

STONESTHROW DIRECTORY

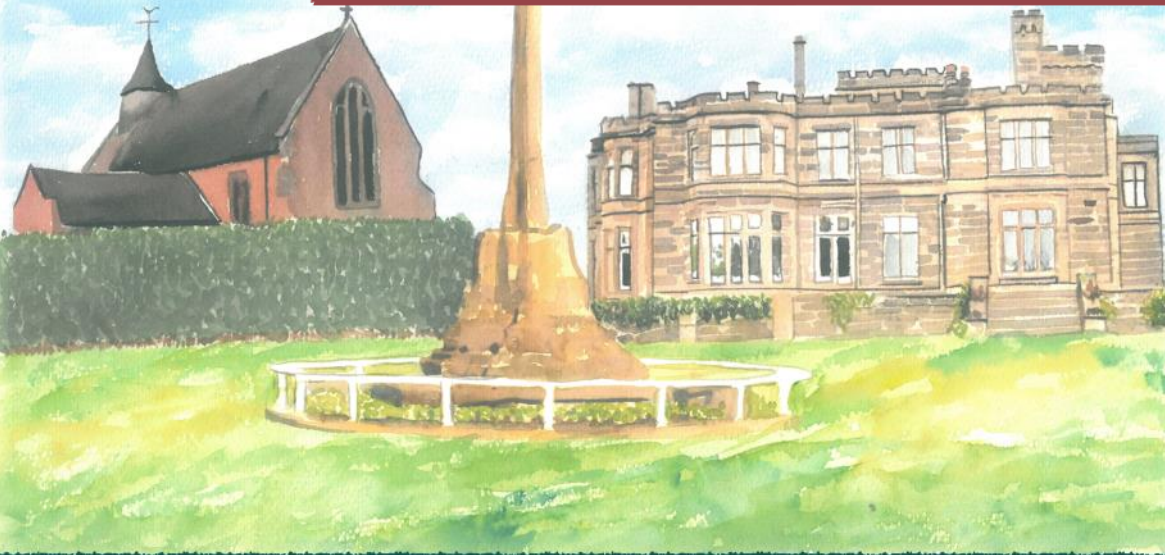


TIPS TO REDUCE CONDENSATION IN YOUR HOME P.26

USEFUL LOCAL TELEPHONE NUMBERS / ARTICLES / HOROSCOPES

WHAT'S ON / LOCAL RESTAURANTS & TAKEAWAYS

HOW TO TALK TO SOMEONE WITH DEMENTIA P.31



BALSALL COMMON MERIDEN
HAMPTON IN ARDEN MILLISONS WOOD

FEBRUARY / MARCH 2023

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





Inspiration for every room of your home.



SilentGliss

Sanderson

HARLEQUIN

DESIGNERS GUILD



Showrooms
now open.

Aquarius Interiors Ltd
CURTAINS AND BLINDS

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

Tel: 024 7771 7517

53, Abbey End,
Kenilworth CV8 1QJ.

Tel: 01926 359096

www.aquariusinteriors.co.uk

A NOTE FROM THE EDITOR

Hello and welcome to our February/March edition of Stonesthrow Directory.

After the New Year celebrations and settling back into a routine, February brings a sense of optimism in the air, that Spring is just around the corner, everything will get brighter and warmer, and we can embrace life again feeling refreshed and re-invigorated.

A few things to celebrate and to look forward to in the next couple of months: Valentine's Day, Half Term, Random Acts of Kindness Day (17th of February), Pancake Day (21st of February), St Patrick's Day, Mother's Day, etc. When deciding how to celebrate, what gifts to get your loved ones, please do choose local where possible: our shops, restaurants and other businesses are all heavily relying on your support, especially in times like these, when costs of simply running a business is at all times high.

It may feel cold, wet and miserable at the moment, but our advertisers are here to bring comfort, improvement and joy to each and every household: we bring local trades, businesses and services closer to you, so you never have to get overwhelmed looking through millions of online listings.

Please do remember to mention Stonesthrow Directories each time you call our advertisers, so we may continue to fill up these magazines with trusted local businesses.

As always, we have prepared a list of local news and events (see p.24-25), a couple of good read articles, listings of your local restaurants & takeaways, useful local telephone numbers: it's all in one handy guide, brought to you by a local resident.

Here are the dates for your calendar:

- 14th of February - Valentine's Day;
- 19th of March - Mother's Day;
- 26th of March - Daylight Saving Time starts.

However you spend the next couple of months, keep your heart and your business local.

Yours, Stonesthrow Publications.

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



CONTENTS IN THIS ISSUE



26

TIPS TO HELP YOU REDUCE CONDENSATION IN YOUR HOME



29

USEFUL LOCAL TELEPHONE NUMBERS



31

COMMUNICATING WITH SOMEONE WITH DEMENTIA



28

LOCAL RESTAURANTS & TAKEAWAYS



30

HOROSCOPES



WHAT'S ON LOCALLY 24-25



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**

EAT · DRINK · RELAX
EVERY MONDAY & TUESDAY
BOOKING RECOMMENDED



ANY STARTER, ANY MAIN DISH*, ANY NAAN OR RICE & COFFEE/TEA

£12.90^{PP}

*(FISH & KING PRAWNS £3.00 EXTRA PER DISH) ** (PLAIN COFFEE)

CUSTOMER SERVICE: WE AIM TO PROVIDE 100% CUSTOMER SATISFACTION. SHOULD YOU EXPERIENCE DIFFICULTIES OVER SERVICE OR FOOD PLEASE DO NOT HESITATE TO INFORM US.

TAMARINDS
CAFE · DINING · LOUNGE

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

DOVEHOUSE LAUNDRETTE

SERVICE WASHES
WASHER & DRYER
FULL IRONING SERVICE



0121 7113075

www.dovehouselaundretteservices.co.uk

369 Warwick Road, Solihull B91 1BQ

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

Misty Gouble 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 manufacturer backed 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?
5 year guarantee
on new double glazing

MISTY to CLEAR Window
Repair Service

**OVER 25 YEARS
EXPERIENCE**

**SATISFACTION
GUARANTEED**

Call Dave Millidge

07704613430

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

**Misty To Clear
Warwick Limited**

DISCOVER THE BENEFITS OF AN INDEPENDENT EDUCATION...

Bablake and King Henry VIII School is a co-education day school for 3-18 year olds, which offers pupils and 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. BKHS 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 and King Henry VIII 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**



BABLAK AND KING HENRY VIII PRE PREP



OPEN HOUSE

Wednesday 1st March - 9am - 11.30am

Come and join us on a normal working day,
to book your place call 024 7627 1190



BOOK NOW

The Grange, Brownhill Green Road, Coventry CV6 2EG | admissions@bkhs.org.uk

Cabinmaster 

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

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

ArcticCabins 

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

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

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



MATHS TUTOR
Angelo Berté BA (Hons) PGCE

Handwritten mathematical notes and formulas are visible in the background of the Maths Tutor section.

Offered by an experienced and qualified tutor.

Teach Maths from Key Stage 2
up to & including A-Level. DBS Checked.

Structured learning

Preparation for Entrance Exams

Thorough knowledge of Exam Boards

100% Pass Rates

Mathematics for Adults:
making a career change or returning
to education

For an informal discussion please contact

Angelo Berté BA (Hons) PGCE

01926 490579 | 07731 640281

angeloberte@hotmail.co.uk



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



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



**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 M: 07449 581 930

PRIDE IN EVERY DETAIL

SINCE 1985

W: www.raypundsackbuilds.org

W: rpundsack@live.com

T: 01926 810 772



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



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

Guitar Tuition

with Angelo Berté BA (Hons) PGCE

Experienced and qualified tutor for all levels & styles.

Theory, Practical and Ear Training
Exams in Classical, Bass and Electric Guitar
Evening, weekend or daytime lessons
All abilities, ages and music styles catered for.

Learn in comfort in your own home

**Electric
Acoustic
Classical**



01926 490 579 ~ 07731 640 281

angeloberte@hotmail.co.uk

www.angeloberte.co.uk

Member of the Registry of Guitar Tutors Enhanced DBS checked

Lady Katherine Housing & Care



Rated by the Care Quality Commission as:

GOOD

**RESIDENTIAL CARE
SHELTERED HOUSING
RESPITE CARE**

(now taking Winter & Spring 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

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

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



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

www.reactroofingservices.co.uk
Based in Solihull

Email: reactroofingservices@gmail.com Please mention Stonestrow Directory when calling

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!



The logo for Temple Fields Cemetery & Natural Burial Ground features a stylized white arch above the text. The background is a photograph of a rural landscape with a wooden fence, wildflowers, and a blue sky with light clouds.

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
www.temple-fields.co.uk

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



**S&S BUILDING
& ROOFING**

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

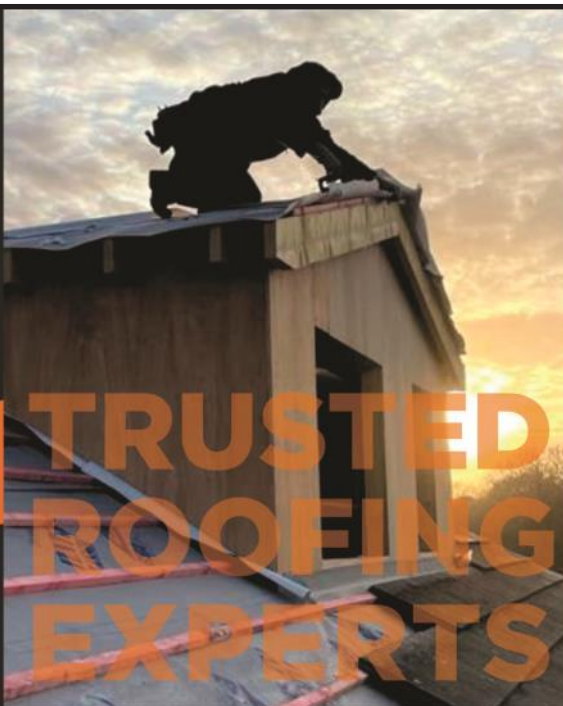
Payment only upon
satisfactory completion
of work



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



FairTrades
approved tradesmen

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

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

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
www.fairwayslimited.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

Which?
Trusted trader



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





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 Balsall Common, Meriden,
Hampton in Arden & surrounding areas

www.crowndriveways.co.uk



Aquarius Interiors Ltd
Warwickshire's No.1
for Shutters and Awnings.



Russells Garden Centre, Mill Hill, Baginton, Coventry CV8 3AG. Tel: 024 7771 7517
 53, Abbey End, Kenilworth CV8 1QJ. Tel: 01926 359096

www.aquariusinteriors.co.uk

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



Mark Miller

Leather Cleaning & Repair

Undertake Commercial & Domestic Upholstery

01455 612730 / 07949 606949

www.leathercleaningandrepair.co.uk



WHAT'S ON LOCALLY

Balsall Common Country Market

Date: every Saturday / Time: 10am - 11.30am /
Venue: The Jubilee, 225 Station Road, Balsall
Common CV7 7FE

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.

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

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.bbcsca.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

Heart of England WI

Date: 2nd Thursday of the month / Time:
7.30pm / Venue: Balsall Common Village Hall, 112
Station Road CV7 7FF

The Heart of England Women's Institute is a
thriving group, with lively members who enjoy
rambles, lunches, coffee mornings and craft
evenings. New members are always welcome.
Our 9th of February meeting will be all about
Stress Management - a useful tool for the New
Year maybe? Talks for the spring include "Second
City Executions" 9th March and a practical
demonstration of "Step into Spring - Flower
Arranging" 13th April. More information is on
Heart of England WI Facebook page or by
phoning Lyn 01676 533675 or Kathryn
01676 534824.

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

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

Solihull Artisan Market

Date: 5th of March / Time: 10am - 4pm / Venue:

Solihull Town Centre, High Street, Solihull, B91 3SW

Discover our foodie, creative, quirky, and artistic traders at the Solihull Artisan Market. The Solihull Artisan Market is an event bringing together the finest food, drink, art and craft producers from across the region. The event will feature selected specialists, who source, grow, rear, bake, make, and create the products they sell, ensuring their goods are unique, original and designed to inspire. Come and find us and discover our traders in the beautiful town of Solihull.

Cinema Organ Society - Live Concert on our 1935 Mighty Compton

Date: 5th of March / 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 Stephen Austin. Admission £10 cash on the door, including interval refreshments and parking. Please telephone 01564 794778 for more details.

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

Cinema Organ Society - Live Concert on our 1935

Mighty Compton

Date: 5th of March / 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 Declan Poole. Admission £10 cash on the door, including interval refreshments and parking. Please telephone 01564 794778 for more details.

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

Coombe Abbey Artisan Market

Date: 12th of March / Time: 10am - 4pm / Venue: Coombe Abbey Park, Brinklow Road, Binley, Coventry, CV3 2AB

Coombe Abbey will be the home to a monthly, artisan market offering a wide range of arts, crafts & local produce.

Balsall Common Methodist Church Toddlers Group

Date: every Tuesday / Time: 10am - 11.30am / Venue: Church Hall, Station Road

Term time only, £2 per adult, refreshments included. Open to all carers of pre-school children. All will be made very welcome. For further details contact Joy on 01676 532006.

WHILE WE DO OUR BEST TO ENSURE THE ACCURACY OF OUR LISTINGS EVENTS MAY BE POSTPONED OR CANCELLED WITH OUT 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

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
www.fairwayslimited.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)



TIPS TO REDUCE CONDENSATION

IN YOUR HOME

Condensation forms when warm air collides with cold surfaces, or when there's too much humidity in your home and creates water which collects as droplets on a cold surface when humid air is in contact with it. This is especially common in winter, when your central heating system comes on in the cooler hours of the mornings and evenings. While condensation itself isn't a problem, if you do not treat it, it can cause damp patches to form where mould can grow and this can be bad for your health, as well as damaging the fabric of your home.

USE PAN LIDS WHEN COOKING

Cover your pans with a lid when cooking ensure to reduce moisture being created from the water boiling. Also, ensure you are using an extractor hood if you have one above the cooker.

Remember, don't turn off your extractor fan as soon as you finish cooking as the moisture can still be in the air even after you have finished, instead leave it on afterwards for 10-15 minutes to help to clear the humid air.

CLOSE KITCHEN & BATHROOM DOORS

Bathrooms and kitchens are the worst culprits for creating condensation on windows throughout your home. When cooking food, boiling the kettle, or taking a bath or shower, ensure that your kitchen or bathroom door is kept closed to prevent the moisture in the air from going into colder rooms which will cause condensation to form if it touches a cold surface.

DRY CLOTHES OUTDOORS

Whenever possible, try to dry your clothes outdoors to prevent excess moisture from building up in your property. If you are unable to dry your clothes outdoor then keep them in a bathroom with the door closed and windows open until the clothes are fully dry.

TURN ON YOUR EXTRACTOR FAN WHEN USING SHOWER

Similar to when cooking in the kitchen, when you are taking a shower or having a bath ensure that you turn on your extractor fan to remove the steam and moisture that is created when running warm water in a cold environment. This will help reduce the amount of condensation that appears on your bathroom windows and walls.

ENSURE WASHING MACHINE IS CORRECTLY VENTED

If you have a washing machine or tumble dryer in your property, ensure that it is vented correctly. From just one load of washing two litres of water is emitted into the air, this effect is only magnified if the machine is fitted in a kitchen as cooking will only add to the condensation.



MOVE FURNITURE AWAY FROM EXTERNAL WALLS

For the same reason as above, make sure that your furniture is at least 50mm away from the surrounding walls to improve the air circulation around the property. Try to ensure that wardrobes are placed against internal walls in your bedroom as these will be less cold than external walls and less likely to cause damp and mould problems.

OPEN WINDOWS WHEN WEATHER OUTSIDE IS WARMER

If you use a room on a regular basis, such as a living room and the weather is not cold outside, open a window slightly to improve the ventilation in the room. Breathing is one of the main causes of condensation so this will help to improve the ventilation in your property.

WIPE DOWN COLD SURFACES

If you don't have an extractor fan in your bathroom or kitchen then make sure that you wipe down any cold surfaces when you have been cooking or taking a shower to remove any moisture that may have settled on the surface. This excess moisture in the air sits on the surface and will quickly turn to mould if left untreated.

ENSURE YOUR PROPERTY HAS ADEQUATE HEATING

Ensuring an adequate amount of heating in your property will improve the internal temperature of surfaces in the house and reduce the likelihood of condensation. Also, make sure your home is energy efficient by ensuring you have insulated walls and double-glazed windows installed so the heat doesn't escape from the property.

DON'T OVERFILL WARDROBES & CUPBOARDS

Do not overfill your wardrobes or kitchen cupboards. A lack of ventilation and air moisture trapped in warm overfilled cupboards can become a breeding ground for mould as the air cannot circulate freely inside. You may notice a musty smell or find that clothes have a damp feeling to them which is a sure sign that the cupboard is overfilled.

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

Sunnyside, Kenilworth Road, Hampton in Arden B92 0LW



 02476 014 131

 07377 534 460

 heritagedrivesltd@gmail.com

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

USEFUL LOCAL 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 = £140.00

10,000 = £260.00

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: FEBRUARY / MARCH

ARIES MARCH 21 - APRIL 20

Pioneering Mars in Gemini remains strong in your communication area all through February, suggesting that some excellent opportunities for innovative new ventures will be coming your way very soon. Love planet Venus arrives in your sign on the 20th, your social life should be on a roll now; there is much to be gained from group encounters and new friendships. March will be a rather introspective month for normally bold and dynamic Aries. The powerful combination of the Sun, Jupiter and Neptune in the deeply intuitive sign on Pisces will probably cause you to reassess many things in your life. Mercury arrives in your sign 27th bringing some tough choices your way.

TAURUS APRIL 21 - MAY 21

Strong Aquarian energy is at the highpoint of your chart, indicating that now is the time for keeping an open mind on all your potential goals, including the previously dismissed ones. Venus, your ruling your ruling planet is in Pisces until the 19th, romantic matters are now also on a high – this could be a good time for taking time out with a partner to explore the world. March is all about finding a much gentler way of life, particularly if things have been rather hectic during the last year. The Sun, Jupiter and Neptune are joined in spiritually minded Pisces and encourage you to tune in and connect with your life purpose. Creativity is highlighted and this is the year to find your deepest passion.

GEMINI MAY 22 - JUNE 21

Aquarian energy during February suggests that the pull to broaden your horizons and take up new lines of study becomes stronger than ever. Action planet Mars remains in your sign all month, this placement is quick and changeable, not so good for making long lasting decisions. The spiritual Pisces new moon on the 20th suggests a more intuitive approach to most things. March is a powerful career month with the emphasis on you reaching your goals, whatever they might be. Optimistic Jupiter in mystical Pisces highlights your soul journey and the many things that still have to be accomplished. Venus and Mars both arrive in innovative Aquarius on the 6th, enabling you to get those new plans underway.

CANCER JUNE 22 - JULY 22

Finances, resources and investments are all under review this month as the independent minded Aquarian Sun illuminates this area of your chart. Take time out to make new plans concerning your career prospects, the time could soon be right to take the plunge and begin a brand new project. The powerful Leo full moon on the 5th offers a turning point – expect a creative development. March: Finances and resources are in the spotlight this month as Mercury and Saturn ask you to begin a thorough reassessment. Keep yourself focussed as you now have the power to be very persuasive in any negotiations. Jupiter in Pisces offers great intuition, use it wisely and this should turn out to be a profitable and productive month.

LEO JULY 23 - AUGUST 23

The radiant Aquarian Sun and task master Saturn both occupy your opposite sign during February. This powerful energy is emphasising the fact that you might need to address any difficulties in your relationships. The full moon in your sign on the 5th throws some light on an issue that's been troubling you for a while, good communication helps as a creative solution comes into view. March suggests that health and lifestyle balance will be top priorities for you this month. The Pisces new moon on the 2nd offers great insight and your renewed confidence enables you to push any new ideas forward. Jupiter and Neptune are strong in Pisces and this combination indicates a marvellous energy boost.

VIRGO AUGUST 24 - SEPTEMBER 22

Mighty planet Jupiter, newly arrived in Aries, offers the potential for some big changes to your finances and resources; be on the lookout for some important new information related to better your financial plans. Planetary trends suggest that this is also a good time for restructuring a nutritional review, particularly around the new moon in your opposite sign on the 20th. March: The full moon in your sign on the 18th helps you to apply your energies to constructive pursuits. The Sun, Jupiter and Neptune are all prominent around this time and highlight inspirational and intuitive experiences. New and exciting ideas to push you forwards occur at the spring equinox on the 20th.

LIBRA SEPTEMBER 23 - OCTOBER 23

Some new and exciting creative opportunities are suggested during February as the Sun and Saturn both occupy this important area of your chart. Innovative new ideas can flourish and with Saturn's disciplined and practical outlook. They can be long lasting. Romantic encounters are also in strong focus, particularly around the 20th as Venus arrives in Passionate Aries. March: The month's events hinge around Venus, your ruling planet, arriving in the most creative area of your chart on the 6th. Be sure to talk to partners and colleagues about the bigger issues and dig deep to unearth new truths. The Equinox on the 20th shows that freedom and individuality are more important than ever before.

SCORPIO OCTOBER 24 - NOVEMBER 22

The radiant Sun and stern Saturn in Aquarius are collectively illuminating your home and family life. Radical change could now be on the horizon, particularly around the Pisces new moon on the 20th. Mercury arrives in Aquarius on the 11th, good communication is essential as you look at new and innovate ways for moving forward, try to act with caution and deliberation. March: This month's planetary activity turns your attention to communicating trust and intuition, by doing this you'll benefit most from a harmonious atmosphere. Venus and March enter your domestic area on the 6th, you can use your organisational skills to perform everyday jobs and plan your schedule in a more efficient way.

SAGITTARIUS NOVEMBER 23 - DECEMBER 21

February's powerful Leo full moon on the 5th highlights travel and all forms of further study. Pull out all the stops and get busy with major initiatives; your strong intuition now may prove to be spot on. Action planet Mars continues on through your opposite sign, enhancing your organisational skills and offering you the chance to view decisions in a very different light. March is dominated by a restructure of your personal finances and earning capacity. As both Venus and Mars arrive in Aquarius on the 6th you'll find that if you stick to your plans you have a really good chance of succeeding. The Virgo full moon on the 18th suggests that a long term creative project can finally get underway.

CAPRICORN DECEMBER 22 - JANUARY 20

Communication planet Mercury remains in your sign until the 10th, it's a good time for initiating any sort of practical change. Transformational Pluto is now in the last degrees of your sign suggesting there are many loose ends to tie up before you embark on an entirely new life journey. The Pisces new moon on the 20th offers a creative new way of getting your message across. March indicates that finances and resources are in the spotlight, challenges and change are on offer and you'll need to make some important decisions. The intuitive energy of Jupiter and Neptune in Pisces can assist you when looking at your choices. The spring Equinox on the 20th will reveal more about changes of the inevitable kind, particularly on the home front.

AQUARIUS JANUARY 21 - FEBRUARY 18

February is your birthday month, Expansive planet Jupiter is strong and courageous in fiery Aries, indicating that you can communicate better now and get your ideas across to others – you have a store of mental energy which should be applied to good ideas. The Pisces new moon on the 20th highlights finances, use your analytical abilities and problem-solving skills to make important changes. March is a very important month as both Mars and Venus arrive in your sign on the 6th, indicating innovative insight and big changes in the pace of your life. The Sun, Jupiter and Neptune in mystical Pisces offer inspirational energy and a renewed interest in anything spiritual or creative.

PISCES FEBRUARY 19 - MARCH 20

Power planet Mars in Gemini is strong in your domestic area this month; you should feel the urge to push ahead and review home and family matters with new found confidence and courage. Venus in your sign ensures that you are attractive to others and the new moon in your sign on the 20th enhances your intuitive ability, tuning in and trusting this will make the way ahead look so much clearer. March: The powerful full moon in your opposite sign of Virgo on the 18th brings much needed clarity and focus into many areas of your life. This is a time for illuminating new beginnings, particularly where love and romance are concerned. Venus and Mars both arrive in analytical Aquarius on the 6th, it's time to be decisive!

Christine Chalklin, Inspirational Astrologer and Life Coach.

Take a refreshing new look at the year ahead by booking an astrological reading now – Consultations are available on Skype, Zoom, WhatsApp or telephone. **Mobile: 07813 483549 | www.reststyleyourlife.co.uk | christine_chalklin@hotmail.com**

10 TIPS

FOR COMMUNICATING WITH SOMEONE WITH DEMENTIA

It's hard to live with someone who has dementia. It can be difficult not to become upset with the disturbed communication and the emotions that the person will be feeling which may not be relevant to the reality. It can make family and caregivers feel stressed, anxious, irritated and utterly helpless.

Everyone's experience of the disease is different but repeating stories, not being able to think of the right words, losing track of thoughts, losing their way or forgetting where the rooms around them are situated, speaking less or speaking in another language are not uncommon.

However, even though the person affected by dementia may not be able to clearly express it, they are often still experiencing feelings and emotions that can confuse and upset them deeply.

Here are 10 tips on how to effectively communicate with someone who has moderate to severe dementia.

1. Dementia worsens progressively. People with dementia find it difficult to make sense of others and to communicate effectively. It is crucial to show empathy, patience and understanding.

2. Avoid distractions and noise. Speak in a normal tone of voice at a normal volume. In order to be able to share moments that matter, a quiet environment will enable the person with dementia to focus their mental energy. It'll also assist them in staying calm.

3. Refrain from 'babytalk' or speaking in frustrated and agitated ways. Avoid criticising or correcting, and repeat what they said if something needs to be clarified.

4. Refer to people by their names. For example: "Hi Dad. It's me, Louise" rather than "Hi. It's me" or assuming that they already know the names of the people around them.

5. Keep conversation simple. Over complicating it by going off at tangents will only upset them because they will rapidly become confused and tired. You'll need to ensure you have enough time to spend with them, if you feel rushed or stressed, so will they. Take some time to calm down.

6. Body language is important. Stay calm and smile. Position yourself where the person can see you as clearly as possible, sitting rather than standing over them. When dementia becomes



very advanced, non-verbal communication may be the only option available and people with Alzheimers can understand kind touch, laughter and smiles. How you say something is often more important than what you say. Focus on feelings rather than facts.

7. It is very likely that your loved one will be 'stuck in the past' during conversation; a scenario from their days as a youngster, or something that happened last week. They are unaware of the time difference at that moment so don't try to correct them. Instead, listen, don't argue. They'll be far happier chatting away and reminiscing is really important.

8. Don't be personally offended if the person who has dementia uses bad or aggressive language or becomes paranoid or accusatory - it is so upsetting. But remember that deep down they're not feeling or understanding what they are doing.

9. Understand there will be good days and bad days. Moments when they have clarity and moments when their mind is muddled. Make the most of 'good' days and find ways to adapt on 'bad' ones.

10. Do not talk about your loved one like they are not in the room. Always assume he or she can understand what you are saying and include the person in conversations with others. It helps to keep their sense of identity and feel they are valued, reducing feelings of isolation.

PLACES TO ACCESS HELP:

NHS <https://www.nhs.uk>

ALZHEIMERS SOCIETY www.alzheimers.org.uk/

DEMENCIA UK www.dementiauk.org/

AGE UK www.ageuk.org.uk/

DEMENCIA SUPPORT www.dementia-support.org.uk/

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

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



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

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

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

Please remember to mention Stonestrow Directories when calling

CLASSIFIEDS



Prior Products
Limited
Visit Our Showroom:
Clifford Chambers, Nr Stratford upon Avon CV37 8LW
Call us on: **01926 422200**
www.priorproducts.co.uk
See our full advert on p. 5
Please remember to mention Stonesthrow Directory
when calling



**Lady Katherine
Housing & Care**
Contact Chris Mundell to discuss our vacancies on:
01564 772415
Temple Balsall, Knowle, Solihull, B93 0AN



solclean
EXTERNAL CLEANING SPECIALISTS
**CALEANING DRIVEWAYS
PATIOS ~ ROOFS ~ GUTTERS
FASCIAS & SOFFITS**
07546 264164
enquiries@solclean.co.uk
www.solclean.co.uk

EAGLE ELECTRICS LTD



EE



02476 464 138
07730 309 332
info@eagleelectrics.com
www.electricalcoventry.org.uk



NICEIC
APPROVED
CONTRACTOR

Xtreme Tree Care

- Crown Thinning & Reduction •
- Felling & Dismantling • Pruning & Shaping •
- Hedge Trimming & Removal •
- Specialist Stump Removal •

07951 332 401
xtremetreecare@aol.co.uk

HOMEWOOD
Leamington Spa 
Residential Care Home Live later life well

01926 423 519
www.mha.org.uk/homewood



R W McDermott
Property Maintenance
T: **07880 748 054**
E: rwmcdermottpropertymaintenance@gmail.com

Bablake 
A 3-18 independent school
024 7627 1200
INFO@BABLAKE.COVENTRY.SCH.UK
WWW.BABLAKE.COM

Xtreme Tree Care

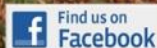
- Crown Thinning and Reduction
- Felling and Dismantling
- Pruning and Shaping
- Hedge Trimming and Removal
- Specialist Stump Removal
- Logs and wood chip for sale

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



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
or complete the contact form on our website
New Website for 2023: WWW.HAMPTONARCHITECTURE.UK

Hampton Architecture is a CIAT Chartered Architectural Practice

FARM SHOP • CAFÉ
BUTCHERY • DELICATESSEN
BAKERY

*locally sourced & homemade produce
in Balsall Common*

CELEBRATING
10 YEARS

Valentine's Day Afternoon Tea available throughout February

Mother's Day Afternoon Tea available throughout March

Also available to take away!
*48 hours' notice required for any bookings.

 **Oakes**
FARM SHOP



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

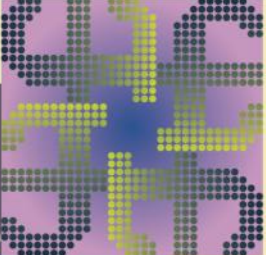
mail@jamiesonchristie.com / www.jamiesonchristie.com

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
★★★★★