

STONESTHROW DIRECTORY



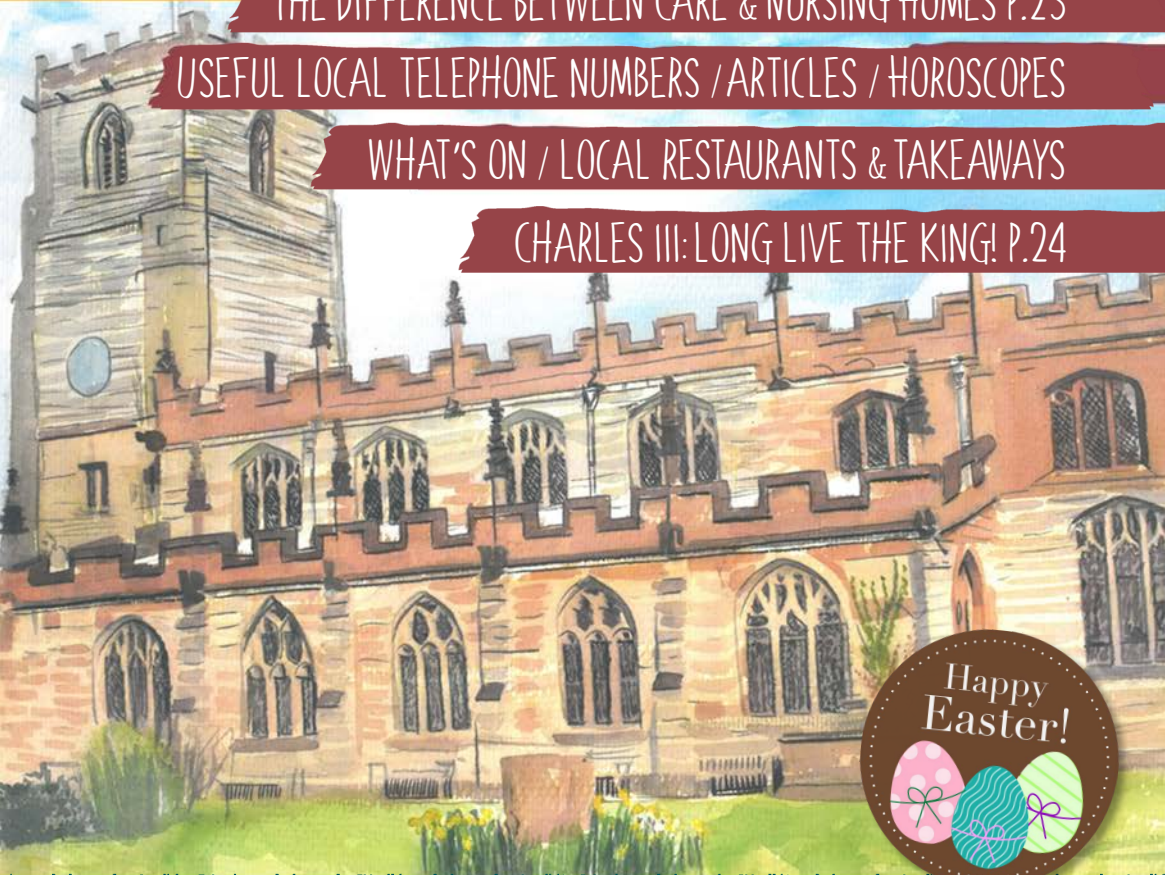
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A NOTE FROM THE EDITOR

Hello and welcome to our April/May edition of the Stonesthrow Directory.

Fingers crossed for some good weather over the Easter weekend, which is relatively early this year: Friday 7th to Monday 9th. But why does Easter, like the proverbial bunny, hop around so much? In a nutshell (or should that be an Easter eggshell?), it's because Easter falls on the first Sunday following the full moon on or after the spring equinox, which is assumed to be 21st March (even though that itself can vary between 19th and 22nd March).

May is Local and Community History Month, which is designed to increase awareness of local history. Since our local communities are so important to us as a business, we need no further prompting to get out and about and explore the history of our area. You can find more information at history.org.uk.

There are plenty of special offers and discounts exclusive to our readers in this edition. Please remember to mention Stonesthrow Directories when calling our advertisers, so we can bring even more trusted local services to your door. We strive to support local businesses, so if you or someone you know runs a small business in or near Knowle—please do get in touch for a friendly chat about how we can connect you to thousands of potential clients on your doorstep.

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:
7th of April - Good Friday Bank Holiday; 10th of April - Easter Monday Bank Holiday; 1st of May - Early May Bank Holiday; 6th of May - Bank Holiday for the Coronation of King Charles III; 29th of May - Spring Bank Holiday.

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

Yours, Stonesthrow Publications.

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 WWW.STONESTHROWPUBLICATIONS.CO.UK

Stonesthrow
Publications

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WHAT'S ON

20-21



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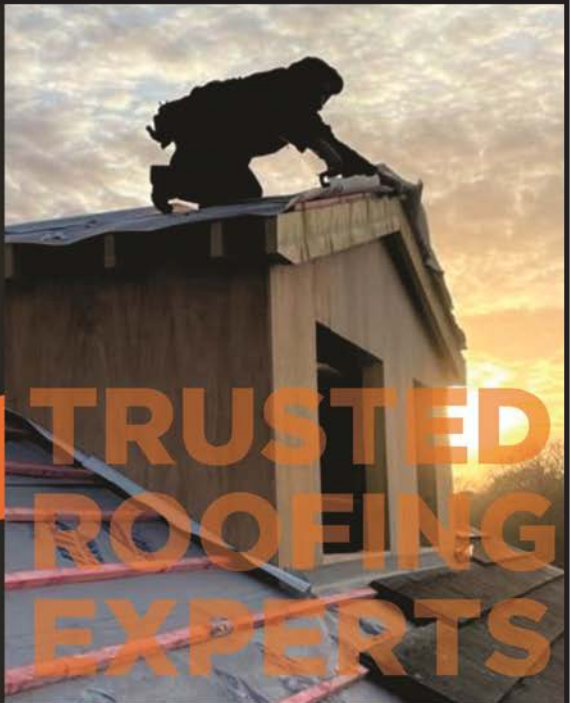
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The Dorridge Practice	01564 776262
Arden Medical Centre	01564 739194
Spire Parkway Hospital	0121 704 1451
GP Healthcare Knowle	0121 796 2777

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West Midlands Police	0845 113 5000 or 101
Warwickshire Fire & Rescue	01675 62 007
Bickenhill Community Fire Station	0121 380 7527
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Consumer Advice	03454 04 05 06
Citizens Advice Bureau	01926 457 900
RSPCA	024 7671 3717

WHAT'S ON

LOCALLY

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Time: 7.30pm / Venue: Dorridge Methodist
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The Thursday Friends Lunch Club

Date: 8th of Thursday - every Thursday / Time:
12pm - 2.30pm / Venue: The Red Lion Pub, 1672
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Date: every other Tuesday
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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

Cinema Organ Society - Live Concert on our 1935 Mighty Compton

Date: 7th of May / 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 organist today is David Lowe. 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

Knowle Village Hall Association Coronation Celebration

Date: 8th of May / Time: 10am / Venue: Knowle
Village Hall
In celebration of the Coronation of H.M the King
we will be serving coffee/tea and delicious home

made cakes at the Hall and we cordially invite you to join us, relax and enjoy some refreshment on this very special Bank Holiday. Coffee/tea: £1.00. Cakes: £1.00. We look forward to welcoming you.

Knowle Coronation Celebrations

Date: 8th of May / Time: TBC / Venue: Knowle Park

Once again Knowle Society, Knowle Parish Church, Knowle and Dorridge Lions, Arden Academy, Love Knowle Park and others are working together to bring a street market, community stalls, food and entertainment to the heart of the village. For more details please get in touch: loveknowlepark@gmail.com

Knowle Fun Run

Date: 21st of May

Organised by Knowle and Dorridge 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.knowleanddorridgeions.com for details.

Knowle Renew Café

Date: every Wednesday / Time: 2pm - 4pm /

Venue: Guild House, Knowle

All welcome, no booking required. A shared wellbeing space where you can enjoy a calm cuppa; spend time with a coffee (activities

available or bring your own); have a chat with others; join an optional prayer & meditation session. For more information please visit: www.kpc.org.uk

Cinema Organ Society - Live Concert on our 1935 Mighty Compton

Date: 4th of June / 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 organist today is Michael Wooldridge. 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

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FOR YOUR NEWS EVENTS AND GROUP MEETINGS TO BE FEATURED FREE OF CHARGE ON OUR WHAT'S ON PAGE PLEASE EMAIL [KSENIA: INFO@STONESTROWPUBLICATIONS.CO.UK](mailto:ksenia@stonestrowpublications.co.uk)

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HOROSCOPES: APRIL / MAY

ARIES MARCH 21 - APRIL 20

Your ruler, dynamic Mars, remains in individualistic Aquarius until the 15th, you can use this time wisely by networking and interacting with totally new groups of people and business colleagues. Your earning ability increases as Mercury arrives in Taurus on the 11th, innovative new opportunities to influence your work progress are coming your way. May is a super energetic month for you, starting with Venus arriving in your sign on the 3rd, followed by Jupiter on the 11th and finally Mars on the 25th. You'll feel this huge energy shift as your plans and projects gather momentum and new ideas become apparent. The Scorpio full moon eclipse on the 16th suggests that some important financial issues will come to the surface.

TAURUS APRIL 21 - MAY 21

Abundant Jupiter in Pisces brings enhanced intuition and renewed confidence and courage when it comes to making new friends. Your talents are in the spotlight and you'll need to take stock and review your options as your innovative ideas can now become reality. Venus arrives in dreamy Pisces on the 6th, perfect timing for romance to blossom! May: Communicative Mercury has just arrived in Gemini, illuminating the communication area of your chart. It's time to profit from a new sense of resolve when it comes to getting things done, try to make your decisions before Mercury turns retrograde on the 10th. It's time to let go of outmoded situations and discover inspirational new ways forward.

GEMINI MAY 22 - JUNE 21

Dynamic Mars arrives at the highest point of your chart on the 15th, this is your cue to shift gear and turn up the pace. Your finances are a high priority and you should have more than one new money making idea up your sleeve. The full moon in Libra on the 16th suggests a creative opportunity could be coming your way. May: Mercury, your ruler, has just arrived in your sign offering up an exciting theme of innovative ideas and exciting new plans to help you move ahead. Try to get things done before the retrograde phase begins on the 10th. The powerful Scorpio full moon eclipse on the 16th illuminates a challenge around an ambitious project, access your intuition for best results.

CANCER JUNE 22 - JULY 22

The powerful Aries new moon on the 1st offers up some new and innovative opportunities concerning your career goals, if you have been holding yourself back, now is the time to stride forth and be courageous. Domestic matters also get the go ahead after the Libra full moon on the 16th, any recent setbacks and delays should start to ease. May: This month indicates that a totally different dynamic is on offer as your career moves into the spotlight. Jupiter arriving in Aries on the 11th places your confidence at an all-time high and pushes you even harder to go after what you want. A close friend offers you some good advice around the time of the Gemini new moon on the 30th, try to be open to suggestions.

LEO JULY 23 - AUGUST 23

During April your overall wellbeing is firmly in the spotlight, the Aries new moon on the 1st kick-starts your energy urging you to take time out for study, adventure and travel. Broadening your horizons is definitely the theme for the next month as you tune into your needs and make the necessary changes. May begins by offering a chance to clear up any emotional matters that have been in the background for some time. After the 11th, as mighty Jupiter changes sign, your thoughts turn to further broadening your horizons and travelling to some faraway places. The Scorpio full moon eclipse on the 16th illuminates your domestic area and a deep friendship could become especially rewarding for you.

VIRGO AUGUST 24 - SEPTEMBER 22

April arrives with a much clearer picture of your way forward; energetic Mars in Aquarius offers the dynamic energy to capitalise on professional matters, as people around you will be very receptive to your ideas and plans. The powerful full moon in Libra on the 16th suggests that money matters may require careful handling. May: Pisces energy is strong at the start of the month, illuminating the relationship sector of your chart. Your intuition should be at its height, but you will need to avoid wasting energy on trivia as Mercury in Gemini is so easily distracted. The Scorpio full moon on the 16th in your financial area offers a more practical approach to enhance your earning potential.

LIBRA SEPTEMBER 23 - OCTOBER 23

The important full moon in your sign on the 16th illuminates your ability to be successful and shows the need for you to find a good balance and a positive outlook in all areas of life. As dynamic Mars enters Pisces on the 15th, the emphasis is on your health and wellbeing, good nutrition, rest and relaxation are more important than ever. May: Your overall health and wellbeing continue to be illuminated this month as the intuitive sign of Pisces is strongly emphasised in your chart. Take this opportunity to further develop any new health strategies as this is the perfect time to make some lasting changes. The Scorpio full moon on the 16th suggests new financial insights are ready to be uncovered.

SCORPIO OCTOBER 24 - NOVEMBER 22

April's planetary activity turns your attention to work related matters. The powerful Aries new moon on the 1st offers some exciting new prospects, making this the perfect time for success. After the 6th, relationship planet Venus arrives in enchanting and sensitive Pisces – very well positioned to enhance love and romance! May: The full moon in your sign on the 16th confirms the important decisions that you have taken in recent months, step back and enjoy your success! Work related issues are on a roll as new projects coincide with your determination to succeed. The new moon in Gemini on the 30th highlights a financial issue that needs addressing.

SAGITTARIUS NOVEMBER 23 - DECEMBER 21

Work and lifestyle issues are in the spotlight this month, you'll feel drawn to finding a better balance in these areas. Creativity should also be at a peak as Mars is innovative and resourceful in Aquarius. A much higher profile leads you to being in the right place at the right time, particularly around the full moon on the 16th. May: Your love life enters the spotlight after the 3rd as romantic Venus arrives in passionate Aries and lights up this area of your chart. Relationships should flourish under these current trends and Jupiter, your ruler, is beneficial after the 11th. Mercury in Gemini ensures that you stay curious and explore, but try to avoid arguments.

CAPRICORN DECEMBER 22 - JANUARY 20

During April the emphasis is on all forms of communication; Abundant Jupiter and mystical Neptune are both in intuitive Pisces, giving you the gift of insight wherever it is most needed. An added boost comes from the powerful Aries new moon, allowing you to firm up your strategy for any career expansion that you have in mind. May brings a new sense of adventure and exciting new possibilities as your communication sector is illuminated and you have plenty to say. The Sun and impulsive Uranus also occupy pivotal positions in your chart, ensuring that you enjoy popularity and recognition; use positive thinking to get the very best out of any new social endeavours.

AQUARIUS JANUARY 21 - FEBRUARY 18

Under the current planetary trends, ideas and communication around all aspects of your earning potential continue to occupy the spotlight. Dynamic Mars remains in your sign until the 15th, be sure to make the most of this powerful energy for multiple creative ideas. The Taurus new moon on the 30th brings a longstanding domestic issue to the forefront. During May your home becomes one of your top priorities, if you maximise your potential and put your powers of judgement to the test you should see the successful culmination of an ambitious project. Venus arrives in Aries on the 3rd, enthusiasm is high as love and relationships offer excitement and delight.

PISCES FEBRUARY 19 - MARCH 20

Your breakthroughs arrive as you start to view events from an entirely new perspective. The powerful Aries new moon on the 1st suggests innovative and beneficial change will be coming your way very soon. Venus arrives in your sign on the 6th, joining Jupiter and Neptune and kick-starting your desire to make some important changes. May: Energetic Mars moves out of your sign and into Aries on the 25th, offering you the opportunity for renewal and clearing out. Venus is passionate in lively Aries from the 3rd suggesting that you have supercharged energy for ridding yourself of anything that is not essential in your life, even if it requires some serious soul searching.

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 | christine_chalklin@hotmail.com

THE DIFFERENCE

BETWEEN CARE & NURSING HOMES

When the time comes to think about long-term care for a loved one, the term “care home” conjures up different meanings for different people. One of the most frequent questions people ask is whether they need to be considering a “care home” or “nursing home” and the two terms can become interchangeable in most people’s minds.

We can think of a “care home” as being a generic term describing a facility that provides accommodation and personal care for people who need extra support in their daily lives. Personal care might include help with eating, washing, dressing, going to the toilet or taking medication.

Broadly speaking, we can split “care homes” into two separate categories: residential care homes, and nursing homes. Residential care homes and nursing homes do provide similar services but understanding the differences can help you and your family choose which is right for your situation.

A RESIDENTIAL CARE HOME is defined as “a small establishment providing accommodation and care for people who are unable to look after themselves.” Care is provided 24-hours a day by trained Care Assistants. Commonly residents are elderly and their need for care is because of degenerative health conditions associated with ageing e.g. reduced mobility. The term “care home”, therefore, broadly covers all types of residential care facility. Some care homes are privately owned – perhaps by private individuals or companies – others are run by local councils.

A NURSING HOME is an establishment for people who don’t need to be in a hospital but can’t be cared for at home. In a nursing home, care is provided 24 hours a day by Registered Nurses who are supported by Care Assistants. The services might include administration of intravenous medication, or wound care, or residents may need rehabilitation after a serious injury or debilitating illness. Residents may not necessarily therefore be elderly. Both types of home provide 24-hour support,

however, since nursing homes have registered nurses on site 24 hours a day the cost can be considerably more than the cost of a residential care home.

WHICH TYPE OF CARE HOME IS RIGHT FOR YOU?

Your choice between a residential care home or nursing home will depend on the level of care your loved one needs. You may already know the answer, but if not, you go for a needs assessment. In England, in accordance with the Care Act, local authorities have an obligation to assess everybody regardless of income, savings or whether the council thinks you will qualify. The assessment will identify your care needs - what kind of care you require and how much support you need. A social worker, occupational therapist, nurse or someone else working on the local authority’s behalf will carry out the assessment. Once the assessment is complete, your local authority will use the information to work out what care and support you may be eligible for and the best way for you to get it.

About the Author: Helen Say is a freelance copywriter and blogger www.cbldservices.co.uk



CHARLES III

LONG LIVE THE KING

As Prince of Wales, Charles has been preparing for this moment for most of his life, under the tutelage and guidance of his late mother, Elizabeth II. He will be recorded in history as the longest ever heir apparent, and the oldest to ever accede to the British throne at the age of 73.

Charles Philip Arthur George was born on 14th November 1948, during the reign of his grandfather King George VI. After the death of the King in 1952, his mother Elizabeth became Queen and Charles became heir to the throne at just three years old.

Charles was educated at Cheam and Gordonstoun schools, in the footsteps of his father Philip. He was the first heir apparent to attend school rather than receive private tuition. His time at Gordonstoun was hard, he referred to it as “Colditz in kilts” but later reflected, “...it taught me to accept challenges and take the initiative.” He left in 1967 with six O levels and two A levels in French and History.

Charles went on to read Archaeology and Anthropology, then switched to History at Trinity College, Cambridge. He gained a 2:2 Bachelor of Arts in 1970. As Prince of Wales, he also spent a term at the University College in Aberystwyth, in order to study the Welsh language and history. In 1975, Cambridge University awarded him a Master of Arts.

Charles joined the Royal Air Force and trained as a jet pilot, then the Royal Navy, where he qualified as a helicopter pilot. The Prince’s Trust was founded in 1976 with the £7,500 severance pay from the Navy. Since then, Charles has established sixteen more charities which raise over £100 million annually.

In 1981, he married Lady Diana Spencer. They had two sons, William born in 1982 and Harry in 1984. The couple divorced in



1996, and Diana was tragically killed in a car accident a year later.

In 2005, Charles married Camilla Parker-Bowles. The official title of Princess of Wales was never publicly acknowledged, instead Camilla became known as the Duchess of Cornwall.

The Duchy of Cornwall Estate was established by Edward III in 1337 for the heir to the throne. As Duke of Cornwall, the 53,000 hectare estate provided Charles with a private income to fund public, charitable and private activities, effectively making him financially independent. The estate passed to Prince William when he became heir apparent.

On 8th September 2022, Queen Elizabeth passed away peacefully and King Charles III became the new monarch. Coronation plans have been laid out for many years, under the codename ‘Operation Golden Orb’. It’s thought that the service will be smaller than the last coronation in 1953, and include different faiths and communities to reflect the change in British society. The Church of England ceremony will be broadcast internationally, and requires an oath and anointment, delivery of the orb and enthronement. The coronation of King Charles III and Camilla takes place in Westminster Abbey on 6th May 2023. Long live the King!





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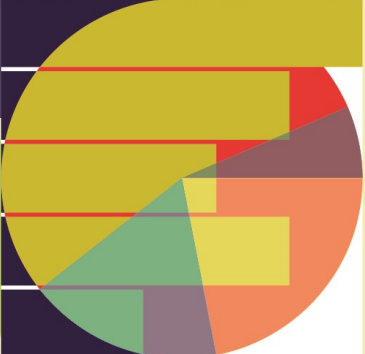
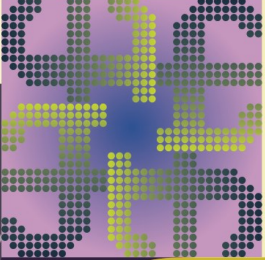
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