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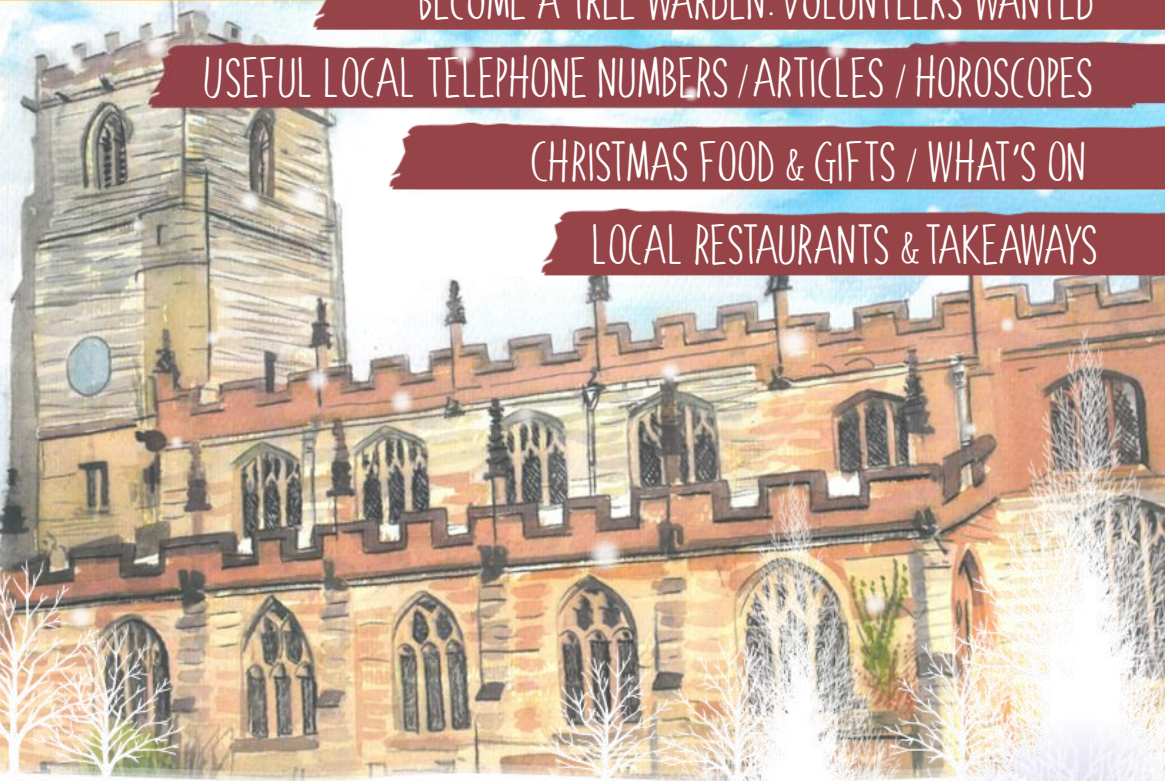
*Wishing everyone
a very Merry Christmas
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USEFUL LOCAL TELEPHONE NUMBERS / ARTICLES / HOROSCOPES

CHRISTMAS FOOD & GIFTS / WHAT'S ON

LOCAL RESTAURANTS & TAKEAWAYS



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DECEMBER / JANUARY 2021-'22

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**Midland Hand Clinic lead by Mr G Shyamalan FRCS
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Hand Clinic PA: Pam Dziubany
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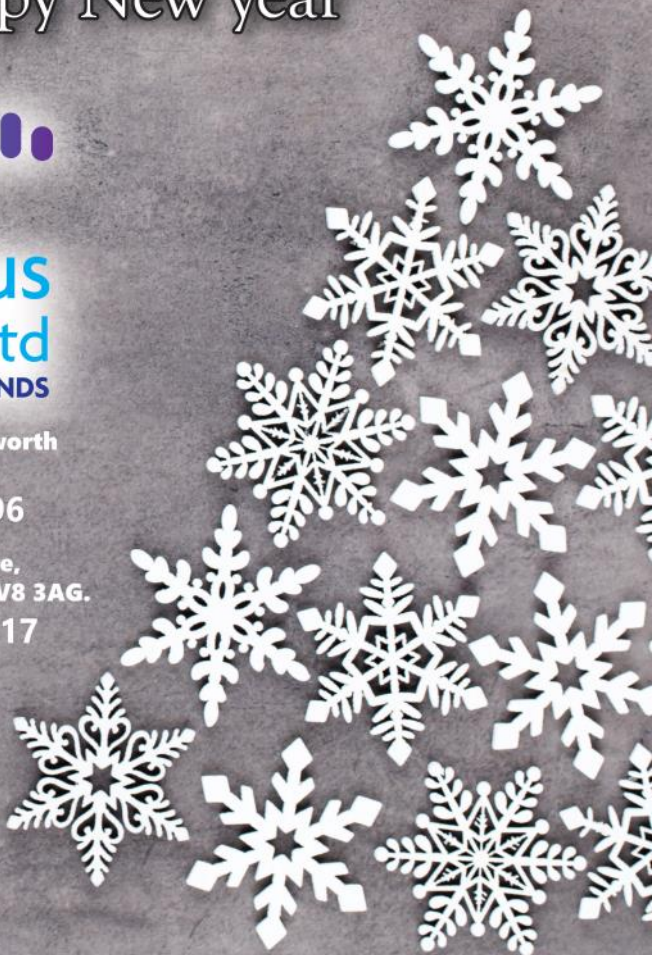
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A NOTE FROM THE EDITOR

Hello and welcome to our December/January edition, your trusted source of local businesses, community news, discounted offers available exclusively to our readers, inspiration for all things home, garden, gifting and more.

As 2021 is coming to an end and we are getting ready to celebrate Christmas and New Year's, it is time to reflect on the year we've had: many events have taken place in 2021 and it was great to see the love and support people have showed to local businesses. A big thank you to all those who have chosen to shop locally and support their locally based tradesmen. We hope to see our community coming together to support each other and those who might be alone this Christmas. Please do remember to check in on your neighbours, your elderly relatives and friends. A kind word, a shared cup of tea and a minced pie, a help to do their food shop, a Christmas card - it all goes a long way and what better time to be kind and charitable than Christmas!

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@stonestrowpublications.co.uk.

Here are some dates for your calendar:

- 24th of December - Christmas Eve
- 25th of December - Christmas Day
- 26th of December - Boxing Day (Bank Holiday)
- 27th of December - Substitute Bank Holiday for Christmas Day
- 28th of December - Substitute Bank Holiday for Boxing Day
- 31st of December - New Year's Eve
- 1st of January - New Year's Day (Bank Holiday)
- 3rd of January - New Year's Day observed

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

Yours, Stonestrow Publications
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FSC FORESTS FOR ALL

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HOROSCOPES

DECEMBER / JANUARY

ARIES MARCH 21 - APRIL 20

Jupiter arrives in Pisces at the end of the month, your intuition is heightened and you should start to feel that big changes are beginning to emerge. First you need to sweep out the old in order to create space for these exciting new prospects. Mars, your ruler, arrives in pivotal position from the 13th and the powerful Sagittarian new moon on the 4th will have ensured that your optimism is at its strongest. Your ambitions and your highest goals are in the spotlight during January as you plan for what could turn out to be a transformational year. Dynamic Mars, your ruler, is strong in fiery Sagittarius, emphasising the need for you to connect with your higher mind. Excellent opportunities are now available, providing that you use your confidence and courage!

TAURUS APRIL 21 - MAY 21

Finances and resources are about to arrive in the spotlight as the radiant Sagittarian Sun with business minded Mercury light up this area of your chart. December brings some necessary but positive re-structuring ideas to the surface and at the end of the month flamboyant Jupiter suggests that a new friendship group is about to emerge offering some innovative ideas that will broaden your horizons. January: The line-up of planets at a pivotal sector of your chart ensure that further education, travel and romance are seriously linked together this month. Your ruler, love planet Venus, is currently in down-to-earth Capricorn, moving back to direct motion on the 29th. A relationship issue that has been concerning you for months could at last present the practical answer you seek.

GEMINI MAY 22 - JUNE 21

Relationships are highlighted during December as the Sagittarian Sun and outgoing Mercury emphasise this area of your chart. Communication should be good and that special someone could have a surprise in store for you. Expansive Jupiter, arriving in Pisces at your career sector, reveals that 2022 will be a positive and successful year offering some wonderful opportunities. Be practical and optimistically cautious as you push yourself forward. January: Dynamic Mars and the emotional moon are a powerful combination in Sagittarius at the start of the month. Partnership issues are concerning you and it's now time to put your point of view across and win support from an unexpected quarter. Finances arrive in the spotlight after the Cancerian full moon on the 17th, take full advantage of any opportunities that come your way.

CANCER JUNE 22 - JULY 22

Romance looks lively during the first weeks of December as dynamic Mars in sexy Scorpio dominates your chart. Work opportunities are also looking rather positive as the Sagittarian Sun and communicative Mercury both shine a powerful light on anything to do with your career prospects. New adventures and socialising are also in the forefront, especially after Jupiter arrives in Pisces on the 29th. January: Your health and wellbeing are high on your agenda at the start of this month as Mars and the moon in Sagittarius urge you to take stock and put more energy into a good life balance. The pivotal full moon in your sign on the 17th offers a challenge, but also helps you to reach a new understanding if you trust your intuition and your instincts.

LEO JULY 23 - AUGUST 23

Events in December hinge around optimistic and expansive Jupiter spending most of the month at the end of Aquarius. This highlights your relationship and partner area and some long lasting decisions may have to be made before Jupiter's move to Pisces on the 29th. Interesting opportunities present themselves around the Gemini full moon on the 19th, it's a positive time for some new friendships and group endeavours. January: As forceful Mars in Sagittarius is now active in a pivotal sector of your chart, you'll find that your focus is changing. The value of broadening your horizons and using your creative talents becomes increasingly important. The full moon in Cancer on the 17th throws some light on an issue that's been troubling you for a while.

VIRGO AUGUST 24 - SEPTEMBER 22

December highlights all things to do with your home and family, the Sagittarian Sun and communicative Mercury highlight the need for spending some quality time here. The new moon Sagittarius on the 4th stirs up your curiosity and your desire to experience something new, could a move be on the cards for 2022? Venus spends all month in Capricorn suggesting challenges in your love life, it's a good time to sort out any relationship issues. January: Relationship minded Venus remains in practical Capricorn all month, continuing the theme of all things to do with love and romance. You might need to let go of any preconceived ideas about trying to solve a recent problem, go with the flow and use your intuition. The Cancer full moon on the 17th brings some fresh insight and lucky Jupiter in Pisces also lends a helping hand to whatever is bothering you.

LIBRA SEPTEMBER 23 - OCTOBER 23

Enthusiastic Mars in intuitive Scorpio is stirring up the financial angle of your chart during December, anything that needs your attention should be dealt with now before Mars changes sign on the 13th. Expansive Jupiter offers you some creative and innovative ways to boost your earning potential during the last few weeks of Aquarius. Capricorn Venus suggests that home renovations could also surface this month. January: Vibrant Mars in Combination with the fiery Sagittarian moon ensure a dynamic start to the month. Your communication skills are the main focus and anything that's not working will have to be scrutinised and changed. Jupiter and Neptune highlight your health and wellbeing as new and exciting ways of keeping fit present themselves, particularly around the Cancer full moon on the 17th.

SCORPIO OCTOBER 24 - NOVEMBER 22

Dynamic Mars, your ruler, has two weeks left in your sign suggesting that whatever projects need finishing should command your full attention. Mighty Jupiter arrives in a pivotal position on the 29th, possibly highlighting a period of expansion, particularly in your creative endeavours; the emphasis is on how you communicate your ideas to others. The Gemini full moon on the 19th offers a new perspective for making long term plans. January: The Sun, Venus, Pluto and Mercury are all activating the communication sector of your chart offering a new sense of direction concerning some important interaction. Future plans look rosy so don't be afraid to take the initiative. The Capricorn new moon on the 2nd is significant as it highlights the possibility of linking your creative ideas with some firm foundations.

SAGITTARIUS NOVEMBER 23 - DECEMBER 21

December is your birthday month, the Sun and Mercury light up your sign and with the new moon arriving on the 4th this couldn't be a better month for you. It's important to take stock on how successful you have been over the past year, the emphasis is now on how you value yourself and making sure that you stay with a positive vibration. Dynamic Mars arrives in Sagittarius on the 13th, bringing some extra vitality your way. January: A busy month is indicated as vibrant Mars aligns with the moon in your sign. Four planets in Capricorn suggest that rearranging some financial issues will become a central theme. You may feel the need to break free from old ways of doing things, but if you keep an open mind, you can learn a great deal. The full moon in Cancer on the 17th offers you a sense of changing priorities.

CAPRICORN DECEMBER 22 - JANUARY 20

The Venus Pluto conjunction on the 11th heralds a time of great change and transformation. This important cosmic event ensures that some great achievements are possible. It's vital that you use your intuition when making decisions and trust that your self-confidence will pave the way forward. Jupiter's arrival in your communication sector on the 29th adds potency to this dynamic, bringing you a sense of deep satisfaction. January: Four planets in your sign appear to be marking the beginning of a new chapter in your life, just right for the start of the New Year! Jupiter is strong in Pisces, encouraging you to be flexible about the future and to be prepared to change your plans. The new moon in your sign on the 2nd offers you some extra powers of persuasion.

AQUARIUS JANUARY 21 - FEBRUARY 18

Bountiful Jupiter is about to leave your sign after a one year stay. Arriving in Pisces on the 29th this change will ensure that your sensitivity, empathy and intuition are at their peak and your main objectives may involve helping and serving others. The planets are stirring up the more adventurous sector of your chart, new ideas involving innovative groups of friends are forming so get ready for change and a new lease of life. January: Dynamic Mars in Sagittarius gives you great enthusiasm and a buoyancy when it comes to achieving your goals. New contacts can arrive out of nowhere and your networking skills will be at their very best. Wise Saturn in your sign gives you staying power for new projects as you leave recent problems behind and win the recognition that you deserve.

PISCES FEBRUARY 19 - MARCH 20

It's all change at the end of December as mighty planet Jupiter joins mystical Neptune and arrives in your sign. This move should give you a positive boost as optimism takes over from some rather unhelpful thoughts. Your career also gets a boost as the Sun and Mercury strengthen this area of your chart. Romance is also looking positive with a view to a long term partnerships becoming more serious. January: Expansive Jupiter is now firmly in your sign filling you with hope for a rewarding year ahead. Big ideas lead to remarkable results, so be sure to make your thinking optimistic and forward-looking. The new moon in Capricorn on the 2nd highlights friends and group activities that are connected to your personal aims and goals, teamwork is the way forward!

NAVIGATE YOUR WAY THROUGH these challenging times, discover your unique birth map and take a refreshing new look at your year ahead. Find out when positive and productive planetary cycles are working in your favour. Reach your fullest potential in 2022 by booking an astrological reading now - Consultations are available on Zoom, WhatsApp or telephone.

CHRISTINE CHALKLIN, INSPIRATIONAL ASTROLOGER AND LIFE COACH,

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FACEBOOK: www.facebook.com/restyleyourlife

TELEPHONE NUMBERS

MEDICAL

NHS Direct, Out of Hours
Services, Advice Line

111

Solihull Hospital
0121 424 2000

The Dorridge Practice
01564 776262

Arden Medical Centre
01564 739194

Spire Parkway Hospital
0121 704 1451

GP Healthcare Knowle
0121 796 2777

UTILITIES

Electricity power loss
0800 328 1111

Severn Trent Water
0800 783 4444

Transco Gas leak
0800 111 999

BT fault line
0800 800 151

TRAVEL

Chiltern Railways
08456 005165

National Rail Enquiries
08457 484950

West Midlands Trains
0333 311 0039

Bus Travel Line
0871 2002233

Coventry Airport
02476 301717

Birmingham Airport BHX
0871 222 0072

POLICE & FIRE

Solihull Police Helpdesk
0845 113 5000

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

HOTLINES & HELPLINES

Samaritans
116123

Consumer Advice
03454 04 05 06

Citizens Advice Bureau
01926 457 900

RSPCA
024 7671 3717

WHAT'S ON

LOCALLY

Bentley Heath Country Market

Date: every Friday / Time: 10am - 11.30am /
Venue: Bentley Heath Community Hall
Widney Rd, Bentley Heath, B93 9BQ
We are a farmers market & craft fair all rolled into one. We are open for business every Friday
New producers always welcome! 10am-11.30am
Email bhcountrymarket@gmail.com to receive our weekly order email.

Knowle & Dorridge Lions Festive Walk 2021

Date: 28th of December / Venue: starting from Dorridge Village Hall
Join us for our 28th Annual Festive Walk, blow off the cobwebs, enjoy new walks, meet your neighbours and stop at local venues along the route. Just turn up, choose your walk and enjoy our beautiful B93 and perhaps a mulled wine or cocoa after! You will be able to register in advance or complete an entry form on the day. Entry as always is FREE. We would really appreciate a donation to Knowle and Dorridge Lions and will tell you how. There will be 3 signposted car parks, details to follow. Both 3 and 6 mile routes are circular from Dorridge Village Hall; along signposted country lanes and public footpaths and marshals will be on hand. As to be expected in December the routes will be wet and muddy in places. Waterproof footwear/wellies are strongly recommended. Some of the stiles although usable, are in a poor state of repair and caution is advised. The routes should suit most levels of fitness, age and ability but are unsuitable for buggies or wheelchairs, sorry. Dogs of all shapes and sizes are very welcome provided they keep their considerate owners on a lead.

AgeUK Solihull's Christmas Raffle

Date: 9th of December
We have books of five tickets available, which we can send you to sell among your family, friends and colleagues. Each ticket in the book costs £1 (so each whole book costs £5). There are ten fabulous prizes up for grabs, including a voucher for a Christmas turkey, a family travel pass on Chiltern Railways, and afternoon tea for two at the Crowne Plaza Solihull. Please email events@ageuksolihull.org.uk if you would like us to send you some tickets. Ticket stubs and payment to be returned by Thursday 9 December.

Jingle Bells Christmas Bake Sale

Date: 10-12 of December / Time: all day
Enjoy your favourite treats and spread some

festive cheer while helping raise funds for Age UK Solihull by organising a Jingle Bakes bake sale. Whether you want to bake your own treats or nip to the supermarket and sell what you've bought, every penny raised will help Age UK Solihull to be able to give older people the support they need at Christmas, and beyond. For more information and a ho-ho-hosting pack including recipes, a poster, decorations and games, visit ageuk.org.uk/solihull/jingle-bakes.

Take the leap!

Date: choose your date, most weekends available (weather permitting) / Venue: Hinton Airfield, Northamptonshire
Take on the challenge of a lifetime with a tandem skydive in aid of Age UK Solihull. It is an unforgettable experience, and the funds you raise will help Age UK Solihull provide their vital services for local older people. Raise a minimum of £450 and you can jump for free! You will be harnessed to a professional instructor and training is given on the day. Spectators welcome. Find out more and book your place at www.ageuk.org.uk/solihull/parachute-jump

Donate your old glasses

Working with our sister Lions club in Chichester, your old pairs of used glasses are collected, sorted and distributed each month to eye clinics as far as Papa New Guinea, Ghana, Nigeria and Nepal. Don't worry if your spectacles are broken as they will be recycled for their scrap metal and the funds used to support eye-related projects both in the UK and overseas. Knowle and Dorridge Lions Club are being supported by these opticians in B93: Alan Tyler Opticians - Dorridge, Bannister Eyecare - Knowle, Vision Express - Knowle. Just drop your used glasses into them and we'll do the rest! Thank you!

WHILE WE DO OUR BEST TO ENSURE THE ACCURACY OF OUR LISTINGS EVENTS MAY BE POSTPONED OR CANCELLED WITHOUT NOTICE. PLEASE CONFIRM WITH THE ORGANISER BEFORE MAKING ANY PLANS FOR ATTENDING EVENTS.

FOR YOUR NEWS EVENTS AND GROUP MEETINGS TO BE FEATURED FREE OF CHARGE ON OUR WHAT'S ON PAGE PLEASE EMAIL KSENIA :

INFO@STONESTHROWPUBLICATIONS.CO.UK

HOW TO ENJOY FOOD, DRINK & SOCIALIZING AT CHRISTMAS

WITHOUT HARMING YOUR HEALTH AND WAISTLINE

The holidays are the season of good cheer, and many of us are eating out or indulging at home more than we might do at other times. The good news is that you can still eat, drink and be merry without overdoing it.

DON'T OVERDO IT

Christmas is a time to relax and enjoy yourself, but try to keep your health goals in mind and why looking after your heart is important to you. Many of us eat out more than usual over the Christmas period. And when we eat out, we often eat more than we would at home. We know that sticking to just one course once you see what everyone else is having is hard, so decide before you begin if you are going to have a starter or a dessert. If you don't want to feel too stuffed, consider a starter (perhaps with a side order of vegetables), instead of a main course, or ask for a smaller portion.

Whether you're eating out or at home, having a coffee or cup of tea while others have a pudding is a good way to round off a meal, or you could share a pudding with others.

BE DEMANDING (POLITELY) IN RESTAURANTS

Don't be afraid to ask the restaurant to adapt dishes. Yes, it's a busy time for hospitality staff, and we all want to be nice to them, but it's not usually a problem to replace chips with a jacket potato, salad or vegetables. You can also ask for no extra cheese, butter, mayonnaise, dressings or oil, and to put sauces in a dish on the side.

CHOOSE HEALTHIER OPTIONS

If you're eating at home, try to plan what you eat with your health in mind. Choose lean cuts of meat, and remove any visible fat, and try to limit processed meat in favour of fish, chicken, turkey and plant-based options. If you're eating out, try to choose the healthiest menu options to make the meal fit into your normal diet, rather than just going for your favourites. Steer clear of deep fried, pastry-based dishes or those with creamy or cheesy sauces. If you're having dessert, choose fruit-based desserts.

TUCK IN TO TURKEY - BUT BEWARE OF ALL THE EXTRAS!

A traditional Christmas dinner isn't the worst choice when it comes to your health. Turkey is a lean meat (as long as you avoid basting it in too much butter) and plenty of vegetables with your meal is good. Try to fill up with vegetables like sprouts, carrots and peas (again, as long as they're not coated in butter) and go easy on the roast potatoes and parsnips, which come with extra fat

and therefore calories. Sausages wrapped in bacon, stuffing and gravy are all usually high in salt. Too much salt is bad for your blood pressure and can make you thirstier, leading you to drink more alcoholic or sugary drinks than you had planned.

CUT BACK ON CHRISTMAS NIBBLES

Nibbles are seemingly everywhere at Christmas. It's fine to indulge in the odd mince pie, shortbread biscuit, festive tippie or a chocolate sweet, but sticking to a regular pattern of meals and snacks will help to make sure you aren't hungry between meals and help maintain your willpower. And remember that savoury snacks like dry roasted nuts and crisps are high in fat too, and are also often high in salt.

BE DRINK AWARE

It's important to stay within the guidelines of 14 units a week for men and women, particularly as many of us drink more than usual in December. If you're drinking at home, it's easy to lose track of how much you're drinking, so try to note this. Check the labels on bottles to see how many units they contain. If you drink spirits, remember a standard measure is 25ml (slightly less than one and a half tablespoons) - if you don't have a spirit measure, you could use a measuring spoon or jug to measure it out. As well as the impact on your health, don't forget the calories that drinks can add, which can have an effect on your waistline. Remember that soft drinks can be high in calories too, so if you can, choose water, and alternate with any alcoholic drinks you are having.

SOCIALISE IN OTHER WAYS

We all enjoy sharing a meal with family or friends, but have you considered doing something different? That way you are more likely to avoid unhealthy food options, and you'll save money, too. You could go for a winter walk together, perhaps with a flask of tea or coffee.



SOLIHULL TREE WARDENS

CELEBRATING 20 YEARS

Earlier this year an Elm tree was planted in Breuton Park Solihull to celebrate 30 years of the Tree Warden Scheme and 20 years of the forming of the Solihull Tree Warden Group.

Solihull Tree Wardens are a group of like-minded volunteers, who are local people with the aim of protecting Solihull's trees and hedgerows for their values within the community, environment and Solihull's Heritage.

The group are part of The National Tree Warden Scheme; a national initiative that was established in 1990 by the Tree Council, to encourage people to play an active role in conserving and enhancing their local trees, hedges and woodlands.

Tree Wardens are not expected to be experts, but our training programme allows us to support the Council's tree officers with sensible advice. A genuine love & passion for trees and the environment is needed.

Events and projects are varied they have included tree planting, tree and habitat

surveys, tree walks and woodland management.



Solihull Tree Wardens have been involved in organising local groups with their own tree projects whilst encouraging community Tree appreciation.

Future plans include helping to increase woodlands and hedgerows throughout Solihull, and also to improve aftercare for the trees that have been planted in recent years.

With new housing developments throughout Solihull, we need more volunteers to be "eyes and ears" monitoring the condition of our local trees.

If you would like to find out more about the Tree Wardens please contact:

solihulltreewardens@yahoo.co.uk

The Wardens can be found on Facebook.

Their web page is:

www.lovesolihull.org/solihull-tree-wardens





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Merry Christmas

Happy New Year

from everyone at

 **Oakes**
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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.

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A PERFECT
GIFT THIS
CHRISTMAS**



- Shop -

FOOD GLORIOUS FOOD

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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 29TH NOVEMBER TO FRIDAY 17TH 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.

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DECEMBER OPENING TIMES:

December 1st–December 21st : NORMAL OPENING HOURS

Wednesday 22nd December : 7am – 6pm

Thursday 23rd December : 7am – 6pm

Friday 24th December : 7am – 2pm

Saturday 25th–Tuesday 28th December : CLOSED

Wednesday 29th December : 10am – 4pm

Thursday 30th December : 10am – 4pm

Friday 31st December : 10am – 4pm

2022 OPENING TIMES:

Saturday 1st January : CLOSED

From 2nd January : NORMAL OPENING HOURS

SEE
OUR WEBSITE
FOR THE CAFÉ
OPENING
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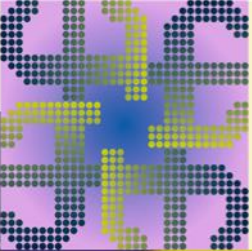
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