

the wythall directory

february 2022

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

Wythall Office:
321 Alcester Road, Wythall. B47 5HJ

Thinking of moving? Make a date with Melvyn Danes...

...and fall in
love with a
new home
this spring

Call now for a
FREE valuation
01564 826555



melvyn
Danes
ESTATE AGENTS

www.melvynndanes.co.uk



BOUCLÉ

BY GINA LOU

£25 CUT&BLOWDRY

NEW CLIENTS THROUGHOUT FEBRUARY



BECKETTS FARM, WYTHALL, BIRMINGHAM, B47 6AJ

WWW.BOUCLE.CO.UK



BOUCLE_HAIR



BOUCLEHAIRDESIGN

T&Cs apply. To be redeemed with our stylist Abbey Wednesday -Saturday.

Gina Lou
BRIDAL

LUXURY BESPOKE
BRIDAL BOUTIQUE

VALENTINES COMPETITION

Send your love letter to us to be added to our Love letter window & win a £100 voucher!
Follow our Instagram page for full details!

BECKETTS FARM, WYTHALL, BIRMINGHAM, B47 6AJ

WWW.GINALOUBRIDAL.COM



GINALOUBRIDAL

Love is in the air!

Welcome to the February edition...

If you're looking to spoil your loved one for Valentine's Day then why not treat them to a night out, rather than buying yet another box of chocolates?!

Whether you fancy Rod Stewart, a quiz night, or a trip to the theatre, there's something for everyone – just check out page 6 to see what's happening in the local area.

And if Valentine's Day will just pass you by, why not show your home some love instead? There's a wide range of local businesses and tradespeople in here who can help you improve your home, whether you need doors, driveways, or decorating...



Zoe Reece
Tel: 07557 220585
Email: zoe@dorridgedirectory.com
www.wythalldirectory.com



contents

- | | | | |
|-----------|-------------|-----------|--------------------------|
| 6 | Events | 38 | Book reviews |
| 21 | Competition | 40 | Useful telephone numbers |
| 27 | Puzzles | 41 | Index |
| 28 | Recipe | | |

Locally designed by: hotlobster design ltd Printed by: Norwood Press

PLEASE RECYCLE THIS MAGAZINE

HOLLYWOOD LANE, HOLLYWOOD



HOLLYWOOD LANE, HOLLYWOOD

A four bedroom link detached family home comprising: porch, hallway, lounge, superb open plan kitchen dining family room, utility and guest cloaks WC, master bedroom with ensuite, three further bedrooms, refitted family shower room, enclosed rear garden, extensive front driveway.

Offers Around £525,000

CORBETT ROAD, HOLLYWOOD



CORBETT ROAD, HOLLYWOOD

An extended traditional three bedroom semi detached property in this popular location comprising: reception hallway, lounge, kitchen diner, conservatory, guest WC, three bedrooms, four piece bathroom, garage and rear garden. No Upward Chain.

Offers Around £325,000

JUGGINS LANE, EARLSWOOD



JUGGINS LANE, EARLSWOOD

A luxury brand new park home at Oak Tree Farm in Earlswood: entrance hallway, study, bespoke modern kitchen and utility, dining room and spacious lounge, master bedroom with ensuite and dressing room, modern bathroom, low maintenance gardens and driveway. No upward chain.

Offers Around £275,000

ALCESTER ROAD, HOLLYWOOD



ALCESTER ROAD, HOLLYWOOD

A superbly presented and improved end of terraced two bedroom property in this most convenient locations comprising: dining room, lounge, refitted kitchen, utility with WC, two bedrooms, luxury refitted first floor bathroom and low maintenance rear garden.

Offers Around £245.00

community events



Horse Race Night

19 February 7.30pm

Park Hall, Wythall House

Tickets £8 each from 01564 823627. Bring your own snacks, there is a bar for drinks. Funds raised are for NHS and Alzheimer's Society.

The Wind in the Willows

23 February

Palace Theatre, Redditch

Join Ratty, Mole, Badger, and Toad as they embark on the adventure of a lifetime culminating in a colourful battle to save Toad Hall from the weasels! Multi-award nominated Immersion Theatre bring their trademark style and energy to the riverbank with heaps of interaction and toe-tapping music. Box Office: 01527 65203

Rod Stewart Tribute Night

26 February

The Oast House, Redditch

All the top hits over 5 decades performed to the highest

quality by one of the UK's top tributes as seen on TV. Tickets £6. To book call 01527 596037.

Wythall Community Association Quiz Nights

19 February, 19 March,

16 April, 21 May

Silver Street, Wythall

A Regular Quiz Night is held in the club lounge usually

on a Saturday evening. The maximum number of people per team is six with a £6.00 per team entry fee. For more information call 01564 823 281.

The King Elvis Presley Lives On 2022

9 March

Core Theatre, Solihull

Gordon Davis is one of the best Elvis tribute artists in the world after winning Images of the King in Memphis Tennessee in 2012. His spine-tlingling performance brings the King to life for an entire generation of people too young to have experienced Elvis when he was alive, and for the legions of people who remember the anticipation of every new record and movie. Box Office: 0121 704 6962



MONSOON
EAT · DRINK · RELAX



POPULAR **MONDAY & TUESDAY** IS BACK
NOW AVAILABLE ON **TAKEAWAYS**

ANY
STARTER



ANY
MAIN DISH*



ANY
NAN OR RICE



£12.90 ^{PP}

*(FISH & KING PRAWNS £3.00 EXTRA PER DISH)

T: 01564 829 200 | WWW.MONSOON.RESTAURANT

75 MAY LANE, HOLLYWOOD, BIRMINGHAM, B47 5PA

OPEN MON - SAT: 5.00PM TILL LATE

AT THE FOREFRONT OF HEATING AND RENEWABLE SERVICES

GRANT SOUTHALL



VIESSMANN



CALL 07974 226 558

WWW.GRANTJOHNSERVICES.CO.UK

G.SOUTHALLSERVICES@HOTMAIL.CO.UK

The Winter Olympics

February 4th – 20th

The modern Olympics first took place in 1868. Five years later Sweden decided to stage the first international competition for winter sports. It was called the Nordic Game, and only Scandinavian countries competed. Like the Olympics, it was staged every four years, but it always took place in Sweden.

Then in 1908 figure skating was featured at the summer Olympics...sort of. It was actually showcased three months after the main event!

In 1911 the international Olympic Committee (IOC) proposed a separate winter competition but initially the Swedes were not keen, then the First World War forced the cancellation of all Olympic events.

In 1920, figure skating featured in the summer Olympic schedule again, and was joined by ice hockey, which proved very popular. Soon after, the Scandinavians agreed to stage an IOC-sanctioned International Winter

Sports Week in Chamonix, in the French Alps. 16 nations took part, and it was so successful that in 1925, the Winter Olympics were formally recognised as a separate international event, effectively making the competition at Chamonix the first ever Winter Olympics.

The original nine sporting events were: bobsleigh, curling, ice hockey, Nordic skiing, cross-country skiing, Nordic combined, ski jumping, and skating (both figure skating and speed skating). More events have been added over the years and today there are fifteen: Alpine skiing, biathlon, bobsleigh, cross-country skiing, curling, figure skating, freestyle

skiing, ice hockey, luge, Nordic combined, short track speed skating, speed skating, skeleton, ski jumping, and snowboarding.

An event that never made the final cut was Scandinavian skijoring. This event appeared as a demonstration in the St Moritz Winter Olympics in 1928 and involved competitors on skis clutching reins attached to a wooden harness, fitted to a horse.

Then in 1932 at the Lake Placid Winter Games, sled dog racing was showcased. I rather wish they'd kept that one in, don't you?

Of course, a Winter Olympics relies heavily on snow. In 1964 in Innsbruck, Austria, there wasn't

enough of it and the games nearly didn't go ahead! Fortunately, the Austrian army came to the rescue, transporting 20,000 blocks of ice from the mountains to the bobsled and luge track, and 40,000 cubic meters of snow to the Alpine skiing courses. Then as soon as the Winter Olympics



ended (of course) Innsbruck received one of its heaviest snowfalls for years!

Norway is the country that really punches above its weight at the Winter Olympics. It only has a population of five million (London alone has nearly nine million!) but to date has won 368 medals (132 gold, 125 silver, and 111 bronze) – way ahead of their nearest rivals, the United States, who have 305 medals and a population of 329 million!

Whether skiing, bobsleighbing or the figure skating is your winter sport of choice, pour a hot chocolate or a gluhwein and curl up under a blanket and enjoy all the action.

- ▶ **VEHICLE GRAPHICS**
- ▶ **VEHICLE WRAPPING**
- ▶ **DIGITAL PRINTING**
- ▶ **BANNERS**



For more information please contact us on the below



Tel: 01564 822 465
www.bakerward.co.uk
sales@bakerward.co.uk



The Hampton Works, Alcester Road, Hollywood, West Midlands B47 5HE



R & A Garden Landscapes

Award winning design and build landscaping company

Are you looking for an outdoor space you can enjoy all year round?

Let us create your dream garden. Whether you require a complete garden re-design and build project or wish to improve an area of your garden, we can come up with a solution for making your visions a reality.

- Patios & Paving
- Brickwork
- Decking
- Traditional & Artificial Turf
- Driveway Surfaces
- Water Features & Ponds
- Design Studio

info@ra-gardenlandscapes.co.uk
07411 619 228 - 0121 537 7273
www.ra-gardenlandscapes.co.uk





KEEP YOUR SEWAGE SYSTEM WORKING

SEPTIC TANKS SEWAGE TREATMENT PLANTS CESSPOOLS PUMP STATIONS

The last thing you want is for your system to stop working - nasty smells and backed up sewage in your toilet.

We're trusted sewage specialists and undertake regular services to maintain and prolong the lifetime of your system.



Accredited Installers
by Leading
Manufacturers



Top Rated
Customer
Service



100% Compliant
Sewage
Solutions

£20 OFF

YOUR FIRST SERVICE

CALL US & QUOTE
WYTHALL22

environmental@cotterillcivils.co.uk
www.cotterillenvironmental.com

0121 461 4861

ARE YOUR WINDOWS READY FOR A MAKEOVER?

New glass in your existing windows

- Replace failed double glazing; just the pane, not the frame
- Fix faulty hinges, handles and locks

A local family-run business
with 10+ years of experience



**CLEARLY
BETTER
WINDOWS**

Call **0800 048 5223** for a FREE Quote
Or visit **ClearlyBetterWindows.co.uk**
to find out more



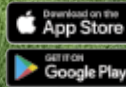
CHALLENGE YOUR FRIENDS AND WIN MONEY!

Think you know more about football than your friends?

Fancy putting your football knowledge to the test and seeing who can correctly predict the most match results?

Just download the free SoccerPots app, set up a league with your friends, and put your money where your mouth is!
Will you be the champion?!

www.soccerpots.co.uk



STU'S LOFT LADDERS

FREE

No Obligation Quote
10 year Manufacturer Warranty

Installing Loft Ladders Since 2008

All types of loft ladders professionally installed.

Top quality 3 section aluminium loft ladder professionally fitted with pivot arm, hand rail, wide flat treads for comfort and rubber feet. Loft hatch included.



We also install loft flooring and boarding

Areas that we cover?

- Redditch • Solihull • Stratford-Upon-Avon
- Worcester • Warwick • Birmingham • Evesham

Tel: 01527 850295 • Mobile: 07712 327889
stuart@stusloftladders.co.uk • www.stusloftladders.co.uk



Belmont @ Home provides bespoke home care services designed to fit perfectly to each individual.



For those who still wish to have their own familiar front door and stay at home safe in the knowledge someone is there to care, Belmont @ Home offers at home care services.

Unlike other home care services, Belmont @ Home care services are not rushed. Every individual benefits from the care team's time, attention, and care, no rushed visits, no clock watching,

just time for dedicated service.

At home care services should adapt to each individual need, mood and daily, weekly plans.

From personal care, organisation of social activities, attending to daily admin, housekeeping and preparing meals, or acting as chaperone to appointments, Belmont @ Home is there to support you!

Belmont @ Home care services flex to each individual because every day is different



Your first step towards personalised home care services starts with a free no obligation conversation with a Trusted Assessor to learn more about you and your needs.

To receive an initial assessment call us on 0121 295 8905



**Belmont
@ Home**

Because every day is different, Belmont @ Home will work to your needs and aspirations.

www.belmonthhealthcare.co.uk

☎ 0121 295 8905

✉ homecare@belmonthhealthcare.co.uk

Join us for tailored home care services uniquely designed for you and your life.



JH
JO HARVEY TUITION

Call Jo on **07794 380725**

- English and mathematics
- SATS preparation
- 11+ and entrance exams
- Now offering GCSE mathematics, GCSE science and A Level physics

Improve confidence to achieve better results.

joharveytuition@gmail.com
www.joharveytuition.com
www.facebook.com/joharveytuition

214A Alcester Road,
Hollywood, B47 5HQ

Artwork by Sarah C Harvey, Illustrator.



JL Plumbing & Heating

James Long | jameslongplumbing@gmail.com | 07972 214981

All Aspects of Plumbing & Heating Undertaken

- ◆ Toilet Repairs
- ◆ Radiator Removal
- ◆ Bathroom Installations
- ◆ Boiler & Full Central Heating Installation
- ◆ Underfloor Heating
- ◆ Air Source Heat Pumps
- ◆ And Much More...

15 Years City & Guilds Experience
No Job Too Small
Call Out 24 Hours a Day



Adele's Foot Care Solutions



*Qualified Foot Health
Professional & Reflexologist*

**A WIDE RANGE OF FOOT
TREATMENTS AVAILABLE**

Adele Smith

MAFHP MCFHP MGHT

**Tel: 01564 822926
07802 987072**

*Home visits and also offering
Reflexology Sessions in a Relaxing
Therapeutic Treatment Room*

DENTURE CLINIC BIRMINGHAM

New Cosmetic Dentures
FREE CONSULTATION

Call: 0121 777 5528

Denture
Repairs
while
you
wait



The Old Surgery, 14 Cole Bank Road
Hall Green, Birmingham B28 8EX
M Evans GDC NO: 125164

VHS to Digital transfer

All types of camcorder tape
can be digitised.

keep your precious memories
share those forgotten moments.



based in
Wythall

www.solihullphotographer.co.uk

paulkallu@gmail.com

07875 475554

CARL BISHTON

CARPENTER & JOINER

**ALL ASPECTS OF BESPOKE
JOINERY SUPPLIED AND FITTED**

- DOORS
- WINDOW FRAMES
- STAIRCASES
- CABINETS, BOOKCASES
AND MUCH MORE

**ALL INTERIOR AND
EXTERIOR CARPENTRY**

- SKIRTING, ARCHITRAVE
- LOFT HATCHES
- DOOR FITTING
- FITTED WARDROBES
- COMPLETE KITCHEN SUPPLY &
FITTING SERVICE AVAILABLE
- DECKING & GARDEN BUILDINGS
DESIGNED AND FITTED

**PLEASE CALL ME TO ARRANGE
A QUOTATION**

TEL: 01564 822811

MOBILE: 07810 373899

EMAIL: C-BISHTON@SKY.COM

Hollywood Beds

Mattress & Bed Specialists

Leading UK Brands At Low Prices!

Relyon[®]

The best beds in the world



Posturepedic

miBed[®]
motion
intelligent

MAMMOTH[®]
MEDICAL GRADE FOAM™ TECHNOLOGY



2 FREE

DRAWERS

**ON SELECTED
SEALY & RELYON
BEDS!**

duntopillo[®]
NATURAL COMFORT SINCE 1929


Sleepeeze

Large range of beds & mattresses direct from the UK's
leading manufacturers all on display in our huge showroom at:

BECKETTS FARM, WYTHALL, B47 6AJ.

**FREE
LOCAL
DELIVERY**

**FREE
PARKING**

**OLD BED
REMOVAL
SERVICE**

**OPEN
7 DAYS
A WEEK**

**EXPERT
ADVICE**

T 01564 898118

www.hollywoodbeds.co.uk

Hollywood Beds Limited, Unit 2b, Alcester Rd, Wythall B47 6AJ

Play

And build a holiday around the things you really love to do...

Whether snorkelling or skydiving, fill your holiday with the things you love with Travel Counsellors. Your personal travel expert will build a holiday around your passions, for a more exciting escape. At Travel Counsellors we're all about you. For a funpacked getaway without compromise, and a personal service beyond compare, you can always rely on me.

Travel, tailor-made for you, with care

ANGELA REASBECK

Travel Counsellor

0121 3142710

angela.reasbeck@travelcounsellors.com

www.travelcounsellors.co.uk/angela.reasbeck

travel counsellors



With us...it's personal



HODGES AND LAWRENCE LIMITED

- EST. 1957 -

FENCING



- WIDE RANGE OF PRODUCTS - **SEE WEBSITE**
- QUALITY MATERIALS AT COMPETITIVE RATES
 - DELIVERY OR CLICK AND COLLECT
 - FREE LOCAL DELIVERY

OPEN TO THE PUBLIC & TRADE



WE SUPPLY FOR DIY OR
LEAVE TO US IF YOU
PREFER NO FUSS
FREE QUOTATIONS

HOTTIES HEAT LOGS

- ▲ POWERFUL, RELIABLE HEAT
- ▲ LOW ASH, SOOT & MOISTURE

SPECIAL OFFER

£4.98 INC VAT PACK OF 10 LOGS



Orders by phone on 01564 823049 or website hnl-fencing.co.uk

Website: hnl-fencing.co.uk | Email: fencing@hnl-fencing.co.uk

Contain your excitement

For me February marks the real beginning of the gardener's year. Seed sowing starts in earnest, and we can begin to plan to bring the patio pots alive. As a gardener I do raise a lot of my plants from seeds in cold frames and greenhouses. But there is no right way to approach this. If you're super busy and time in the garden is short, wait until late February and purchase fresh, well grown young plants from the garden centre. Yes its more expensive but it might be worth it in time and energy saved.

The patio is a great place to indulge your creativity. Do you want a brilliant chaotic colour palate or a cool tranquil colour scheme, or maybe even monochrome calming greens in many textures of foliage. I think of patio pots like soft furnishings in the house...changing things up can transform the mood.

While containers are conventionally planted in autumn and late spring, they can actually be planted at any time of year, and I like to get a couple planted up in February so they can become really established and give me a running a start.

I use containers of all sizes but generally the large ones provide more impact. If they are to large and heavy to move easily, plant them with hardy bulbs or permanent shrubs or trees. You can then add seasonal geraniums

and pansies etc around the core planting. Small, moveable containers can be planted with bright bulbs and specimen plants that can be brought to the front as they reach their peak with flowers or foliage. If you have a sheltered frost-free area for a cold frame or poly cover you can plant early, keep safe from the worst of the winter weather, and then bring them out when the frosts have finished.



Good trees for larger containers are conifers. There is such a huge variety of shapes and colours to choose from. For patios its best to choose more compact, well-groomed shapes in bright greens or yellows. Groups of three or five pots containing contrasting shapes and colours work very well together. Alternatively go for similar shapes in a variety of sizes and colours.

Because February tends to be quite wet drainage can be an issue. As a guide, patio and decking surfaces should be dry, or only wet if it's rained recently. If a patio or decking is constantly wet it's likely that algae and moss will start to grow which can look unsightly and make the surface dangerously slippery to walk on. Use a strong yard brush and approved detergent to keep hard surfaces clean and safe.

As anticipation in gardening provides much of the pleasure take the garden furniture out of storage this month and clean it up...then you can enjoy a cup of tea on sunny days and watch your patio begin to wake up.



Solihull

TREE CARE SPECIALISTS

**Professional
Arboricultural
Services**

All aspects of arboriculture work undertaken.

Pruning, thinning, reshaping, crown lift, reductions, removals and stump removal.

- All hedge work
- All waste removed
- All work guaranteed to the highest industry standards
- Fully insured
- Free advice and quotations
- NTPC Qualified Workforce



COVID-19 UPDATE:

We are still working – safely and in line with Government guidelines regarding social distancing

Freephone: 03335 775733

Mobile: 07786 527 729

Email: info@solihulltreecare.com www.solihulltreecare.com

Hoods

Carpets & Flooring Ltd

Local Family Business. **Established 1939**

- Carpets
- Cushioned Vinyls
- Safety Flooring
- Contract & Domestic
- Tiles
- Karndean

We offer uplifting and disposal of old carpets
moving furniture and easing of doors!

All our fitters are employed & we are NICF Retailer Members



Karndean
Designflooring

OPEN

Mon to Fri 8.30 - 5pm
Saturday 9.30 - 4.00pm

812 Alcester Road South, Birmingham B14 5HH

Tel: 0121 430 5289

www.hoodsflooring.com
email: hoodsflooring@hotmail.co.uk

FREE ESTIMATES AND SAMPLES SERVICE

COMPETITION



Win 2 tickets

to see

Revenge

at **Solihull's Core Theatre** on **Thursday 24th March 7.30pm**

For your chance to win these tickets, visit the Core Theatre website page for this event - www.thecoretheatresolihull.co.uk - to find the answer to this question:

Who's the Director?

Email your answer to: thecoretheatre@solihull.gov.uk – and please put **'Revenge'** as the subject line.

Closing date for entries is **28th February 2022**. The winner will be drawn at random and notified by email after this date.

Please note there is no cash value nor exchange for this prize so please don't enter if you cannot attend the date shown above.

About the show:

Bill Crayshaw MP leads a charmed life, hailed in the corridors of Parliament, lauded in business, and loved at home. That is until he returns from a business trip to find his party agent has been killed in a terrible, tragic accident – or was it? As the tension mounts and suspense increases, shots ring out and the initial game of cat and mouse turns into a deadly battle, twisting and turning between truth and lies, to reach a thrilling climax that will keep audiences guessing until the final curtain!

WOODRUSH HUB

RUSH ACTIVE GYM



FULL ACCESS to Rush Active Gym as a Rush Active Member includes our February 2022 Personal Training Offers!

Sign Up Online: <http://bit.ly/rushactive>



TECHNOGYM

Technogym Fully Equipped Gym
6 Week tailored fitness programme
when you join!

RUSH FITNESS CLASSES

FULL ACCESS to our Fitness Classes as a Rush Active Member

*Off-Peak Membership includes classes during off-peak membership times

Take a Look at our Class Timetable: <http://bit.ly/rushclasses>

Sign Up Online: <http://bit.ly/rushactive>


RUSH ACTIVE

LES MILLS
FOR A FITTER PLANET

Contact Us

☎ 01564 820 099 🌐 www.woodrushcommunityhub.co.uk

✉ info@woodrushsportscentre.co.uk  WoodrushCommunityHub



WOODRUSH HUB

CHILDRENS BIRTHDAY PARTIES



BOOK NOW

Saturday and Sunday Time Slots Available



Enquire Now: <http://bit.ly/contactbookings>

FACILITY HIRE

PROVIDING YOU WITH A SAFE SPACE TO MEET & PLAY TOGETHER

A great way to be together & have fun

Contact us to book your slot

Enquire Now: <http://bit.ly/contactbookings>

We're looking forward to seeing you!

Contact Us

☎ 01564 820 099 🌐 www.woodrushcommunityhub.co.uk

✉ info@woodrushsportscentre.co.uk  WoodrushCommunityHub



DENNIS PLUMBING & HEATING

- Boiler and full central heating installations, including LPG.
- All boiler makes installed, Worcester, Vaillant, Veissmann, Glowworm.
 - 10 years warranty available on some boilers.
- Breakdowns and service on boilers, fires and cookers.
 - Power flushing service

Fully insured, Competitive Prices

Tel: Hollywood 0121 247 1363

Mobile: 07903 715 360



www.dennisplumbingandheating.co.uk

ANDY B INSTALLATIONS

Ex Woodwork Teacher
& Lecturer in Carpentry & Joinery

For all your Woodworking requirements

Fitted Kitchens
Internal • External doors
Bespoke Furniture

Worktop cutout service available.

CALL

M: 07941 396 749

T: 0121 430 5119

View work pictures on Facebook
Andy B Installations

**25%
DISCOUNT**
WITH THIS ADVERT



A fully insured and highly skilled roofing company based in Solihull, West Midlands with many years experience. Deluxe Roofing Ltd is a professional, reliable roofing company with unrivalled expertise in the industry.

- **New Roofs • Flat Roofs • Minor Repairs • Fascias and Guttering**
- **Insurance Work • Moss Removal • Rebedding of Ridge Tiles • Chimneys**
 - **Valleys • All Guttering Cleaned and serviced from £39.99**

OFFICE: 0121 314 99 53 FREEPHONE: 0800 747 14 61

MIDLANDS BRANCH

UNIT 70, 123 STRATFORD ROAD, SHIRLEY. B90 3ND
(MIDLANDS BRANCH), COVENTRY, SHIRLEY

WWW.DELUXEROOFINGLTD.CO.UK

creating beautiful storage solutions

Hollywood Bedrooms



fitted wardrobes • home office • bespoke furniture

- Contemporary or traditional.
- Hinges or sliding.
- All made to measure.
- Sloping ceilings and awkward shaped rooms.
- Quality furniture fitted to the highest standard for over 25 years.

Call Neil
07861 64 50 54

www.hollywoodbedrooms.co.uk

Dark Lane Motors Ltd

01564 824433

For a free quotation,
phone Paul Axisa (proprietor)

WE ARE A FAMILY RUN BUSINESS

- ✓ **Servicing & Repairs**
- ✓ **MOT's & Repairs**
- ✓ **Clutches & Brakes**
- ✓ **Engine Diagnostics**
- ✓ **Body Repairs**
& **Bumper Scuffs**

Free Local Pick up and delivery,
prompt efficient service
at competitive rates.



ESTABLISHED IN 2000

Unit 4, Houndsfield Industrial Estate
Houndsfield Lane, Wythall, Birmingham B47 5QR

Projects

Paving & Landscaping

DRIVEWAYS & LANDSCAPE SOLUTIONS

- Clay & Block Paving • Tarmacing (Red or Black)
- Patios • Brickwork • Slabbing • Gravel • Landscaping
- Fencing • Property Repairs • Roofing Repairs
- Driveway Maintenance (Pressure cleaning & Sealing - weed free)



We pride ourselves on our high standards of workmanship

We will beat any like for like genuine written quote

0121 652 0145

Solihull

01926 674 782

Kenilworth, Warwick and Leamington

M: 07961 358 367

E: projectspaving@icloud.com



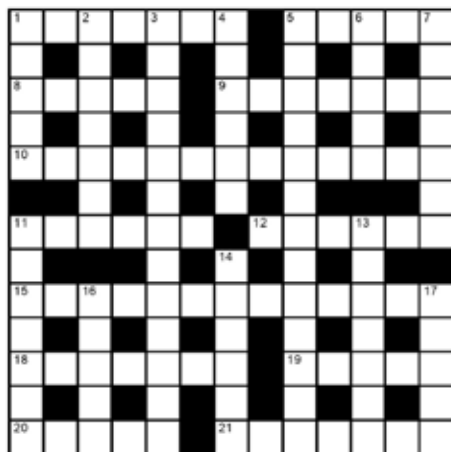
Find us on Facebook



To see our current range of work carried out in your local area please visit www.projectspaving.co.uk

328 Alcester Road
Wythall B47 6JR

crossword



clues

Down

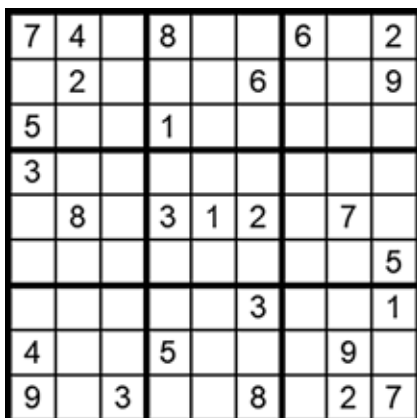
- 1 Enormous, colossal (5)
- 2 Eradicate, prohibit (7)
- 3 American name for canine guides for the blind (6, 3, 4)

- 4 Element with symbol Na (6)
- 5 Person who excavates historic remains (13)
- 6 Brownish-olive (5)
- 7 Without pause, endless (7)

- 11 Bewitch, enthrall (7)
- 13 Rainbow (7)
- 14 Effigy, figure (6)
- 16 Courage, fortitude (5)
- 17 Slang name for US citizens (5)

- 1 Spectacles (7)
- 5 Foot joint (5)
- 8 Apologise, redeem (5)
- 9 Die (7)
- 10 Surveying method used to calculate distance (13)
- 11 Sound reflections (6)
- 12 Petrified prehistoric remains (6)
- 15 Sweets and chocolates (13)
- 18 Heathrow or Gatwick (7)
- 19 Common blood pressure medication (5)
- 20 Layers (5)
- 21 Captures, seduces (7)

answer on page 41



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 41

Irish Coffee Chocolate Cheesecake

Treat your loved one to a luxurious chocolatey dessert for Valentines



Serves: 8

Preparation time: 30 minutes plus cooling and chilling time

Cooking time: 10 minutes

Base

Vegetable oil, for oiling
175g chocolate chip cookies
55g unsalted butter

Filling

225g plain chocolate (at least 70%), broken into pieces.
225g good quality milk chocolate (at least 45%) broken into pieces
55g golden caster sugar
350g cream cheese
425ml double cream, lightly whipped (this means that it's no longer liquid, has increased in volume and just holds its shape when the whisk is removed),

3tbsp coffee cream liqueur

Method

Line the base of a 20cm springform round cake tin with greaseproof paper and brush the sides with oil. Place the chocolate chip cookies in a polythene bag and crush them with a rolling pin. Melt the butter in a saucepan over a low heat then add the crushed cookies. Press the resulting mixture into the base of the prepared tin, and chill in the fridge for 1 hour. Place the broken plain and milk chocolate into a heatproof

bowl over a pan of simmering water until the chocolate melts. Set aside to cool. Place the sugar and cream cheese into a mixing bowl and beat together until smooth. Fold in the whipped cream, then the melted chocolate, and finally the coffee cream liqueur. Spoon the mixture into the cake tin on top of the biscuit base.

Smooth the surface and place in the fridge to chill for two hours. When it's firm transfer to a serving plate and drizzle with more melted dark chocolate if required.

AP ALLOYS & BUMPER REPAIRS

*Mobile service to your
home or business*



ALLOY WHEEL REFURBISHMENT *(Full Face of Wheel)*

Vandal Scratches - Plastic Bumper Damage - Headlight
Restoration - Dents + Scrapes to any panels - Stonechips
Machine Polishing - Paint Protection Treatments Applied
FREE Quotations - Main Dealer Approved

Call Andy now for a fast, prompt and professional service.
Or for an instant quote, text or WhatsApp images to him on:

07972 852 758

A Declaration of Love

A history of the Valentine card

At the primary school I attended, a decorated post box (i.e., a paper-covered cardboard box with a slit cut in it) would appear in the entrance in February and we were encouraged to post Valentine cards to our friends. I don't know if this dubious 'popularity contest' was repeated in other schools but I do remember the thrill when I finally received a card!

The earliest surviving Valentine missive was written by a French man Charles, Duke of Orleans during his imprisonment in the Tower of London, following his capture during the Battle of Agincourt in 1415. It was a tender poem to his wife, Bonne of Armagnac, which uses the phrase, 'Je suis desja d'amour tanné, Ma tres douce Valentinée,' (old French) which translates to, 'I am already sick of love, My very gentle Valentine.'

The earliest example of an English Valentine

dates to 1477 and was a love letter written by Margery Brews to her fiancé John Paston.

Margery refers to John as her 'right well-beloved Valentine' and implores him to marry her despite the fact she can't convince her father to increase her dowry. Marriage had little to do with romance in the 15th century, but apparently they did eventually tie the knot!

Something akin to a modern greeting card for Valentine's Day appeared in the 1700s. These cards were handmade, and usually hand-delivered by slipping them under a door. Romantics who found it difficult to commit their feelings to paper could actually buy booklets of verse suggestions.



"Do they make shopping trolleys out of magnets?"

We don't judge, we just fix it.

10% OFF
Using Code
10OFFJW



Quality, convenient and cost-effective repairs with a lifetime guarantee.

Call us today **07479 250 200** for a FREE estimate on repairs to bumper scuffs, paint scratches, minor dents and alloy wheels. Find out more at chipsaway.co.uk

Offer only valid when booking with ChipsAway Jason West. Customer must produce advert at time of booking.

ChipsAway

LIKE IT NEVER HAPPENED



Mark O'Sullivan

HOLLYWOOD CHIROPODY PODIATRIST

Hollywood Medical Practice

Beaudesert Rd, Hollywood, Birmingham, B47 5DP

For clinics and Home Visits call:

07824506839

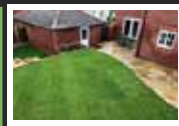
mark@hollywoodchiroprody.co.uk

www.hollywoodchiroprody.co.uk



TURNER LANDSCAPES

Award Winning Landscaper




- Free Quotations
- Top Quality Workmanship
- Re-Designs / Make overs
- Fully Licenced & Insured
- Only 1 Job Installed at a Time

We will work along side you, to create an attractive solution for your outdoor space.

www.turnerlandscapesrkc.co.uk

hello@turnerlandscapesrkc.co.uk

07833 215 412

Find us on 

To Valentine, or not to Valentine?

February 14th is Valentine's Day.

My husband and I don't celebrate Valentine's Day. There, I said it. Before you dismiss us as a couple of old cheapskate cynics, whose relationship is on the rocks, we're both in our late thirties, have been married for twelve years, we rarely argue, and we laugh a lot. We just don't feel the need to celebrate Valentine's Day.

Five years into our marriage we realised that fancy restaurants, or weekends away mean less when everyone else is there doing exactly the same thing at the same time just because it's February 14th. So, we stopped.

We do like to do something romantic during February, but to be honest we like to do something romantic at least once in every other month too. Here are our favourite ideas, not restricted to February.

We cook a meal. Not just a run of the mill, any night of the week meal. We each choose something from one of our cookbooks (main course and dessert) and we set aside an evening to create it. We arrange it around the kids' sleepovers with grandparents or friends. It's our night and we buy good wine, dress up and enjoy each other's company and the process of creating (and eating) a delicious meal.

Write a poem...or a song. My husband writes bad poetry...I'm not joking, it's terrible and stems from him insisting that poetry is not

poetry unless it rhymes! I love poetry and once joked that if he loved me he'd write me an ode. So, he did, and it was awful...but it did rhyme. Periodically he repeats the process, and the results are always hilariously bad. I stick them in a scrap book because as dire as they are, they hold a great deal of meaning for me.

Movie marathon - The Die-Hard films might not be everyone's idea of romantic film fodder, but we love them and every so often we have a day where we watch all of them back-to-back and buy in lunch and supper. Sometimes we

do the Star Wars Trilogy (four, five and six...were there any others?), or the Lord of the Rings series (extended version), or the Bourne films. The point is, it's an event. We set aside time to do it.

Recreate a date - One of my favourite dates from before we were married was when my husband took me stargazing on a clear night. He was an amateur astronomer in his teens and knew his way around the night

sky. We lay on top of his car, covered in blankets clutching binoculars while he told me stories about the constellations and encouraged me to look for shooting stars and the International Space Station (ISS)! Sometimes we recreate that, and I still get a buzz when I see the ISS moving swiftly across the sky. What favourite date could you recreate?

If you love Valentine's Day then you do you. But ask yourself, do you make Valentine plans with your partner just because that's the thing to do? If so, perhaps it's time to make a change.



Why not invest in a new driveway or patio to enhance the appearance and add value to your property?

Approved Drives and Landscapes offer a range of services to help improve all areas of your home, including:

Clay & Block Paving - Tarmacing (red or black) - Patios - Brickwork - Slabbing - Gravel - Landscaping - Fencing - Property Repairs - Roofing Repairs - Driveway Maintenance (Pressure cleaning & sealing - weed free)



Proud member of



Find us in/on

Google



www.centraldrivewayslimited.com

Get in touch today for a FREE quotation

T: 0121 702 1456 M: 07748 577687

Michael.central@icloud.com



Does your company
need a **fresh approach**
to marketing?



hotlobster design offers everything a
business needs in this **digital world**.

Bespoke content managed websites, SEO, social media management,
print management, logo design, clothing, copy writing and much more.

hotlobster 
design · marketing · web · print

0121 369 1977
www.hotlobster.uk.com

"BEST OF THE BEST..."

WHICH?



Finesse Windows are proud to have installed quality UPVC Windows, Doors and Conservatories for customers locally for 40 years. Every Finesse Windows installation is **designed, manufactured and fitted with care.**

Call: 0121 514 5270

www.finesse-windows.co.uk

Open weekdays 8am-5pm and Saturdays 10am-4pm
39 Melchett Rd, Kings Norton, Birmingham, B30 3HP

Finesse
WINDOWS

Windows | Doors | Conservatories | Orangeries | Fascias & Soffits | Garage Doors

THE IRONMONGERS

AT
BECKETT'S

7 DAYS
A WEEK

HOME & GARDEN BARGAIN CENTRE

FREE
PARKING

★ Bits, Bobs, Odds & Sods and 'A LITTLE OF WHAT YOU FANCY' ★



OUTSIDE:

Pet Care / Bird Food and Tables /
Dog Treats and Leads / Compost /
Gardening / Pest Control / Plant Pots /
Cycle Accessories



GIFTS:

Gift Cards / Wrapping Paper / Gift Bags
/ Giftware / Soda Streams / Gadgets /
Vehicle Care

DIY:

Hand and Power Tools / Nuts, Bolts,
Screws and Fixings / Glue / Sealants
/ Hoses / Locks and Security / Car
Accessories



HOUSEHOLD CARE:

Oils / Polish / Cloths / Household
Cleaners / Washing Lines / Drain
Cleaners & Rods / Incinerators /
Kitchenware / Needleware



Come along and browse around, we're at the lower end of Beckett's Farm Complex,
near to American Golf and the Car Wash. Lots of free parking and a smile!

1C Beckett's Farm, Wythall, B47 6AJ 0121 643 4900
homegardenbargains.co.uk  **homegardenbargains.com**

ENFIELD SPORTS

R
F
D

Britains Biggest and Brightest Shooting Store

All types of Shooting Supplies: Cartridges, Metallic Ammunition,
Pellets, Archery, Shotguns, Airguns, Full Bore. Country Clothing,
Footwear and Outdoor Apparel.



Free Parking! Open 6 days a week - Monday to Saturday.

Beckett's Farm, B47 6AJ | www.enfieldsports.com | 0121 716 1410



Garolla garage doors are expertly made to measure in our own UK factories, they're strong and solidly built. The electric Garolla door rolls up vertically, taking up only 8 inches inside your garage, maximising valuable space. Our experienced installers will fit your new door and they'll take away the old one too, so there's no mess.

Give us a call today and we'll come and measure up **FREE** of charge.

GAROLLA
ROLLER SHUTTER DOORS

www.garolla.co.uk

CALL US TODAY ON:
01564 340 046
 MOBILE:
07537 149 128

LINES OPEN 7 DAYS A WEEK

Now only
£895*

for a fully fitted electric garage door.

WAS £1,354 INCLUDING VAT.

Gotta get a Garolla.



*Offer valid for openings up to 2.6m wide & including 2 remote controls, 55mm white slats, internal manual override.

An Independent Family Owned Funeral Directors



THOMAS BROTHERS

A family owned Funeral Directors, we provide a friendly, dignified service paying special attention to detail.

01527 547777

Birchfield House,
 494 Evesham Road, Redditch.
 B97 5JF

01527 831700

66 Birmingham Road,
 Bromsgrove.
 B61 0DD

01564 822001

100 Alcester Road,
 Wythall.
 B47 5HA

0121 445 3422

12A Red Lion Street,
 Alvechurch.
 B48 7LF

www.thomasbrothers.co.uk

A family concern



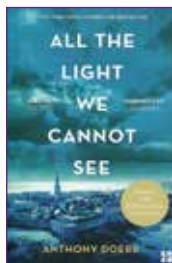
a good read

reviews By Willow Coby

All the Light We Cannot See

By Anthony Doerr

Marie-Laure is blind. She lives in Paris near the Museum of Natural History, where her father works. When she is twelve, the Nazis occupy Paris forcing father and daughter to flee to the home of Marie-Laure's reclusive great



uncle, carrying what might be the museum's most valuable and dangerous jewel.

Werner Pfenning, is an orphan, growing up in a mining town with his younger sister, learning about the world through a crude radio they find. Werner's expertise in fixing radios makes him a valuable asset to the Nazis as they track down the resistance.

Doerr deftly interweaves the lives of these two youngsters, and along the way shows us how against all the odds, people mostly do try to be good to one another.

This book is built on beautiful imagery. Both in the literal sense - vividly evoking 1940s Paris and Germany - and the metaphorical as it's woven through with scientific and philosophical references to light, to seeing and not seeing, and the differences between the two. It's the beautiful and harrowing story of two childhoods torn apart by war. We learn how Marie-Laure and Werner are both forced along paths they did not choose due to their desperate personal circumstances. There is a running theme of interconnectedness, of invisible lives running parallel to one another yet sometimes coming together in the strangest of ways. Marie-Laure and Werner are from different worlds, yet each influences the other.

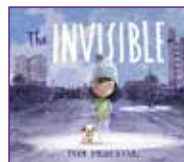
All the Light We Cannot See is a haunting novel. The elegant prose and engaging, heart-breaking stories will remain with you long after you've reached the final page. The title hints at the fact that just as we only see a small part of the electromagnetic spectrum, so we are

only ever aware of a fraction of the spectrum of history. But if we could look deeper, we'd see the untold stories and they would be beautiful and strangely luminescent in their own right.

The Invisible

By Tom Percival

This is another book about untold stories and human connections. Tom Percival has blended gorgeous illustrations with his simple, clear prose in this picture book which is perfect for bedtime reading. Isabel is a happy child whose parents love her and each other but the family is struggling financially. They slip through society's cracks and descend into poverty. Isabel discovers that poverty brings a cloak of invisibility. No-one seems to see her, though she can see more than ever before. She begins to notice the other invisible members of society, and she begins to understand that alongside invisibility poverty brings something else...loneliness. Isabel decides that she will do something to tackle the problem. The book has modern social themes, but rather than being unremittingly grim, or alternatively, ridiculously upbeat and positive, Percival uses his light touch to show us the humanity and love that exist between people everywhere in society, and how we can all make a difference, whoever we are. The beautiful, heart-warming ending doesn't rely on a lottery win, or a fairy godmother but on Isabel herself showing the way. The author has drawn on his own experiences growing up in poverty to create a gentle and thought-provoking window into a world that for many of us goes entirely unnoticed. This is another book that will stay with you and one which children will delight in hearing again because it has the magic of a fairy tale with none of the schmaltz.



30 Days Without September...

"I wonder why February is the only month that has 28 days..." my teenage son mused one day. It got me thinking.

Today we use the Gregorian Calendar, a solar calendar used in the international standard for Representation of dates and times.

In Roman times though the calendar had a quite different structure. It originally consisted of 10 months rather than 12. There were 304 days in the year; six months had 30 days each and four months had 31 days each. Then the Roman king Numa Pompilius decided to bring the calendar in line with the lunar year and added January and February to the original 10 months. The king did not want months with even numbers of days though, because the Romans believed even numbers were unlucky. To this end he subtracted a day from each of the 30-day months to make them all 29. The lunar year consists of 354.367 days,

but he didn't want to round the number down to 354 because that would make the entire year unlucky, so he rounded up to 355 instead. Now he had six months with 29 days and 4 months with 31 days, giving 298 days, and leaving 57 extra days to be divided between the two new months. Mathematics dictated that one of the months would have to have an even number of days because the sum of any even number (12 months in this case) of odd numbers will always equal an even number - and he needed the total to be odd. So, the king chose February as the unlucky month.

Over the following centuries the calendar has been altered several times. February has been shortened at some points, and sometimes a leap month was included, but eventually February has settled at 28 days, with the addition of a leap day every four years.

And the answer to my son's question? February has 28 days because of superstitious Romans!



useful numbers

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

WYTHALL PARISH COUNCIL

Tel: 01564 823149

WYTHALL COMMUNITY ASSOCIATION

01564 823 281

office@wythall-park.org.uk

local police contact for wythall & hollywood

Telephone: 101

Beds / bedrooms

- 16 Hollywood Beds 01564 898118
25 Hollywood Bedrooms 07861 645054

Car Services

- 25 Dark Lane Motors 01564 824433
29 AP Alloys 07972 852758
30 Chips Away 07479 250200

Care Services

- 13 Belmont @ Home Care 0333 444 0121

Carpenter

- 15 Carl Bishton 07810 373899
24 Andy B Installations 07941 396749

Carpets & Flooring

- 20 Hoods 0121 430 5289

Digital services

- 15 Paul Kallu 07875 475554

Doors and windows

- 11 Clearly Better Windows 0800 048 5223
35 Finesse Windows 0121 514 5270
37 Garolla 01564 340 046

Estate Agents

- 1 & 5 Melvyn Danes 01564 826555
43 & 44 smarthomes 0121 744 4144

Funeral Directors

- 37 Thomas Brothers 01564 822001

Gardens and Drives

- 10 R&A Landscapes 07411 619228
17 Hodges & Lawrence 01564 823049
26 Projects 07961 358367
19 Solihull Tree Care 0121 604 6809
31 Turner Landscapes 07833 215412
33 Central Drives & Landscapes 0121 702 1456

Health & Beauty

- 2 Boucle www.boucle.co.uk
15 Adele's Foot Care 07802 987072
15 Denture Clinic 0121 777 5528
31 Mark O'Sullivan Chiroprody 07824 506839

Heating

- 8 Grant John 07974 226558
24 Dennis Plumbing & Heating 07903 715360

Lofts

- 12 Stu's Loft Ladders 07712 327889

Plumbing

- 14 James Long 07972 214981
24 Dennis Plumbing & Heating 07903 715360

Restaurants

- 7 Monsoon 01564 829200

Roofing

- 24 Deluxe Roofing 0800 747 1461

Sewage specialists

- 11 Cotterill Civils 0121 461 4861

Shopping

- 3 Gina Lou Bridal www.ginaloubridal.com
36 The Ironmongers 0121 643 4900
36 Enfield Sports 0121 716 1410

Sports

- 12 SoccerPots www.soccerpots.co.uk
22-23 Woodrush Hub 01564 820099
36 Enfield Sports 0121 716 1410

Storage and wardrobes

- 25 Hollywood Bedrooms 07861 645054

Travel agents

- 17 Travel Counsellors 0121 314 2710

Tuition

- 14 Jo Harvey 07794 380725

Vehicle Graphics

- 10 Baker Ward 01564 822465

Website & Graphic Design

- 34 Hot Lobster Design Ltd 0121 369 1977

Wedding dresses

- 3 Gina Lou Bridal www.ginaloubridal.com

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

Sudoku Solution

from page 27

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

Crossword Solution

from page 27

To Reverse Ageing Think Blue

What are Blue Zones and what can they teach us about ageing?

As a nation we're obsessed with ageing. We try to turn the clock back with lotions, potions and sometimes Botox and fillers.

Yet some nations seem to have solved this issue without resorting to cosmetics or surgery. These people live in the world's so-called Blue Zones. The term 'Blue Zones' refers to geographic areas in which people have low rates of chronic disease including heart disease, diabetes, dementia, and several types of cancer, and enjoy life spans more than a decade longer than people elsewhere in the world. The concept of Blue Zones grew out of the work done by researchers Gianni Pes and Michel Poulain.

The five Blue Zones are:

Ikaria in Greece, Okinawa in Japan, The Ogliastra Region in Sardinia, Loma Linda in California (which boasts the highest concentration of Seventh Day Adventists in the US), and the Nicoya Peninsula in Costa Rica.



Dan Buettner, who is an author, explorer, educator, and endurance cyclist, studied these regions intensively and concluded that the inhabitants all shared certain characteristics.

They exercise – but not at the gym, and they don't run. Instead, they live in environments that encourage movement. They walk, garden, and tend to use manual tools rather than electric ones, when working in the house and garden.

They live with purpose - The Okinawans call it *ikigai* and the Nicoyans call it *plan de vida*; both roughly translate to "why I wake up in the morning." A sense of purpose adds several years to your life span.

They take time out – Everyone, even those

living in Blue Zones experience stress. Stress is the leading cause of chronic inflammation and is associated with every major age-related disease. The Blue Zone populations understand how to deal with and diffuse that stress. Okinawans take a few moments each day to remember their ancestors, Adventists pray, Ikarians take a nap, and Sardinians do happy hour!

They follow the 80% rule - The Okinawan's have a 2,500-year-old Confucian mantra, 'Hara hachi bu', which they recite before meals. It reminds them to stop eating when their stomachs are 80% full. The 20% gap between not being hungry and feeling full could be the difference between losing weight and gaining it. People in

the Blue Zones eat their smallest meal in the early evening, and then they don't eat any more for the rest of the day.

They eat a plant-based diet -The people of the Blue Zones eat mainly plants and beans, limiting meat to small portions a few times per month.

They drink moderately

– Apart from the Adventists, all the people living in the Blue Zones drink alcohol regularly. Moderate drinkers actually outlive non-drinkers. So, keep to one to two glasses a day, preferably drunk with a meal and with friends or family

They have a community - The world's longest-lived people chose - or were born into - social circles that support healthy behaviours. For example, Okinawans created *moais* - groups of five friends that committed to each other for life. Research shows that smoking, obesity, happiness, and even loneliness are contagious, so healthy social networks are essential for long life.

So, if you are interested in living a longer, and healthier life...think blue!

Move house with the best
estate agent in the Midlands



smarthomes

Now is the best time to sell your home

Did you know that UK house prices
increased by **10.2%*** in **2021**, the
largest increase since **2007**.

* Data obtained from office for National Statistics

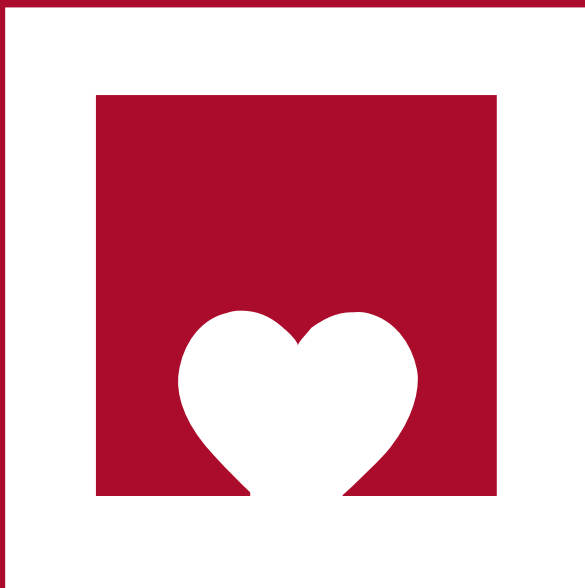
So be smart and ask
smarthomes to value your home.

Call us on **0121 744 4144** opt 2



sales • lettings • new homes • land • commercial • mortgages

**smarthomes are totally
devoted to selling your property**



smarthomes

**Fall in love with our
award winning service**

**Book your FREE valuation
now! Call 0121744 4144 opt 2**