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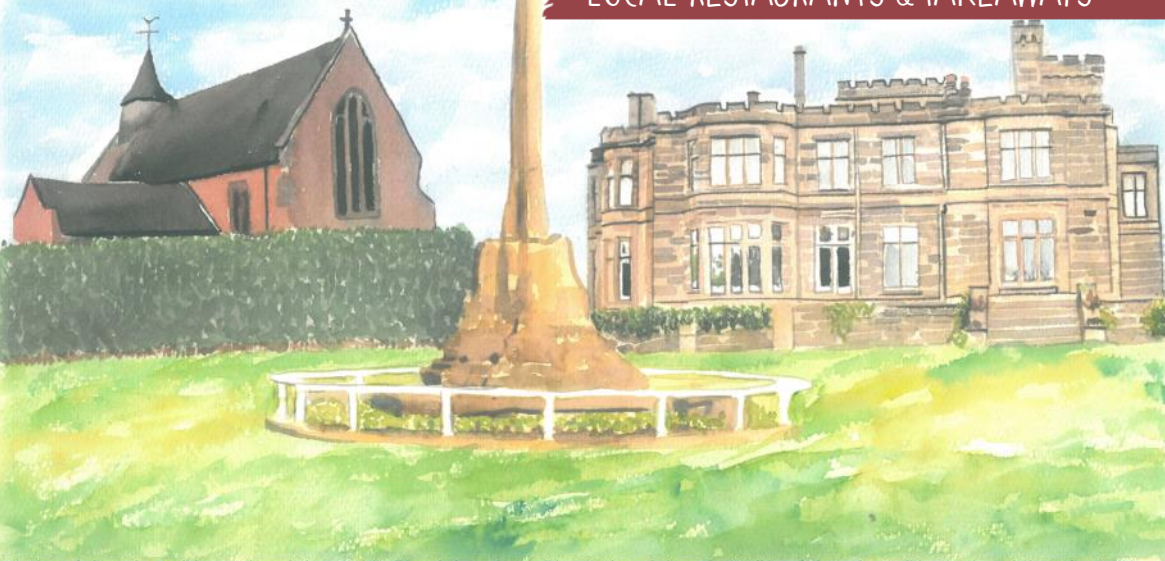


WIN A FAMILY TICKET TO THE SPOOKY SWAMP P.34

USEFUL LOCAL TELEPHONE NUMBERS / ARTICLES / HOROSCOPES

CHRISTMAS FOOD TO ORDER P.30 / WHAT'S ON

LOCAL RESTAURANTS & TAKEAWAYS



BALSALL COMMON MERIDEN  
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OCTOBER / NOVEMBER 2021

JAMIESON CHRISTIE  
WEALTH MANAGEMENT



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# A NOTE FROM THE EDITOR

Hello and welcome to our October/November edition! As the Summer is coming to an end, it is time to get busy again: busy with school runs, busy with house chores, busy planning for all the festivities over the next few months.

We have a competition to win tickets to Meriden's Stonebridge Club who are hosting this year's scariest event: The Spooky Swamp. Our readers have an exclusive chance to win a Family Bundle ticket to this spooktacular extravaganza (see page 34 for details).

For those of you Early Birds, the Balsall Common's own Oakes Farm Shop have started taking Christmas Order (yes, we said the C-word already!): see pages 30-33 for more.

For those who love a good bargain, we have one on nearly every page: see what our advertisers have to offer and quote Stonesthrow Directory to redeem. Not only will you be bagging a great discount, but by putting a good word in for us, you are helping us bring more local businesses who pride themselves on quality, professionalism and great reputation built locally and trusted by the community.

As always, we have all your useful listings here: Local Restaurants and Takeaways, Telephone Numbers, Horoscopes and Articles etc.

More and more local groups are resuming their meetings. If yours is one of them and you would like a free listing on the What's On page - please get in touch with Ksenia by dropping an email to [info@stonesthrowpublications.co.uk](mailto:info@stonesthrowpublications.co.uk).

We are also looking to expand our team of distributors: Adults and Kids (over 13 years old) to deliver our magazines once every two months in and around their neighbourhood. For details please get in touch.

Here are some dates for your calendar:

**31<sup>st</sup> October - Halloween;**  
**31<sup>st</sup> October - Daylight Saving Time ends;**  
**5<sup>th</sup> November - Guy Fawkes Day.**

Have a great couple of months and whatever you do - keep yourself and your loved ones safe.

Yours, Stonesthrow Publications

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# CONTENTS IN THIS ISSUE

**NOW TAKING CHRISTMAS FOOD ORDERS**  
**30-33**  
**Oakes FARM SHOP**

**29 BACK TO SCHOOL: LIVEN UP THEIR LUNCH BOX**

**26 USEFUL LOCAL TELEPHONE NUMBERS**

**34 WIN FAMILY TICKETS TO THE SPOOKY SWAMP**

**28 LOCAL RESTAURANTS & TAKEAWAYS**  
*Menu*

**22 HOROSCOPES**

**WHAT'S ON LOCALLY**  
**24**



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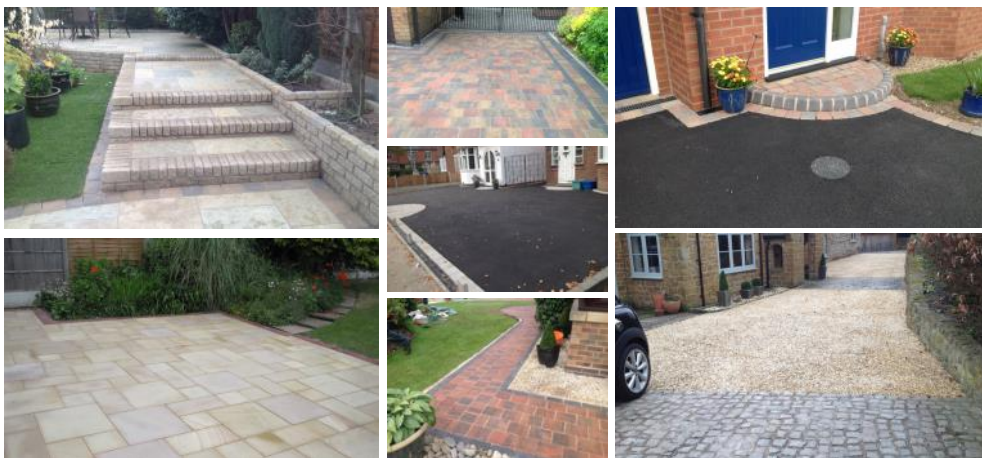
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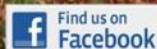
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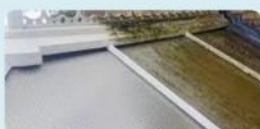


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# HOROSCOPES

## OCTOBER / NOVEMBER

### ARIES MARCH 21 - APRIL 20

An exciting relationship opportunity appears to be up for grabs during October as the powerful Libra new moon on the 6th challenges you to up your game and reach out to take some risks. The full moon in your sign on the 20th indicates that some new adventures could be coming your way. Resources and finances are in the spotlight during November as the Scorpio Sun and Mars both encourage an all-important review. Scorpio Mars demands action and offers you the courage and determination to make some important changes. The practical Taurus full moon on the 19th suggests refreshing change.

### TAURUS APRIL 21 - MAY 21

Health and wellbeing are your top priorities this month as the Sun, Mars and Mercury emphasise the need for Libran balance in all areas of your life. Venus, your ruling planet, arrives in the financial area of your chart on the 7th, some important decisions may have to be made. The transformational Scorpio Sun and dynamic Mars both shine a strong and guiding light on all your relationships and partnerships during November. This is the perfect time to make some dramatic changes as you communicate your values and your worth to all those in your circle.

### GEMINI MAY 22 - JUNE 21

Love and romance are in the spotlight during October as the Sun, Mercury and energetic Mars stir up any issues concerning your relationships. Finding balance is a key issue this month and some soul searching will be needed; it may be best to think carefully before you express your opinion. The work and wellbeing angle of your chart is strongly emphasised during November as daily routines, wellbeing and general health become your top priorities. Mercury, your ruler, moves into determined Scorpio on the 6th suggesting that you can now be unwavering in your decisions.

### CANCER JUNE 22 - JULY 22

The powerful Aries full moon on the 20th highlights a career opportunity as your thinking becomes much clearer and you are ready to forge ahead with an important decision. This is a really good month to revise what your unique qualities are and to use your imagination and creativity to your advantage. November suggests that love and romance are in the spotlight as the Sun and dynamic Mars fire up this sector of your chart. Whatever happens on the relationship front, it's going to be a fun month and the way forward becomes much clearer around the full moon on the 19th.

### LEO JULY 23 - AUGUST 23

October is looking very positive for communication and negotiations on all levels. Your mind should be open but focussed in order to expand your knowledge. Expansive Jupiter is in a pivotal position and enhances your creativity, optimism and good luck; but take extra care that you don't overstretch yourself. Your home and family are high on the agenda during November as the Sun and Mars shine brightly in your domestic sector. Abundant Jupiter also lends a helping hand and ensures that things go your way, providing you use your intuition when dealing with any difficult issues.

### VIRGO AUGUST 24 - SEPTEMBER 22

Exciting new beginnings are evident as the month commences, firstly a positive Libra new moon on the 6th and then Mercury, your ruler, turning direct on the 19th. Enhanced planetary activity bring your attention to what is really important and help you to ignore and dismiss what is no longer valid. November shines the light on all forms of thinking and communication, particularly after the 6th as Mercury in Scorpio gives you the courage to express opinions that you are normally reluctant to voice. Your mind is sharply focussed, particularly around the Taurus full moon on the 19th.

### LIBRA SEPTEMBER 23 - OCTOBER 23

As Venus, your ruling planet, moves into Sagittarius on the 7th your communication skills come to the forefront. Creative planning is necessary as you consider new and exciting ways to get your message across. Energetic Mars, in your sign nearly all month, gives a strong boost to achieving goals. November welcomes your ruling planet to the careful and practical sign of Capricorn. The urge for adventure and risk taking must now make way for more serious plans concerning your future. Successful interaction and new projects are the main themes to keep you occupied.

### SCORPIO OCTOBER 24 - NOVEMBER 22

Love planet Venus is in the last week of your sign, any partnership or relationship issues that need resolving should be dealt with now. Three planets in the most introspective part of your chart indicate that you need to take care of your physical health as your vitality may not be at its best. November is your birthday month and it offers the start of a new cycle of transformation and personal growth. Dynamic Mars stays in your sign all month, ensuring the perfect opportunity to be more assertive as you step up into a more important role. The full moon in your opposite sign on the 19th suggests a lucky breakthrough.

### SAGITTARIUS NOVEMBER 23 - DECEMBER 21

Love planet Venus enters your sign on the 7th highlighting your need for a new adventure, and even a new romance! Steer your energy towards realistic targets that can be completed with hard work. The powerful Aries full moon on the 20th suggests an important breakthrough. November starts off super charged as Jupiter positively aligns with Mercury and highlights all forms of communication. Some important work related issues come to the surface and you may need to renegotiate how you are valued. With renewed confidence your long held dreams and aspirations can finally take shape.

### CAPRICORN DECEMBER 22 - JANUARY 20

October suggests there is a challenge to your work and career situation as the Sun, Mars and Mercury all highlight this area of your chart. Try not to give in to unnecessary self-criticism as your task this month is to balance logic with imagination. Opportunities arrive after the Libra new moon on the 6th. The Sun and dynamic Mars are both extremely powerful during November stirring up anything to do with friendships and group endeavours. Romance is also favoured as love planet Venus arrives in your sign on the 6th, increasing the chances of a meeting with someone new.

### AQUARIUS JANUARY 21 - FEBRUARY 18

This month the planets are urging you to take up a new form of study that can eventually lead to spiritual growth. Energetic Mars is strong, indicating that your life goals are highlighted and the powerful full moon in Aries on the 20th facilitates new projects that require your concentration and endurance. November could turn out to be quite a testing time on the home front as stern Saturn challenges individualistic Uranus and brings up issues concerning your personal freedom. Take heart, Jupiter is in your sign and can give you the required insight to solve any immediate problems.

### PISCES FEBRUARY 19 - MARCH 20

This month highlights the need for balance and stability in all things to do with your investments, finances and resources. Venus arrives in Sagittarius on the 7th suggesting that luck is changing and some important new insights could be on offer. Jupiter turns direct on the 18th - expect breakthroughs! November highlights study and spiritual growth as the intense Scorpio Sun and enthusiastic Mars both urge you to open your mind and explore subjects that you have been thinking about for a long time. Be sure to stay wide awake and attentive to any new opportunities that may suddenly appear.

CHRISTINE CHALKLIN, INSPIRATIONAL ASTROLOGER AND LIFE COACH  
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# WHAT'S ON

## LOCALLY

### **Balsall Common Country Market**

Date: every Saturday / Time: 10am—11.30am /  
Venue: Balsall Common Village Hall, 112 Station  
Road Balsall Common CV7 7FF

We are more than just a place to shop – we are a place where people meet and belong. Come and have a cup of tea or coffee with us along with home-made cakes and goodies. Our range of foods includes cakes to die for, savoury meals you can pop in the freezer for later in the week and jams and marmalades in a class of their own. We have splendid flower arrangements, plants for your garden that include both the unusual and old favourites. Our fruits and vegetables are home grown and wholesome.

### **Kenilworth Market**

Date: every Thursday / Time: 9am—3pm /  
Venue: Abbey End, Kenilworth

Kenilworth market is a great opportunity to shop in a vibrant open-air setting. You will find variety and value, sold by new and experienced traders. Choose from stalls selling everything from fresh fruit and vegetables, plants, fresh baking, fish and clothing, to gifts & food specialities.

### **Octoberfest Coventry**

Date: 16th of October / Time: 8pm / Venue:  
Rialto Plaza, 85 Moseley Ave, Coundon, CV6 1HR  
Coventry

The world famous Oktoberfest comes to a venue near you for the biggest night of traditional Bavarian entertainment, food and drinks! The most important date of Germany's cultural calendar! Bratwursts and Traditional German Foods, World Class Live Authentic Oompah Band getting you into the traditional party spirit, Steins of Beer available, Fully themed and decorated venue, Party games and sing-a-longs, DJ and late bar til 2am. For tickets please visit:  
[www.easyticketing.co.uk](http://www.easyticketing.co.uk)

### **Octoberfest Leamington Spa**

Date: 16th of October / Time: 1pm—10pm /  
Venue: The Assembly in Leamington Spa,  
Spencer Street, Leamington Spa, CV31 3NF  
Oktoberfest is coming to Leamington Spa for a day and night of beers and cheers! Prepare your lederhosen and dirndls because it's time to grab a stein and have a sing-a-long. At Oktoberfest you can expect the following and more! German Beers + Steins! Oompah Bands + Performers! Bavarian Trestle Tables + Benches! German Pretzels + Bratwursts! Complete Oktoberfest Venue Transformation! Inspired by a genuine love of the traditional Bavarian festival and great beer, Oktoberfest Comes to Leamington Spa, bringing authentic German food and live

entertainment all evening long. For tickets please visit: [www.skiddle.com](http://www.skiddle.com)

### **The Omega Course**

Date: 16th, 17th of October / Time: 10:00-16:00  
Saturday and 11:30-16:30 Sunday / Venue:  
Senior Citizens Club, Abbey End, Kenilworth CV8 1QJ

The Omega Course is highly evaluated by attendees and gives you an opportunity to discuss Death and Dying in a safe atmosphere. A weekend course will run 16th and 17th October, and an evening course starts on 28th October for 4 weeks and one Saturday, held at the Senior Citizens Club Kenilworth. Both cost £65 pp, £100 for two places booked together. For more info: [www.omegacourse.co.uk](http://www.omegacourse.co.uk) email: [courses@omegacourse.co.uk](mailto:courses@omegacourse.co.uk)

### **Kenilworth U3A Open Meetings**

Date: 21st of October, 18th of November / Time:  
1.45 pm / Venue: Methodist Church Hall, 60  
Priory Rd, Kenilworth CV8 1LQ

We are retired people who enjoy developing our wide range of interests in a social context. The situation permitting, we should like to invite all Ku3a members, and anyone interested in finding out more about Ku3a, to a 'Welcome Back' Open Meeting at the Methodist Church Hall, Priory Road on Thursday, 21st October. We shall be serving tea and cakes from 1.45 pm to give people a chance to chat and catch up. At 2.30 pm there will be a display of Scottish Country Dancing, followed by a short talk about a journey around Myanmar (in 2016, before the coup). On 18th November, Dr Gill White will tell us about the development of Chatsworth House and the Cavendish family. Admission is free to members and £1 for non-members.

### **A Christmas Fair**

Date: 27th of November / Time: 10am—1pm /  
Venue: Knowle Village Hall, St Johns Cl, Knowle  
B93 0NH

A lovely Christmassy morning at this Knowle Village Hall Fundraising event! Christmas and greetings cards, decorations, gifts, cakes and preserves, books, bric-a-brac and competitions - all there for your enjoyment, as well as coffee, tea and mince pies. Do come and join us. The K.V.H.A is a registered charity no. 523004

*Please check the details with the event organisers prior to visiting.*

*For your news, events and group meetings to be featured free of charge on our What's On Page please email: [info@stonestrowpublications.co.uk](mailto:info@stonestrowpublications.co.uk)*



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# TELEPHONE

## NUMBERS

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& Out of Hours Dental Advice  
111

Warwick Hospital  
01926 495 321

Coventry University Hospital  
02476 964 000

Solihull Hospital  
0121 424 2000

Balsall Common Health  
Centre

01676 935 000

Pennington Dental  
01926 678 332

### POLICE & FIRE

West Midlands Police  
0845 113 5000 or 101  
Warwickshire Fire & Rescue  
01675 62 007

Bickenhill Community Fire  
Station  
0121 380 7527

Solihull Fire Station  
0121 380 7521

### HELPLINES & HOTLINES

Samaritans  
116123  
Consumer Advice  
03454 04 05 06  
Citizens Advice Bureau  
01926 457 900  
RSPCA  
024 7671 3717

## UTILITIES

Electricity Power Loss  
0800 3281111

Severn Trent Water  
0800 783 4444

Transco Gas Leak  
0800 111 999

BT Fault Line  
0800 800151

National Rail Enquiries:  
03457 48 49 50

## TRAVEL

Chiltern Railways  
08456 005165

National Rail Enquiries  
08457 484950

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0871 2002233

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02476 301717

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# RESTAURANTS

## & TAKEAWAYS

**BALSALL COMMON,  
BERKSWELL**

**BENGAL BRASSERIE** *Indian*

349-351 Kenilworth Rd, Balsall Common CV7 7DL  
**01676 533 883**

**MASALA CLUB** *Indian*

235-239 Station Rd, Balsall Common CV7 7EG  
**1676 533 210**

**THE BRICKMAKERS ARMS** *Gastropub*

307 Station Road, Berkswell CV7 7EG  
**01676 533 890**

**THE WHITE HORSE** *British, European*

Kenilworth Rd, Balsall Common CV7 7DT  
**01676 533 207**

**THE GEORGE IN THE TREE** *Gastropub*

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**01676 533 118**

**CAFE TAMARINDS** *Pan-Asian*

376 Kenilworth Rd CV7 7ER  
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**BALSALL COMMON FISH BAR** *Fish & Chips*

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**01676 533 576**

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**ORIENTAL EXPRESS** *Chinese Takeaway*

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**01676 535 537**

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**01676 522 155**

**MARCO PIERRE WHITE** *European*

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**01676 522 735**

**STRAWBERRY BANK HOTEL & RESTAURANT** *British*

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**01676 522 117**

**THE BULLS HEAD** *Gastropub*

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**01675 444 890**

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High Street, Hampton-in-Arden  
**01675 442 833**

**BEECHES BAR & GRILL** *Gastropub*

Hampton-in-Arden B92 0AH  
**01675 442 277**

**PEEL'S RESTAURANT** *British, European*

Hampton Manor, Shadow Brook Lane, Hampton in Arden B92 0EN  
**01675 446 080**

**TOBY CARVERY** *British*

Stonebridge Island, Coventry Rd, Meriden CV7 7HL  
**01675 442 326**



# BACK TO SCHOOL

## LIVEN UP THEIR LUNCHBOX

At the start of a new school term you may need plenty of inspiration to make your kids lunch boxes healthy and fun to eat. Packed lunches can make an important contribution to energy and nutrient intakes for children so it is important to get the right balance.

### Healthy lunch box tips

Variety and getting the right balance of foods is key for good health and for providing children with all of the nutrients they need to stay healthy. It is also important to understand what children would like to eat – some may like dips, some may be sensitive about certain smells, and some may prefer a pasta salad instead of a sandwich! So try the following tips for some new ideas:



Try different breads or starchy foods e.g. pitta pockets, tortilla wraps, crisp breads, couscous, pasta, potato salad, rice or chapattis – using wholemeal bread, whole-wheat pasta and leaving skins on potatoes will provide extra fibre!



Make fruit salad or fruit kebabs with bite-sized chunks of their favourite fruits (a sprinkle of lemon juice can stop fruit from going brown).



Add salad and some reduced fat mayonnaise or flavoured hummus, to liven up their usual sandwich or wrap.



Get dipping! Try tasty dips like hummus, cottage cheese or salsa with crackers, breadsticks or vegetable sticks.



Instead of a sandwich, why not add mixed beans, peas or lentils (as a plant based source of protein) to a pasta, couscous or rice salad!



Recycle! Last night's dinner can be a tasty lunch the next day. For example, making left-over pasta or rice into a salad or having a cold slice of homemade pizza.



Always include water! Hydration for children at school is key, and they may be doing lots of running around too.

Top tip: Schools may not have fridge space available for children's packed lunches, so to keep your child packed lunch cool, freeze a drink to act as a cool pack and it will melt back in time for lunch!



Merry Christmas

Happy New Year

from everyone at  
**Oakes**  
FARM SHOP

**COVID DISCALIMER:**

Although we are hoping for a 'normal' Christmas this year, we will be continuing to follow any government guidelines plus our own company Covid policies throughout the coming months.

**DEADLINE  
FOR ALL ORDERS  
IS SUNDAY  
5<sup>TH</sup> DECEMBER**



# - How to order Christmas Meat, Desserts & Cheese Boards -

## BEFORE THE DAY

You will find our butchery and delicatessen order forms instore.

Fill out all of the details, including your preferred collection date and time, then bring your form into our shop and hand into the relevant department (butchery or delicatessen) to confirm your order.

**FOR EVERY BUTCHERY ORDER WE REQUIRE A DEPOSIT OF £20**

**FOR EVERY DELI ORDER WE REQUIRE A DEPOSIT OF £10**

*"The new time slot system worked really well last year, I felt very safe and the customer service was excellent. We will definitely be ordering again this year."*  
Claire, Kenilworth

These deposits confirm your order and the amount will be refunded upon collection.

## ON THE DAY

Please keep note of your collection date and time and arrive within this timeframe.

There will be signs in the shop directing you to the order form collection point where you will be given your order forms. Please take your order forms to the relevant department and they will get your order to you as quickly as possible.





# - Shop -

## FOOD GLORIOUS FOOD

Over the next few weeks our shop will be filling up with Christmas gifts and Festive food. With fresh vegetable and dairy deliveries multiple times a week, we will have all the essentials for you!

## HAMPERS

Using one of our hamper boxes filled with straw, you can put together the perfect hamper for any friend, partner or family member. Find a wide range of stock in our farm shop to choose from and ask one of our shop team to wrap the hamper for you. Give us 10 minutes and your hamper will be complete, gift tag and all!

## FESTIVE AFTERNOON TEA

**AVAILABLE FROM MONDAY 29<sup>TH</sup> NOVEMBER TO FRIDAY 17<sup>TH</sup> DECEMBER**

Treat yourself to our popular Afternoon Tea with a festive twist! Cranberry scones, a selection of sandwiches & pastries and our festive inspired sweets are awaiting your arrival.

Call our Café on 01676 535537 (ext. 1)  
to enquire about availability.

*\*48 hours notice is required for all bookings,  
along with full pre-payment at the time of booking\**

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AVAILABLE  
FOR  
TAKEAWAY!**





# - Café -

## NEW CAFÉ MENU

Our Head Chef has been busy putting together a brand new menu for our café, including breakfasts, brunch and lunch dishes, some old favorites and some new and exciting ones too!

The new menu will be launching later this year, so keep your eyes peeled and we can't wait for you to enjoy the new dishes yourself!

For table bookings and Café enquiries

Call: **01676 535537** (Ext.1)

Email: **CAFÉ@OAKESFARMSHOP.CO.UK**

*\*N.B. Café phonenumber may be busy between 11am - 2pm  
and emails will be responded to within 48 hours\**

## BAKERY

Our in house bakers will be baking everyday to keep the cake table filled to the brim throughout the festive period to make sure no one misses out, including mince pies, fruit cake, ginger cake and much more!

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SWAMP**  
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**22ND - 31ST OCTOBER 2021**

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