

# STONESTHROW DIRECTORY

Merry  
Christmas

USEFUL LOCAL TELEPHONE NUMBERS / ARTICLES

BRIGHTEN UP THIS CHRISTMAS FOR AN OLDER PERSON P.22

WHAT'S ON / LOCAL RESTAURANTS & TAKEAWAYS

MONEY SAVING AT CHRISTMAS P.24

KNOWLE DORRIDGE BENTLEY HEATH COPT HEATH  
DECEMBER / JANUARY 2022-2023

JAMIESON CHRISTIE  
WEALTH MANAGEMENT



Pension  
TRANSFER  
Gold Standard

SEE  
BACK PAGE  
FOR MORE  
DETAILS

INVESTMENTS, PENSIONS, TAX PLANNING

ESTATE and IHT PLANNING, EDUCATIONAL FEES, EMPLOYEE BENEFITS



Bastock & Bruce Ltd

FUNERAL DIRECTORS

*If Knowle is difficult to get to,  
we will happily visit you at  
home or you can meet Bruce  
at any of the Bastock family  
funeral homes.*

A partnership between C. Bastock Ltd and Bruce Bragg

Bruce, grandson of Tom Bragg is now the only remaining member of the Solihull Bragg family to own a funeral directors in Solihull following the sale of the Bragg family business to a national group. This partnership brings a family business to Knowle with generations of experience ensuring the truly personal service you would expect from an independent business.

### **Knowle Funeral Home**

Brisker Court, 1685, High Street  
Knowle B93 0LN

**01564 33 5577 (24 hour)**

Serving all surrounding areas



[www.bastockandbruce.co.uk](http://www.bastockandbruce.co.uk)

Thinking of extending, altering or refurbishing your home?  
or maybe you are simply interested in understanding the potential of your house or site?

We offer a free initial on-site consultation to discuss your ideas, followed  
up by a no obligation fee proposal and plan of action.

**HAMPTON**  
ARCHITECTURE

Call Sally or Marcus on 01564 330714 Email: [hamptonarchitecture@outlook.com](mailto:hamptonarchitecture@outlook.com)  
or complete the contact form on our website  
[WWW.HAMPTONARCHITECTURE.CO.UK](http://WWW.HAMPTONARCHITECTURE.CO.UK)

Hampton Architecture is a CIAT Chartered Architectural Practice



Wishing everyone  
**Merry  
Christmas**  
and Happy New year



**Aquarius  
Interiors Ltd**  
CURTAINS AND BLINDS

53, Abbey End, Kenilworth  
CV8 1QJ.

Tel: 01926 359096

Russells Garden Centre,  
Baginton, Coventry CV8 3AG.

Tel: 024 7771 7517



QR code for direct access to  
[www.aquariusinteriors.co.uk](http://www.aquariusinteriors.co.uk)



# A NOTE FROM THE EDITOR

Hello and welcome to our December/January edition of Stonesthrow Directory.

With Christmas rapidly approaching, I'm sure I'm not alone in keeping my fingers crossed and hoping for this year's celebrations to be somewhat close to "normal". Spending time with family is our number one priority, so hopefully your big gatherings are back on the cards after a two-year hiatus. I've noticed that it looks like "business as usual" for the organisers of the numerous Christmas markets, school fairs, Santa's grottos, pantos, and musical concerts in our region – if our magazines' 'What's On' pages are anything to go by! It appears that we're craving some hopeful pragmatism, and we want to find ways to make this a Christmas to remember despite the hardships going on around us. So I'm urging all our readers and customers to do two things this year: 1. Shop local as much as you can. Almost half of small business owners say that if everyone in their local community spent just £5 extra per week with small businesses it would help them to stay open in the long term. 2. Look out for our elderly and most vulnerable neighbours, who can find it difficult to get out to the shops or to keep their house adequately heated during the colder months, and just check that they are OK.

Here are the dates for your calendar:

25<sup>th</sup> of December - Christmas Day (Bank Holiday);

26<sup>th</sup> of December - Boxing Day (Bank Holiday);

27<sup>th</sup> of December - Substitute Bank Holiday for Christmas Day;

1<sup>st</sup> of January - New Year's Day (Bank Holiday);

2<sup>nd</sup> of January - New Year's Day observed (Bank Holiday).

However you celebrate the festive season, we wish joy and peace to all our readers from everyone here at Stonesthrow Directories.

Until next time, Merry Christmas & Happy New Year!

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

**Stonesthrow**  
Publications

# CONTENTS IN THIS ISSUE



**22** HELP MAKE THIS CHRISTMAS A LITTLE BRIGHTER FOR A LONELY OLDER PERSON



**19** USEFUL LOCAL TELEPHONE NUMBERS



**24** MONEY SAVING AT CHRISTMAS



**16** LOCAL RESTAURANTS & TAKEAWAYS

FROM ALL OF US

MERRY

CHRISTMAS

HAPPY NEW YEAR

AT STONESTHROW DIRECTORIES



WHAT'S ON

20-21



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**



# 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.homes sealimprovementsltd.co.uk](http://www.homes sealimprovementsltd.co.uk)

# ACS

## INTERIOR DOORS

Beautiful Interior Doors  
Supplied and Installed

Come and visit our  
showroom in Studley



1 Haydon House, Alcester Road, Studley B80 7AN  
07592 303104 or 07910 289565  
[www.acsinteriordoors.co.uk](http://www.acsinteriordoors.co.uk)

## 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](mailto:jason@jasonhigginstreeservices.com)

**Which?**  
Trusted trader

## 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](http://www.leathercleaningandrepair.co.uk)



*After*





**07891 072516**

[sam@ovenrescue.co.uk](mailto:sam@ovenrescue.co.uk)

[www.ovenrescue.co.uk/solihull](http://www.ovenrescue.co.uk/solihull)



- Fixed Prices, No Hidden Surprises**
- Fully Trained and Insured**
- Non Toxic, Fume-Free, Environmentally Friendly**
- Filters & Bulbs supplied**
- Domestic & Commercial Ovens cleaned**

**LET US CLEAN YOUR OVEN SO YOU DON'T HAVE TO!**

**OUR SERVICES:**



**Single Oven**



**Extractor Fan**



**Aga - 4 Oven**



**BBQ**



**Double Oven**



**Range**



**Aga - Side Module**



**Hob**



**Aga - 2 Oven**



**Microwave**

**FREE HOB CLEAN**  
with your 1<sup>st</sup> oven clean!



**Contact Sam:**

**07891 072516**

[sam@ovenrescue.co.uk](mailto:sam@ovenrescue.co.uk)

Please mention Stonestrow Directory when responding to the advert





**From  
£895\***  
for a fully  
fitted electric  
garage door.

**Gotta get a Garolla.**



Garolla garage doors are expertly made to measure in our own UK factories, they're strong and solidly built. The electric Garolla door rolls up vertically, taking up only 8 inches inside your garage, maximising valuable space. Our expert local installers will fit your new door and they'll take away the old one too, so there's no mess.

Give us a call today and we'll come and measure up FREE of charge.



[www.garolla.co.uk](http://www.garolla.co.uk)

CALL US TODAY ON:

**01564 340 029**

MOBILE:

**07537 149 128**

**LINES OPEN 7 DAYS A WEEK**

\*Offer valid for openings up to 2.4m wide & including 2 remote controls, 55mm white slats, internal manual override.

*An Independent Family Owned Funeral Directors*



**THOMAS BROTHERS**

*Family Owned funeral homes in Redditch, Wythall, Alvechurch, Bromsgrove & Alcester.  
We provide a friendly, dignified service paying special attention to detail.*

**REDDITCH**  
01527 547777

**BROMSGROVE**  
01527 831700

**WYTHALL**  
01564 822001

**ALVECHURCH**  
0121 445 3422

**ALCESTER**  
01789 330939

*'A Family concern'*

[www.thomasbrothers.co.uk](http://www.thomasbrothers.co.uk)  
[admin@thomasbrothers.co.uk](mailto:admin@thomasbrothers.co.uk)





# Projects

## Paving & Landscaping



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



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

# 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!



**RAY'S**

**BUILDING AND LANDSCAPES LTD**

**PRIDE IN EVERY DETAIL**

**SINCE 1985**

**W: [www.raypundsackbuilds.org](http://www.raypundsackbuilds.org)**

**W: [rpundsack@live.com](mailto: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





# Temple Fields

Cemetery & Natural Burial Ground



**A natural cemetery, within the picturesque village of Temple Balsall, Solihull.**

Temple Fields is a tranquil environment amongst wild flowers, wildlife and unspoilt landscapes. A peaceful, idyllic resting place, with a calm, quiet atmosphere and beautiful views.



**Temple Lane, Temple Balsall, Solihull B93 0AL**  
**T: 01564 779531**  
**E: [info@temple-fields.co.uk](mailto:info@temple-fields.co.uk)**  
**[www.temple-fields.co.uk](http://www.temple-fields.co.uk)**

\*There are no restrictions or premiums for those residing outside of the area

# Heritage

DRIVES & LANDSCAPES LTD



## 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](http://www.heritagedrivesandlandscapes.co.uk)

Sunnyside, Kenilworth Road, Hampton in Arden B92 0LW



 02476 014 131

 07377 534 460



[heritagedrivesltd@gmail.com](mailto:heritagedrivesltd@gmail.com)



# DOVEHOUSE LAUNDRETTE

**SERVICE WASHES  
WASHER & DRYER  
FULL IRONING SERVICE**



**0121 7113075**

[www.dovehouselaundretteservices.co.uk](http://www.dovehouselaundretteservices.co.uk)

**369 Warwick Road, Solihull B91 1BQ**

Mon-Fri: 8.30am - 5.30pm; Saturday: 9.00am - 5.30pm

## 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](mailto:barrington58@btinternet.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 information on our latest offers

**Home Visits Available** - Call us or see our website for more information

21D Station Rd, Knowle, Solihull, B93 0HL

Tel: 01564 660557

Email: [reception@physioandhealthmatters.com](mailto:reception@physioandhealthmatters.com)  
[www.physioandhealthmatters.com](http://www.physioandhealthmatters.com)



**S&S BUILDING  
& ROOFING**

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

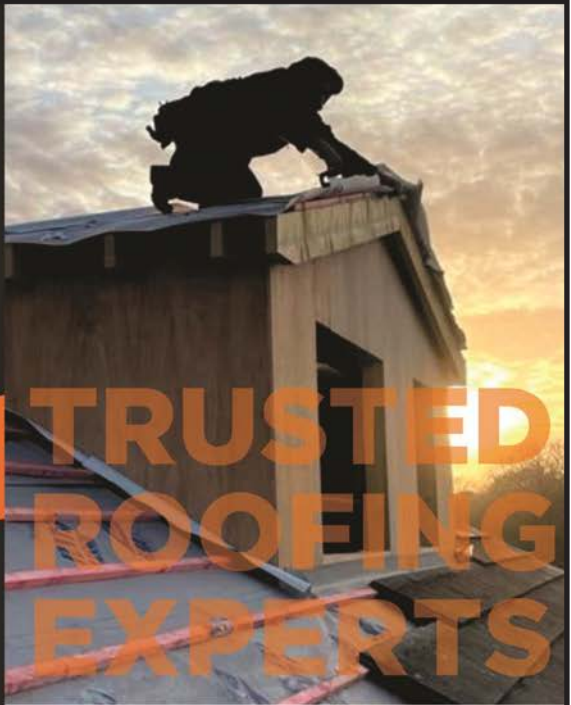
**Payment only upon  
satisfactory completion  
of work**



**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**



TRANSFORM YOUR  
EXISTING CONSERVATORY  
INTO A LIVING SPACE YOU CAN  
USE ALL YEAR ROUND

IN ASSOCIATION WITH



## 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](http://www.ensignroof.co.uk)



Proud members of  
**Checkatrade.com**  
Where reputation matters



# RESTAURANTS

## & TAKEAWAYS

**LOCH FYNE RESTAURANT** *Fish & Chips*  
High St, Knowle B93 OJU  
**01564 732750**

**ELDERBERRY BLACKS** *Café*  
1678-1680 High Street, Knowle B93 OLY  
**01564 776344**

**BELLA VENEZIA RISTORANTE & PIZZERIA** *Italian*  
1628 High St, Knowle B93 OJU  
**01564 779806**

**DAAWAT** *Indian*  
St Johns Cl, Knowle B93 OJU  
**01564 779802**

**LLOYDS INDIAN RESTAURANT** *Indian*  
7 station Rd, Knowle B93 OHL  
**01564 775777**

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

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

**EROS** *Italian/Greek*  
1608 High St, Knowle, Solihull B93 OJU  
**01564 777751**

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

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

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

**KNOWLE FISH BAR** *Fish & Chips*  
Station Rd, Solihull B93 OHL  
**01564 772739**

**THE PHONLIK HOUSE** *Cantonese*  
2 Station Rd, Knowle B93 OHT  
**01564 775554**

**OKTOGON** *Bar*  
16 Station Road, Knowle B93 OHT  
**01564 739646**

**THE BREAD COLLECTION & SPIGA BISTRO**  
*Multi-Cuisine*  
1701 High St, Knowle B93 OLN , **01564 772124**

**ELLORA** *Indian*  
1661 High St, Knowle B93 OLL  
**01564 776400**

**ALE ROOMS** *Bar*  
1592 High Street, Knowle B93 OLF  
**01564 400040**

**BONDS** *British Restaurant & Bar*  
1673 High Street, Knowle B93 OLL  
**01564 773626**

**JAQUES** *British Restaurant & Bar*  
1630 High Street, Knowle B93 OLB  
**01564 393333**

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

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

**FREEDA'S DELI** *Café*  
1636A High St, Knowle B93 ONA  
**01564 779240**

**SALEEM BAGH INDIAN CUISINE** *Indian*  
476 Station R, Dorridge B93 8HE  
**01564 777 190**

**DORRIDGE FISH BAR** *Fish & Chips*  
15 Station Approach, Dorridge B93 8JA  
**01564 775954**

**THE FOREST HOTEL** *British*  
25 Station Approach, Dorridge B93 8JA  
**01564 772120**

**MINH'S CANTONESE RESTAURANT** *Cantonese*  
8 Station Rd, Dorridge B93 8HH  
**01564 779929**

**COSTA COFFEE** *Café*  
1 Forest Rd, Dorridge B93 8HA,  
**01564 774 218**

**SKOGEN** *Bar, Café*  
2 Station Approach, Dorridge B93 8JF  
**01564 772283**

**THE RAILWAY INN** *Gastropub*  
Grange Rd, Dorridge B93 8QA  
**01564 773531**

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

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

**HOGARTH'S HOTEL & RESTAURANT** *British*  
Four Ashes Rd, Solihull B93 8QE  
**01564 779988**



# 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](mailto:bks@ssbuildingandroofng.co.uk)

W: [www.ssbuildingandroofng.co.uk](http://www.ssbuildingandroofng.co.uk)

# FAIRWAYS

ARBORICULTURE SERVICES

TREE PRUNING  
TREE REMOVAL  
TREE INSPECTION  
STUMP GRINDING

Umberslade Business Centre  
Pound House Lane, Hockley Heath,  
Solihull B94 5DF

01564 779319

[arb@fairwayslimited.co.uk](mailto:arb@fairwayslimited.co.uk)  
[www.fairwayslimited.co.uk](http://www.fairwayslimited.co.uk)



## BABLAKE HOUSE

OUR RESPITE CARE CAN BE JUST WHAT EVERYONE NEEDS

Whether you need a break, family are going away or you're feeling a little low and in need of some TLC—Bablake House provides elderly respite care for those who enjoy a friendly homely atmosphere.

Our home cooked meals, hair salon, daily activities and friendship means that many want to stay longer. Our beautiful gardens provide tranquillity and our staff are second to none.

Single en-suite rooms start from £820/wk.

BABLAKE HOUSE, BIRMINGHAM ROAD,  
MILLISONS WOOD, NR. MERIDEN CV5 9AZ

TEL: 01676 523689

[WWW.BABLAKEHOUSE.CO.UK](http://WWW.BABLAKEHOUSE.CO.UK)





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



**Aquarius Interiors Ltd**  
**CURTAINS AND BLINDS**

Wishing everyone  
**Merry Christmas**  
and Happy New year

Russells Garden Centre. Tel: 024 7771 7517  
53, Abbey End, Kenilworth CV8 1QJ. Tel: 01926 359096  
**www.aquariusinteriors.co.uk**





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

**fitrite**  
wardrobes of Leamington Spa

[www.fitrite.co.uk](http://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.

## USEFUL LOCAL 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

#### 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

#### 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

#### 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](mailto:bhcountrymarket@gmail.com) to receive  
our weekly order email.

## **Knowle Male Voice Choir**

Date: every Wednesday during school terms /  
Time: 7.30pm / Venue: Dorridge Methodist  
Church, Mill Lane, Dorridge  
Ask anyone who sings with a choir or sings  
anywhere, and they will all agree, Singing is  
Good for You. Practices are followed by a  
refreshing trip to the local pub immediately  
afterwards. If you are interested in joining our  
choir please contact us at [kmvc14@gmail.com](mailto:kmvc14@gmail.com)  
or for more information visit  
[www.knowlemalevoicechoir.org.uk](http://www.knowlemalevoicechoir.org.uk)

## **Friends in Retirement**

Date: varies / Time: varies / Venue: Elmdon  
Heath Community Centre B91 2SF; Hobbs Moat  
Assembly Rooms B92 8JN; Knowle Village Hall  
B93 ONH; Bentley Heath Community Centre B93  
9BQ; Solihull Women's Institute B91 3DQ;  
Whar Hall Community Centre B92 OPG  
FIRS ( Friends in Retirement) is a charity where  
groups of people enjoy a range of activities.  
Yearly membership is £3 and each activity costs  
anything from £1.20 to £5. Contact us:  
[www.friendsinretirement.co.uk](http://www.friendsinretirement.co.uk); email  
[firs.solihull@yahoo.co.uk](mailto:firs.solihull@yahoo.co.uk); call: 07535 669 018

## **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 Dor-  
ridge 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!

## **The Thursday Friends Lunch Club**

Date: 8th of Thursday - every Thursday / Time:  
12pm - 2.30pm / Venue: The Red Lion Pub, 1672  
High St, Knowle, Solihull, B93 0LY

Hot meal, activities and a wonderful company.  
Total cost - £8 (includes lunch, hot drinks, as well  
as a raffle and bingo).

## **Knowle & Dorridge Round Table**

Date: every other Tuesday  
Knowle and Dorridge Round Table 812 was  
founded in 1963. We are an organisation run by  
and for Tablers as a hobby. We bring smiles to  
the local and wider community by helping and  
raising as much money as we can whilst having  
as much fun as we can. We're not just about  
fund raising. We meet every other Tuesday and  
indulge in various activities like sports, tours and  
lots of 'ings' such as gliding, hiking, biking, riding,  
shooting, kayaking, fishing, rallying, karting,  
off-roading, making, climbing, bowling, cooking  
or just enjoying the odd pint (or two). Please  
email to get in touch: [kanddrt@gmail.com](mailto:kanddrt@gmail.com)

## **Rapport Social Group**

Rapport is a, non profit making, social group for  
unattached adults age 50+ on their own and  
would like to meet new friends. We have a var-  
ied monthly programme of hosted events, in-  
cluding coffee mornings, lunches and evening  
meals, cinema, theatre and National Trust visits,  
day trips, walks and pub nights. For more  
information contact Jenny Brown on  
07725 094123

## **The Strolling Players : "Mince Pies and Melodies"**

Date: 9th, 10th of December / Time: 7.30pm on  
the 9th; 2.30pm on the 10th / Venue: Knowle  
Village Hall  
The Strolling Players offer a tuneful start to  
December with their concert "Mince Pies and  
Melodies". Tickets: £10.00 available from Joan  
Ransom: 01564 777634 and from Stephen  
Yeomans: 01564 778163

## **Free Digital Training for older Solihull residents**

Various times and Age UK Solihull are offering  
free digital training for older Solihull residents  
who would like to improve their digital skills.  
Group courses and one-to-one support is  
available, for both beginners and those who  
already have basic digital skills. The training can  
help with online shopping, video calling,  
searching for information, accessing online  
learning, downloading and using apps, and more.  
For more information, contact Ashlee on 07397  
718 455 or visit  
[www.ageuk.org.uk/solihull/digital-champions](http://www.ageuk.org.uk/solihull/digital-champions)

## **Age UK Solihull is 40!**

Local older people's charity, Age UK Solihull, is  
celebrating its 40th anniversary in 2023. The  
charity has been providing advice, support and  
companionship for older people in Solihull since  
1983 and will be hosting several activities and  
events throughout the year. Find out how you



can get involved at  
[www.ageuk.org.uk/solihull/we-are-40](http://www.ageuk.org.uk/solihull/we-are-40)

### Grab a slice of the action with Jingle Bakes

Date: a day of your choice in December  
Enjoy your favourite treats and help raise vital funds for Age UK Solihull by organising a Jingle Bakes festive bake sale this December. Hold your bake sale at home, at work, with friends, neighbours or colleagues – the choice is yours. A Jingle Bakes sale offers a chance to get together, feel festive and do something special to help vulnerable local older people this Christmas. Find out more and sign up at [www.ageuk.org.uk/solihull/jingle-bakes](http://www.ageuk.org.uk/solihull/jingle-bakes)

### Knowle & Dorridge Lions 27th Annual Festive Walk

Date: 27th of December / Time: 9.30am - 1pm / Venue: start and end at Dorridge Village Hall  
There will be a choice of a three or six-mile routes, all passing through the surrounding countryside using country lanes and public footpaths and will return via Dorridge Cricket Club where refreshments will be on offer. Parking is

available at Dorridge Village Hall, Ye Olde Knowle Bowling Club and Dorridge Cricket Club. Walkers are asked to walk to the start point wherever possible. Appropriate footwear is recommended. Dogs are welcome and the Knowle and Dorridge Lions ask owners to clean up after them. Registration forms will be available from the Lions website and will need to be printed and handed in on the day:  
[www.knowledgeanddorridgelions.com](http://www.knowledgeanddorridgelions.com)

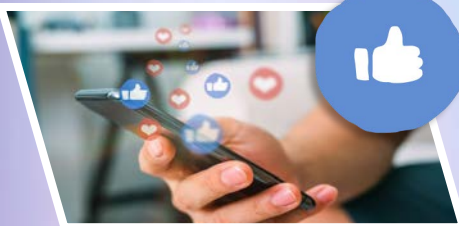
### Cinema Organ Society - Live Concert on our 1935 Mighty Compton

Date: February 5th / Time: Doors open 1.30 pm, Curtain up 2.30 pm / Venue: Fentham Hall, Marsh Lane, Hampton-in-Arden, B92 0AH  
A warm welcome awaits. No need to book. Our guest organists are Cameron Lloyd and Damon Willetts. Admission £10 cash on the door, including interval refreshments and parking. Please telephone 01564 794778 for more details.  
[www.facebook.com/COSMidlandsCompton](http://www.facebook.com/COSMidlandsCompton), or  
[www.cinema-organs.org.uk](http://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](mailto:INFO@STONESTHROWPUBLICATIONS.CO.UK)**

## STAY UP TO DATE WITH OUR NEWS, EVENTS & OFFERS



Scan, Like and Follow us:

Facebook: [@StonestrowPublications](https://www.facebook.com/StonestrowPublications)

Instagram: [@stonestrow\\_publications](https://www.instagram.com/stonestrow_publications)



## 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](mailto:bentebby@hotmail.com)



# HELP MAKE THIS CHRISTMAS A LITTLE BRIGHTER

## FOR A LONELY OLDER PERSON



As so many song lyrics tell us, Christmas should be “the most wonderful time of the year”. For many people this is true, but this month we’d like to give some thought to those who might not enjoy this time of year, especially the elderly.

The charity Age UK found that 1.4 million older people across the UK are expecting to feel lonely at Christmas.

“The COVID-19 pandemic has had a huge impact on the nation’s mental health, and older people have been hit hardest in terms of mortality and have often found the restrictions and lockdowns very isolating and hard to bear. The Charity’s new survey shows that nearly a million older people don’t have anyone to celebrate the festive period with this year, and when it comes to spending Christmas alone this year, around 675,000 over-65s are feeling fed up about this, around 625,000 are feeling depressed, around 400,000 feel forgotten and around 250,000 feel anxious”

So what can we do to help?

December is a busy time for everybody, but there are small things we can all do to help.

### ARRANGE A VISIT

Do you have family members or neighbours who will be alone? Can you offer them a seat at your Christmas table? Or can you pop in and visit at some point during the day? If not Christmas day, then around the Christmas period and let that person know when they can expect you so they have something to look forward to. Even a cup of tea with a mince pie and a chat can have a positive impact.

### TAKE THE TIME TO CALL

If you can’t physically be with a family member, then call them instead. A simple phone call can make all of the difference. In fact recent analysis also found “that a phone call from a loved one is the best Christmas present many older people feel they can receive, so Age UK is encouraging everyone to make the effort to phone an older friend over the Christmas season, so they know they are not forgotten”.

### HELP WITH THEIR SHOPPING

Pop around to your elderly neighbour and ask if you can take them out to the shops so that they can buy food or to get out of the house. Being alone can be a long day, with little to do.

### HELP WITH CHRISTMAS DECORATIONS

Many people living alone don’t bother to decorate the house and it can make a big difference and help lift their mood. Buy your neighbour a small tree and decorate it for them. Don’t forget to let them know you will also take it away, so that they don’t need to worry about the cleaning up.

### ATTEND A CHRISTMAS EVENT AT A LOCAL COMMUNITY CENTRE OR CHURCH

Charities such as Community Christmas and Contact the Elderly, help volunteers to organise events and tea parties.

### OFFER TO DRIVE AN ELDERLY NEIGHBOUR TO AN EVENT

Encourage someone you know to get out and about to events over the festive season. By offering to drive them, it might be the nudge they need to overcome any anxiety, especially on Christmas Day when transport is limited.

Source: Age UK





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

  
CROWN  
DRIVEWAYS & PATIOS

Call us for a FREE,  
NO OBLIGATION Quotation:

**0121 746 3028**  
**07786 300 839**

Serving Knowle, Dorridge, Bentley Heath,  
Copt Heath & surrounding areas

[www.crowndriveways.co.uk](http://www.crowndriveways.co.uk)



# MONEY SAVING AT CHRISTMAS

UK inflation reached 11.1% in October 2022, marking a 41-year high. Rising costs from rent and mortgages, and from energy to food, means it is harder than ever for many of us to make the ends meet. Here are some tips that will help you save money and still enjoy the festivities this Christmas.

## PRESENTS

**BARGAIN-HUNT:** Perfectly good quality items can be found in some charity shops and websites that sell second-hand goods (Facebook Marketplace, eBay, Depop, Vinted etc.). You can also sell some of your own items to raise money for Christmas. You may be able to get something you need, *for free*, from certain local community groups such as Acts of Kindness Chiltern And Surrounding or Next Door.

**SECRET SANTA:** Instead of buying and receiving many presents from family and friends, a Secret Santa scheme organises the family and friends to exchange presents in a way that everyone only has to buy one gift. You can make it a fun family game by guessing the identity of everyone's Secret Santa after the presents are exchanged. Other variations of the arrangement, like White Elephant, can also turn the gift-exchange event into a party game.

**GET CREATIVE:** Homemade gifts can be personalised easily, and they are always more special than the ones bought from the high-street. Inspiration and tutorials for DIY presents such as gingerbread Christmas ornaments, citrus marmalade, scented salt scrubs, hand warmers, pin cousins, etc., can be found on websites like Pinterest, YouTube and TikTok. Many of the DIY items can be made within a couple of hours at home, without special tools or professional skills.

Another creative gift idea is hand-written

vouchers to provide quality time or services to your family and friends. For example, you could offer to cook a special meal, organise a movie night, build a compost bin or garden shed, or arrange a winter woodland walk.

## THE GIFT WRAPS

**CREATIVE WRAPPING:** Instead of wrapping the presents, decorate the box that comes with them. You could use pictures/photos from old fashion magazines, comic books or newspaper. Leftover fabric: It requires no tape (tie it with ribbon) and can be re-used again and again.

**GIFT BAGS:** Collect and save gift bags that have been given to you previously - usually, they can be re-used several times.

**RECYCLABLE BROWN PARCEL PAPER:** They are comparable in price to the shiny modern wrapping papers, which often contain plastic and are non-recyclable. You could use a sprig of holly or pine cones to decorate the parcel paper, which will add Christmas feel!

## CHRISTMAS TREE

**ROOTED TREE IN A POT:** You can move the potted tree outdoors after Christmas and care for it. You can then re-use the tree for many successive Christmas celebrations!

**ARTIFICIAL TREE:** Look for a second-hand one in charity shops, Facebook groups or Freecycle-type groups, it would be less expensive than a new one. It will also keep another tree out of landfill!

**A CUT TREE:** Make sure it is sustainably sourced (The Forestry Commission, FSC), and dispose of it responsibly (make wood chippings or compost). Most councils offer free disposal.

Remember, every little helps - even if you only opt for one of these ideas.





# Central Drives & Landscapes



**WARRANTY**  
**5**  
**YEARS**

**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](http://www.centraldrivewayslimited.com)

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

**0121 702 1456 • 01926 702 386**

**07748 577 687**

[michael.central@icloud.com](mailto:michael.central@icloud.com)



- New Roofs
- Slates / Tiles
- Flat Roofs
- Roof Repairs
- Traditional Roofs
- Lead Work
- UPVC Fascias & Guttering
- Chimneys Rebuilt/Repaired
- Building Work



Call now for a **FREE** no obligation quotation



Office: **0121 733 7776**

Mobile: **07968 107603**

[info@barretts-contractors.com](mailto:info@barretts-contractors.com)

[www.barretts-contractors.com](http://www.barretts-contractors.com)



wardrobes of Leamington Spa  
established 1983

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](mailto:sales@fitrite.co.uk)

Visit our showroom

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

[www.fitrite.co.uk](http://www.fitrite.co.uk)



Find us on Facebook  
Fitrite Wardrobes of Leamington Spa



# **Oakes** FARM SHOP

## • FESTIVE LUNCH •

2 courses : £24.99 per person

3 courses : £29.99 per person

inc. Tea/Coffee & Mince Pie

A deposit of £10.00 per person is required at the time of booking.

## • FESTIVE AFTERNOON TEA •

£17.99 per person

inc. Pigs in Blankets & Mince Pie

Full pre-payment is required at the time of booking.

**Festive Lunches and Festive Afternoon Teas Available from  
Monday 28<sup>th</sup> November – Sunday 18<sup>th</sup> December**

**Pre-book today by calling our Café on 01676 535537 ext.1**

See our website or instore for our Christmas Opening times.

## 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](mailto:info@oakesfarmshop.co.uk)

[www.oakesfarmshop.co.uk](http://www.oakesfarmshop.co.uk)

Balsall Street, Balsall Common CV7 7AQ



The logo for Cabinmaster, featuring the brand name in a white sans-serif font and a stylized white leaf icon to the right.

Brand  
New  
Show Site  
Open 2023

## Stunning Contemporary Garden Rooms

Garden Bar • Home Gym • Office Space • Family Room • Cinema Room  
Entertaining Space • Hot Tub and Swim Spa Enclosure • Sun Room

0115 932 8888 | [www.cabinmaster.co.uk](http://www.cabinmaster.co.uk)

Show Site: Studley Garden Centre, Henley Road, Studley B80 7DR

The logo for ArcticCabins, featuring the brand name in a white sans-serif font and a stylized white mountain range icon above it.

## BBQ Cabins & Garden Bars

20 years in business • Manufactured in the UK • High quality central BBQ grill  
Delivered and installed by our trained fitters • 10 years guarantee • All year round use

0115 932 8888 | [www.arcticcabins.co.uk](http://www.arcticcabins.co.uk)

Pension  
**TRANSFER**  
Gold Standard



# 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 01676 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  
★★★★★

Reviews