

the shirley index

a community magazine and business directory
for residents of shirley

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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 quiz night - just check out page 6 for more details.

Zoe Reece
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community events



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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/

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.

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

Cheesy Bingo Party

14 October, Land Rover Sports & Social Club, Solihull

It's like no game of bingo you've ever played before! There's music, madness, sing-a-longs, ridiculous prizes, and a few surprises! 18+ only. Tickets £14.50 & booking fee: www.landroversc.co.uk

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



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Mindbenders

Can you find the hidden phrases?

PRINT ↓ PRINT

**t m
a u
h s
w t**

**JADE
SAGE
EMERALD** **NV**

answers on page 14

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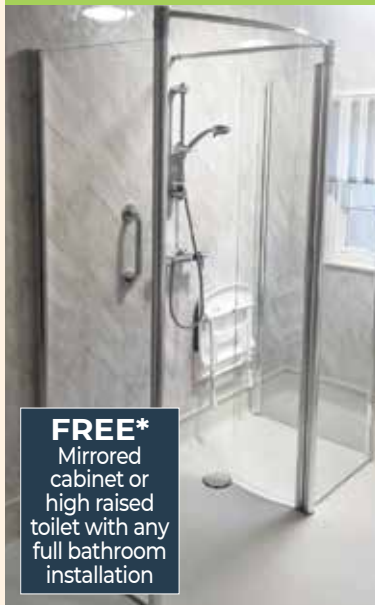



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Bone Up on Bone Health

Our 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 making 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, dancing 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.

COMPETITION



Win 2 tickets to see **ACE Dance & Music - Unknown Realms**

24th October

Rooted in African and contemporary culture, ACE dance and music collaborate with two internationally acclaimed Black male choreographers Serge Aimé Coulibaly and Vincent Mantsoe. Performed against dynamic multidimensional soundscapes by Andy Garbi and Yvan Talbot, two stunning contrasting works examine the past and present with consciousness and contemporary sensibility, six dancers rise from the ashes with powerful explosive dance that uncovers the rich history of lives lived; memories, human struggle and people letting go...

.....

How to enter

For your chance to win, email zoe@dorridgedirectory.com with the subject line ACE. The winner will be notified by email after the closing date of 30 September 2023. There is no cash value nor exchanges for the prize.

Pork Chops with Apple sauce



A perfect supper for an autumn evening

Preparation time: 20-25 mins

Cooking time: 30 mins plus standing.

Serves: 4

Ingredients

4 pork chops on the bone
- about 3cm / 1.5 inches
thick at room temperature.
1½ tbsp sunflower oil
salt and pepper
for seasoning
Chunky Apple Sauce
450g cooking apples,
cored and diced.
4 tbsp caster sugar
finely grated zest 1/2 lemon
2 tsp lemon juice
4 tbsp water
¼ tsp ground cinnamon
knob of butter

Method

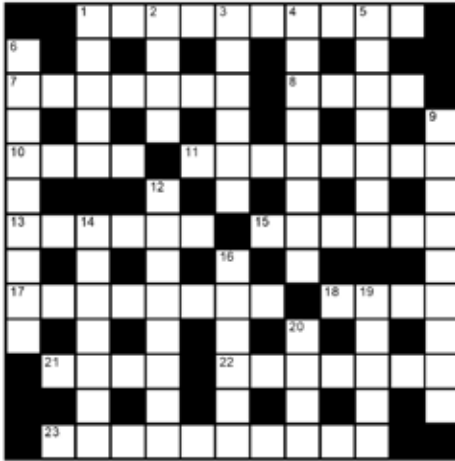
Preheat the oven to 200C
/ 180C Fan / Gas mark 6.

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.

crossword



clues

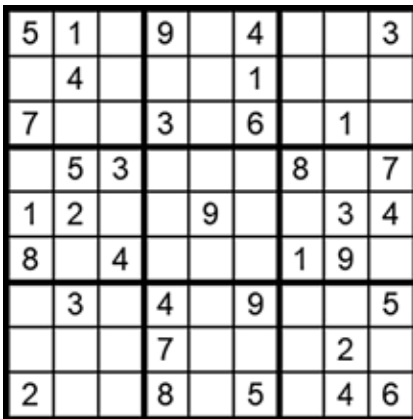
Across

- 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)

Down

- 1 Cycle (5)
- 2 Hoodlum (4)
- 3 A little, quite (6)
- 4 Oily fish (8)
- 5 Adios (7)
- 6 gobbledygook (9)
- 9 Appreciation (9)
- 12 Scatter (8)
- 14 Vesicle, bubble (7)
- 16 Meagre (6)
- 19 Assign (5)
- 20 Complacent (4)

answer on page 14



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 14

a good read

By Natasha Donovan

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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Crossword Solution
from page 12



Suduko Solution
from page 12

Solution to Mind benders

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

mindbenders
from page 8

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