

STONESTHROW DIRECTORY



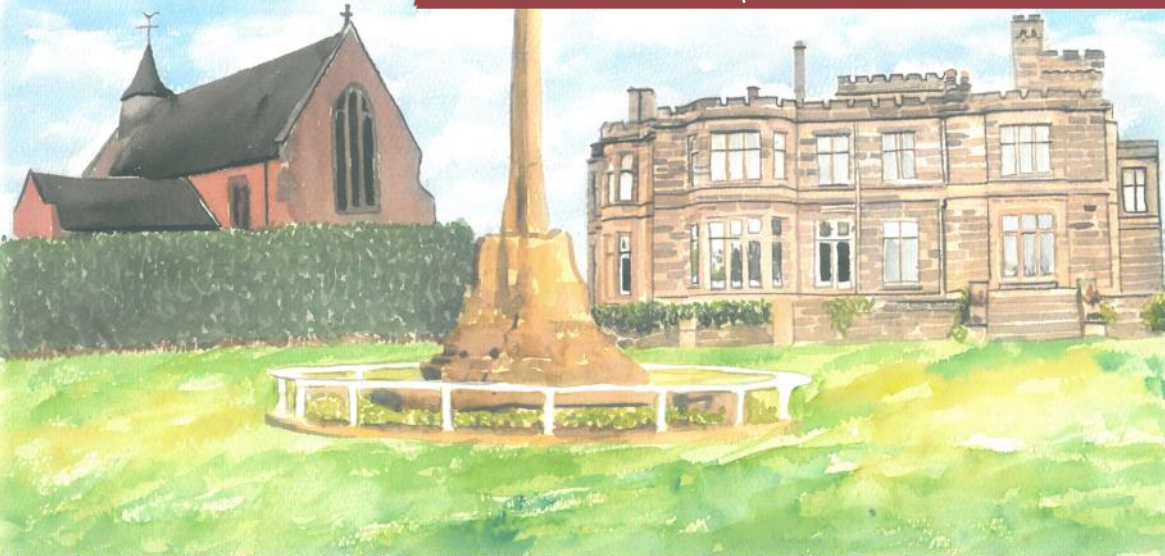
SEASONAL TREATS P.31

WHAT TO DO WITH A LEFTOVER PUMPKIN P.26

USEFUL LOCAL TELEPHONE NUMBERS / ARTICLES / HOROSCOPES

WHAT'S ON / LOCAL RESTAURANTS & TAKEAWAYS

HER MAJESTY THE QUEEN 1926-2022 P.32



BALSALL COMMON MERIDEN
HAMPTON IN ARDEN MILLISONS WOOD
OCTOBER / NOVEMBER 2022

JAMIESON CHRISTIE
WEALTH MANAGEMENT



SEE
BACK PAGE
FOR MORE
DETAILS

INVESTMENTS, PENSIONS, TAX PLANNING

ESTATE and IHT PLANNING, EDUCATIONAL FEES, EMPLOYEE BENEFITS

• DRIVEWAYS • PATIOS • ROOFS • GUTTERS • FASCIA & SOFFITS



External Cleaning Specialists

We provide patio, decking, path and driveway cleaning, as well as roof, gutter, fascia and soffit cleaning in Solihull, Balsall Common, Kenilworth, Hampton in Arden, Meriden and the surrounding areas.

You'll see the difference for yourself when you work with Solclean to clean the exterior of your home or business.



0121 369 0070
07546 264164

✉ enquiries@solclean.co.uk
🌐 www.solclean.co.uk



VIEW SOLCLEAN ONLINE





Aquarius
Interiors Ltd
CURTAINS AND BLINDS

Aquarius Interiors
one of the leading
suppliers and
manufactures
of **CURTAINS**
and **BLINDS**

**SAVING ENERGY THIS
WINTER WITH QUALITY
INSULATED CURTAINS**



QR code for direct access to
www.aquariusinteriors.co.uk

**53, Abbey End,
Kenilworth CV8 1QJ.**

Tel: 01926 359096

**Russells Garden Centre,
Mill Hill, Baginton,
Coventry CV8 3AG.**

Tel: 024 7771 7517



Sanderson

HARLEQUIN

DESIGNERS GUILD

A NOTE FROM THE EDITOR

Hello and welcome to our October/ November edition of Stonesthrow Directory.

We start October with World Vegetarian Day (1st of October), which could be a great opportunity to introduce 'Shop local, Eat seasonal' practice: there are many exciting fruit and vegetables harvested at the start of Autumn, ready to fill you up with much needed vitamins just in time for the Winter months. Check out page 31 for the tips on what's in season.

We couldn't not pay tribute to the sad passing of our beloved Queen Elizabeth II last month. An example of duty, care, consistency, grace and so much more. A remarkable lady, who played a huge part in our everyday lives, whether we knew it or not. We have an article about the Queen's 70-year reign achievements on page 32.

As always, we have a great collection of local businesses who are all geared up to help with various household tasks and jobs. Please remember to mention Stonesthrow Directory when calling our Advertisers, so we can continue to bring you trusted local professionals with exclusive offers.

If you are looking to make the most of your time in the next couple of months - check out page 24-25 for events taking place in and around Balsall Common & Villages. If you run a charity group or event and would like it to be featured in our next magazine - please email the details to [Ksenia](mailto:Ksenia@stonesthrowpublications.co.uk) to info@stonesthrowpublications.co.uk.

Here are the dates for your calendar:

- 30th October - Daylight Saving Time Ends;
- 31st October - Halloween;
- 5th November - Guy Fawkes Night;
- 13th November - Remembrance Sunday.

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

Yours, Stonesthrow Publications

01926 8000 84 / 075 111 222 45
INFO@STONESTHROWPUBLICATIONS.CO.UK
WWW.STONESTHROWPUBLICATIONS.CO.UK



CONTENTS IN THIS ISSUE



SEASONAL TREATS
31



29
USEFUL LOCAL
TELEPHONE NUMBERS



32
TRIBUTE TO OUR QUEEN



28 LOCAL RESTAURANTS
& TAKEAWAYS
Menu



30
HOROSCOPES



WHAT'S ON
LOCALLY
24-25



FSC



FORESTS FOR ALL
FOREVER

We gratefully acknowledge the support of businesses and organisations, whose adverts or information appear in Stonesthrow Publications Ltd. Whilst every effort is taken to ensure the accuracy, we can not accept responsibility for loss, damage or omission caused by error in the printing of an advert or an article. Nor can we accept responsibility for claims made by advertisers/contributors, or services, provided by the advertisers. It is the responsibility of the advertiser to make sure, that the information they provide is correct and up to date at the time of the publication. No part of this directory can be reproduced, copied or stored without the prior written permission of the Stonesthrow Publications Ltd. The use of this magazine for direct marketing or canvassing is strictly prohibited. Distribution area and day may vary at the discretion of the publishers. All artwork, pictures and text are accepted on the basis, that permission for their use in the publication has been obtained by the advertiser or contributor. Stonesthrow Publications Ltd can not accept responsibility for alterations or changes of details after the publication date. **Stonesthrow Publications Ltd**



Prior Products Limited

**OPEN
FOR
BUSINESS**

WINDOWS • DOORS • CONSERVATORIES • BI-FOLD DOORS • ROOFLINE



- ◆ Manufacturers & Installers of PVCu Windows, Doors and Conservatories
- ◆ A variety of Colours available
- ◆ Warmer Roof Tiled Conservatories
- ◆ Lantern Roofs & Rubber Roofs
- ◆ Garage Doors
- ◆ Aluminium & Timber Windows also available
- ◆ Trade Frames (supply only) available



CERTASS



PLANITHERM
Clearly the most energy efficient window glass

Visit our Showroom: **NOW OPEN**

Monday - Sunday 10am - 4pm

at **Stratford Garden Centre**

Clifford Chambers, Nr Stratford upon Avon CV37 8LW

Call **01926 422200**

or visit **www.priorproducts.co.uk**

0%
**FINANCE
AVAILABLE**
Subject to conditions

**UP TO
35%
OFF**

**LIMITED TIME
ONLY**



For your **FREE** quotation please contact
React Roofing today!

- NEW ROOF SPECIALISTS
- FASCIAS, SOFFITS & GUTTERING
- FLAT ROOF SPECIALISTS
- GRP FIBRE GLASS ROOFING
- LEAD WORK
- CHIMNEY REPAIRS & BUILDS



ALL WORK
GUARANTEED

T: 01564 336 894

M: 07922 230 477

Email: reactroofingservices@gmail.com

www.reactroofingservices.co.uk
Based in Solihull

Please mention Stonestrow Directory when calling

JASON HIGGINS TREE SERVICES Ltd

Est. 1993

We're all your trees need

- Felling & dismantling
- Reducing & shaping
- Crown lifting & thinning
- Hedge trimming
- Stump grinding
- Planting

- Logs & garden mulch for sale
- Large & dangerous tree specialists
- Fully qualified (NCH / Arb)
- Full insurance (£5,000,000)

All aspects of tree surgery covered
Friendly, reliable & competitive service

For Quality Tree Care Call:
Jason Higgins Tree Services Ltd

024 7627 0326

01926 856 352

jason@jasonhigginstreeservices.com



PHYSIO + HEALTH MATTERS

restoring your health



Using a hands-on approach our highly qualified and experienced physiotherapists can help you to reduce pain, improve mobility and increase strength

Offers

Check our website for our latest offers

Home Visits Available

Call us for more information

21D Station Rd, Knowle, Solihull, B93 0HL
also at Allesley Village Surgery, CV5 9BD
and University of Warwick Sports &
Wellness Hub, CV4 7EU

Tel: 01564 660557 / 024 7531 0840

www.physioandhealthmatters.com

Misty Double Glazing?

Hi, my name is Dave Millidge, let me introduce my company where I repair windows and replace misted up double glazed units.

The area that I cover is Coventry and Warwickshire. You may have seen me around in your street or even have family and friends who I have worked for in the past ten years, with over 6,000 satisfied customers during that period. I started Misty to Clear to give customers the best value repairs in the current climate.

The Misty to Clear website allows total transparency of the customer experience. You can log into the website and view work that I have carried out. You can also leave feedback on social media. Therefore, I give a 5 year guarantee on all new double glazed units fitted by Misty to Clear.

This is a genuine guarantee which does not come as an extra to my price.

I started Misty to Clear mindful that the cost of repairs is probably key to most people's budget when using tradesmen to do work on their behalf in their homes.

I offer a lower cost service to both old and new customers as I operate directly for the customer with no additional hidden charges or insurance costs to you the customer.

So, my company name is Misty to Clear where I can offer steamed up window glass replacement and fix broken handles, hinges, seals, window locks and door locks.

I also change glass in Velux windows too.

Satisfaction guaranteed to be a high standard that carries a 5 year guarantee.



Clearly a great service!

**OAP
DISCOUNT**

**Don't replace
the Frames
...just the
Panels!**

Misted/Failed Double Glazed
Units Replaced
Broken or Damaged Windows?
Faulty Hinges, Handles or Locks?
Want the latest energy
saving glass?
Family run business with
5 year guarantee
on new double glazed units

MISTY to CLEAR Window
Repair Service

**OVER 25 YEARS
EXPERIENCE**

**SATISFACTION
GUARANTEED**

Call Dave Millidge

07704613430

web:
www.mtcwarwick.co.uk
email:
dave@mtcwarwick.co.uk

**Misty To Clear
Warwick Limited**



**YOUR FAMILY RUN
LOCAL
ELECTRICAL CONTRACTOR**

**SERVING COVENTRY
& WARWICKSHIRE
FOR OVER 30 YEARS**



EAGLE ELECTRICS LTD



From changing a lamp to re-wiring your factory. We can help!
FOR MORE INFORMATION OR A FREE QUOTATION, CONTACT DAVE ON:

T: **02476 464 138** M: **07730 309 332**

Email: **info@eagleelectrics.com**

Or find us online: **www.eagleelectrics.com**



RAY'S

BUILDING AND LANDSCAPES LTD

**PRIDE IN EVERY DETAIL
SINCE 1985**

W: **www.raypundsackbuilds.org**

W: **rpundsack@live.com**

T: **01926 810 772**

M: **07449 581 930**



The difference is clear. Over 30 years of serving our customers has taught us that value is not just about price, it's also about gaining valued relationships. Working with our clients starts with detailed planning and a fair price, but equally working together to surpass expectation. Additionally, our clients have the advantage of a wealth of experience and skill that bridge all construction trades.

**FROM EXTENSIONS TO BATHROOMS OR KITCHENS TO LANDSCAPING:
WE DO IT ALL!**

We look forward to hearing from you for a free consultation and quotation.

**WE OFFER
2 YEAR
GUARANTEE
ON ALL
PROJECTS WE
UNDERTAKE**

COMPANY REGISTERED IN ENGLAND & WALES NO: 11983174 VAT REGISTRATION NUMBER: 373525587

TAMARINDS

CAFE · DINING · LOUNGE

CHRISTMAS PARTY

"Perfect place to celebrate the festive season".

BOOKINGS NOW BEING TAKEN
(Party menu Available)

Bookings now being taken for CHRISTMAS LUNCH

£35 PER ADULT | £20 PER CHILD (UNDER 10'S)
(£10 per head deposit required)

T 01676 533 308 • www.cafetamarinds.co.uk

376 Kenilworth Road, Balsall Common, Coventry, CV7 7ER

Open 7 Days a Week: 5.00pm - 11.00pm

PATIO CLEANING

BRING IT UP GLEAMING

All work undertaken including:

PRESSURE WASHING CLEANING
DRIVES • CONCRETE • ROOFS
BLOCKPAVIERS & RE-SANDING
WALLING • SLABS • GREENHOUSES
PATIO SETS & GARDEN FURNITURE
BARBEQUES • STEAM CLEANING
VACUUM GUTTER CLEANING



Call Martyn Barrington:

01789 470295

07968 591166

barrington58@btinternet.com

Vehicle damaged? Don't delay, repair it today

» Bumper Scuffs?



» Paintwork Scratches?



» Minor Dents?



» 5* Trustpilot Rating

"Harvey was friendly, efficient, professional and did a great job with my car. Would happily recommend and use him again."
-Tanya

Call Harvey or go online for your FREE estimate

07865 510821

www.chipsaway.co.uk



ChipsAway
LIKE IT NEVER HAPPENED



Visit our showroom
7b Jenton Road
Sydenham Ind Est
Leamington spa
CV31 1XS

fitrite
wardrobes of Leamington Spa

www.fitrite.co.uk

for a free no obligation quote
01926 312654



Because you and your home are individual FITRITE can make just the design for you. All our wardrobes are tailor-made to your requirements with an extensive range of interiors. We cannot make space that doesn't exist but we can make use of every inch that does.

Dealing with a local business you can be sure that the prices offered are the most competitive available and appropriate to your budget.



BEN TEBBY

TREE & LANDSCAPING SERVICES

TREE SERVICES

Tree Felling & Dismantling
Crown Reduction & Thinning
Pruning & Shaping
Hedge and Shrub Trimming
Stump Removal
Logs & Wood Chipping for Sale
Site & Garden Clearances

LANDSCAPING

Patios, Fencing & Turfing
All aspects of landscaping

NPTC and City & Guilds qualified
Fully Insured (5 million public liability)
Friendly and reliable services



07581 094528

bentebby@hotmail.com



S&S

Building & Roofing

- **NEW ROOFS**
- **GUTTER CLEANING**
- **SMALL & LARGE ROOF REPAIRS**
- **UPVC FASCIA & GUTTERING REPLACEMENT**
- **BUILDING PROJECTS**
- **EMERGENCY REPAIR WORK**



- **FLAT ROOFS**
- **LEAD WORK**



T: 0800 433 2288 / 0121 809 5502

M: 07541 936357

E: bks@ssbuildingandroofng.co.uk

W: www.ssbuildingandroofng.co.uk

Lady Katherine Housing & Care



Rated by the Care Quality Commission as:

GOOD

**RESIDENTIAL CARE
SHELTERED HOUSING
RESPITE CARE**

(now taking Autumn Respite bookings)

If you would like to pay us a visit or discuss our current availability, contact:

Chris Mundell

on

01564 772415 / 07593 552136

Temple Balsall, Knowle, Solihull, B93 0AN



Company No. 7890553

www.leveson.org.uk

Registered Charity 1146710

Projects

Paving & Landscaping



Resin Drives



Tarmac Drives



Block Drives & Paving



Luxury Patios

- ✓ BLOCK DRIVEWAYS & PAVING
- ✓ RESIN DRIVEWAYS
- ✓ TARMAC DRIVEWAYS
- ✓ LUXURY OUTDOOR PATIOS
- ✓ STEPS TO FRONT DOORS
- ✓ DECORATIVE WALLING
- ✓ LANDSCAPING
- ✓ ASTROTURF
- ✓ FENCING



Steps



Astro Turf

For a FREE, NO OBLIGATION quotation call:

T: 01926 674 782 M: 07961 358 367

projectspaving@icloud.com

www.projectspaving.co.uk

328 Alcester Road, Wythall, Birmingham B47 6JR

IS YOUR SOFA LOOKING TIRED & SHABBY? CANNOT AFFORD TO BUY BRAND NEW?

*Complete upholstery & re-upholstery services for
traditional & contemporary pieces in fabric & leather*

SPECIALIST LEATHER REPAIR:

*Professional cleaning & stain removal
Scuffs, cat scratches, burns
Colour loss restored
Panel replacement
Aniline restoration
Large range of fabric & leather*

UPHOLSTERY:

*New seat cushions
New springs / webbings
Frame repairs
Free inspection
All work guaranteed*



Before

Mark Miller

Leather Cleaning & Repair

Undertake Commercial & Domestic Upholstery

01455 612730 / 07949 606949

www.leathercleaningandrepair.co.uk



After

DOMESTIC ROOFING AND PROPERTY MAINTENANCE

Local and friendly service, seven days a week

ASK FOR A QUOTE TODAY



SERVICES INCLUDE:

Gutters, Fascias & Soffits
Down pipes
Built-up flat roofing
Single ply membrane

WE ALSO OFFER:

Fencing
Slabbing
Lock changes
Water leaks
Interior decorating



R W McDermott
Property Maintenance

T: 07880 748 054

E: rwmcdermottpropertymaintenance@gmail.com

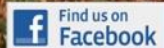
Xtreme Tree Care

- Crown Thinning and Reduction
- Felling and Dismantling
- Pruning and Shaping
- Hedge Trimming and Removal
- Specialist Stump Removal
- Logs and wood chip for sale

Fully Insured
All Staff Fully Qualified
20 Years Experience

For a free quotation from your
Local Tree Surgeon call
07951 332 401

Highcroft, Ossetts Hole Lane, Claverdon, Warwickshire CV35 8HN
xtremetreecare@aol.co.uk



Ben the

PC+Doctor

First to Aid All Your PC Problems
Call Solihull's Original PC Doctor Now!

Software,
Hardware,
Network,
Internet,
Virus Problems
& Concerns?

- + FREE Call Out
- + FREE Advice
- + We Come To You
- + No Hidden Extras
- + Low Rates
- + Lines Open 24/7
- + Rated 29/30 in
Customer Service
Reviews

Local Line **0121 704 2134**

The New Look PC Doctor,
Same Great Service -
Read Our Reviews on Google!



Heritage

DRIVES & LANDSCAPES LTD

FREE QUOTATIONS
DISCOUNT PRICES

Driveways & Landscapes In Warwickshire

Professional Driveway & landscaping company based in Solihull, working throughout Warwickshire, Coventry, Kenilworth & surrounding areas.



We pride ourselves on our high standards of workmanship

BLOCK PAVING | TARMACING (red & black) | PATIOS | RESIN | BRICKWORK SLABBING | GRAVEL | FENCING LANDSCAPING | PROPERTY & ROOF REPAIRS | DRIVEWAY MAINTENANCE (Pressure cleaning & sealing - weed free)

www.heritagedrivesandlandscapes.co.uk

Sunnyside, Kenilworth Road, Hampton in Arden B92 0LW



 **02476 014 131**

 **07377 534 460**

 **heritagedrivesltd@gmail.com**

MATHS TUTOR

Angelo Berté BA (Hons) PGCE

Offered by an experienced and qualified tutor.
Teach Mathematics from Key Stage 2
up to & including A-Level

- ⇒ Structured learning
- ⇒ Preparation for Entrance Exams
- ⇒ Thorough knowledge of Exam Boards
- ⇒ 100% Pass Rates
- ⇒ Mathematics for adults too: making a career / change or returning to education

**HOME VISITS &
ONLINE LESSONS OFFERED**

For an informal discussion please contact
Angelo Berté BA (Hons) PGCE

01926 490579

07731 640281

angeloberte@hotmail.co.uk



C. Stevens Roofing

*The regions
Premier Roofing Company*

A family business with over
50 years experience

- New Roofs
- Flat Roofs
- Leadwork
- Chimneys
- Re-Pointing
- Small Repairs
- UPVC Facias
- Guttering

01676 535290

www.cstevensroofing.co.uk

MERCIA CARPETS

of Kenilworth

THE HOUSE OF QUALITY CARPETS

- Carpets, Vinyl Flooring, Carpet Tiles & Laminate
- Cormars, Victorias, Westex, Ulsters & Axminster
- Karndean Flooring
- Free Quotations/Reliable Expert Fitting
- Competitive Prices

Telephone: 01926 857910

www.merciacarpets.co.uk

43 Abbey End, Kenilworth,
Warwickshire, CV8 1QJ

Be inspired!





Local
Reliable
Trusted



CROWN Driveways & Patios

Limited time offer: Winter Discounts

- Patios
- Driveways
- Tarmac
- Block Paving
- Resin Drives
- Entrance Pattern
- Drainage
- Wall & Steps
- Fencing & Gates
- Landscaping

Call us for a FREE,
NO OBLIGATION Quotation:
0121 746 3028
07786 300 839
Serving Balsall Common, Meriden,
Hampton in Arden & surrounding areas

www.crowndriveways.co.uk



**S&S BUILDING
& ROOFING**

- ✓ Fully insured
- ✓ Guaranteed
- ✓ Family run
- ✓ Local

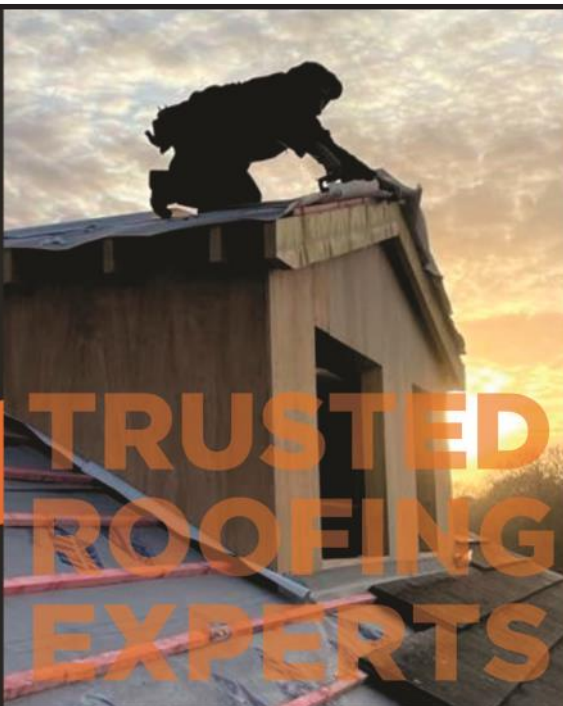
Payment only upon
satisfactory completion
of work



Checkatrade
Where reputation matters



Search us on
Google



- All aspects of roofing work undertaken
- Trained & qualified tradespeople
- Professional management team
- Excellent customer care
- A wealth of construction experience
- Industry accredited

10 YEAR GUARANTEE

*Insurance backed guarantee available



TRUSTMARK
Government Endorsed Quality



HomePro
connect with the best

Contact a member of our
team today on:

T: **0121 809 5502**

T: **0800 433 2288**

M: **07541 936 357**

E: **bks@ssbuildingandroofing.co.uk**

W: **www.ssbuildingandroofing.co.uk**



CONSERVATORY ROOF REPLACEMENT

Every Ensign conservatory roof is bespoke. Accurately surveyed and precision built in our own factory.

- Large range of lightweight tile colours
- U-value 0.18 is better than current building regulations
- Keylite Roof Windows
- Electrics & Plaster Finish

BUILD CONSERVATORY & ORANGERY EXTENSIONS

- Cost effective extensions
- Large range of designs
- LABC Approval Undertaken
- Average build time 4 weeks

REPLACEMENT WINDOWS AND DOORS USING PROFILE 22 SYSTEMS

- Aluminium bi-fold doors
- Composite Doors
- Profile 22 Optima Systems
- Planitherm Technology
- Sealed Units for maximum efficiency
- High security locking systems



CALL TODAY TO BOOK YOUR FREE
NO OBLIGATION SITE SURVEY

01527 69296

www.ensignroof.co.uk



Proud members of
Checkatrade.com
Where reputation matters

FENSA
Registered Company

GET PAID TO GET FIT! JOIN OUR DELIVERY TEAM!



We Need You !!

We are looking for reliable, enthusiastic and energetic people to take on door to door deliveries once every 2 months. Adults and kids over 13 years old. Please enquire:

INFO@STONESTHROWPUBLICATIONS.CO.UK



We cannot make space that does not exist, but we can make use of every inch that does.



Dealing with a locally owned and managed business, you can be sure that the prices offered are the most competitive available and appropriate to your budget.

For a free no obligation quote call
01926 312654
or email sales@fitrite.co.uk

Visit our showroom
7b Jenton Road
Sydenham Ind Est
Leamington Spa
CV31 1XS

www.fitrite.co.uk



Find us on Facebook
Fitrite Wardrobes of Leamington Spa



Proud members of
Checkatrade.com
Where reputation matters

0121 7463044
0800 3032559
07773 911552

Laying Drives & Patios since 1979



5-YEAR GUARANTEE • NO UPFRONT PAYMENT • 100% SATISFACTION

- ✓ TARMAC DRIVEWAYS
- ✓ BLOCK PAVING
- ✓ RESIN DRIVES
- ✓ COBBLESTONE PAVING & DRIVEWAYS
- ✓ CONCRETE IMPRINTING
- ✓ DAMP PROOF POINTING
- ✓ FENCING
- ✓ ROOFING

Please call us today for a FREE, NO OBLIGATION quotation:

enquiries@drives4u.co.uk / www.drives4u.co.uk

Please remember to mention Stonesthrow Directories when calling



EASTCOTE
PARK
CINNAMON LUXURY CARE



REASSURING DEMENTIA CARE AT EASTCOTE PARK

Residents at Eastcote Park enjoy wonderful facilities, first class food and attentive care from our compassionate, well-trained team. As well as exemplary residential care, our dementia community offers care and support that celebrates the individuality of each person who lives with us. Call us today to discover how Eastcote Park can offer you and your family the peace of mind and reassurance you deserve.

At Eastcote Park, people will always come first



For more information about Eastcote Park Care Home including the Independent/Assisted Living Apartments, call our friendly team on 01564 757477 or email eastcote.enquiries@cinnamoncc.com

INDEPENDENT/ASSISTED LIVING APARTMENTS | RESIDENTIAL CARE | DEMENTIA CARE | RESPITE CARE

Eastcote Park Independent/Assisted Living Apartments & Care Home
Knowle Road, Eastcote, Solihull B92 0JA



www.cinnamoncc.com/eastcote

To view other Cinnamon Care Homes in the West Midlands visit cinnamoncc.com/westmidlands

SAVE ON THE ENERGY BILL

WITH THERMAL CURTAINS

Heating and cooling account for almost half of the amount an average household spends on utilities each year. Using insulated window treatments to jazz up your room and lower your utility bills provides a double value—adding to the aesthetics of your living space and saving money.

Insulating properties of a material are expressed as R-values. The higher the number, the more effectively it blocks the transfer of heat. Conventional curtains have an R-value of approximately R-1. Curtains with insulated linings can have R-values as high as R-6. Using insulating window treatments can save as much as 7 percent on utility bills each year.

Energy-efficient curtains are made in several layers that help insulate windows from sound and heat transfer. Many also have room-darkening properties. The outermost layer, which faces into the room, is a decorative fabric that can complement a room's décor. The middle layer can be any material that slows or prevents heat exchange, such as foam, heavy polyester or cotton flannel. Some types have a special backing that reflects light. Others are made with a fabric lining that covers the inner thermal layer. A vapor barrier is included to keep the fabric from absorbing moisture that builds up between the window and the room.

Using conventional drapes and curtains made of heavy material reduces heat loss through windows. Closing curtains at night can reduce heat loss by up to 17 percent and using curtains with thermal lining can reduce heat loss by up to 25 percent. Using curtains with white plastic backings can reduce heat gain by up to 33 percent in the Summer months.

One of the added benefits of using thermal window coverings is that they protect your indoor furnishings from sunlight. By controlling how much sun comes into a room, these light-blocking materials keep fabrics and carpets from fading. Fragile fabrics that deteriorate in sunlight may last longer. Adding lining to draperies increases the life expectancy of the drapery fabric and furnishings.

Visit *Aquarius Interiors Ltd* for a wide range of quality insulated curtains to reduce your energy bill this Winter.

FARROW & BALL
CRAFTSMEN IN PAINT AND PAPER

Inspiration for everyone

Russells Garden Centre, Mill Hill, Baginton, Coventry CV8 3AG.
Tel: 024 7771 7517

35, Abbey End, Kenilworth CV8 1QJ.
Tel: 01926 359096

www.aquariusinteriors.co.uk

Aquarius Interiors Ltd
CONVENTRY, COVENTRY



Central Drives & Landscapes



SPECIALISTS IN BLOCK PAVING, TARMACING, LANDSCAPING

CLAY & BLOCK PAVING • TARMACING (red or black)
PATIOS • BRICKWORK • SLABBING
GRAVEL LANDSCAPING • FENCING
PROPERTY REPAIRS • ROOFING REPAIRS
DRIVEWAY MAINTENANCE
(Pressure cleaning & sealing - weed free)

NO DEPOSITS TAKEN - NO SUBCONTRACTORS USED

Check out samples of our work on our website:

www.centraldrivewayslimited.com

Call now for your **FREE, NO OBLIGATION QUOTE:**

0121 702 1456 • 01926 702 386






07748 577 687

michael.central@icloud.com



HYDROHEAT

boiler and central heating specialists

-  **BOILER INSTALLATIONS**
-  **BOILER REPAIRS**
-  **BOILER SERVICE**
-  **SMART THERMOSTAT**
-  **POWER FLUSHING**

Proud members of
Checkatrade.com
Where reputation matters

Google
Reviews



Call today for a **FREE,**
No Obligation Quotation

024 7688 9051

07379 676 567

enquiries@hydroheatltd.co.uk

www.hydroheatboilerinstallations.co.uk

Please remember to quote Stonesthrow Directory when calling



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.

Coffee Together

Date: first Saturday of every month / Time:
10.30am - 12noon; Venue: The Jubilee Centre,
225 Station Rd, Balsall Common CV7 7FE
Organised by Churches together in Balsall
Common and Berkswell. Entry fee is £2. this
includes coffee and pre-wrapped biscuit. All
profits go to charity. Enquiries to Clare Laland at
clmap18@gmail.com

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.

Heart of England WI

Date: every 2nd Thursday of the month / Time:
7.30pm / Venue: Balsall Common Village Hall
The Heart of England Women's Institute is a
thriving group, with lively members aged from
mid-20s to 90s. New members are always
welcome. Talks for the autumn include Early
Years at the Savoy on 8th September, Modern
Manners on 13th October and a practical

demonstration of Bulbs for Your Spring Display to
follow in November. More information is on
Heart of England WI Facebook page or by
phoning Lyn 01676 533675 or Kathryn 01676
534824. Email: hoewi2019@hotmail.com

Balsall Common Fun Run

Date: 18th of September / Time: all day / Venue:
The Heart of England School, Balsall Common,
Solihull CV7 7FW

Participants can choose to take part in either of
the 5KM or 10KM events. Our slogan is Walk |
Jog | Run | Race and we welcome people of all
ages and abilities for the Mini Runs, Junior 5KM,
Family 5KM and Adult 5KM & 10KM events. Enter
now:

www.stuweb.co.uk/events/2022/09/18/4068/

Card Club

Date: every 2 weeks on Mondays / Time: 2.15 -
4pm / Venue: Balsall Common Library
Refreshments are provided for a small charge.
For more information please ask at help Desk, call
us on 01676 532 590 or visit [www.solihull.gov.uk/
library-events](http://www.solihull.gov.uk/library-events)

Cinema Organ Society

Date: 6th of November / Time: Doors open 1.30
pm. Curtain up 2.30 pm / Venue: Fentham Hall,
Marsh Lane, Hampton-in-Arden, B92 0AH
Our guest organist today is Kevin Grunill BA
(Hons). 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

Berkswell and Balsall Common Sports & Community Association

Date: varied / Time: varied / Venue: The Lant,
Meeting House Lane, Balsall Common
With cricket, hockey, running, sailing and tennis
clubs plus a clubhouse and bar. Facilities also
available for private hire. See www.bbcscs.co.uk
or Facebook - BBCSCA / Berkswell Sports Bar for
more information.

Firebird Singers

Date: every Friday / Time: 7pm - 9pm / Venue:
Meriden Village Hall, Main Road, Meriden
Singing for pleasure whilst raising money for
charity. Anyone that enjoys singing is welcome to
join the choir. We sing to raise money for
worthwhile causes. Make new friends, have a
good sing song and a cup of tea at half time. If
you are interested in joining the choir Please
contact Anna on 07792525999 or Val on 01676
522963

Cinema Organ Society

Date: 4th of December / Time: Doors open 1.30
pm. Curtain up 2.30 pm / Venue: Fentham Hall,
Marsh Lane, Hampton-in-Arden, B92 0AH
Our guest organist today is Matthew Bason.

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

Christmas concert in Meriden

Date: 11th of December / Time: 2.30pm - 7.30pm / The Manor Hotel, Main Road, Meriden
The Firebird Singers present Christmas Top of the Pops, led by Musical Director Andrew Smith. This will be a fabulous start to your Christmas festivities. There is parking, disabled access and a bar. Choose from the matinee or evening performances. Tickets £8 available from Anna on 077925999 or Val on 01676 522963

Balsall Common Lions Fireworks Extravaganza

Date: 29th of October / Time: TBC / Venue: Balsall & Berkswell Sports Association at the Lant on Meeting House Lane
If you attended our Fireworks Extravaganza last year, hopefully you will agree that the display was truly amazing! This was thanks to our team of

Lions and volunteers, but especially down to the expertise of the pyrotechnicians at PYRO 2000. After last years' show, we wanted to make sure that we could bring you a display of equal brilliance. This year, 5th November falls on a Saturday, and such is the demand for the expertise of PRYO 2000, (they are already booked for several major national displays on Bonfire Night) that we have decided to give you a super extravaganza on Saturday 29th October instead.

Berkswell & District History Group

Date: 26th of October / Time: 2pm / Venue: Balsall Common Village Hall
Alan Godfrey will give an illustrated talk entitled "Postman's Knock". In which he will cover the development of the postal service in England from 16th to the 20th century, using examples from Warwickshire. The talk follows the history of the post from the founding of the General Letter Office, to the mail coach era, the postal reforms of 1840 and the impact of improved communications in the early 20th century.

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

Visit our showroom

7b Jenton Road
Sydenham Ind Est
Leamington spa
CV31 1XS

fitrite
wardrobes of Leamington Spa

www.fitrite.co.uk

for a free no obligation quote
01926 312654



Because you and your home are individual FITRITE can make just the design for you. All our wardrobes are tailor-made to your requirements with an extensive range of interiors. We cannot make space that doesn't exist but we can make use of every inch that does.

Dealing with a local business you can be sure that the prices offered are the most competitive available and appropriate to your budget.

WHAT TO DO WITH A LEFTOVER PUMPKIN

ONCE THE HALLOWEEN CELEBRATIONS ARE OVER



Halloween is an ancient festival with Celtic origins, traditionally believed to be the day on which the souls of those who had died that year progressed to the underworld. Halloween has gained massive popularity in the UK only in recent years, turning into one of the country's biggest cultural and commercial events.

In 2021 we spent over £25 million on pumpkins, and we bought a total of 17 million of them. But the statistics on pumpkin food waste are frightening. According to the charity Hubbub, 18,000 tonnes of edible pumpkin end up in the bin each year – that's the same weight as 1,500 double decker buses. Instead of wasting these wonderfully versatile winter vegetables, re-use them. Here are two of our favourite recipes for you to try:

PUMPKIN SOUP

Ingredients:

2 tbsp olive oil
2 onions, finely chopped
1kg pumpkin peeled, deseeded and chopped into chunks
700ml vegetable stock or chicken stock
150ml double cream

Method:

Heat the olive oil in a large saucepan, then gently cook the finely chopped onions for 5 mins, until soft but not coloured.

Add the diced pumpkin to the pan, then carry on cooking for 8-10 mins, stirring occasionally until it starts to soften and turn golden.

Pour 700ml vegetable or chicken stock into the pan and season with salt and pepper. Bring to the boil, then simmer for 10 mins until the pumpkin is very soft.

Pour the double cream into the pan, bring back to the boil, then purée with a hand blender. For an extra-velvety consistency you can pour the soup through a fine sieve.

The soup can now be frozen for up to 2 months.



PUMPKIN CURRY WITH CHICKPEAS

Ingredients:

1 tbsp sunflower oil
3 tbsp Thai yellow curry paste, or vegetarian alternative
2 onions
3 large stalks lemongrass, bashed with the back of a knife
6 cardamom pods
1 tbsp mustard seed
1 pumpkin (about 1kg)
250ml vegetable stock
400ml can reduced-fat coconut milk
400g can chickpeas, drained and rinsed
2 limes
Large handful mint leaves
Naan bread, to serve

Method

Heat the oil in a sauté pan, then gently fry the curry paste with the onions, lemongrass, cardamom and mustard seed for 2-3 minutes until fragrant. Stir the pumpkin into the pan and coat in the paste, then pour in the stock and coconut milk. Bring everything to a simmer, add the chickpeas, then cook for about 10 mins until the pumpkin is tender. Squeeze the juice of one lime into the curry, then cut the other lime into wedges to serve alongside. Just before serving, tear over mint leaves, then bring to the table with the lime wedges and warm naan breads.





Homewood, Leamington Spa

Residential care home

MHA is a charity with over 75 years' experience providing quality care and supporting families.

Situated in beautiful grounds, we offer:

- Long-term and respite care
- Personalised care in a safe environment
- En suite bedrooms and home cooked food
- A chaplain, hair salon and lots of activities

Get in touch for more information

01926 423519

www.mha.org.uk/homewood



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*

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*

Main Rd, Meriden CV7 7NF

01676 522 117

THE BULLS HEAD *Gastropub*

Main Rd, Meriden CV7 7NN

01676 523 798

HAMPTON IN ARDEN

THE LAKE AT BARSTON *Global Grill*

Marsh House Farm Ln, Barston B92 0LB

01675 444 890

THE WHITE LION INN *Gastropub*

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

TELEPHONE

NUMBERS

MEDICAL

NHS Advice Line
& 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

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

West Midlands Trains
0333 311 0039

Bus Travel Line
0871 2002233

Coventry Airport
02476 301717

Birmingham Airport BHX
0871 222 0072

LEAFLET PRINT & DISTRIBUTION

PRINT

5,000 = £125.00

10,000 = £205.00

A5 Double-sided Leaflet 135GSM Gloss.

DISTRIBUTION

FROM JUST £35.00 PER 1,000.

Prices are plus VAT.

Only available in conjunction with Stonestrow Publications printing services.

01926 8000 84 | 075 111 222 45
INFO@STONESTROWPUBLICATIONS.CO.UK

HOROSCOPES:

OCTOBER / NOVEMBER

ARIES MARCH 21 - APRIL 20

October begins with a powerful energy surge as the full moon arrives in your sign on the 9th. Vitality will be at its peak, but try to remember to take time out for rest and relaxation. Relationships are also in the limelight as the Sun and love planet Venus are highlighting your opposite sign. Take care with any disagreements, try to use your intuition before you act. 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

October turns the focus to your health and wellbeing; a nutrition and fitness review may well be needed now as the Libra Sun and Venus both demand a better balance in your daily life. The intensely emotional Scorpio new moon in your opposite sign on the 25th demands that you dig deep and connect with your most intimate desires and the shadow side of life. 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

Important breakthroughs come to the surface during October as your curiosity and creative spark reaches a highpoint. Mars in your sign is giving you the energy and vitality to push ahead in business and work matters. Mercury moving direct on the 3rd clears up any misunderstandings and offers some deep and lasting insight. Be open to new possibilities in love and romance. 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

Domestic issues are your top priorities during this month as you strive to create peace and harmony within your home and with your family. The Sun and Venus in Libra are in ideal positions for this to be a very successful venture. The dynamic Aries Full moon on the 9th is highlighting the career sector of your chart, you may also have to be courageous and fight for what you want. 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

Your interactions are thoughtful and balanced during October as the Sun and Venus work together in the sign of the scales. This planetary aspect mainly strengthens your communicating ability so that you should be able to see both sides of any discussion. The powerful and highly intense Scorpio new moon on the 25th offers intuitive energy for solving any domestic problems. 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

You can breathe a sigh of relief as Mercury, your ruler, moves into direct motion on the 3rd. Any setbacks or delays that you have encountered should now start to move forward. Communication is balanced and well thought out as the radiant Sun passes through the sign of the scales. Financial issues may also crop up now, deep thinking and forward planning is essential. 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

It's your birthday month and Venus, your ruling planet, is well placed in your sign to offer a truly exceptional time as friendships and harmonious partnerships are all well aspected. The powerful Aries full moon on the 9th offers a boost to your courage and self-confidence. Energetic Mars is in curious Gemini all month, spurring you on to new adventures. 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

The powerful Aries full moon on the 9th of October offers you a totally new way of working, this period is ripe for learning and exploration. Expansive Jupiter is also in Aries, indicating that any new project that you start now will turn out to be highly successful. The new moon in your sign on the 25th demands that you dig deep for answers to important questions. 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

During October the Libran Sun and then love planet Venus both illuminate the sector of your chart that governs friendships, groups, idealism and your relationship to the collective. This is a high energy time, don't be surprised if themes around humanitarian issues and larger social structures are your driving force. The Aries full moon boosts your creativity. 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

This month the radiant Libran Sun and the love planet Venus both illuminate the highest point of your chart, indicating that you are able to find diplomatic solutions to challenging situations, particularly in the workplace. The Aries full moon on the 9th presents a challenge, but the positive energy of the Scorpio new moon on the 25th favours interactions with others. 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

October is a powerful time for you to press on with innovative plans for the future. The Mercury retrograde may have caused some setbacks and delays, but after the 3rd things should start to progress nicely. The powerful new moon in Scorpio on the 25th falls in your career sector and helps facilitate 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 your investments, finances and resources. The Libra Sun and Venus urge you to take a step back and work out what's best for the future. The deep and intense new moon in Scorpio on the 25th offers you an excellent opportunity to communicate your innermost needs and wants to those around you. 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 Chalkin, Inspirational Astrologer and Life Coach
www.facebook.com/reststyleyourlife www.reststyleyourlife.co.uk christine_Chalkin@hotmail.com 07813 483549

SEASONAL TREATS

OCTOBER & NOVEMBER



While the clocks go back this month, heralding darker days, longer nights and colder climes, October is a glorious time for seasonal produce to brighten up mealtimes. Here's our pick of three of the best fresh British ingredients.

PEARS

While the UK is home to over 500 varieties of pear, only four usually make it onto the supermarket shelves. Williams and Conference are firm enough to cook with and a melt-in-the-mouth delight poached in red wine with a sprinkling of cinnamon, while aromatic Concorde and Comice are perfect raw, juicy and paired with goat's cheese, mature cheddar or blue cheese. Farmers' markets and smallholders might also yield treasures like Onward, Beth and Merton Pride. Since pears are picked while still hard, they need time to ripen at room temperature. The trick is to keep a weather eye on them, as they do have a habit of going from rock to mush seemingly in minutes!

WINTER SQUASH & PUMPKINS

Squashes were one of the "three sisters" indigenous crops grown by Native Americans, along with beans and maize, and they are highly nutritious – there's plenty of vitamin C, beta-carotene, calcium, magnesium and fibre packed beneath their brightly coloured skins. At this time of year, as well as the ubiquitous vegetable-aisle butternut, you'll find a couple of dozen varieties – including acorn, onion, kabocha, harlequin, crown prince, hubbard and, of course, pumpkin – with specialist growers boasting the widest selection.

Not only do they look pretty, they're pretty tasty, too, whether roasted in chunks, added to thicken up soups and casseroles, or stuffed and baked. If you struggle to remove that tough skin, chop your squash into thick wedges, scoop out the seeds and roast with the skin on – it peels away far more easily when cooked. And don't compost those seeds, because they're full of goodies like protein, iron and magnesium. Instead, remove as much of the pulp as possible, then roast or pan-fry, either on their own or sprinkled with your favourite spices for a healthy snack or cereal topping.

FENLAND CELERY

Grown in the rich East Anglian soil, Fenland celery is the first English vegetable to have been given Protected Geographical Indication (PGI) status. It's planted in deep trenches to keep it warmly protected from frost and create the characteristic blanched stalk – hence its alternative name of white celery. With a crisp texture and sweet, nutty taste, it's perfect for adding depth of flavour to casseroles or enjoying raw in a salad or as a dipper for chutney. Fenland celery also pairs beautifully with other autumn and winter treats like Stilton, so make the most of its short season from mid-October to the end of December (available in independent outlets and some supermarkets).

About the author: Gill Mullins is a freelance writer and journalist at www.superhappycontent.com

AUTUMNAL SHOPPING LIST:

APPLES
BEETROOT
BROCCOLI
BRUSSELS SPROUTS
CABBAGE
CARROTS
CAULIFLOWER
CELERIAC
CHARD
COLLARD GREENS
FENLAND CELERY
FENNEL
KALE
KOHLRABI
LEEKS
PARSNIPS
PEARS
PUMPKIN
SPINACH
SQUASH
SWEDE
TURNIP
WATERCRESS



HER MAJESTY THE QUEEN

1926 - 2022

Like the whole of the UK and many people around the world, the team at Stonestrow Directories were stunned and saddened by the death of Her Majesty Queen Elizabeth II on 8th September. For all of us here she was a constant and steadfast presence in our lives, and the one person we could rely on to hold true to her values as the world around us underwent epoch-defining changes.

Although she lived to a remarkably great age of 96, she had understandably become a more private person after the death of her husband Prince Philip in 2021. Nevertheless, she was still there at the most important moments, despite her increasing mobility problems, and who can forget the wonderful four-day celebration of her Platinum Jubilee earlier this year in June?

The Queen notched up some remarkable achievements during her 70-year reign. In pure numbers alone they would have required immense stamina, focus and fortitude. Since 1952 she travelled to more than 100 countries and made more than 150 visits to Commonwealth countries including 82 state visits. She worked with all 15 UK Prime Ministers, met 13 US Presidents and 7 Popes. She attended 21,000 public engagements, including 39 Royal Variety Performances, posed for 1,000 official photographic and painted portraits, sent 300,000 birthday messages to centenarians, vetted over 1,000 new laws, and owned 30 corgis.

Those closest to her often talked about her wicked sense of humour, which became apparent to the rest of us during some big national moments. The 2012 Olympics opening ceremony featured a skit in which she accompanied Daniel Craig as James Bond from the palace to the Olympic Stadium; her own idea, which she had kept secret from the rest of her family. This year, her Platinum Jubilee celebrations included her playing herself in a short video with a CGI version of Paddington Bear, bonding over a shared love of marmalade sandwiches – finally revealing the secret of what she'd been keeping in her handbag for all those years!

And let us not forget she was also a mother and grandmother, a matriarch as well as a monarch. She was married to Prince Philip for 73 years, had four children, eight grandchildren and 12 great-grandchildren. For them as well as us, she was a symbol of stability, resilience, and wisdom. During times of national strife, she provided comfort and reassurance. It's difficult to summarise her legacy in just a few words, other than to say that we're grateful for her grace, humour, and tireless support in helping Britain navigate its way through the 20th century and onto the 21st. She was an extraordinary figure, and we feel proud and very, very lucky to have had her in our lives for as long as we did.

Rest in Peace, Your Majesty.

Bablake SIXTH FORM



OPEN EVENING

Tuesday 11th October

5.30pm–8.00pm

Contact Admissions

02476 271248

Applications welcome
until January 2023

www.bablake.com

DISCOVER THE BENEFITS OF AN INDEPENDENT EDUCATION...

Bablake School is a co-education day school for 3-18 year olds, which offers pupils an enjoyable and individual experience. Here, we ensure pupils discover their academic, as well as personal potential in a safe and happy environment.

The School prides itself on providing pupils with a dynamic and challenging learning experience. Bablake pupils are passionate about their co-curricular activities and are well known for trying to fit as many activities in as they can into their busy schedules! The dedication and enjoyment they have for these co-curricular activities leads to fantastic team and individual achievements throughout the school.

At Bablake School individuals thrive. The positive school environment fully supports a pupil's individual needs and aspirations, enabling them to become more confident and proud of their individuality.

“It was **refreshing** to visit a school where children are still treated as individuals and their emotional and personal development sits at the heart of all that you do.”

– **Open Event Visitor**

“We would have no hesitation in recommending the School to others and certainly feel the school has been excellent ‘**value for money**’.”

– **Former Parent**

“You will have the best education, at the best school and the best opportunity for the future. Your time at the school will allow the ‘**character**’ of the School to sink into your **heart**.”

– **Former Pupil**

Window & Door Repairs & New Installations



**GREAT SERVICE &
QUALITY WORKMANSHIP
GUARANTEED**

- Misted/Steamed Up Windows
- Broken Glazing
- Broken Hinges, Handles & Locks
- Poorly Fitting Windows & Doors
- Locks Fixed
- New Windows & Doors

(UPVC ~ Aluminium ~ Timber ~ Composite)



Call Paul at Homeseal today for your
FREE NO OBLIGATION QUOTATION:

Tel: **024 7646 6260**

Mob: **07976 710463**

www.homesealimprovementsltd.co.uk



• NOW TAKING CHRISTMAS ORDERS •

Find our Butchery, Delicatessen and Hamper Order Forms throughout the shop.

Hand your forms back to our team at one of the counters before

SUNDAY 4TH DECEMBER.

Deposits are required for Butchery & Deli orders.

• GIFT VOUCHERS AVAILABLE •

For our festive opening times please pick up a card at one of the counters or check out our Social Media pages.



OPENING TIMES

MONDAY - SATURDAY

9AM - 5PM

SUNDAY 10AM - 4PM

CAFÉ LAST ORDERS ONE HOUR PRIOR TO CLOSING TIMES ABOVE.

01676 535537

INFO@OAKESFARMSHOP.CO.UK

WWW.OAKESFARMSHOP.CO.UK

BALSALL STREET, BALSALL COMMON
CV7 7AQ

Pension
TRANSEER
Gold Standard



Chartered



JAMIESON CHRISTIE CHARTERED FINANCIAL PLANNERS

TIME FOR A CHANGE?

Talk to us about a review of your previously transferred pension benefits plus

- Retirement planning and pension consolidation
- Tax efficient investing including business sales and inheritance
- Socially responsible investing for growth and/or income
- Inheritance tax and estate planning

Contact us to learn how we can help.

Head Office: Regent House, 430-432 Kenilworth Road,

Balsall Common CV7 7DN

Telephone 01 676 532210 / 03300 505040

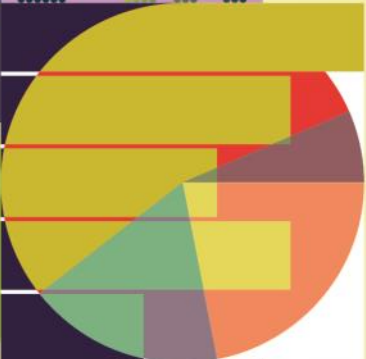
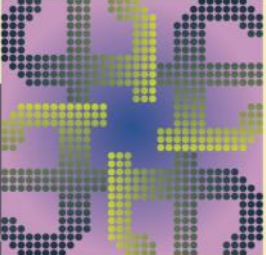
mail@jamiesonchristie.com / www.jamiesonchristie.com

Serving our clients nationwide with offices in London, East Midlands and Staffordshire.

Authorised and regulated by the Financial Conduct Authority.

Tailored financial planning.

For now, for the future.



Google
Customer Reviews
★★★★★