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LOWBROOK LANE, TIDBURY GREEN

An executive detached four double bedroomed house, comprising; entrance hall, guest cloaks w.c. study, dining room, lounge, kitchen/dining/family room, utility, galleried landing, master bedroom with dressing room and ensuite, three further double bedrooms, family bathroom, rear garden, double garage and driveway.

Offers Around £785,000

CRABMILL LANE, WYTHALL



CRABMILL LANE, WYTHALL

A five bedroomed detached house set on a large plot on the border of Wythall, briefly comprising; porch, hallway, three reception rooms, guest w.c., large kitchen/diner, conservatory, master bedroom with refitted en-suite, four further bedrooms, refitted bathroom, large rear garden with summer house, generous front driveway.

Offers Around £500,000

GORSEY LANE, WYTHALL



GORSEY LANE, WYTHALL

A two bedroomed detached bungalow in this most desirable road in Wythall, briefly comprising; porch, hallway, large lounge, kitchen, dining room, lean to, two bedrooms, refitted shower room, large mature rear garden, side tandem garage, generous driveway, rural aspect to the front.

Offers Around £525,000

MAYHURST CLOSE, HOLLYWOOD



MAYHURST CLOSE, HOLLYWOOD

A well presented three bedroomed semidetached bungalow in this popular cul de sac location with no upward chain, briefly comprising; hallway, lounge, refitted kitchen, ground floor shower room, two/three bedrooms, landscaped rear garden, side garage, car port, front driveway with no upward chain.

Offers Around £350,000





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Autumn is approaching...

Welcome to the September edition

It's a busy month with kids going back to school, and individuals getting ready for university. The roads are going to be busier, the mornings and evenings are going to get darker, but there's still lots to look forward to.

We can start thinking ahead, planning Halloween treats, bonfire parties and event starting to think about Christmas plans. There's also lots of interesting and fun things going on locally - whether you fancy a ladies night, a beer and cider festival or a guiz night - just check out page 6 for more details.

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community events



Rolling Back The Years

25-26 September, Core Theatre, Solihull

Enjoy this slick, fast moving and vibrant show, bringing you some of the greatest songs ever written, performed by a cast of world class singers and dancers. Re-live the fantastic sounds of the 50s, 60s and 70s presented in the unique 'Timeless' style. Tickets: 0121 704 6962.

Quiz Night

29 September, 7.30pm, Knowle Village Hall.

Tickets are £8 per person and teams can be no more than 6. Bring your own "liquid refreshments and nibbles" for a fun night out with great prizes. Contact 01564 778163 or 01564 779898

for tickets. All proceeds will go to the Village Hall Refurbishment Fund.

Wythall Beer & Cider Festival

6 & 7 October, 12pm-11pm

This annual event is back, raising funds for Wythall Park, with a choice of 20+ real ales and ciders alongside a fully-licensed bar. Live music and food. Only \$2 admission. More

information from wythall-park.org.uk or Facebook.

Ladies Night with UK Pleasure Boys

14 October, Shirley British Legion

The UK Pleasure Boys are renowned for their talent, charisma, and irresistible charm. These professional entertainers are experts in captivating the crowd and creating an electrifying atmosphere. Tickets from www.tributenightpromotions. co.uk/

Cheesy Bingo Party

14 October, Land Rover Sports & Social Club, Solihull

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a good read By Natasha Donovan

CRAIG

THE

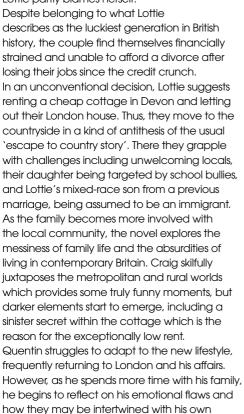
OF THE

LIE

LAND

The Lie of the Land by Amanda Craig

Lottie and Quentin Bredin are a middle-aged couple, living in London. Their marriage is crumbling because Quentin is a serial philanderer, for which Lottie partly blames herself.



While the narrative provides an energetic exploration of the darker side of countryside living including casual racism and hostile neighbours, the heart of the story lies in the evolving relationship between Quentin and Lottie. The Lie of the Land defly captures the capacity for change in individuals and the multifaceted

upbringing.

nature of human relationships, and endings which are not necessarily neat and tidy.

Town is by the Sea by Joanne Schwartz, illustrated by Sydney Smith

This beautifully illustrated children's book is set in a small



coastal town. The story follows a young boy named Joey as he goes about his daily routine and reflects on the life of a miner.

Joey's father is a coal miner who works deep beneath the sea, extracting coal to support their family. Every day, Joey imagines his father's dangerous work while he enjoys the sunshine and plays with his friends. The contrast between the bright, vibrant world above ground and the darkness of the coal mine below is beautifully depicted through Sydney Smith's evocative illustrations.

As Joey explores the town, he visits different places that hold significance for him. He goes to the park, where he can see the sparkling sea in the distance and dream about what lies beneath its surface. He visits the cemetery, where he pays respects to his ancestors who were also miners. And he goes to the local store, where his mother works, and imagines a future where he may have a different occupation.

Throughout the book, the reader gets a glimpse into Joey's close-knit community and the rhythm of their lives. They come together to support one another and to celebrate special moments, like the arrival of summer. However, the constant presence of the sea serves as a reminder of the dangers faced by Joey's father and the sacrifices made by the miners.

Town Is by the Sea is a poignant and contemplative book that explores themes of family, community, and the contrast between a child's innocent perspective and the realities of a challenging occupation.



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Pork Chops with Apple sauce



Ingredients

4 pork chops on the bone
- about 3cm / 1.5 inches
thick at room temperature.
1½ this sunflower oil
salt and pepper
for seasoning
Chunky Apple Sauce
450g cooking apples,
cored and diced.
4 this caster sugar
finely grated zest 1/2 lemon
2 tsp lemon juice
4 this ground cinnamon
knob of butter

Method

Preheat the oven to 200C / 180C Fan / Gas mark 6.

To make the apple sauce: Place the chopped apples, lemon juice and zest, sugar, and water into a heavy based saucepan. Bring to the boil, stirring to dissolve the sugar. Reduce the heat and simmer for 15 minutes, until the apples are tender. Add the butter and the cinnamon and beat the apples until you have a chunky sauce (if you prefer smooth, puree them). Remove the pan from the heat and cover to keep the sauce warm. Pat the pork chops dry and season well with salt and pepper. Heat the

sunflower oil in a large oven-proof frying pan over a medium-high heat, and fry for 3 minutes each side to brown them.

Transfer the pan to the preheated oven and roast the chops for 7-10 minutes, until cooked through. (The juices should run clear when you cut into a chop). Take the pan out of the oven, cover with foil and let the chops rest for a few minutes. Transfer the chops to a plate, spoon over the pan juices and serve with the apple sauce, mashed potato, and vegetable of choice.

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Bone Up on Bone Health

ur bones are amazing: they provide structure, allow us to move, protect our brain and vital organs, and store essential minerals.

As we age, our bone density can diminish, causing weak, brittle bones, which can lead to injury.

Fortunately, you can preserve and even improve the health of your bones and it's never too early or too late to start taking care of them.

Drink plenty of water - Drinking a glass of water first thing in the morning is an important part of bone health as well as overall health. Bones need water to

do specific jobs, like storing minerals and makina red blood cells inside the bone marrow. Water transports 99 percent of the calcium in foods you eat to your bones, so without proper hydration, you could end up with bone loss or osteoporosis.

Eat a Calcium-Rich Breakfast

- Calcium is responsible for making bones hard and strong. Nearly all of our body's calcium is stored in our bones, Choose milk, cheese and yogurt, fortified orange juice, leafy greens, almonds, and fatty fish like salmon.

Exercise for bone strength -

Weight-bearing exercise can help strengthen bones, maintain



bone density, and lower the risk for osteoporosis. This can include walking, running, dancina or any exercise where we're on our feet, and also free weights, weight machines or bodyweight exercises.

Posture - Practicing good posture cuts down on the wear and tear on joints and reduces stress on our muscles and ligaments. We should focus on our posture both when walking or standing, and when sitting in a chair.

VEHICLE GRAPHICS ► DIGITAL PRINTING > SIGNS

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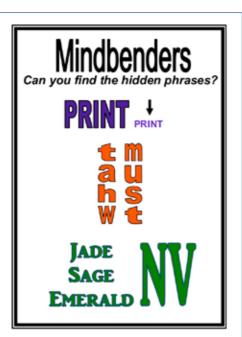


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answers on page 22

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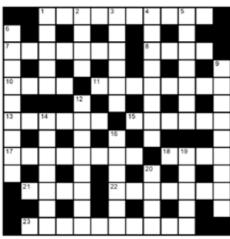
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crossword



5 Adios (7)

12 Scatter (8)

6 gobbledygook (9)

9 Appreciation (9)

Down

- 1 Cycle (5)
- 2 Hoodlum (4)
- 3 A little, quite (6)
- 4 Oily fish (8)

clues Across

- 1 Crusade, expedition (10)
- 7 Troubled, dubious (2,5)
- 8 Type of shoe (4)
- 10 Hairless (4)
- 11 Twelfth month (8)
- 13 Bunny (6)
- 15 Duplicate (6)
- 17 Cinderella's were glass (8)
- 18 Quick (4)
- 21 Celebrity (4)
- 22 Speculated (7)
- 23 Give the go-ahead (5-5)
 - 14 Vesicle, bubble (7)
 - 16 Meagre (6)
 - 19 Assign (5)
 - 20 Complacent (4)

answer on page 22

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

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answer on page 22



Mark O'Sullivan

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Solution to Mind benders

- 1. Small print
- 2. What goes up, must come down
- Green with envy

mindbenders

from page 17

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

Suduko Solution

from page 20

		Р	1	L	G	R	1	м	Α	G	Ε	
G		Ε		0		А	Г	Α		0		
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Crossword Solution

from page 20

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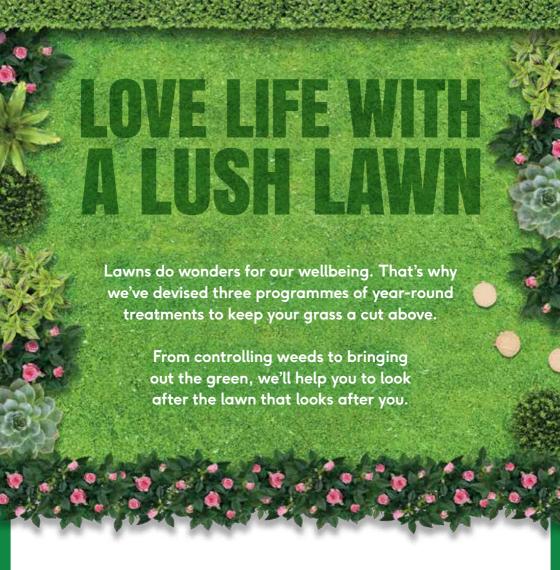
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