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Offers Around £675,000



LOWBROOK LANE, TIDBURY GREEN

A four bedroomed dormer bungalow with great extension or redevelopment potential subject to planning. Briefly comprising; entrance hallway, lounge, kitchen, dining room/bedroom, conservatory, guest cloaks w.c., three further bedrooms, refitted first floor bathroom, three further bedrooms on first floor, side garage, large rear garden and front driveway.

Offers Around £600,000

MEADOW ROAD, WYTHALL



MEADOW ROAD, WYTHALL

A traditional three bedroomed semi-detached bungalow set on a wide corner plot in this popular road in Wythall. Briefly comprising; porch, hallway, lounge, kitchen, side passage with utility and guest cloaks w.c., three double bedrooms, family bathroom, garage with large driveway and front side and rear gardens.

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OAK TREE FARM, EARLSWOOD

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Summertime!

Welcome to the July edition

At the time of writing this the sky is distinctly overcast but here's hoping by the time this reaches you we are firmly in 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,

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local events

community events

New Knowle & Dorridge Memory Café Launch

Every Tuesday, 10.30am – 12.30pm, Dorridge Methodist Church

This café, run by home care company Unique Care, aims to provide a supportive and friendly environment for individuals living with dementia and their carers. People from the surrounding area can enjoy a variety of activities, socialise, meet people in similar circumstances and find helpful information and resources. £3 per person, no need to book, call Karen for more info on 07974 263742.

Henge Fresh Air Theatre

Sun 28 July 1pm and 4pm, Shirley Park

Creators of world class dance-circus productions, Motionhouse



use dynamic parkour and rhythmic beats in this thrilling show. Watch a set of gigantic neolithic stones transform before your eyes to create new structures and shapes for the performers to play on and explore. Lively and joyous, exhilarating and exciting, HENGE is a must-see for audiences of all ages. This event is FREE. No need to book, just turn up!

The Gondoliers Outdoor Show

1 August 6pm, Brueton Park

Set in picturesque Venice, this light-hearted operetta will whisk you away to a world



6 Mention the Wythall Directory when responding to advertisements

of blissful romance, barbed satire and comedic chaos. Gather up your friends, pack a picnic, and bring along your own seat or blanket to enjoy this fantastic outdoor show performed lakeside in Brueton Park. Please dress appropriately for the weather - the show will go ahead, come rain or shine (unless in the case of extreme weather)! Book tickets on 0121 704 6962.

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Sun-Smart Fashion Choose clothing with built-In UV protection this summer.

s public awareness of the harmful effects of ultraviolet (UV) radiation grows, clothing manufacturers have begun to create garments in fabrics designed to shield the skin from the sun's harmful rays, reducing the risk of sunburn, skin aging, and skin cancer.

What Makes Fabrics UV Protecting?

UV-protective fabrics are engineered to block or absorb harmful UV radiation. The effectiveness of these fabrics depends on several factors:

Weave Density: Tightly woven fabrics provide better protection as they limit the amount of UV light that can penetrate through the material.

Material Type: Certain fibres, such as polyester and nylon, naturally offer higher UV protection compared to others like cotton. These synthetic fibres can be treated or blended with other materials to enhance their UV-blocking capabilities.

Chemical Treatments: Some fabrics are treated with UV-absorbing chemicals or dyes that enhance their ability to block UV radiation. These treatments can significantly increase the fabric's UV protection factor.

Colour and Thickness: Darker and heavier fabrics generally offer more UV



protection than lighter and thinner ones because they absorb more UV radiation.

Look for label markings such as the British Standard BS EN 13758-1 certification, which ensures the fabric meets the required standards for UV protection. Garments with these labels provide assurance that they offer effective protection against harmful UV radiation, allowing you and your children to enjoy outdoor activities safely.



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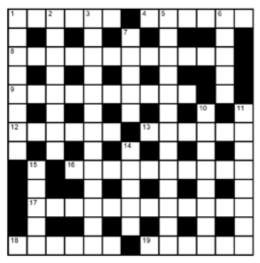


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crossword



clues

Across

- 1 Hit, clouted (6)
- 4 Abundance (6)
- 8 Institution (12)
- 9 Precise, singular (10)
- 12 Required (6)
- 13 Like better (6)
- 16 Amenities (10)
- 17 Advanced culture, society (12)
- 18 Prompt (6)
- 19 Rides a bike (6)

Down

- 1 Ceasing (8)
- 2 Watched, looked (8)
- 3 Deliberation, Cogitation (13)
- 5 Outstanding (13)
- 6 Cares for (5)
- 7 Concern, problem (5)
- 11 Gifts (8)
- 14 Stiff (5)
- 15 Father's brother (5)
- 10 Accredited, authentic (8)

answer on page 22

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

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 22

useful info



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Olympic Oddities: The Games' Strangest Sports

Tug-of-War was part of the Olympics from 1900 to 1920. Nations could enter multiple teams, allowing them to win more than one medal in the same event. The US and GB achieved this, securing gold, silver, and bronze in 1904 and 1908 respectively. Personally, I hope they reintroduce it soon. Rope Climbing was featured in the 1896 Olympics as one of eight gymnastics events in the first modern international Olympic Games held in Athens. The sport demanded significant upper body strength, requiring competitors to ascend a 14-metre unknotted rope using only their hands. Only

two of the five competitors reached the top. Rope climbing appeared in the Olympics four more times between 1904 and 1932, with rope lengths varvina from 8 metres to 10 metres. If you're after something similarly impressive, try watching Olympic sport climbing. Pistol Dueling was featured at the unofficial 1906 Intercalated Games in Athens as a male-only event where competitors shot at plaster dummies. It returned as a demonstration event at the 1908 London Olympics, where competitors fired at each other using wax bullets while wearing protective gear. No injuries occurred. I can see this working

with modern paintballs. Who wouldn't love to watch that? **Obstacle Swimmina** was another unusual event in the 1900 Paris Olympics. Competitors naviaated a 200-metre course in the Seine River, climbing over poles, scrambling over boats, and swimming under others. Australian swimmer Fred Lane won the event, narrowly beating the second-place finisher by two seconds. I'm putting in a bid for some sort of obstacle course event to feature in the next Olympics... something in the style of Total Wipeout would be a great spectator sport.



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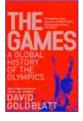
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a good read By Natasha Donovan

The Games: A Global History of the Olympics by David Goldblatt

There are many books about the Olympics but Goldblatt's insightful and thoroughly researched narrative of the sporting event stands out for its depth and breadth. He is known



for his detailed sociological insights and doesn't disappoint here as he explores the development of the Olympics throughout its modern existence, beginning in 1896. He examines how the Olympics have been a stage for not only showcasing athletic prowess but also for plaving out international conflicts and alliances. His analysis spans the ideological battles during the Cold War, the controversies of boycotts, and the dynamics of aender and race that have evolved over the decades. He even digs into the commercialization and the corruption that have plaqued the Games, providing a critical look at the bodies that organize and profit from them. Goldblatt does not shy away from discussing how the Games have both challenged and reinforced social norms and inequalities, making it a reflective mirror for the host cities and nations. His discussions on the urban and economic impacts on host cities like Montreal, Beijing, and Rio are particularly enlightening, revealing the sometimes devastating aftermath of the Games. Don't be put off by the fact this is a weighty non-fiction. The prose is engaging and accessible, ensuring that The Games is not just for historians or sports enthusiasts but for anvone interested in the broader implications of this global event. The inclusion of personal stories and athlete perspectives adds a human element to the historical facts, makina the narrative even more compelling. This is a critical, comprehensive, and captivating read. Goldblatt's prowess as a historian is wellestablished, but he's also a terrific storvteller, and I think the book will enhance anyone's enjoyment of The Paris Olympics this summer.

Ready Steady Mo!

By Mo Farah and Kes Gray, illustrated by Marta Kissi

Ready Steady Mo! is a delightful children's book that encourages young readers to get moving, have fun, and embrace the joy of running. Co-authored by Olympic champion Mo Farah and seasoned



children's author Kes Grav, this book is a playful, energetic read that will captivate kids with its rhyming text and vibrant spirit. The narrative follows a simple rhythmic structure that mimics the pace of running, making it an excellent read-aloud choice. The text encourages children to run anywhere and everywhere - through parks, into jungles, and even up to the moon, suggesting a limitless world of possibilities. Marta Kissi's illustrations add a dynamic and colourful layer to the story. Her artwork is lively and full of motion, perfectly capturing the exuberance of the text. Kissi's use of bright, bold colours and expressive characters from a variety of backarounds means that each page bursts with energy and promotes diversity and inclusivity. Ready Steady Mo! is more than just a story; it's an invitation for kids to explore and enjoy the physicality of their world. The book is an excellent tool for parents and educators to inspire activity and imagination in children. Farah, Gray, and Kissi have collaborated to create a vibrant and motivational book that is sure to become a favourite among young readers. science, this is a fabulous book.

Sip Smart this Summer

ydration is essential for maintaining overall health and well-being, yet a significant number of us (studies suggest 75% of us) are regularly dehydrated.

Even mild or moderate dehydration can have noticeable effects on the body. Mild dehydration, characterized by a loss of 1-2% of body water, can lead to symptoms such as headaches, fatigue, dry skin, and decreased cognitive performance. As dehydration progresses to a moderate level (a loss of 2-5% of body water), more severe symptoms can arise, including dizziness, increased heart rate, low blood pressure, and impaired physical performance. Chronic dehydration can also contribute to long-term health issues, such as kidney stones and urinary tract infections.

To maintain proper hydration, it is generally recommended that women consume about 2.7 litres of fluids per day, and men consume about 3.7 litres! These recommendations include all fluids consumed though, not just water. It's important to note that individual needs can vary based on factors such as age, weight,



activity level, and climate.

For those of us who find plain water unappealing, there are plenty of alternatives to ensure adequate hydration. Infusing water with fruits like lemon, lime, or berries can add a refreshing flavour. Herbal teas, which are naturally caffeine-free, are also a good option, hot or iced. Additionally, consuming waterrich foods such as cucumbers, watermelon, and oranges can contribute to your daily fluid intake. Even the milk you splash over your cornflakes counts!



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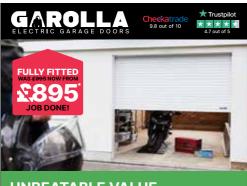
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garden view

Fancy foliage

e all love flowers. They're what gardening is all about and the fact that they're relatively short-lived makes them extra-special.

But my garden can't survive on flowers alone. It needs to look attractive all year round. This is where friendly foliage plants come in to their own.

Many non-evergreen plants have beautiful showy foliage between April and November, and we'd be mad not to take full advantage of it.

Rodgersia pinnata is an excellent example. It has huge, attractive bronze, leathery leaves which are almost sculptural in appearance. As a bonus it sends up feathery cream flowers in the summer.

It like soil which doesn't dry out so a pebble mulch will work brilliantly, and it complements the plant.

Hostas have truly beautiful leaves, but I've tried and failed with them on many occasions because my garden is home to a race of hosta-chomping super slugs. I've had some success with the variety "Frances Williams" which is less prone to attack though I still need to go on



slug patrol every evening! Mostly though, I now plant them in pots armed with copper rings. Slugs hate copper and my hostas can grow (mostly) unmolested.

Hostas do like a moist soil so if yours is on the dry side work in plenty of compost or manure at planting time and mulch well...preferably with something sharp to act as a deterrent to the slimy brigade.

I have had much more success with ferns. They are the most useful plant for shade. My favourite is the ostrich-plume fern, Matteuccia struthiopteris. Plant them under trees and shrubs and watch the stunning lime-green foliage unfold each spring.

New Zealand flax, Phormium tenax has bold, dramatic fountains of spiky purple foliage is my absolute favourite foliage plant. It isn't frost-hardy, so during extended subzero temperatures it will need protecting. If you're concerned, choose the much hardier green variety... but honestly, the purple on is worth the risk.

Many people overlook grasses when they think about foliage but there are some seriously attractive varieties. Try Miscanthus sinensis "Zebrinus." The leaves look like green ribbons, striped with yellow and reach chest height. Cut it down to ground level each February.

Finally, if you have the space, for a real 'in-yourface' fancy foliage try the golden-leaved Catalpa bignonioides "Aurea." Grow it as a large bush. Prune each stem back to a sprouting bud around knee-height each spring and mulch with manure at the same time. It will reward you with leaves as big as Frisbees! Now that's really fancy foliage. Hollywood Golf Club

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Preserved Tomatoes The perfect way to use up a glut of summer tomatoes.



Ingredients

300g cherry or small tomatoes Olive oil to brush and store. Sterilized jar

Method

Preheat the oven to 120°C (fan) / gas mark 1. Cut the tomatoes in half and arrange them cut-side up on an oiled baking tray. Lightly brush the tomatoes with olive oil and season with salt. Bake for 2-3 hours, or until they are reduced in size and appear dark and wrinkled. For storage, transfer the tomatoes into a sterilized jar and fill with olive oil until the tomatoes are fully submerged. They can be kept refrigerated for up to two weeks. For longer preservation, place the sealed jars in a large pot of water and heat until it simmers, then let them simmer gently for 45 minutes. Allow the jars to cool in the water. Stored this way, the tomatoes will keep for up to six months in a cool, dark place. After opening, consume the tomatoes within two weeks and store them in the refrigerator. You can have fun with flavourings, adding herbs like fresh rosemary or thyme, peeled garlic cloves or chilli flakes.

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Suduko Solution from page 11



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