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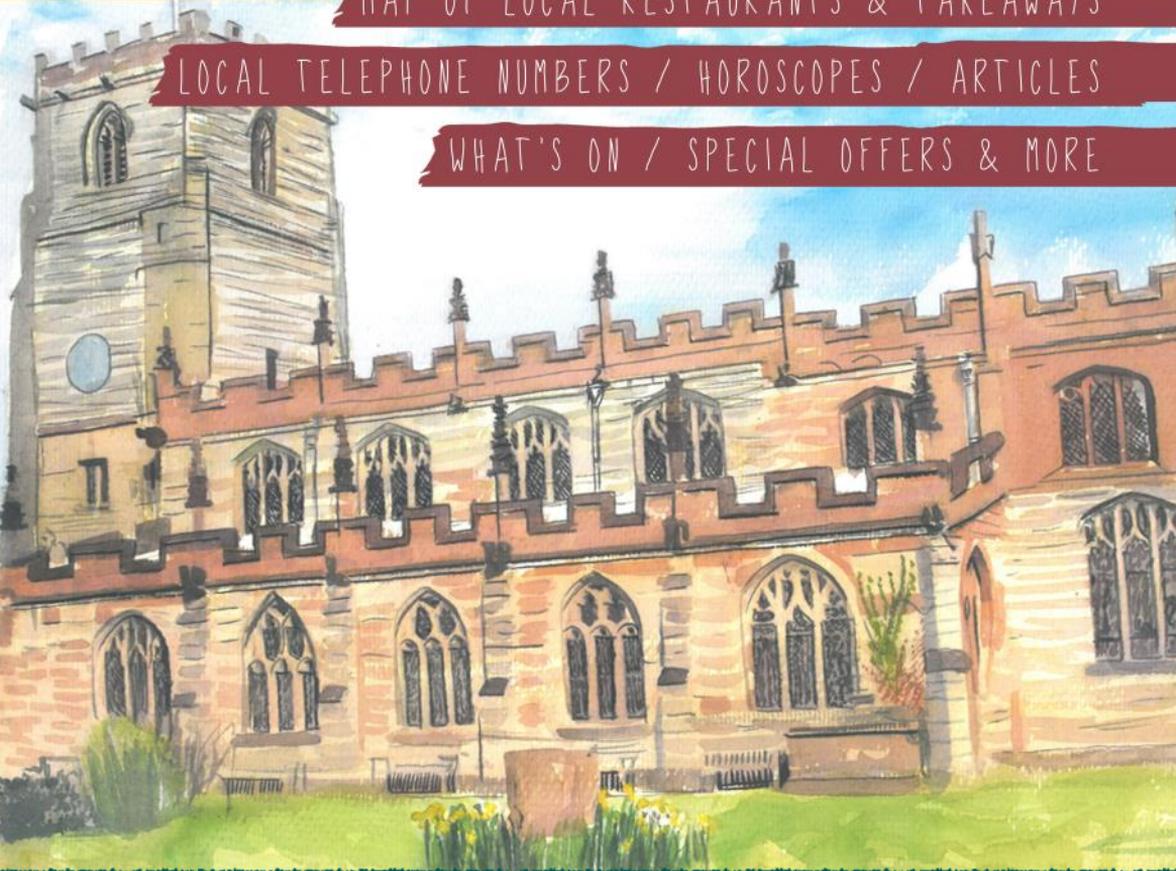


HELP WILDLIFE TIPS
PAGE 23

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SEPTEMBER / OCTOBER

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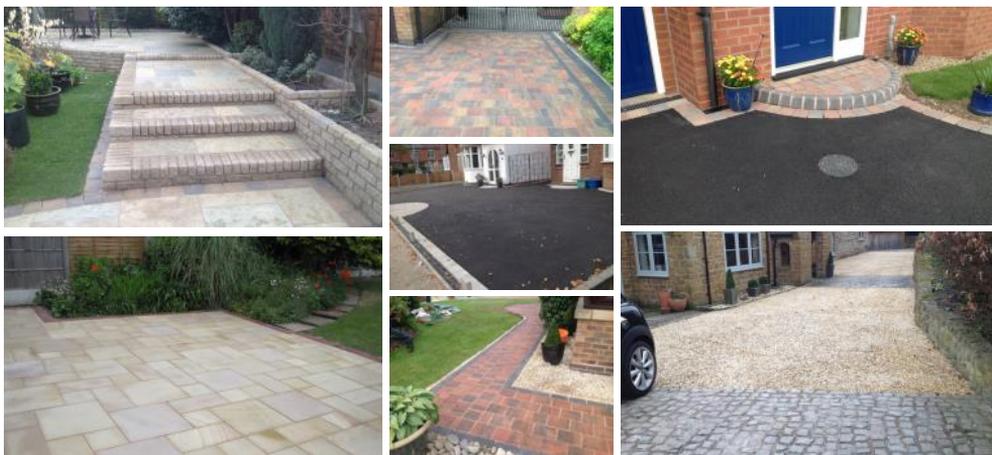
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WELCOME

TO STONESTHROW DIRECTORY SEPTEMBER/OCTOBER EDITION

It is hard to believe we are already in Autumn, but this might just be the most beautiful time of the year, with plenty to do and even more to look forward to. Together with our Advertisers not only have we prepared a magazine full of special offers and discounts, but also a few interesting reads on things that matter the most: mind health (see p. 9) and writing a will (see p. 7). We would like to think that our magazines could be more than just business directories, but also a useful community guide (see news and events on p.22) and a source of interesting reading material which comes from professionals in their fields near you.

As always, we encourage your feedback and your stories - this is what makes Stonestrow Directories genuinely local and community-friendly. Also please remember to mention us when calling the Advertisers: this way we can bring you even more exclusive deals and offers that you won't find anywhere else.

Here are a couple of dates for your calendar:

27th of October - Daylight Saving Time ends; 31st of October - Halloween

Have a great couple of months and whatever you do - keep your heart and your business local.

Yours, Stonestrow Publications

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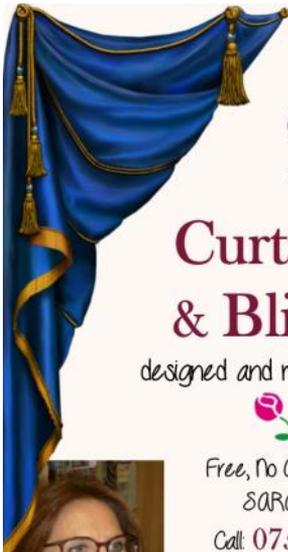
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MAKING A WILL

IT'S SIMPLER THAN YOU THINK

While thinking and planning for death may be an uncomfortable thought, the importance of having a Will in place cannot be understated. Not only will it make it easier for those left behind in the immediate aftermath but passing away without a valid Will can cause months of uncertainty, potentially fuelling family tensions and leading to costly family disputes – all of which could be minimised or completely avoided with a professionally prepared Will.



Wills are particularly important if you are unmarried, even if you live with your partner, as the default intestacy rules which apply when you die without a Will would not make any provision for your partner, however long you have been together. Careful consideration should also be made in Wills if you have young children as you will need to think about who should look after your children on a day to day basis should the worst happen and who you would trust to look after their inheritance until they reach an age you feel comfortable about them benefiting. All of these matters you can control if you have a Will in place.

Making a Will really can be simple and at Davidson Mahon, we offer flexible appointments around your childcare, work and other commitments, often visiting clients at home if this is preferable. Why not contact us for an initial no-obligation telephone discussion with one of our qualified and friendly members of the team to find out more.

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WHAT WOULD YOU LIKE TO CHANGE?



Overcoming anxiety naturally

As a hypnotherapist, the function of the brain is critical to my work. This knowledge is shared with my clients to help them understand how anxiety is created and the role played by the primate brain - the limbic system. This part of the brain is designed to protect us (irrespective if the coping strategy is inappropriate). When it gains control, it perceives threats everywhere such as going shopping, taking the children to school, a social event - activities others seem to take in their stride, which further adds to your anxiety of 'why is this so hard for me?'

During this state, we release high levels of cortisol resulting in that feeling of 'being on edge' all the time. The persistent production of cortisol is associated with a number of physical conditions including IBS and cardio-vascular conditions. To halt this over-production of cortisol, our perception of the world must change.

This does not have to be as hard as it sounds and nor is it about pretending everything is OK. Rather, accept and acknowledge that it is having an impact upon you. Only then are you able to question the value of the emotion/thought or behaviour and then actively choosing to think of a positively framed outcome. This in turn allows your solution focused brain to visualise another option and when practiced over a period of time, can lead to behaviour and emotional change.

There are other tools that can help, including an anchoring technique. A simple way to understand this is when you hear a song and automatically recall a happy memory and it makes you smile. Music or having a 'bank' of happy memories can help you reduce your cortisol levels and release happier chemical responses. By implementing these simple changes, you learn to manage your anxiety. If you continue to struggle - seek advice from your GP or alternatively, hypnotherapy is an effective tool to implement change naturally.

BECAUSE CHANGE COMES FROM WITHIN

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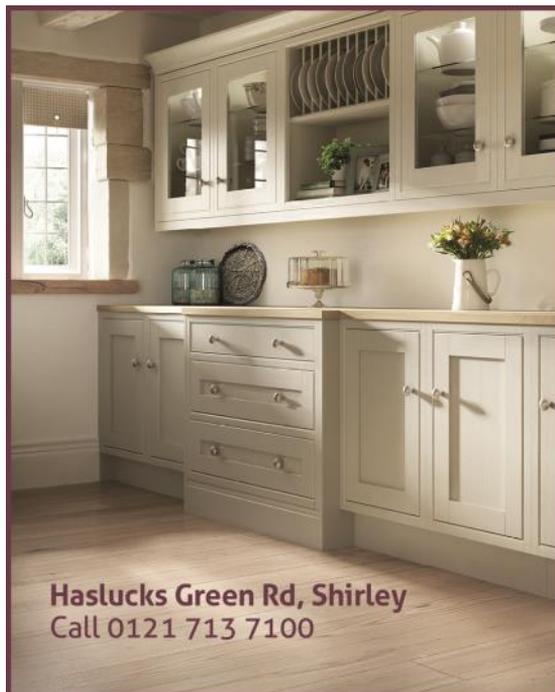
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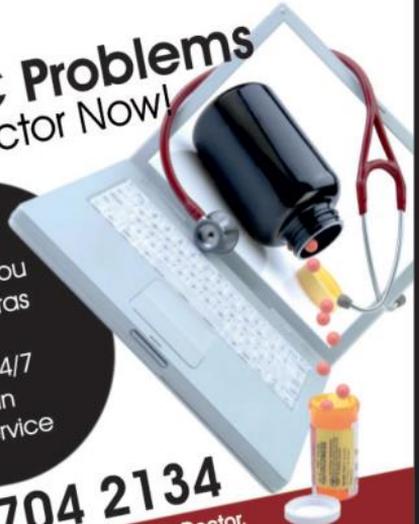
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HOROSCOPES

SEPTEMBER & OCTOBER

ARIES (MARCH 21 - APRIL 20)

September offers renewed action in the work and relationship sectors of your chart. Mercury in industrious Virgo assists objective communication on all levels. An exciting creative opportunity may come your way this month as meticulous Saturn and Mars, your ruler, work harmoniously in your favour. An exciting creative opportunity appears to be up for grabs during October as the powerful Aries full moon on the 13th challenges you to up your game and reach out to take some risks. Mars arriving in Libra on the 4th may bring a relationship issue into question.

TAURUS (APRIL 21 - MAY 21)

September keeps you working on love and creativity; energetic Mars joins the Sun in Virgo giving you renewed determination to make a relationship work. A new friendship could become more important to you in the weeks ahead and the Virgo new moon on the 30th is important. October continues with the theme of new friendships. Venus, your planetary ruler, enters the deep and powerful sign of Scorpio on the 9th, drawing your attention to the important things in your life. It may be best to think carefully before you express your opinion.

GEMINI (MAY 22 - JUNE 21)

Home and family life come into focus during September as four planets illuminate this important area of your life. Certain decisions that you have been putting off for a while will need your full attention now. With the planet of communication strong in its own sign, it's important that you speak your mind. Love and romance are in the spotlight during October as energetic Mars stirs up relationships, particularly after the 4th. Mercury and Venus in deep and intense Scorpio suggest that there might also be some soul searching and decisions to be made concerning work matters.

CANCER (JUNE 22 - JULY 22)

September shines the spotlight on communication and everything to do with your self-esteem. The Pisces full moon on the 14th highlights your interactions with others; important changes are on the horizon and you should be feeling ready to forge ahead. The Libra new moon on the 28th challenges you to be diplomatic, but strong. The powerful Aries full moon on the 13th highlights a career opportunity as your thinking becomes much clearer and you are ready to forge ahead with an important decision. It's a good time to revise what your unique qualities are and use your imagination and creativity.

LEO (JULY 23 - AUGUST 23)

Your assets and cash flow all loom large during September as the Sun and Mars both align with serious Saturn and transformational Pluto. The 13th is particularly powerful and could turn out to be a turning point. Jupiter enhances creativity and usually brings optimism and good luck, but be sure not to overstretch yourself. October is looking very positive for communication and negotiations on all levels; your mind should be focussed in order to expand your knowledge. Jupiter enhances your creativity and brings optimism and good luck, but be sure not to overstretch yourself.

VIRGO (AUGUST 24 - SEPTEMBER 22)

September is your birthday month and as four planets gather in your sign you may anticipate the start of an important phase in your life. Exciting new beginnings are evident and as mighty Jupiter challenges powerful Mars around the 12th you may prepare for a roller-coaster few months ahead. Expect the unexpected! Exciting new beginnings are evident as the month commences, Mercury, your ruler, enters Scorpio on the 3rd bringing your attention to what is really important in your life and helping you to ignore and dismiss what is no longer valid. Communication is enhanced with the Scorpio full moon.

LIBRA (SEPTEMBER 23 - OCTOBER 23)

Four planets in Virgo highlight the most introspective sector of your chart this month. There is a lot for you to think about and some changes will need to be made. As Venus moves into your sign on the 15th your mood lifts and positive and creative planning can begin again. As Venus, your ruling planet, moves into Scorpio on the 9th all things financial come to the forefront. Creative planning is necessary as you consider new and exciting ways of making money. Mars energises your sign from the 4th, you should find that your vitality improves.

SCORPIO (OCTOBER 24 - NOVEMBER 22)

September continues the theme of friendships, groups and personal goals as the Sun, Mercury, Mars and Venus all illuminate this sector of your chart. It's all change as Venus and Mercury arrive in Libra on the 15th. Balance and harmony need to be found, and this is just the month to be successful. October may turn out to be a rather introspective month, be sure to take care of your physical health as your strength may be drained by over-stretching yourself. The Scorpio new moon on the 28th changes the energy as you make a path for new projects to be initiated.

SAGITTARIUS (NOVEMBER 23 - DECEMBER 21)

September sees many Sagittarians contemplating some big lifestyle changes as four planets form powerful and productive alignments with stern Saturn and transformational Pluto. Reorganisation is essential and it's definitely time to look at new potentials, particularly around the time of the full moon on the 14th. This month might bring some un certainty as the reflective and self-examining area of your chart is highlighted. Steer your energy towards realistic targets that can be completed with hard work. The powerful Scorpio new moon on the 28th brings an important breakthrough.

CAPRICORN (DECEMBER 22 - JANUARY 20)

Transformational Pluto in your sign is set to make a positive alignment with the Sun around the 13th of September. Your ruler, the disciplinarian planet Saturn, moves out of the retrograde period midmonth, suggesting that many projects that have been held up can now move forward. October suggests there is a challenge to your work and career situation as enthusiastic Mars moves into a confrontational position. Try not to give in to unnecessary self-criticism, your task is to balance logic with imagination. Opportunities arrive on the Scorpio new moon.

AQUARIUS (JANUARY 21 - FEBRUARY 18)

During September the radiant Sun, Mercury, Mars and Venus all highlight your resources and your financial arrangements. Your intuitive powers remain strong and as transformational Pluto comes into focus around the 13th you should see the culmination of an ambitious project. This month emphasises the importance of making plans for further education, adventure and travel. Your life goals are highlighted and the powerful new moon in Scorpio on the 28th facilitates new projects that require your concentration and endurance.

PISCES (FEBRUARY 19 - MARCH 20)

September turns out to be a favourable time for your relationships as four planets illuminate this important sector of your chart. Optimistic Jupiter ensures that exciting new opportunities are coming your way. The Sun Pluto alignment on the 13th suggests a transformational opportunity can now surface. This month highlights the need for balance and stability in your investments, finances and resources. Mercury and Venus arrive in intense Scorpio during the second week and both planets favour the discussion of matters that are usually kept hidden.

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WHAT'S ON

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Heart of England WI September Meeting

Date: 12th of September / Time: 7.30pm / Venue: Balsall Common Village Hall

This month we are getting a taste of Burlesque with Rachael Warrilow who also invites us to have a go! If, like me, you want to give this a try and see what Rachael has to share then please join us. For more information please call either 01676 534824 or 01676 533675.

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Tickets available from Albany Theatre Box Office 02476 998964 or www.albanytheatre.co.uk

Grand Jumble Sale

Date: 14th of September / Time: 2.30pm / Venue: St. Peter's Church, Balsall Common
Jumble required. Especially clothes. (Sorry no duvets or large pieces of furniture) Please deliver to St Peter's Church Hall, Friday 13th September 7 pm-8.30 pm, or Saturday 14th September 9.30 am - 11.30 am. For further information please email c.price625@gmail.com or call 01676 532625

Autumn Craft Fair at Hoar Park Shopping & Craft Village

Date: 15th of September / Time: 10am - 6pm / Venue: Hoar Park Shopping & Leisure Village, B4114, Nr Ansley, Nuneaton CV10 0QU
Held every third Sunday of the month in the Red Barn. Set in 141 acres of beautiful North Warwickshire countryside, with a courtyard of 17th Century barns converted into retail and craft shops. Open 6 days a week, Tuesday to Sunday including Bank Holidays. Award winning Restaurant serving hot and cold food, The Children's Farm The Granary Antique Centre. Country Walks, Fishing Pools. The Red Barn available to hire for Barn Dances, Weddings, Private Parties. Field for hire ideal Caravan Clubs, etc.

Firebird Singers Open Evening

Date: 21st of September / Time: 7pm—9pm / Venue: Meriden Village Hall, Main Rod, Meriden CV7 7NG

Do you enjoy singing? Have you ever wanted to join a choir? No auditions, you will not be asked to sing on your own and there is no need to read music. We are a large friendly mixed voice choir with members aged between 16 and 90. We rehearse most Fridays and usually perform three concerts each year. Our mantra is "Singing for Pleasure - Raising Money for Charity" and in the 9 years we have been in existence we are very proud to have raised over £30,000 for various good causes. Come along and find out what we are all about - you will be made very welcome. For more information please ring Val Martin 01676 522963

Balsall Common Fun Run

Date: 22nd of September / Venue: start and finish at The Heart of England School, Balsall Common, CV7 7FW
The sixth Balsall Common Fun Run, organised by The Lily Mae Foundation, takes place on Sunday 22nd September 2019. You can walk, jog, run or race in our Mini Kids Runs, 5K or 10K adult, junior, family and team events. For further details or to book your place please visit: www.lilymaefoundation.org

The Wednesday Friends Lunch Club

Date: every Wednesday / Time: 12noon—2.30pm / Venue: The Red Lion Pub, 1672 High Street, Knowle B93 0LY

It costs £8 to attend. £5 of this will go to the pub to cover the meal, tea and coffee, and £3 comes to Age UK Solihull and pays for a raffle, prizes and themed events. For more information please contact Amanda or Jackie on 01217047846.

Heart of England WI October Meeting

Date: 10th of October / Time: 7.30pm / Venue: Balsall Common Village Hall

This is an informal meeting where you will get a chance to talk to members and find out a bit more about what our organisation is

about. Why not come along, it will be a great opportunity to meet other ladies from the local area. If you want to find out more, please call either 01676 534824 or 01676 533675.

Charity Christmas Card Shop

Date: 28th of October—19th of December / Time: Mon & Thur 10-6; Tue 10-5; Wed & Sun closed all day; Fri 2-5; Sat 10-4 / Venue: Balsall Common Library
The Midland Charities Association Christmas card shop is back for 7½ weeks. For more information, please contact Janice Whittlesey janwhittlesey@yahoo.co.uk or 01676 534407

Cinema Organ Society

Dates: 1st September, 6th October, 3rd November and 1st December / Time: 1.30pm / Venue: Fentham Hall, Marsh Lane, Hampton-in-Arden, B92 0AH
Live concerts are held on the first Sunday of each month except January. Doors open 1.30 pm, curtain up 2.30 pm. Admission £10 on the door, including refreshments and parking. Visiting organists play to a wide variety of tastes and offer a wonderful afternoon's entertainment. The organ is available for individuals to play, by arrangement. We look forward to welcoming you - booking for the concerts is not necessary. Visit www.cinema-organs.org.uk or call our Secretary on 0121 421 4420

Afternoon Tea

Date: 19th of October / Time: 1pm - 4pm / Venue: Knowle Village Hall
The Knowle Village Hall Association invites you to enjoy Afternoon Tea at our Village Hall. Tickets: £8.50 each. Available from the K.V.H.A Friday Coffee Morning (10a.m - 12 noon) at the Hall. June Williams - 01564 779445; Carolyn Abbott-01564 779898. This is always a happy occasion so do join us, if you can. All proceeds will go to the Knowle Village Hall Refurbishment Fund.

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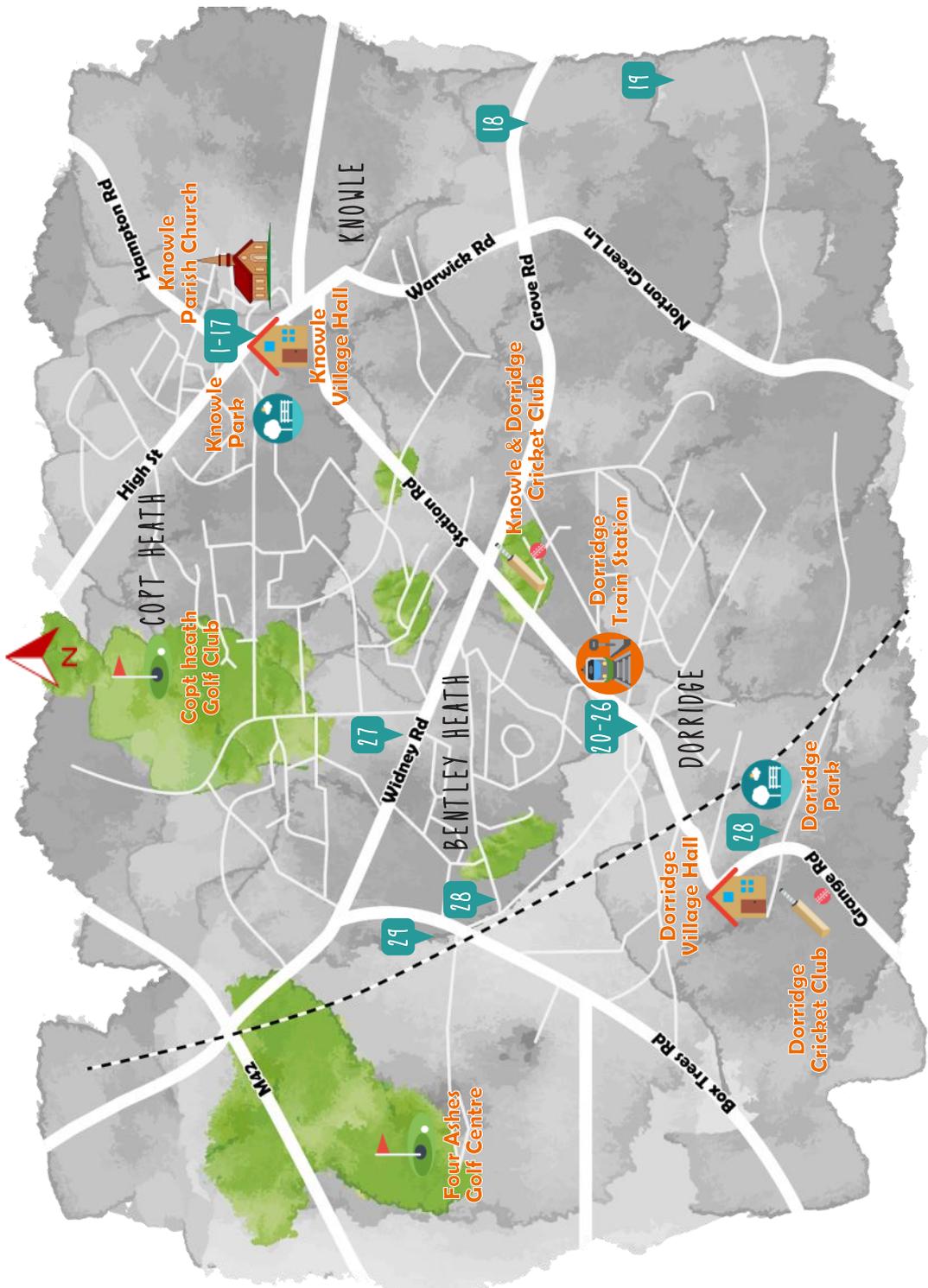
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Citizens Advice Bureau

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RSPCA

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& TAKEAWAYS

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2. **ELDERBERRY BLACKS**, *Café*
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01564 776344

3. **BELLA VENEZIA RISTORANTE & PIZZERIA**
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01564 779806

4. **JANITO**, *British*
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01564 779802

5. **LLOYDS INDIAN RESTAURANT**, *Indian*
7 station rd, Knowle B93 OHL
01564 775777

6. **COSTA COFFEE**, *Café*
1648 High Street, Knowle B93 ONA
01564 771245

7. **KNOWLE INDIAN BRASSERIE**, *Indian*
1690 High St, Knowle B93 OLY
01564 776453

8. **BILASH**, *Indian*
1608 High St, Knowle, Solihull B93 OJU
01564 773030

9. **CAFE SAFFRON**, *Indian*
1679 High St, Knowle B93 OLL
01564 772190

10. **THE RED LION**, *Gastropub*
1672 High St, Knowle B93 OLY
01564 771522

11. **TOBY CARVERY**, *British*
1635 Warwick Road, Knowle B93 9AH
01564 772559

12. **KNOWLE FISH BAR**, *Fish & Chips*
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01564 772739

13. **THE PHONLIK HOUSE**, *Cantonese*
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17. **ALE ROOMS**, *Bar*
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01564 400040

18. **THE KINGS ARMS**, *Gastropub*
2110 Warwick Rd, Knowle B93 OEE
01564 771177

19. **THE BLACK BOY**, *Gastropub*
Warwick Rd, Knowle B93 OEB
01564 772655

DORRIDGE

20. **SALEEM BAGH INDIAN CUISINE**, *Indian*
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01564 777 190

21. **DORRIDGE FISH BAR**, *Fish & Chips*
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22. **THE FOREST HOTEL**, *British*
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23. **MINH'S CANTONESE RESTAURANT**, *Cantonese*
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25. **SKOGEN**, *Bar, Café*
2 Station Approach, Dorridge B93 8JF

26. **THE RAILWAY INN**, *Gastropub*
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01564 773531

BENTLEY HEATH

27. **AROMA RESTAURANT**, *Indian*
100C Widney Rd, Bentley Heath B93 9BN
01564 777613

28. **DRUM & MONKEY**, *Gastropub*
177 Four Ashes Rd, Dorridge B93 8ND
01564 772242

29. **HOGARTHS HOTEL & RESTAURANT**, *British*
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HELP WILDLIFE THIS AUTUMN

EASY TO FOLLOW TIPS

As Summer comes to an end, preparing your garden for autumn and winter is critical for many of our wild friends. Autumn will suddenly snap into action, where you will see your garden turn from a colourful sun trap with buzzing insects and flowers to crisp sunny days with a sharp bite to the air.

BUG HOTEL

While clearing your garden of fallen leaves and branches, it may be tempting to simply put them into your green waste bin, but finding a corner spot where you can pile them up or put them into an old plant pot on its side can be of great help to small mammals and invertebrates. If you are feeling more adventurous you can even add a small roof to prevent them from getting too damp creating an even better resting space for them.



GARDEN BORDERS

Leave herbaceous borders intact in winter so decaying plants can act as a 'winter duvet' for small mammals and insects. Clumps of ornamental grasses may offer the perfect hibernaculum for a hedgehog, while hollow plant stems and seedheads provide nooks and crannies for invertebrates. Seedheads are also a source of oil-rich food for birds which may visit to feed.



OLD PLANT POTS

If you have ever seen a messy pile of plant pots in a garden and thought what a mess. This mess is great for wildlife - they don't always have to be

so messy, but a neatly stacked pile can give great cover for many different insects.

SHEDS

Some butterflies overwinter as adults and will enter our homes in autumn, where they find conditions cool and dry. However, when the central heating is turned on they wake up and expend energy flying around. If you find a butterfly inside your home, transfer it to your shed or garage, where temperatures will remain constant. Use an empty shoe box to move it, keeping the lid on until it has settled down. Make sure it can exit safely in spring, via a window or door.

LEAVES



Remove leaves from paths or lawns but transfer them to a corner or beneath a hedge, where hedgehogs and other animals can crawl for shelter.

COMPOST HEAPS

A variety of species, including hedgehogs and queen bumblebees, find compost heaps the perfect place to hibernate. If your heap is in a plastic bin with a lid, this will keep it dry, but be sure to provide access for hibernators at the base by standing the bin on bricks. If you have an open bin, cover it with a thick piece of old carpet to keep it dry and insulated. Avoid disturbing the bin between autumn and April, when all species will have finished their long snooze.



INDOORS

Like butterflies, ladybirds may choose to overwinter in your home and will be disturbed by the heating coming on. As

they hibernate in large groups, it may be best to leave them alone and if you can, leave the room unheated. If not, using a dustpan and brush, tip them gently into an empty box and move them to the shed.

NEST BOXES

Birds don't hibernate and they require a lot of energy to keep themselves warm at night. Clear out nest boxes now so that birds can take shelter in them on cold nights.



LOFTS

Take care if paying a visit to your loft in winter, as you may disturb hibernating bats, ladybirds or butterflies.

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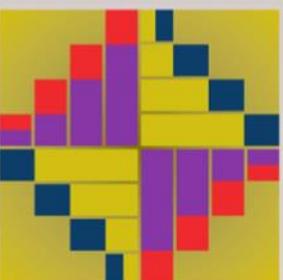
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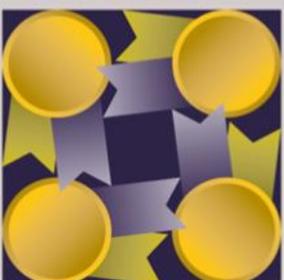
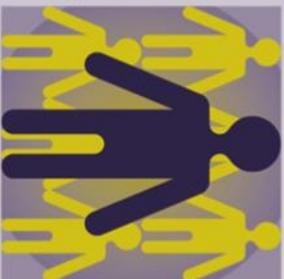
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