have earned the trust of over **2,000 happy Solihull customers** who rely on us to keep their lawns looking their best.

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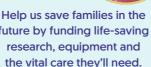






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Restaurant Review Giggling Squid, Knowle.

e started our evening off by visiting The Dry Spy which was fabulous. We were there 7.30pm on a Friday night and it was full but not over-crowded. The staff helped us find a table and took our order while we relaxed amongst the opulent and cosy décor. As we had a meal booked, we had to leave just before the guitarist started to play which was a shame. When we sat down our waitress was lovely, very friendly and attentive. We asked for recommendations. and she told us some of their most popular dishes, which



we opted for, including duck spring rolls and 'moneybags' (pastry parcels of chicken and vegetables) for starters. They were definitely hot and

crunchy, with a little bit of spice but not too much. For mains we ordered a chicken and prawn Pad Thai and a chicken stir fry. The stir fry was hot and fresh, I should have ordered a rice with it as there was a rich and sticky sauce that needed mopping up. Overall the atmosphere and décor was lovely, the restaurant was busy but not too noisy, and the food tasty and fresh.

To discover where to eat in Solihull please visit

www.hellosolihull.co.uk/ eating-out-in-solihull

Teriyaki and Lime-Glazed Chicken Wings



Ingredients

2 tbsp rice flour (or substitute baking powder)
900g chicken wings - pat dry with kitchen paper
4 tbsp soy sauce
2 garlic cloves - finely diced.
Thumb-sized piece of ginger - finely chopped.
4 tbsp light soft brown sugar
1 tbsp cornflour
1 lime - zested and juiced.
2 spring onions -sliced.
1 red chilli - remove seeds and chop finely.
Jasmine rice to serve.

Method

Preheat the oven to 220C/200C fan/ gas 8. Line a large baking tray

with grease proof paper. Place the dry chicken wings in a large bowl. Sprinkle over the rice flour or baking powder and mix well with your hands until the chicken wings are coated. Season well with salt and pepper. Spread the coated wings across the baking tray in a single layer. Bake for 20 mins. While the chicken is cooking, make the teriyaki glaze. Into a small pan add the soy sauce, garlic, ginger, sugar and 150ml water. Cook over a medium heat for 4-5 mins until the glaze is bubbling and slightly thickened. Mix two tbsp of the glaze with the cornflour,

then pour the mixture back into the pot, whisking continuously. Simmer for 2-3 mins until thickened. Squeeze in the lime juice. Remove the chicken from the oven at 20 minutes and tip them into a bowl. Reserve a few tablespoons of the glaze and pour the rest over the wings, making sure they're well coated. Spread them over the baking tray again and return to the oven for another 20 mins. When they're cooked, remove from the oven, top with the reserved glaze, then sprinkle with the lime zest, spring onions and chilli. Serve with fluffy jasmine rice.



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

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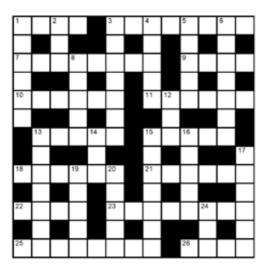








crossword



5 Arc (5)

(5)

6 Balloon, bloat (7)

12 Tell an untruth (3)

13 Intention (7)

14 Spasm, jerk (3)

8 Another time, repeated

Down

- 1 Earth, land (6)
- 2 Move slowly, delay (3)
- 3 of the Lost Ark $\overline{\text{(film)}(7)}$
- 4 Large, loud waterbirds (5)

answer on page 18

clues

Across

- Precious metal (4)
- 3 Murder of a king (8)
- 7 Arrange, systemise (8)
- 9 Audacious, foolhardy (4)
- 10 Reverse, nullify (6)
- 11 XI (6)
- 13 Gasps for air (5)
- 15 Facial hair (5)
- 18 Painting on wet plaster (6)
- 22 Carcass (4)
- 23 A catholic prayer (4,4)
- 25 Type of concertina (8)
- 26 Surrounded by (4)
 - 15 Bulwark, stronghold (7)
 - 16 Sudden fear (5)
 - 17 Appealed to a divine being (6)
 - 19 Authorisation (3-2)
 - 20 Earthy yellow/brown pigment (5)
 - 24 Goal, aspiration (3)

6		7	1		4	8		
	8				3	9		
				7		4		
7	5		9					
				1	5	3	4	
9							8	
	1		6	4			7	
					1		6	

how to play SUCOKU

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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Bedding Plants

edding plants are a staple of springtime gardening and nurseries are full of them at the moment. They're little powerhouses of vibrant colours which we as gardeners can use to brighten our plot.

Bedding plants are simply short-term plants, usually annuals or biennials, which are grown for their decorative flowers or foliage. They're typically planted in beds, borders, containers, or hanging baskets to provide a stunning display for a specific season, such as spring or summer. Unlike perennials, which return year after year, bedding plants complete their life cycle in one season, making them ideal for gardeners who love to experiment and refresh their displays annually.

At the moment I'm planting up pansies, petunias, begonias, geraniums, and marigolds. There are so many varieties, with something to suit every garden and colour scheme.

They are such a quick and affordable way to inject colour and interest into a garden.
Their fast-growing nature means you can create an eyecatching display in a matter of weeks, perfect for filling gaps in borders or brightening



up patios and balconies.

They're also incredibly versatile, thriving in various settings, from formal gardens to informal cottage styles. Many bedding plants attract pollinators like bees and butterflies, which as you know I love to encourage because they contribute to a healthy ecosystem. Additionally, they allow gardeners to experiment with assorted colour schemes and layouts each year.

How to Use Bedding Plants

Plan Your Display - For a formal look, plant them in neat rows or symmetrical patterns in flowerbeds. For a more relaxed vibe, mix different species in containers or hanging baskets.

Prepare the Soil - Bedding

plants thrive in free-draining, nutrient-rich soil. Before planting, prepare the ground by removing weeds, loosening the soil, and adding compost or slow-release fertilizer.

Planting Tips - Spring bedding can be planted straight away. Wait until the risk of frost has passed (usually late May in the UK) before planting summer bedding plants. Space them according to their requirements to ensure healthy growth and avoid overcrowding.

Caring for Your Plants -

Regular watering, especially during dry spells, is essential. Deadhead spent blooms to encourage continuous flowering and use liquid feed every few weeks for the best display.

For a year-round garden display, consider seasonal bedding. Spring bulbs like tulips and daffodils can take centre stage early in the year, followed by vibrant summer bedding, and finished off with hardy winter options like violas or ornamental cabbages.

Versatile, affordable, and pretty, bedding plants are an excellent choice for gardeners of all levels. Whether you're filling a formal border or adding flair to a balcony, they will bring a splash of joy to any outdoor space.



LOCAL COUNCILLORS

Mike Gouah Tel: 07480 253181

Michael.gough@solihull.gov.uk

Peter Hogarth MBE Tel: 0121 705 5455

phogarth@solihull.gov.uk

Wazma Qais Tel: 0121 709 3404 wazma.aais@solihull.aov.uk

ST ALPHEGE

Sardul Marwa MBE Tel: 07940 775122 sardul.marwa@solihull.aov.uk

Bob Grinsell Tel: 07515 527345

bob.arinsell@solihull.aov.uk

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 0121 704 1451 Spire Parkway Hospital 0121 705 1105 **Grove Surgery** Northbrook Group Practice 0121 746 5000

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Travel

03457 484950 National Rail Enquiries 0345 303 6760 Network West Midlands (buses)

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.



Crossword Solution

6	9	7	1	5	4	8	3	2
4	8	5	2	6	3	9	1	7
1	2	3	8	7	9	4	5	6
7	5	4	9	3	8	6	2	1
8	6	2	7	1	5	3	4	9
9	3	1	4	2	6	7	8	5
3	1	9	6	4	2	5	7	8
5	7	8	3	9	1	2	6	4
2	4	6	5	8	7	1	9	3

Suduko Solution from page 14

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