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april 2022

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



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STATION ROAD, WYTHALL

A traditional detached four bedroom house with potential for extension subject to planning comprising: porch, hallway, dining room, dual aspect lounge, kitchen/diner, four bedrooms, family bathroom, large tandem garage, large front driveway and superb rear gardens.

Offers Around £650,00

TRUEMANS HEATH LANE, HOLLYWOOD



TRUEMANS HEATH LANE, HOLLYWOOD

A detached property offers generous and privately located accommodation which is wheelchair friendly comprising: Porch, hallway, full width lounge diner, conservatory, fitted kitchen, three bedrooms, bathroom, detached garage and large rear garden.

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MAYHURST ROAD, HOLLYWOOD



MAYHURST ROAD, HOLLYWOOD

A very well presented & extended semi detached house in this quiet cul de sac in Hollywood, comprising: entrance hallway, through lounge, extended dining room, refitted kitchen, utility with WC, three bedrooms, refitted shower room, side garage, rear garden and large front driveway

Offers Around £350,000

REDDITCH ROAD, KINGS NORTON



REDDITCH ROAD, KINGS NORTON

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Have an Eggsellent Easter!

Welcome to the April edition...

Enjoy your lovely long Bank Holiday weekend – whether you're relaxing in the garden (weather permitting!), jet-setting off on a long-awaited break, or just using 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 a leak fixed, the carpet updated, the garden tidied up, or some new windows, there's lots of lovely local and helpful people in here who can help.

However you spend your Easter, hope it's good one.



Zoe Reece

Tel: 07557 220585

Email: zoe@dorridgedirectory.com

www.wythalldirectory.com



contents

6 Events

21 Competition & puzzle

37 Recipe & book review

38 Index & useful numbers

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WINNER 2022

community events



Easter half term fun at Avoncroft Museum

11-24 April.

Stoke Heath, Bromsgrove

Join Avoncroft for a fun-filled Easter fortnight this year, with Easter egg hunts, crafts, activities and trails to keep the kids entertained in the great outdoors. Plus Easter Family fun days from the 11-24th April. Closed Tuesdays & Thursdays. Visit www.avoncroft.org.uk for more info.

Redditch Easter Egg Hunt

4-16 April.

Redditch town centre

Take part in this free event by collecting a complimentary booklet from Customer Services in the Kingfisher Shopping Centre. Prices include a £100 One4all gift card, 2x £50 One4all gift cards, as well as 20 chocolate Easter eggs. Visit www.redditchbid.co.uk for more details.

Exciting Science

16 April.

Core Theatre, Solihull

This new, exciting and educational show will amaze & astound all ages from 4 years & upwards, as we put the exciting back into science. So stand clear and prepare for action, as this show is full of wiz, bang, pop and splurt! Exciting Science – Prepare to be amazed! To book call 0121 704 6962.

Little Mix

23 April.

Resorts World Arena, NEC

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The Big Walk

2 May.

Studley Sports Centre to Solihull Moors FC

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group of walkers will embark on an expedition with a difference, to raise money for the club's charity the Solihull Moors Foundation. This 19-mile hike aims to capture a true community spirit. Create your JustGiving page at www.justgiving.com/campaign/moorsbigwalk

Comedy Night

6 May.

Shirley Royal British Legion

Featuring some fantastic talent with headline acts Masai Graham, award-winning gag merchant, Jon Pearson, a familiar face at comedy festivals across the UK. Other comics on the bill are Stevie Gray, a cheeky and likeable comedian, Howard Anstok from homeless to hilarious. Not forgetting the larger than life MC; Fat Theo, probably the biggest name in comedy within the West Midlands.

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How to Cope in an Uncertain World

Over the past couple of years, we've had to cope with a pandemic, political uprisings and now war in the Ukraine. Life is constantly changing so you'd think we'd be better at dealing with uncertainty.

But humans crave stability, and we crave it most when life is unpredictable. This is where coping strategies come in to play. There are unhealthy coping strategies, like alcohol or junk food and there are also healthy coping strategies.

What is coping?

Coping is an active process where you pause, appraise the situation, target the problem, and then choose a set of interventions.

Stay grounded

- Create a safe space for you and your family. Structure your home so that you and your family feel grounded. Reduce the sadness and stress of uncertainty by keeping

News to a minimum. Don't talk endlessly about sensational stories. Connect with each other and think of your home as a sanctuary from the uncertainty of life.

Use routines

- Keep scheduled mealtimes and bedtimes, and daily chores, including the kids' homework.

Also make sure there are regular periods of relaxation and fun, like a family games night or a walk. Routines provide a steady rhythm and research shows that when your day has an organised framework, you develop a greater tolerance for unpredictability.

Choose information sources carefully

- During uncertain times be guardedly curious and try not to accept sensational stories as factual.

Embrace uncertainty

- Ultimately we have to live with uncertainty. Cultivating hope and possibility during uncertain times is important. Instead of focusing on sadness or anxiety, shift the focus to wonder or curiosity. Confronting what we don't know can trigger creative thinking and problem solving and help you and your family feel empowered in the face of the unpredictable.

Practice gratitude

- Make time to notice and reflect on the good and meaningful things and people in your life and encourage your children or grandchildren to do the same. Studies show that gratitude generates feel-good neurochemicals serotonin and dopamine in your brain which help to reduce worry.

By Kate McCarthy



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5		6				1		8
	4				6		5	
		5		4	8			9
		9	6	1	3	4		

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answer on page 38




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Soft Drinks Come of Age



If ever you've wanted to cut down on alcohol but can't stomach sickly cordials, coke or fruit juice then try a grown-up non-alcoholic beverage.

Seedlip Spice 94

- This is neither fruity, nor sweet. Seedlip was in fact the world's first distilled non-alcoholic spirit. It combines six individually distilled barks, allspice berries & Cardamom. The distillation process is similar to that used for gin. It's a wonderfully complex flavour and is delicious mixed with tonic over ice.

Double Dutch Pomegranate & Basil

- I discovered this when I bought some as a mixer. It was created by Dutch twins Raissa & Joyce de Hass' and is an award-winning recipe. It's made with 100 per cent natural ingredients and contains just 66 calories a bottle. The flavours are refreshing basil, with warm undertones of aniseed and sweet but tart pomegranate. It's so nice on its own poured over ice that I rarely add gin...though it does go amazingly well with Hendricks (shhh...this is supposed to be an alcohol-free article)

Daylesford Sparkling Apple & Bilberry Juice

- This comes in a chic champagne-style bottle. It's lightly sparkling and would make the ideal aperitif for non-alcohol drinkers when celebrating with friends. It's produced in Nantes in

northwest France from all organic ingredients. They let the fruits ripen on the trees and bushes for the fullest flavour possible. They are harvested using traditional methods.

Belvoir Ginger Cordial

- This is a family favourite. You don't need much (because it's quite sweet). I like it mixed with half sparkling and half still water, over lots of ice and fresh mint. It might lack the sophistication of the previous three drinks, but it transports me to an Enid Blyton childhood filled with lashings and lashings of ginger beer!

Cheers!

By Samantha Jospeh

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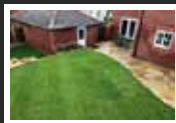
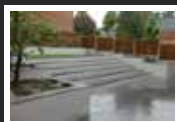
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A family concern



The Easter Parade and other traditions...

The Easter weekend is the principal religious feast of the Christian year, yet most of its traditions have no basis in Christianity at all. In fact, the Jewish festival of Passover, or Pesach which is closely linked to

Easter by dates and symbolism was celebrated long before the birth of Jesus. And long before the name 'Easter' was used, early Christians celebrated 'Pascha,' a word derived from Pesach.

The word 'Easter' actually comes from an Anglo-Saxon fertility goddess called Eostre, who was associated with spring and new beginnings. Both Easter and Passover centre around re-birth, and bond neatly with the Anglo-Saxon festival of 'Eostre-monath' – Eostre's month.

Hot cross buns, traditionally eaten on Good Friday, are linked to Passover. Originally they were unleavened bread, an important Passover food. Nowadays, they are leavened (which

makes them light and delicious) and marked with a cross to serve as a reminder of the crucifixion.

The tradition of eating chocolate eggs derives from the fact that during Eostre, eggs were given as gifts to celebrate the end of winter and as a symbol of new life. Once again this ties in with Passover, where a traditional meal is Beitzah, a hardboiled egg. Eventually Christians began decorating the shells with colourful patterns, and later thanks to enterprising chocolatiers in France and Germany delicious chocolate Easter eggs began to appear.

But what about the Easter Bunny? Surely an Easter hen would be more logical. At least a hen lays eggs! But if we look back at the Goddess Eostre, her scared animal was the hare, and it's not a huge jump (see what I did there?) from a hare to a rabbit.

The Easter Bunny and egg hunts seem to originate in Germany in the 16th century. Children made

nests in the garden and, if they were good, the Easter Bunny would leave them coloured hard-boiled eggs to find the next morning. This tradition travelled to America with early German settlers and, like many old traditions, has now returned to Britain substituting chocolate eggs for a sweeter egg hunt.

Egg rolling on Easter Monday is one of the strangest traditions. Some sources say that it represents the rolling away of the stone blocking Jesus' tomb. It's also known as Pace-Egging, which derives once again from the word Pesach. It's centuries old but no-one is entirely sure of the origins, though it might have originated as a way of getting everyone

out of the house for some much-needed exercise after a long weekend of feasting!

On Palm Sunday it is said that Jesus was welcomed to Jerusalem by an adoring throng. This and the procession which followed Jesus carrying the cross are often seen as the earliest predecessors

of the modern Easter parade.

During the Dark Ages, Christians in Eastern Europe would gather in a designated spot before Easter church services, then walk solemnly to the church. Afterwards they would retrace their steps while singing songs of praise. Participants usually wore their finest attire to show respect for the occasion.

Eventually the Easter parade transformed into a large American cultural event consisting of a festive strolling procession on Easter Sunday. Participants dress up and there is a particular emphasis on ladies' hats...the Easter bonnets made famous by the song from the 1948 film *Easter Parade*.

And speaking of traditions...it's our family tradition to watch that musical while we tuck into our Easter Eggs.

Happy Easter.

By Tracey Anderson



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Take Note!

Is a digital notebook right for you?

I love a notebook, to the point that my husband has actually staged an intervention in Paperchase before now!

Enter digital notepads. In the past I've tried to take notes on an iPad, but the slippery feeling of pen on glass felt wrong. So decided to look at the current iteration of digital offerings designed specifically to appeal to a hardcore pen and paper note taker, like me.

Moleskine Pen + Ellipse Smart Writing Set.

This is a hybrid product — part digital, part analogue — designed for those of us who prefer to take notes the old-fashioned way but still want to save those notes in a searchable format. Searchable notebooks...words that sing to my scribble-loving soul.



This set comes with a paper notebook, digital smart pen, USB recharging cable, one pen-tip ink refill, and a manual. The notepad is a proper notepad except the paper is encoded in a dotted layout which works with the pen to capture each stroke and recognize exactly where it is. The paper thus becomes a 'tablet'. The Moleskine Notes app transfers the words and drawings from page to screen in real time, so you can digitize text, edit, organize, and share content. The companion app (available for iOS and Android) digitizes your notes and transfers them to your device, allowing you to annotate, share, search, edit, and organize notes. The pen doesn't even need to be connected to the app, meaning you can jot notes then sync your pen with the app at a later time.

If you write a lot of notes you still end up with lots of physical notebooks, but your work is saved on your PC and searchable for future reference.

Rocketbook Smart Reusable Notebook

Unlike the Moleskine, the Rocketbook saves on trees while still letting you write on 'paper'. The Rocketbook is a 42-page notebook with seven different page styles allowing notes, sketches and plans etc. The dot-grid and lined pages also act as a paper 'tablet' and you use the free Rocketbook app (available for iOS and Android) to save your work to cloud services like Google Drive, Dropbox, Evernote etc. The Rocketbook works with any Pilot FriXion pen, marker, or highlighter. When you've finished you wipe clean with a damp cloth to start

over. For people who like to use colour in their note-taking the Rocket book works well. For those of us who like to go back and re-annotate our original notes, the wipe-clean approach can seem a bit final.

The ReMarkable 2

The ReMarkable 2 bills itself as "the world's thinnest tablet". It's just 4.7mm thick and stylish, especially if you choose the leather cover option. It captures all the best attributes of notetaking on paper including sound, sensation, and the ability

to erase with the other end of the pen, yet you can create as many notebooks as you like, revisit them, edit them, copy and paste from them into new notebooks, and save them within the device. This last one is a gamechanger for someone who wishes they could take ALL their notebooks with them everywhere! You can then sync your notes to phone and laptop using the app. You can easily import templates such as a diary, or household budget planner. It's more expensive than the previous two options (starting at around £400), but in my opinion, vastly superior. The only disadvantage is no colour, but that's a small concession for notebook Nirvana!

Happy scribbling.

By Louise Addison

Potato Rosti with Poached Egg and Bacon

For an egg-cellent Easter treat try this brilliant sweet 'n' salty brunch.



Ingredients

500g Maris Piper potatoes
(King Edward also work well)
250g parsnips
50g butter
3tbsp sunflower oil
12 rashers smoked bacon
2tbsp maple syrup
6 free range eggs

Serves: 6

Preparation time: 15 minutes

Cooking time: 25-30 minutes

Method

Peel the potatoes, then coarsely grate them along with the parsnips, and squeeze out all the liquid (really important or you'll get soggy mush rather than crispy rosti!)

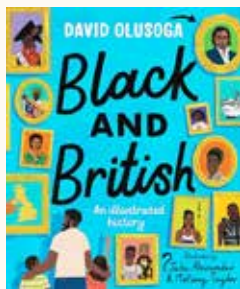
Season well and separate into six portions, then shape each portion into flat pancake shape. These are the rosti. Heat the butter and oil in a pan and cook the rosti for 6-7 mins on each side until deep golden brown and crispy. Meanwhile, grill or oven cook the bacon for 20-25 minutes, until crisp and golden. Smoked bacon is sublime but unsmoked is good too. A few minutes before the bacon and rosti are ready, bring a pan of water to a gentle simmer and poach the eggs. Top each rosti with 2 rashers of bacon and 1 poached egg. Serve with maple syrup.

a good read

reviews By Tash Donovan

Black and British: An Illustrated History, by David Olusoga

David Olusoga is a British-Nigerian historian. His book *Black and British, A Short Essential History* is an excellent introduction to how Black culture has both enriched and forms an integral part of British culture. While not aimed at children it's accessible enough for fluent readers, and personally I feel it should be a core text for the National Curriculum.



This book though is an illustrated and abridged version aimed specifically at children aged 8-11. Like the adult text, it charts the often-overlooked histories

book reviews

of Black people in Britain from Roman times (yes there were Roman Africans!) right through to the present day, encompassing the black soldiers who fought for Britain in World War 1 and Windrush, which has once again been in the news.

The full colour illustrations are beautiful and include maps and portraits. This is an informative book for all children (and their parents), no matter what their heritage might be.

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Sudoku Solution

from page 17

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