

STONESTHROW DIRECTORY



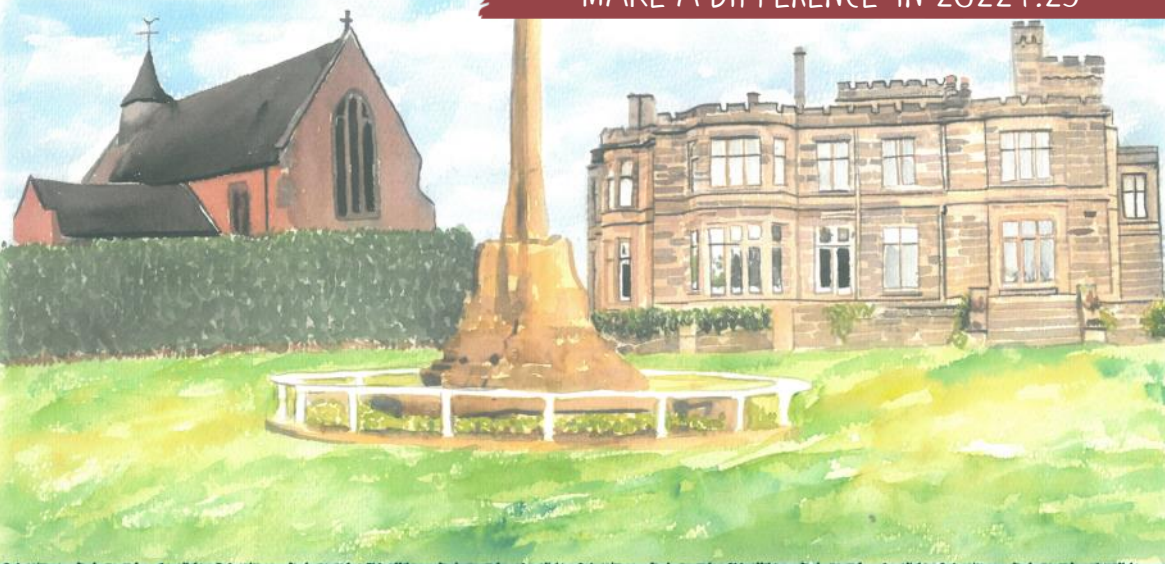
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A NOTE FROM THE EDITOR

Hello and welcome to our February/ March edition of Stonestrow Directory. We are excited to see what 2022 has in store for us and most of all what we can do to make it a year to remember.

Our New Year's resolution is to provide you with even more contacts for trusted local traders, as well as places to go, things to do and see and take part in. With your active participation in our community's life we can create a comfortable and exciting space to live in for all and support our neighbours, friends and those who need our help most: local businesses.

We have ideas for a perfect gift for the upcoming Valentine's Day and Mother's Day (see page 35), which will help you bring a smile to their faces and support a local business. In this edition we are talking about ways you can receive a helping hand with your heating costs during cold weather months (see page 31) as well as right to repair domestic appliances (see page 27). Age UK Solihull has kindly provided us with the information on how you can make a difference and volunteer in whichever way you can (see page 25).

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:

- 14th of February - Valentine's Day;
- 17th of March - St. Patrick's Day;
- 27th of March - Mothering Sunday;
- 27th of March - Daylight Saving Time starts.

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

Yours, Stonestrow Publications
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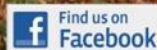
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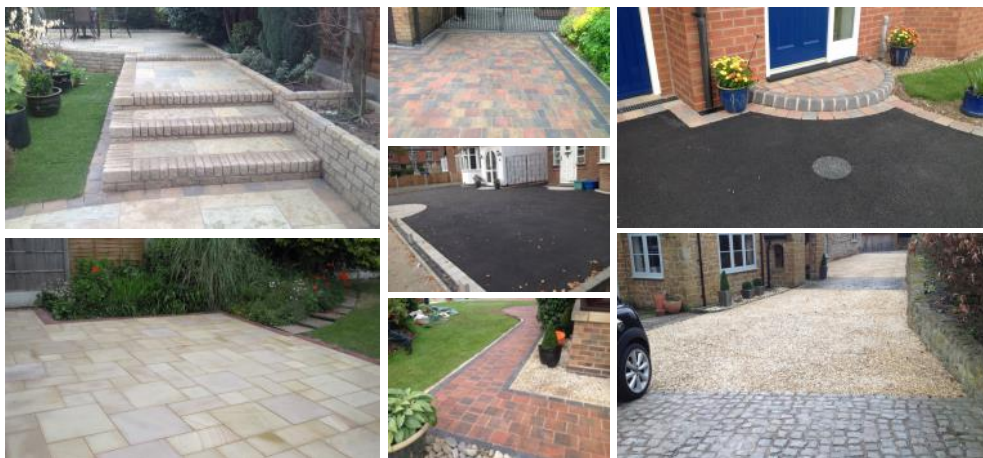
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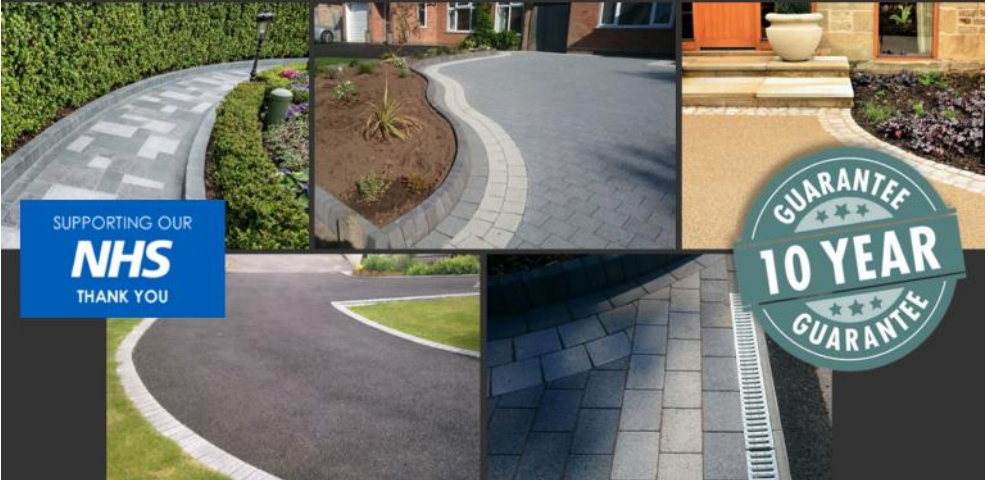


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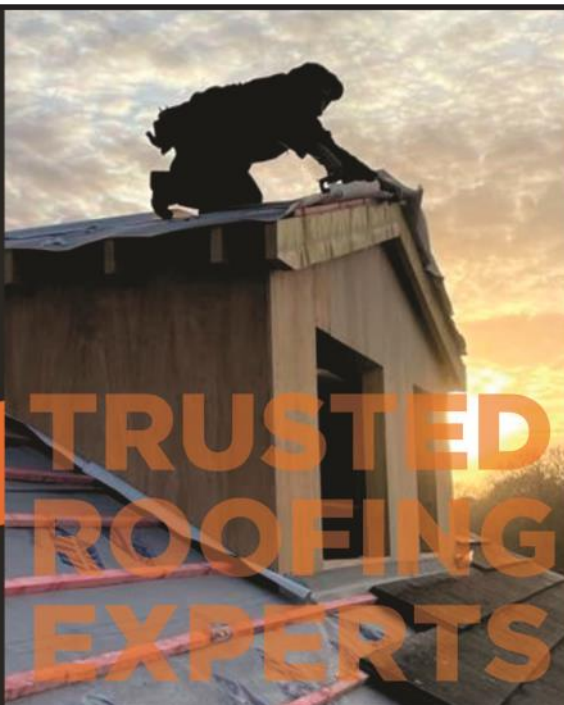
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Balsall Common Memories Cafe

Date: Every 2nd Wednesday of the month / Time: 1.30pm - 3pm / Balsall Common Village Hall, Station Road, Balsall Common CV7 7FF For those with Dementia accompanied by their 'Carer' our free afternoon sessions provide an opportunity to meet together over refreshments and enjoy a varied programme of Activities and Entertainment. For further information contact Christine 01676 532793.

Balsall Common Memories Cafe. Coffee and Chat

Date: Every 4th Wednesday of the month / Time: 10.30am - 12.30pm / Venue: St Peter's Hall, Holly Lane, Balsall Common CV7 7EA NEW for '22! Our additional free sessions for those with Dementia accompanied by their 'Carer' are a time to Drop in for a Coffee, or Tea, and Biscuits and a social chat with others. Do come along and join us. For further information contact Christine on 01676 532793

Free Film Show

Date: 6th of March / Time: 7.30pm / Venue: Jubilee Centre, Balsall Common One hour film show about the life of Sir 'Abdu'l-Bahá Abbas to commemorate the centenary of His death (presented by the Balsall Common Bahá'í community). For further details phone 01676 532892;

email woodlandfarm9@gmail.com

Covent Garden Quarter Market

Date: 27th of February, 27th of March / Time: 10am - 4pm / Venue: Covent Garden Square, Warwick Street, Leamington Spa, CV32 5JX At the Covent Garden Quarter markets, you get to meet the incredible creatives, creators, makers, designers, producers and bakers.

Age UK Solihull Parachute Jump

Date: 19th of March 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 full training is given on the day. Find out more and book your place at www.ageuk.org.uk/solihull/parachute-jump

Age UK Solihull Knit hats to raise funds

The 2020-22 Big Knit campaign with Innocent Drinks is still going strong. Local charity, Age UK Solihull, is taking part once again and you can join in too! Knit these adorable miniature hats which will be put on top of Innocent smoothie bottles and sold in shops later this year. Age UK Solihull receives 25p for each hat received. The funds raised will help the charity provide advice, companionship and practical support for older people in Solihull. An incredible £3,250 could be raised if the charity reaches its target of 13,000 hats! More information and patterns can be found at www.ageuk.org.uk/solihull/big-knit.

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.

Kenilworth Window Wanderland

Date: 5th - 18th of March / Time: 5.30pm - 9pm / Venue: Abbey End, Kenilworth In early 2022, streets across Coventry and Warwickshire will once again light up their front windows and gardens and become beautiful night-time walking trails. In Kenilworth these will be within a 2 mile radius from Abbey End (which covers almost the whole town). Wrap up warm

and head out to see the night time spectacle! Keep an eye on the Window Wanderland website for more details nearer the time (or you could just take a wander...we doubt you'll miss the illuminations!)

Live Concert on our 1935 Mighty Compton

Date: 6th of March / Time: 1.30pm / Venue: Fentham Hall, Marsh Lane, Hampton-in-Arden, B92 0AH

Our guest organist today is Andrew Gilbert. Admission £10 on the door, including refreshments and parking. Please telephone **01564 794778** for more details.

www.facebook.com/COSMidlandsCompton,
or www.cinema-organs.org.uk

Live Concert on our 1935 Mighty Compton

Date: 3rd of April / Time: 1.30pm / Venue: Fentham Hall, Marsh Lane, Hampton-in-Arden, B92 0AH

Our guest organist today is Len Rawle MBE. Admission £10 on the door, including refreshments and parking. Please telephone 01564 794778 for more details. www.facebook.com/COSMidlandsCompton,
or www.cinema-organs.org.uk

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

MAKE A DIFFERENCE IN 2022

Local older people's charity, Age UK Solihull, is looking for volunteers to help deliver vital services for older people in the Solihull borough, helping them with the challenges faced in later life.

We are currently looking for:

VOLUNTEER DRIVERS to collect an older person from their home and transport them to their weekly gentle exercise class, returning them home again afterwards.

CLASS HELPERS to support clients at the gentle exercise classes, which improve strength, balance and confidence in older people with a history of falls.

DIGITAL CHAMPIONS to support isolated older people with using a tablet or computer, helping them learn skills including online shopping, video calls, searching for information or accessing learning online.

FACE TO FACE BEFRIENDERS to visit a lonely older person in their home once a week. This may be the only social interaction the older person has all week. Befrienders are particularly needed to visit clients in the north of Solihull.

HOME FROM HOSPITAL VOLUNTEERS to help with a new service supporting vulnerable people being

HOME FROM HOSPITAL VOLUNTEERS to help with a new service supporting vulnerable people being discharged from hospital.

CHARITY SHOP HELPERS at the Age UK Solihull shop at 89 Hobs Moat Road, B92 8JL. Various shifts are available.

These are rewarding roles where you will gain experience and make a real difference in the community. Volunteering for one of our services, you will get to know the older people and see them benefitting from the service. As a Charity Shop Helper, you will help raise funds to enable us to continue providing our services.

For more information about the above roles, email volunteering@ageuksolihull.org.uk, call 0121 704 7843 or visit www.ageuk.org.uk/solihull/volunteering



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MEDICAL

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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

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
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116123
Consumer Advice
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RSPCA
024 7671 3717

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RIGHT TO REPAIR

YOUR APPLIANCES

Our modern lifestyles and homes could not be imagined without gadgets, on demand entertainment, education and convenience. We can no longer imagine running a household without an army of appliances helping us to clean, wash, dry and cook, etc. Electronics purchased not so many years back were often repaired and maintained for decades, compared to a few short years on many of the latest designed products. So, what's happened and why do we create so much waste by getting rid of relatively new electronics because it is cheaper to buy a new one than to repair it?

In recent years the window to repair has become smaller and smaller for some questionable reasons, which quite often aligns with market saturation. Inflated cost and restricted access to spare parts, software and hardware pairing, deliberate under-engineering, unique screw types or parts glued together to make a repair more awkward or simply no longer viable. There are many claimed reasons for this, which include the reduction of cost and safety of the customer. Although this may be true to a point, this is often combined with only allowing selected professionals having access to manuals and parts. It appears that this would be an ideal method of business to increase new product sales, if you were to self-regulate, even if indirect.

Recently introduced legislation aims to provide consumers with a 'Right to Repair' within the UK and aims to have manufacturers make repair information and spare parts available for repairs for up to 10 years for some new white goods and televisions.

Although this may be good for now, it omits most small electronics and falls short of making sure spare parts are made widely available at a fair price.

A spare part with an inflated price will often remove the viability of the repair and even more so when combined with controlled narrow repair options. While this may be a good step in the right direction with the rules already starting to evolve, it has been this way for some time and will take more time to be truly addressed, if ever. Although this will hopefully improve the lifespan of many products it will apply to, there are still many questions regarding the product end-of-life material recovery. The UK has a very high level of electrical waste, which can only improve if the ability to break down the product is made simple. The materials used also need to be worth recovering/recyclable and this should be considered in initial design processes.

If we are serious about stepping away from a throwaway economy model, we should push harder to improve access to spare parts and repair information for all products to everyone and incentivise repairs. This would be a more universal right to repair,

so that all products can be repaired, reused and kept out of landfill, incineration and recycling centres for as long as possible.



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& TAKEAWAYS

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BERKSWELL**

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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*

Kenilworth Rd CV7 7EX
01676 533 118

CAFE TAMARINDS *Pan-Asian*

376 Kenilworth Rd CV7 7ER
01676 533 308

BALSALL COMMON FISH BAR *Fish & Chips*

207 Station Rd, Balsall Common CV7 7FE
01676 533 576

LA DELICIA *British, European*

231 Station Rd, Balsall Common CV7 7EG
01676 532 177

ORIENTAL EXPRESS *Chinese Takeaway*

176 Station Rd, Balsall Common CV7 7FD
01676 535 900

COSTA COFFEE *Café*

unit 2 Station Rd, Balsall Common CV7 7FE
01676 529 277

MCKEES BRASSERIE *British, European*

273 Kenilworth Road, Balsall Common CV7 7EL
01676 533 004

OAKES FARM SHOP & CAFE *Cafe*

Balsall Street, Balsall Common CV7 7AQ
01676 535 537

YE OLDE SARACENS HEAD *Gastropub*

Balsall Street, Balsall Common CV7 7AS
01676 533 862

DOMINO'S PIZZA *Takeaway Pizza*

209 Station Road, Balsall Common, CV7 7FE
01676 530 099

THE RAILWAY *Gastropub*

547 Station Rd, Balsall Common CV7 7EF
01676 533 284

THE OAK ROOM AT NAILCOTE HALL HOTEL *British,*

European
Nailcote Lane, Berkswell
02476 466 174

BEAR INN *Gastropub*

Spencers Lane, Berkswell CV7 7BB
01676 925 562

MERIDEN

THE BARN AT BERRYFIELDS FARM *Cafe*

The Berryfields Farm Shop, Berkswell Road,
Meriden CV7 7LB

01676 522 155

MARCO PIERRE WHITE *European*

The Manor Hotel at Meriden, Main Road,
Meriden CV7 7NH

01676 522 735

STRAWBERRY BANK HOTEL & RESTAURANT *British*

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01676 522 117

THE BULLS HEAD *Gastropub*

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BEECHES BAR & GRILL *Gastropub*

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HOROSCOPES

FEBRUARY / MARCH

ARIES MARCH 21 - APRIL 20

Venus and Mars are both at the highest point of your chart this month, indicating that this the perfect time to make a go of anything career related. Stay alert to any opportunities that come your way. The new moon on the 1st highlights the possibility of new people coming into your life and new friendship groups forming. March will be a rather introspective month for normally bold and dynamic Aries. The powerful combination of the Sun, Jupiter and Neptune in the deeply intuitive sign on Pisces will probably cause you to reassess many things in your life. Mercury arrives in your sign 27th bringing some tough choices your way.

TAURUS APRIL 21 - MAY 21

February opens up opportunities for further education and detailed travel plans. The new moon on the 1st is particularly important as its powerful energy encourages you to broaden your horizons especially on the career front. The Leo full moon on the 16th offers up a romantic opportunity – take heart and be bold! March is all about finding a much gentler way of life, particularly if things have been rather hectic during the last year. The Sun, Jupiter and Neptune are joined in spiritually minded Pisces and encourage you to tune in and connect with your life purpose. Creativity is highlighted and this is the year to find your deepest passion.

GEMINI MAY 22 - JUNE 21

February suggests that your financial plans will need some reviewing. Venus and Mars joining Mercury and Pluto in responsible Capricorn should help you to make some practical long lasting decisions. The pioneering Aquarian new moon on the 1st ensures that you have some innovative new ideas to increase your prospects. March is a powerful career month with the emphasis on you reaching your goals, whatever they might be. Optimistic Jupiter in mystical Pisces highlights your soul journey and the many things that still have to be accomplished. Venus and Mars both arrive in innovative Aquarius on the 6th, enabling you to get those new plans underway.

CANCER JUNE 22 - JULY 22

The first half of February offers you a great deal of energy as Mars, Venus, Mercury and Pluto are all challenging you in your opposite sign of Capricorn. This could indicate some relationship issues that come to the surface now. Jupiter and Neptune, both in the beneficial sign of Pisces offer heightened intuition to help you make the right decision. March: Finances and resources are in the spotlight this month as Mercury and Saturn ask you to begin a thorough reassessment. Keep yourself focussed as you now have the power to be very persuasive in any negotiations. Jupiter in Pisces offers great intuition, use it wisely and this should turn out to be a profitable and productive month.

LEO JULY 23 - AUGUST 23

The Sun and Saturn are strong in your opposite sign during February, emphasising any difficulties in your relationships. The new moon on the 1st will throw some light on any issues that have been troubling you for a while. Saturn demands a practical solution and you should find one by the full moon in your sign on the 16th. March suggests that health and lifestyle balance will be top priorities for you this month. The Pisces new moon on the 2nd offers great insight and your renewed confidence enables you to push any new ideas forward. Jupiter and Neptune are strong in Pisces and this combination indicates a marvellous energy boost.

VIRGO AUGUST 24 - SEPTEMBER 22

February offers some big changes to your day to day living; be on the lookout for some important new information related to your plans. Jupiter and Neptune are both in your opposite sign and will help you to reach a positive outcome - all you need to do is be mindful and trust your intuition. March: The full moon in your sign on the 18th helps you to apply your energies to constructive pursuits. The Sun, Jupiter and Neptune are all prominent around this time and highlight inspirational and intuitive experiences. New and exciting ideas to push you forwards occur at the spring equinox on the 20th.

LIBRA SEPTEMBER 23 - OCTOBER 23

New and exciting creative opportunities are suggested during February. Romantic encounters are also in strong focus, particularly around the time of the Aquarian new moon on the 1st. Your work is destined to take on a more spiritual aspect as Jupiter and Neptune cast a beneficial light on this area of your chart. March: The month's events hinge around Venus, your ruling planet, arriving in the most creative area of your chart on the 6th. Be sure to talk to partners and colleagues about the bigger issues and dig deep to unearth new truths. The Equinox on the 20th shows that freedom and individuality are more important than ever before.

SCORPIO OCTOBER 24 - NOVEMBER 22

February puts you in a rather assertive mood, as you strive to take on a more independent approach to life. The Aquarian new moon on the 1st offers radical change, particularly in your domestic area. Expansive Jupiter, recently arrived in Pisces, offers renewed insight to be positive where money is concerned, big ideas can lead to brilliant results if you stay optimistic. March: This month's planetary activity turns your attention to communicating trust and intuition, by doing this you'll benefit most from a harmonious atmosphere. Venus and March enter your domestic area on the 6th, you can use your organisational skills to perform everyday jobs and plan your schedule in a more efficient way.

SAGITTARIUS NOVEMBER 23 - DECEMBER 21

February's exciting Aquarian new moon highlights all types of communication and gives you extra powers of persuasion to reach your 2022 goals. With your enhanced resourcefulness it's a good time to make some major decisions, particularly after Mercury goes direct on the 4th and then moves into Aquarius on the 14th. March is dominated by a restructure of your personal finances and earning capacity. As both Venus and Mars arrive in Aquarius on the 6th you'll find that if you stick to your plans you have a really good chance of succeeding. The Virgo full moon on the 18th suggests that a long term creative project can finally get underway.

CAPRICORN DECEMBER 22 - JANUARY 20

Four planets in your sign ensure that this will be a breakthrough month. Dynamic Mars and romantic Venus are strong in your sign stirring up matters of the heart and suggesting that a new love interest may be on the horizon. Positive thinking is the way forward. Meanwhile, the exciting Aquarian new moon on the 1st looks set to bring some great opportunities your way. March indicates that finances and resources are in the spotlight, challenges and change are on offer and you'll need to make some important decisions. The intuitive energy of Jupiter and Neptune in Pisces can assist you when looking at your choices. The spring Equinox on the 20th will reveal more about changes of the inevitable kind, particularly on the home front.

AQUARIUS JANUARY 21 - FEBRUARY 18

February is your birthday month and the favourable and dynamic new moon in your sign on the 1st ensures that positive change is not far off. The powerful Leo full moon on the 16th highlights your relationship area, be sure to use your analytical abilities coupled with your enhanced intuitive skills when making those important changes and the right decisions for the rest of this year. March is a very important month as both Mars and Venus arrive in your sign on the 6th, indicating innovative insight and big changes in the pace of your life. The Sun, Jupiter and Neptune in mystical Pisces offer Inspirational energy and a renewed interest in anything spiritual or creative.

PISCES FEBRUARY 19 - MARCH 20

February urges you to push forward and review career matters; expansive Jupiter is now firmly in your sign, demanding that you take full advantage of this chance to usher in a whole new era of confidence, luck and success. The new moon on the 1st stirs up some emotional issues, you may be wise to keep your options open for the time being. March: The powerful full moon in your opposite sign of Virgo on the 18th brings much needed clarity and focus into many areas of your life. This is a time for illuminating new beginnings, particularly where love and romance are concerned. Venus and Mars both arrive in analytical Aquarius on the 6th, it's time to be decisive!

CHRISTINE CHALKLIN, INSPIRATIONAL ASTROLOGER AND LIFE COACH
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WINTER FUEL & COLD WEATHER PAYMENTS

WINTER FUEL PAYMENT

HOW MUCH COULD I GET?

If you were born on or before 26 September 1955 you could get between £100 and £300 to help with your bills in the winter of 2021-2022.

However, you'll usually get less if you live with other people who also qualify or if you live in a care home or nursing home and don't get one of the following benefits:

- Pension Credit
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Income Support

If you live in a care home or nursing home and receive any of these benefits then you're not entitled to a Winter Fuel Payment.

AM I ELIGIBLE TO CLAIM WINTER FUEL PAYMENT?

You may be eligible for Winter Fuel Payment for winter 2021-2022 if you meet all the following criteria:

- you were born on or before 26 September 1955 (the eligibility birth date changes every financial year).
- you lived in the UK throughout the qualifying week for the financial year of 2021-2022, which is 20-26 September 2021).

HOW CAN I CLAIM WINTER FUEL PAYMENT?

However, as well as the eligibility criteria above, you'll also need to:

- receive the State Pension
- receive another social security benefit (this doesn't include Housing Benefit, Council Tax Reduction, Child Benefit or Universal Credit, or a deferred State Pension).

If you're eligible and receive the necessary benefits, you will receive your Winter Fuel

Payment automatically and won't have to make a claim. If you're eligible but don't receive these benefits or live abroad, you may need to make a claim.

To make a claim, you can call the Winter Fuel Payment helpline on 0800 731 0160. You'll need your National Insurance number and your bank or building society details when making a claim.

COLD WEATHER PAYMENT

HOW MUCH IS A COLD WEATHER PAYMENT?

You get £25 a week for each 7 day period of cold weather. This only applies between 1 November and 31 March each year.

Cold weather is defined by the Met Office as being when the average temperature has been, or is expected to be, 0°C or below for 7 days in a row. The Met Office use specific weather stations that forecast and record temperatures.

AM I ELIGIBLE FOR THE COLD WEATHER PAYMENT?

The average temperature in your area needs to have been 0C or less for seven consecutive days. You can check your area's temperature by using the DWP's cold weather payment postcode checker (www.coldweatherpayments.dwp.gov.uk). You also need to be receiving certain benefits, such as Pension Credit or certain other benefits.

HOW CAN I CLAIM A COLD WEATHER PAYMENT?

If you're eligible for a Cold Weather Payment, you'll be paid automatically after each 7 day period of cold weather. You should receive your payment within 14 working days.

Contact your pension centre or Jobcentre Plus office if you think you should have received a Cold Weather Payment but didn't. If you receive Universal Credit, contact the Universal Credit helpline on 0800 328 9344.

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