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When talking to the Manager of Cloudy2Clear Richard Burke it became evident that the value of saving their customers money

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Summertime!

Welcome to the July edition...

At the time of writing this the sun is shining brightly so let's hope by the time this reaches you we are still enjoying a lovely Summertime!

After all, there's loads of great places to visit in the local area, which are so much more enjoyable if the sun's shining. If you want some inspiration on what's on in the area, then head to page 6 for more information.

Wishing you a great month ahead. Until next month,



Zoe Reece

Tel: 07557 220585

Email: zoe@dorridgedirectory.com

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GOT SOMETHING TO SHOUT ABOUT?

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community events

Solihull Summer Fest

19-20 July

Tudor Grange Park

Enjoy a wide range of music live in Solihull this Summer – whether you love pop sensation Louise, the king of reggae Maxi Priest, or are into the magic of Motown with the Detroit Soul Collective. More info at www.solihullsummerfest.co.uk

The Rooted Retreat

25 July

1st Solihull Scouts, 303 Lode Lane, Solihull

Join in for an evening escape into the woods with yoga, campfire, food, drinks and connections. Experience yoga in a woodland clearing, a barefoot nature walk, magical manifestations and intention setting, and a silent disco in the woods. Tickets from www.eventbrite.co.uk

Knowle Food & Music Festival

26-27 July

Knowle Park

This free event will feature 2 days of epic tribute bands, local cover bands, and funky DJ sets. There will also be plenty of sweet treats and street food to keep your energy levels up! Enjoy tribute acts for Bruno Mars, Bon Jovi



and Dua Lipa. More details can be found at www.allevents.in

Run Solihull 2025

10 August

Malvern Park

Starting and finishing in Malvern Park, this is a unique opportunity to run a 5k or half marathon around the closed roads of Solihull. There is also a fun filled event village open, with live performances, bag storage, charity stalls, food and drink vendors and plenty of toilets to use before you head off onto the course! Info from www.acorns.org.uk/acornsevent/run-solihull-2025/

Swinging Summer Ball

16 August

Old Sils Sports Club, Warwick Road, Knowle

Get ready for an evening of delicious food and good music and step back in time with this 1940s Summer Ball. Get ready to swing, sip, and socialise at Knowle's most glamorous summer soirée! Join in for a dazzling evening filled with vintage charm and community spirit. More details: www.visitsolihull.co.uk/event/visit-knowle-swinging-summer-ball/



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No issues at any time. Good, responsive communication from the office, the various teams on site were polite, friendly and low maintenance, the site was left tidy after each day's work, and most importantly, the job looked great when complete. Thoroughly recommended.

AndyE-230 / 31 Jan 2024



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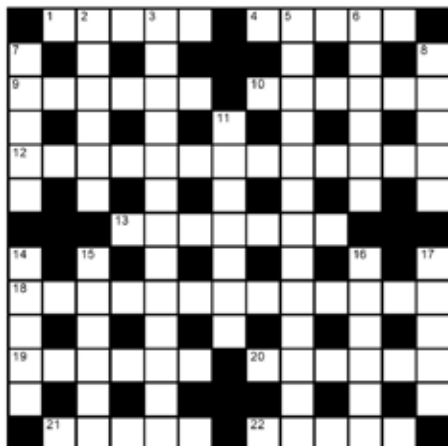
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crossword



clues

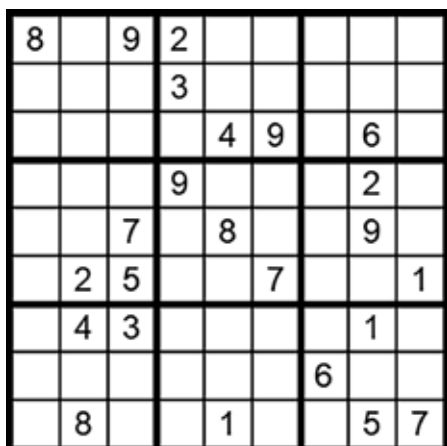
Across

- 1 Corpulent, fat (5)
- 4 Waterside, beach (5)
- 9 Rip to pieces (4,2)
- 10 Trivial, superficial (6)
- 12 Global, cosmopolitan (13)
- 13 Capacity, talent (7)
- 18 Enduring, forbearing (4-9)
- 19 Singer songwriter _____ Keys (6)
- 20 Loud and harsh laugh (6)
- 21 Buff, tan (5)
- 22 Better, greater (5)

Down

- 2 Physical attractiveness (6)
- 3 Repetitive military drill (6-7)
- 5 Automatic cash dispenser (coll) (4-2-3-4)
- 6 Ruler (6)
- 7 Tread (5)
- 8 Flair, mode (5)
- 11 Gradually diminish (4, 3)
- 14 Austere (5)
- 15 Not late (2, 4)
- 16 Three stumps and two bails (6)
- 17 Gawked (5)

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

Hello Solihull



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a good read

By Natasha Donovan

Reasons to Stay Alive by Matt Haig

Reasons to Stay Alive is a deeply personal memoir that explores the author's journey through depression and anxiety. At the age of 24, Haig found himself on the edge of a cliff in Ibiza, contemplating suicide. The book recounts what led him to that moment, and more importantly, what brought him back. Written in a mix of narrative, short reflections, lists, and quotes, it captures the raw, chaotic nature of mental illness while offering hope and perspective. Rather than a linear story, it's an intimate, fragmented look at surviving the darkest moments, embracing vulnerability, and finding meaning in life again. Haig writes with striking honesty and simplicity, making complex feelings feel understandable and shared. What sets this book apart is its lack of pretension - there are no grand prescriptions or one-size-fits-all cures, just a gentle, persistent reminder that pain passes. Haig touches on love, literature, and the little things that make life worth living. This isn't a how-to book—it's a how-I-did book, and that makes all the difference. Poignant, uplifting, and at times humorous, it's a must-read for anyone navigating their own darkness or supporting someone who is.



The Grand Hotel of Feelings by Lidia Brankovich

In the award-winning **The Grand Hotel of Feelings**, Lidia Brankovich invites young readers into an imaginative establishment where emotions are personified as guests, each with their own unique characteristics and needs. The attentive hotel manager ensures that every feeling, from the boisterous Anger who requires ample space to vent, to the soft-spoken Sadness who occasionally floods the bathroom, is accommodated with care and understanding. The creative narrative serves as a gentle metaphor for acknowledging and managing one's own emotions, emphasizing that all feelings are valid and transient. Brankovic's whimsical illustrations bring each emotion to life with distinctive visual traits that will resonate with readers of all ages, sparking the imagination and prompting further discussions about the nature of feelings. The book is great for reading aloud and provides an accessible entry into discussions on the complexity of emotions, encouraging children to recognize and articulate their own experiences.



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karen.grinsell@solihull.gov.uk

useful numbers

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- Shirley Lions Club0345 833 9547
- Solihull Council0121 704 8001
- Health
- NHS non-emergency111
- Solihull Hospital0121 424 2000
- Spire Parkway Hospital0121 704 1451
- Shirley Medical Centre0121 705 1105
- Park Surgery0121 796 2777
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- Electricity power cut105
- Gas leak0800 111 999
- Severn Trent Water0300 034 2222
- Severn Trent Water (emergencies)0800 783 4444
- Travel
- National Rail Enquiries03457 484950
- Network West Midlands (buses)0345 303 6760

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

Sudoku Solution
from page 8

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

Crossword Solution
from page 8



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