

the wythall directory

april 2023

a community magazine and business directory
for residents of wythall & hollywood

A collection of colorful Easter eggs, including a green one with white circles and a yellow one with a ribbon, set against a white background.

HAPPY EASTER

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A row of yellow daffodils with green stems and leaves, positioned at the bottom of the advertisement.The logo for Melvyn Danes Estate Agents, featuring the name 'melyn Danes' in a stylized font with 'ESTATE AGENTS' underneath, all enclosed in a yellow oval with a red border.

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CHURCH CLOSE, WYTHALL



CHURCH CLOSE, WYTHALL

A four bedroomed detached house in a cul de sac off Alcester Road in Wythall, briefly comprising; porch, hallway, refitted kitchen/diner, ground floor shower room, lounge, dining room, utility, study, conservatory, master bedroom with en-suite, three further bedrooms, family bathroom, detached double garage, front driveway & rear garden.

Offers In Excess £500,000

MORTIMERS CLOSE, NR HOLLYWOOD



MORTIMERS CLOSE, NR HOLLYWOOD

A four bedroomed semi-detached house with open views to the rear in a quiet yet convenient cul de sac, briefly comprising; porch, lounge/diner, extended & refitted kitchen, orangery, ground floor shower room, four bedrooms, modern bathroom, rear garden with open views and full width front driveway.

Offers Around £340,000

MYRTLE AVENUE, KINGS HEATH



MYRTLE AVENUE, KINGS HEATH

A well-presented traditional three bedroomed detached house conveniently located in this quiet cul de sac, briefly comprising; porch, hallway, lounge, diner, modern kitchen, three bedrooms, family bathroom, mature rear garden, front driveway.

Offers Around £270,000

CHADDESLEY ROAD, NORTHFIELD



CHADDESLEY ROAD, NORTHFIELD

A nicely presented three bedroomed modern semi-detached house in this popular location, briefly comprising; entrance hall, lounge, kitchen/diner, guest cloaks w.c., three double bedrooms, family bathroom, front driveway with no upward chain.

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Have an Eggsellent Easter!

Welcome to the April edition

Hope you enjoyed your lovely long Bank Holiday weekend - whether you relaxed, jetted off on a long-awaited break, or just used the time to catch up on all those jobs that never seem to get done.

And if you need help sorting out that never-ending list, why not see if some of the people and businesses who advertise in here can help you. Whether you need your roof fixed, the kitchen updated, your washing machine repaired, the house decorated, or a new carpet, there's lots of lovely local and helpful people in here who can help.

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community events

Coronation Celebration

**8 May, from 10am,
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The Commitments

**24-29 April, Birmingham
Hippodrome**

The Commitments tells the story of Jimmy Rabbitte, a young working-class music fan who dreams of starting the finest soul band Dublin has ever produced. Tickets from www.birminghamhippodrome.com



Kinky Boots

**25-29 April, Core
Theatre Solihull**

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The Reggae Shed

29 April, Shirley British Legion

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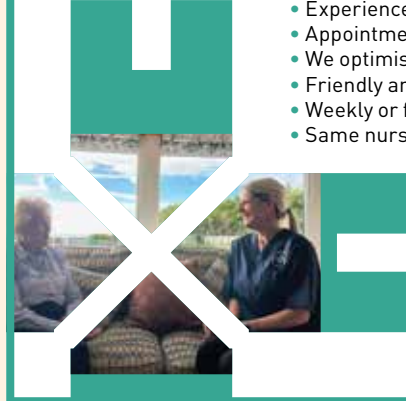
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by Dr Daphne Hazell, GP,
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Our patients often ask us what they can do to help their skin heal faster after an injury and we offer the following advice.

Food: People with wounds need a lot more protein in their diet to aid healing but achieving the recommended protein intake for wound healing can be challenging. Simple changes we recommend include eggs with your morning toast, high protein yoghurts, protein pasta and high protein snack bars. Vitamins and antioxidants in

fresh fruit and vegetables also help improve wound healing.

Alcohol: Alcohol significantly reduces the rate of skin repair and high alcohol use doubles the risk of wound infections.

We recommend cutting down alcohol to an occasional drink, and no more than 2 drinks on any one occasion.

Exercise: Exercise reduces inflammation and maintains wellbeing. By using dressings and medical adhesives that stay secure longer and waterproofed from sweat or water, it is possible to exercise without dressings falling off. Homewoundcare.co.uk



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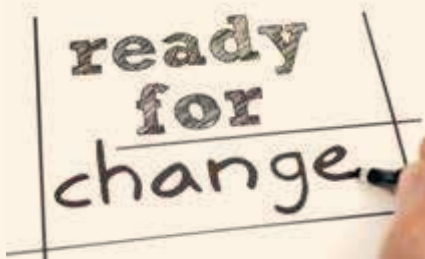
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The benefits of walking for exercise

Spring is in the air, so put at spring in your step too by getting out in the fresh air for a walk. Walking is one of the simplest and most effective forms of exercise as well as being FREE, good for these financially difficult times.

Improves Physical Health:

Walking is low-impact exercise that increases your heart rate, strengthens

your muscles, and helps to reduce the risk of chronic diseases such as diabetes, obesity, and heart disease.

Enhances Mood: Walking releases endorphins, which are natural feel-good chemicals that improve your mood and help to reduce anxiety and depression. Walking outdoors in nature is particularly beneficial, as studies have shown that exposure to green spaces enhances the mental health benefits.

Increases Energy Levels: Walking helps to boost your energy levels and reduce fatigue. Regular walking can

improve the quality of your sleep, increase your metabolism, and reduce sluggishness.

Boosts Cognitive Function:

Walking has been proven help to improve cognitive function, including memory and attention span. Regular walking has even been linked to a reduced risk of Alzheimer's disease. There are no downsides to walking. It's kinder on the knees than running, requires no specialist equipment other than sturdy shoes and can be done at any time convenient for you, so, take a step towards better physical and mental health and start walking today!



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Going wild

Wildflowers are a great addition to any garden, as they can add texture, variety, and interest.

Not only are they beautiful, but they also have many environmental benefits.

They attract pollinators:

Wildflowers attract bees, butterflies, and other pollinators to your garden.

These pollinators play a vital role in the garden ecosystem by pollinating crops, fruits, and vegetables.

Biodiversity: All these pollinators promote biodiversity by providing habitat and food for a variety of other insects, birds and animals.

They improve soil health:

When they die off, wildflowers can be dug into the soil to promote better structure and add organic matter.

They can also help prevent erosion by wind and rain.

In addition, wildflowers are low-maintenance, this is very important if you have a busy job with little time to garden, but still want a pretty outdoor space.

For best results select an area with plenty of sunlight. Find a spot that receives at least 6 hours of direct sunlight



each day. Wildflowers prefer well-drained soil, so if your garden soil is heavy clay or you may need to improve the structure by digging in grit and organic matter.

There are so many different varieties of wildflowers. You can customise the colours to your personal taste. Look on the seed packets and consider the bloom time, colour, and height of the flowers. Avoid invasive species or plants that may not be appropriate for your garden. Remove any existing grass or weeds from your chosen area and loosen the soil with a garden fork. Rake it over to create a smooth flat surface, and then lightly compact the soil with a roller or your feet.

When it comes to sowing you can either broadcast the seeds over the entire planting area or plant them

in rows. Seeing the area you've already covered is easier if you mix the seeds with sand or vermiculite before sowing. Once you have sown the seeds, gently rake the surface to cover them with a thin layer of soil. Water the area thoroughly to help the seeds settle into the soil. Keep the soil moist until the seeds germinate, which should take 1 to 3 weeks depending on the varieties of wildflowers you've selected.. Once the seeds have sprouted, water as required and pull out any weeds that pop up. I absolutely love wildflowers. There is something wonderfully spontaneous about them, and the best thing about them is that anyone, keen gardener or total beginner can enjoy them.



Kids' Page



Can you find all the chocolate bars hidden in the letter grid?

- Aero
- Boost
- Bounty
- Bueno
- Caramac
- Chomp
- Double Decker
- Freddo
- Galaxy
- KitKat

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

- Lion Bar
- Mars
- Milkybar
- MilkyWay
- Snickers
- Toblerone
- Topic
- Twirl
- Twix
- Wispa
- Yorkie



The answer to each picture clue is a popular chocolate treat. Can you solve them all? The first one has been done for you.

1.



Dime

4.



5.



6.



2.



3.



- 6 Galaxy
 - 5 Time Out
 - 4 Minstrels
 - 3 Picnic
 - 2 Celebrations
 - 1 Dime
- Picture Clue Answers



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National Pet Month

April is National Pet Month, which celebrates and raises awareness of responsible pet ownership through educational campaigns. During the pandemic, many more families acquired a dog and there are now around 12 million pet dogs in the UK. Owning a dog comes with significant responsibilities, which are crucial not just for the well-being of your pet, but also for the safety of other people and animals in your community.

The basics: food, water,

shelter, and medical care

- Your dog needs high-quality food appropriate for their age, breed, and size. They must have access to clean drinking water and a comfortable place to sleep. Regular check-ups at the vet for vaccinations, and preventative care are essential.

Exercise and mental stimulation

- Dogs are highly active animals social animals that need to be able to run, play, and explore. Without adequate exercise, dogs can become overweight, lethargic, and develop behavioural



issues. Mental stimulation such as interactive toys, puzzle games, or agility sessions, are important to keep their minds active and engaged. During National Pet Month there will be lots of advice and professional guidance about caring for your dog so that you can enjoy a healthy, happy, and safe life together.



Mark O'Sullivan

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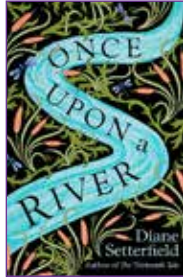
a good read

By Natasha Donovan

Once Upon a River

by Diane Setterfield

In *Once Upon a River*, Setterfield has created a captivating and atmospheric novel that follows the story of a mysterious young girl, found on the banks of the Thames and seemingly resurrected from the dead. She's taken in by the local pub owner and his family, who nurse her back to health, but her appearance sets off a chain of events that draws together a disparate group of characters, including a traveling storyteller, a grieving father, and a barmaid with a remarkable voice. As the girl's identity is slowly revealed, the characters are forced to confront their own secrets and desires. One of the most striking things throughout the novel is Setterfield's mastery of language. She paints vivid pictures of the river and its surroundings, making the reader feel as though they are right there alongside the characters. The descriptions of the water, the sky, and the countryside are all rich and evocative, adding to the sense of mystery and wonder. The novel explores themes of loss, grief, and the power of storytelling, weaving together a rich tapestry of folklore and mystery, with enough plot twists to keep the reader guessing until the very end.



The Day the War Came

by Nicola Davies, illustrated by Rebecca Cobb

The Day the War Came is a powerful and moving story that delves into the emotional and psychological effects of war on a young girl and her family.

The author does an excellent job of painting a vivid picture of the horrors of war and the impact it has on innocent lives. The main character, a young girl named Callie, is a relatable and likable protagonist who young readers can connect with. Davies does not shy away from tackling difficult and heavy themes, such as death and loss, but she does so in a way that is both honest and respectful, helped by Cobb's beautifully observed illustrations which serve to enhance the storytelling. Given the war in Ukraine, the portrayal of the refugee and migratory experience is relevant and poignant revealing struggles and sacrifices that families make in order to survive. Davies' story is a reminder that war has real human consequences and that every person affected by it has a unique and painful story to tell.

This thought-provoking read is a powerful reminder of the importance of empathy and understanding. It's also a call to action for readers to do their part to make the world a more peaceful place.



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01564 823 281

office@wythall-park.org.uk

local police contact for wythall & hollywood

Telephone: 101

Health

NHS non-emergency	111
Wythall Lane Surgery	0121 628 2345
Hollywood Medical Practice	01564 822642
Hollyoaks Medical Centre	01564 823182

Council

Bromsgrove District Council (main switchboard)	01527 881288
Bromsgrove District Council (emergency out of hours)	01527 871565

Utilities

Electricity power cut	105
Gas leak	0800 111 9999
Severn Trent Water (main switchboard)	024 7771 5000
Severn Trent Water (emergencies)	0800 783 4444

Travel

National Rail Enquiries	03457 48 49 50
First Bus Worcestershire	0345 646 0707

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