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march 2023

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MIDDLE LANE, WYTHALL

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CHERRY WALK, HOLLYWOOD

A five bedroom detached house in Hollywood Grange development built by Messrs Bovis, briefly comprising; porch, hallway, guest cloak WC, study, lounge, dining room, modern kitchen diner, utility, conservatory, master bedroom with en suite, four further bedrooms, bathroom, rear garden and front driveway.

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SHAWHURST LANE, HOLLYWOOD

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Spring is in the air!

Welcome to the March edition

It's a great time of year to start thinking about your next house move, or having a Spring clean, or maybe getting around to those home and garden improvements you've been putting off and off...

We have a wide range of organisations and tradespeople who advertise in here who are all local and keen to take on more work in the area.

Don't forget Mothers' Day on Sunday 19th March – even if you don't take her out for a slap-up meal you can tell her how much she means to you!

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community events

Discos for Grown Ups

21 April, Land Rover Sports & Social Club

Discos for Adults creates a fabulous disco night out for 'grown ups' who love to dance with people their own age to classic disco, soul and feel good pop from the 70s 80s & 90s. Tickets from www.landroversc.co.uk

ABBA Party

15 April, Nailcote Hall

Strictly Abba is a musical duo act that brings the legendary

sounds of ABBA to life with their stunning renditions of the band's biggest hits. This party night includes a 3 course dinner, live entertainment and an after-show DJ. Call 02476 466174 to book.

Insomnia Gaming Festival

7-10 April, NEC

Insomnia is a diverse show for gamers of all backgrounds, identities and ethnicities to come together and celebrate everything that we love about video games

and popular culture. Tickets from www.thenec.co.uk



The Commitments

24-29 April, Birmingham Hippodrome

The Commitments tells the story of Jimmy Rabbitte, a young working-class music fan who dreams of starting the finest soul band Dublin has ever produced. Tickets from www.birminghamhippodrome.com

The Reggae Shed

29 April, Shirley British Legion

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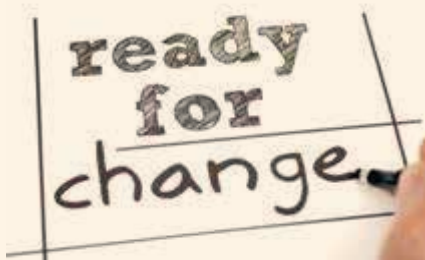
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A Different Kind of Mothers' Day

Could you be a foster mother?

Sunday 19th March is Mothers' Day. Many of us will wake up to our offspring proudly offering us a wobbly tray of breakfast. But for the 400,000 children in the social care system there may be no-one in their lives to appreciate their efforts of burned toast and soggy cereal. This is where foster parents are invaluable. Fostering is an opportunity for individuals and families to make a positive impact on the lives of vulnerable children who

are unable to live with their biological families, by providing a safe and loving environment for them. Fostering provides opportunity to make a difference in their lives and help them reach their full potential. Children in the care system have often experienced significant trauma or upheaval in their lives, and foster families provide children with a sense of stability and security, creating an environment in which they can heal and grow and learn to form positive relationships with others. There is currently a shortage of foster carers, leading to

long waits to place children. The basic requirements for fostering are that you are at least 21 years old (there is no upper age limit as long as you are fit and healthy), have a spare bedroom, and have permanent leave to remain in the UK. Foster carers receive an allowance for each child they foster and training is available.

If you feel that you have what it takes to be a foster mother there are resources and information available at <https://www.fosteringpeople.co.uk/>

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Win 2 tickets to see 'Music & Comedy with Keith Slater & Christopher Gee'

You could win 2 tickets for this matinee performance at 2pm on Tuesday 16th May at the Core Theatre Solihull. Multi-instrumentalist and singer Keith Slater joins forces with TV comedy impressionist Christopher Gee for a comedy and music spectacular! This amusing musical matinee show will showcase some of the best music from the sixties onwards, plus feature TV impressionist Christopher's comedy routine.



How to enter

For your chance to win, email zoe@dorridgedirectory.com with the subject line Afternoon Tea or Music & Comedy (or both) and you will be added to our database to receive our monthly e-newsletter about offers and events in Solihull. The winners will be notified by email after the closing date of 1 April 2023. There is no cash value nor exchange for these prizes.

**The afternoon tea must be taken before 30th June 2023, must be used in one visit, and is valid at Crowne Plaza Solihull only and not transferable to any other hotels. If you do not wish for Crowne Plaza Solihull to contact you by email please state this in your entry email.*



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Meditation Benefits

Meditation has associations with monks, hippies and bearded gurus.

But meditation is a mental and physical practice that has been around for thousands of years. It has its origins in ancient spiritual and philosophical traditions. In recent years, the benefits of meditation have been increasingly recognized and studied by the scientific community, leading to a growing understanding of its impact on mental and physical health.

Stress reduction: One of the most significant benefits of meditation is its ability to reduce stress and anxiety levels. When practicing meditation, individuals are taught to focus their thoughts and become present in the moment, which can help to decrease feelings of stress and worry. Regular meditation has also been found to lower cortisol levels, the hormone associated with stress, thereby reducing its negative effects on the body.

Improved emotional regulation: Meditation can help individuals develop better emotional regulation by providing a space for introspection and self-reflection. This

can lead to improved emotional resilience and a greater ability to manage and respond to negative feelings and thoughts.

Increased self-awareness:

By practicing mindfulness and self-reflection, we can develop a deeper understanding of our thoughts, feelings, and behaviours. This increased self-awareness can help us identify and address negative thought patterns, which can improve mental health and overall well-being.

Better sleep: Meditation has been found to have a positive impact on sleep quality, helping individuals fall asleep faster and stay asleep for longer. This improved sleep can have a significant impact on mental health, reducing symptoms of depression, anxiety, and stress.

Improved cognitive function:

Research has shown that meditation can help improve cognitive function, including memory, attention, and concentration. This can have a positive impact on work performance, academic performance, and daily life.

Physical health benefits: In addition to its mental health benefits, meditation has also been found to have physical health benefits. Regular meditation has



been associated with improved immune function, reduced blood pressure, and decreased inflammation, all of which can help reduce the risk of chronic illness.

Increased happiness:

Regular meditation has been found to increase feelings of happiness, contentment, and well-being. This is believed to be due to its impact on brain function, including increased activity in areas associated with positive emotions and decreased activity in areas associated with negative emotions. Meditation has a wide range of benefits for both mental and physical health. From reducing stress and improving emotional regulation to improving sleep and physical health, meditation is a simple and effective tool for improving overall well-being. Whether practiced in a quiet space at home or in a group setting, meditation is a valuable addition to any self-care routine.

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Declutter Your Home

Spring is a time when we often get the urge to clean and declutter our homes. If you have the urge, here are a few useful strategies:

Start small It can be overwhelming to try to declutter a whole room or house at once. Instead, start with a small area, such as a closet or a single shelf, and work your way up to larger areas.

Follow the "one year" rule

When deciding whether to keep something, ask yourself if you have used it or worn it in

the past year. If the answer is no, consider getting rid of it.

Sort items into piles As you declutter, sort items into piles such as "keep," "donate," "sell," or "throw away" This can make it easier to decide what to do with each item.

Use storage solutions Invest in storage solutions, such as bins or shelves. This can help you to keep your home organized and clutter-free BUT declutter first. It's easier to organise stuff when you have less of it!

Let it go It can be difficult to get rid of things, especially if they have sentimental



value. However, it's important to remember that keeping things that you don't use or need can add unnecessary stress to your life.

Finally be patient and take breaks when needed. Decluttering can be a time-consuming process, but the end result of a more organized and clutter-free home is worth the effort.



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a good read

By Natasha Donovan

My Name is Lucy Barton

by Elizabeth Strout

It's Mothers' Day this month and in spite of all the saccharine cards in the shops we know that mother and daughter relationships are often not straightforward. Lucy Barton is both a mother and a daughter. She has a floundering marriage and is in hospital with complications following what should have

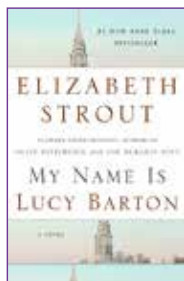
been a routine operation. Her husband who dislikes hospitals and declines to visit, arranges instead for her estranged mother to sit with her.

Strout's novel is about a mother and daughter relationship steeped in sadness. Lucy spent her childhood craving maternal love, while her mother seemed incapable of providing it.

This poignant and deeply moving novel explores the complexities of family, love, and forgiveness. Told from Lucy's viewpoint, the story takes us on a journey through her childhood and into adult life, as she reflects on events in her past and her relationship with her mother.

The novel is written in a simple and straightforward style that somehow belies the emotional depth of the story. Strout's writing is evocative and powerful; she's a master of capturing the nuances of human emotion. The characters and their relationships are richly drawn, and relatable. Lucy's relationship with her mother is at the core of the novel, and Strout explores its dynamics with sensitivity and insight.

Themes of family, love, and forgiveness are woven throughout and Strout's writing reflects on the passage of time, the power of memory and the strength of the human spirit. There is much in this novel that is not stated explicitly. The reader is left to do some work and the result is a wise, thought-provoking book.



The Invisible String

by Patricia Karst, illustrated by Joanne Lew-Vriethoff

The Invisible String is a charming children's book that teaches about the bonds of love and connection that exist between all people. The story tells of two siblings who learn about the "invisible string"

that connects everyone to everyone else, and how this connection can bring comfort and reassurance during difficult times.

Joanne Lew-Vriethoff's colourful illustrations, perfectly capture the warmth and love that the story conveys. The text is simple and easy to understand, making it perfect for very young children. The message of the book is one of hope and reassurance, and it would be a valuable tool for parents and caregivers to help children understand the concept of connection and the importance of loving support network.

The Invisible String is delightful and uplifting, and will resonate with readers of all ages. It is a perfect addition to any child's library, and will be read and enjoyed for years to come.



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