

# STONESTHROW DIRECTORY

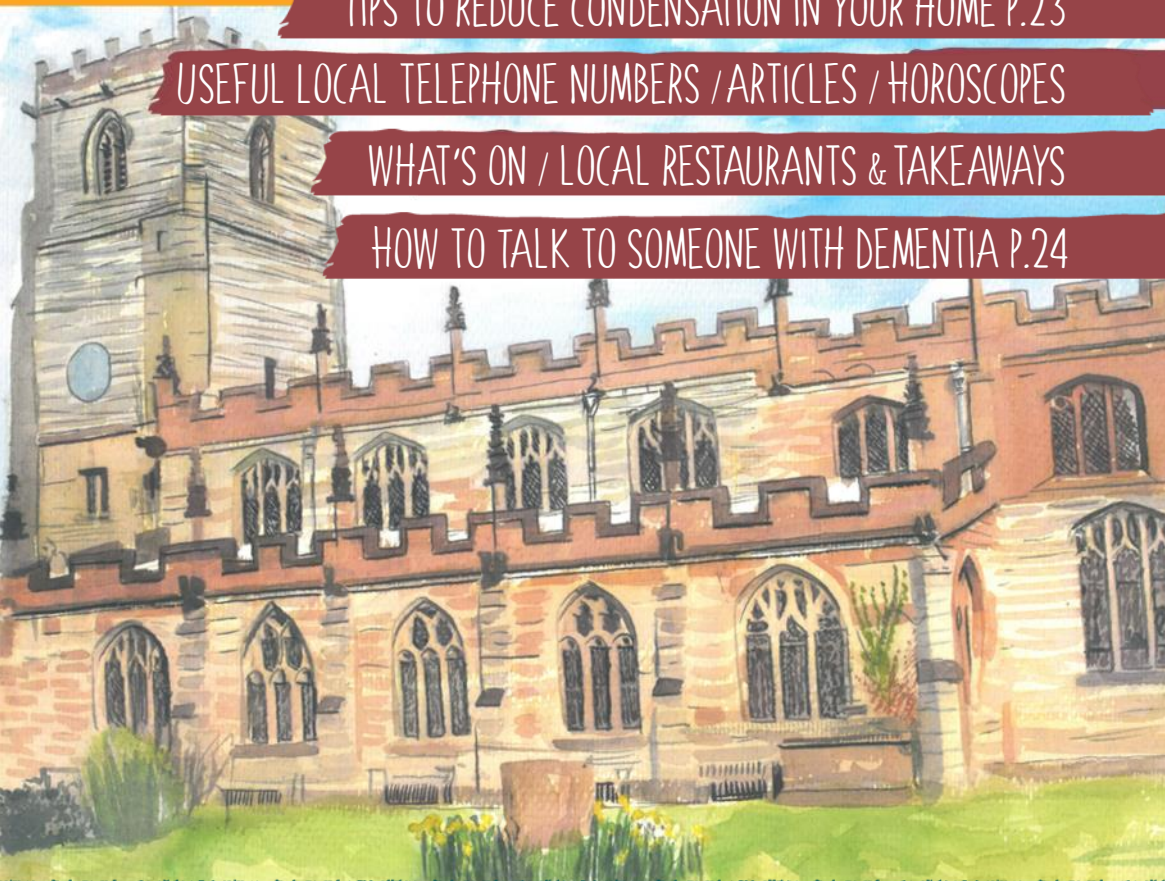


TIPS TO REDUCE CONDENSATION IN YOUR HOME P.23

USEFUL LOCAL TELEPHONE NUMBERS / ARTICLES / HOROSCOPES

WHAT'S ON / LOCAL RESTAURANTS & TAKEAWAYS

HOW TO TALK TO SOMEONE WITH DEMENTIA P.24



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# A NOTE FROM THE EDITOR

Hello and welcome to our February/March edition of the 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 (17<sup>th</sup> of February), Pancake Day (21<sup>st</sup> of February), St Patrick's Day, Mother's Day, etc. When deciding how to celebrate, what gifts to get your loved ones, please do chose 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 an all time high.

It may feel cold, wet and miserably 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.20-21), 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:  
**14<sup>th</sup> of February - Valentine's Day;**  
**19<sup>th</sup> of March - Mother's Day;**  
**26<sup>th</sup> 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  
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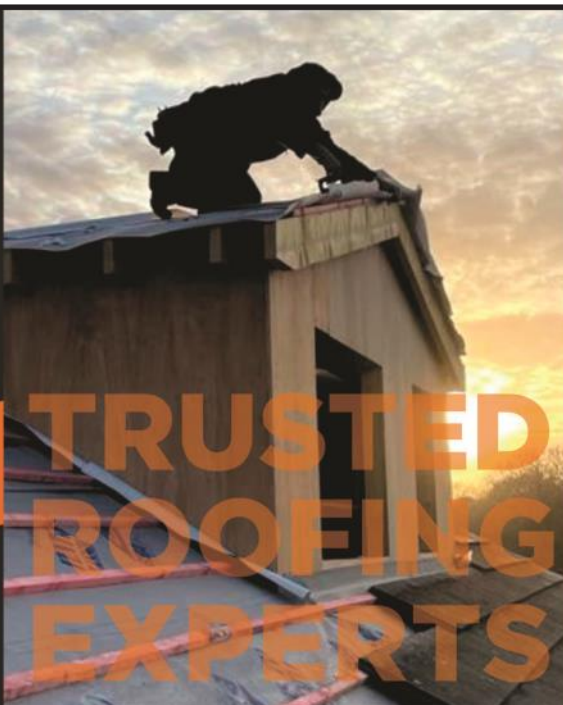
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### **Bentley Heath Country Market**

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: [kandrrt@gmail.com](mailto:kandrrt@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  
varied monthly programme of hosted events,  
including 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

### **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)

### **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.

### **Knowle Beer Festival**

Date: 17th, 18th of March  
Knowle and Dorridge Round Table's annual Beer



Festival. This year we've the usual great selection of craft beers and ciders, we will also be showing the last three 6 Nations Rugby games. We also have a great selection of Gins, Tonics and Proseccos, kindly being run by the fantastic Knowle & Dorrige Ladies Circle. Live music will be played by the Bugaloo Babes on Friday. Food also being served both nights. As always, any moneys that Round Table make from our events are donated to local good causes and charities. Come and join us for what will be an amazing time! Tickets are available at the door for £10 which gets you a glass, programme and £5 worth of vouchers to spend on the drinks of your choice.

### Knowle Fun Run

Date: 21st of May

Organised by Knowle and Dorrige Lions this popular event has hundreds of runners taking part in a 5k or 10k run around Knowle. It's always a well supported and popular event with food and stalls at Arden Academy and locals lining the streets cheering on the runners. Visit [www.knowleanddorrigelions.com](http://www.knowleanddorrigelions.com) for details.

### 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](http://www.facebook.com/COSMidlandsCompton), or [www.cinema-organs.org.uk](http://www.cinema-organs.org.uk)

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

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# 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: Your 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, using 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.restyleyourlife.co.uk](http://www.restyleyourlife.co.uk) | [christine\\_chalklin@hotmail.com](mailto:christine_chalklin@hotmail.com)



# 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.

# 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/](http://www.alzheimers.org.uk/)

DEMMENTIA UK [www.dementiauk.org/](http://www.dementiauk.org/)

AGE UK [www.ageuk.org.uk/](http://www.ageuk.org.uk/)

DEMMENTIA SUPPORT [www.dementia-support.org.uk/](http://www.dementia-support.org.uk/)





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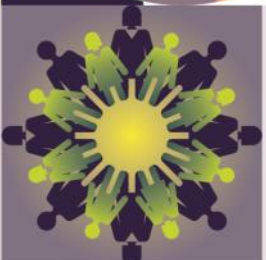
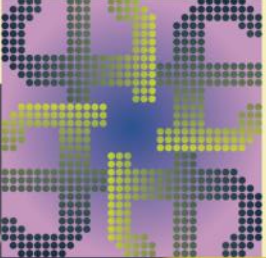
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