

STONESTHROW DIRECTORY



FREE BEE-FRIENDLY FLOWER SEEDS P.25

USEFUL LOCAL TELEPHONE NUMBERS / ARTICLES

CONSERVATORIES: KEEPING COOL THIS SUMMER P.14

WHAT'S ON / LOCAL RESTAURANTS & TAKEAWAYS

DECLUTTER & STORAGE P.22



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A NOTE FROM THE EDITOR

Here comes the Summer! Yes, June is the official start of Summer, and the solstice on Wednesday 21st June is the longest day, when the Earth tilts on its axis closest to the Sun. This year, that happens at precisely 3.57pm, which could be a great titbit of information for a quiz night!

This month we're also celebrating Father's Day – it's on the third Sunday of the month, which this year is 18th June. This could be a wonderful opportunity to treat our dads and commemorate the loving memories of those no longer with us.

July is Independent Retail Month, celebrating all the fantastic independent businesses in our community – many of whom are featured within these very pages. So get out there and explore all the wonderful goods and services they have got to offer – they'll be very appreciative of your support.

As always, we have prepared a couple of interesting reads for you, as well as useful listings of local telephone numbers, local restaurants and takeaways. Please do keep your copy of this directory until the next edition is delivered, so your helpful local trades and services' contact details are never too far away.

Our advertisers have prepared special offers and discounts exclusive to the readers of Stonesthrow Directory. Please remember to mention our magazines when you call our advertisers, so we can bring even more trusted local talent to you.

Here are a few dates for your calendar:

18th of June—Father's Day
21st of June—Summer Solstice

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

Yours, Stonesthrow Publications.

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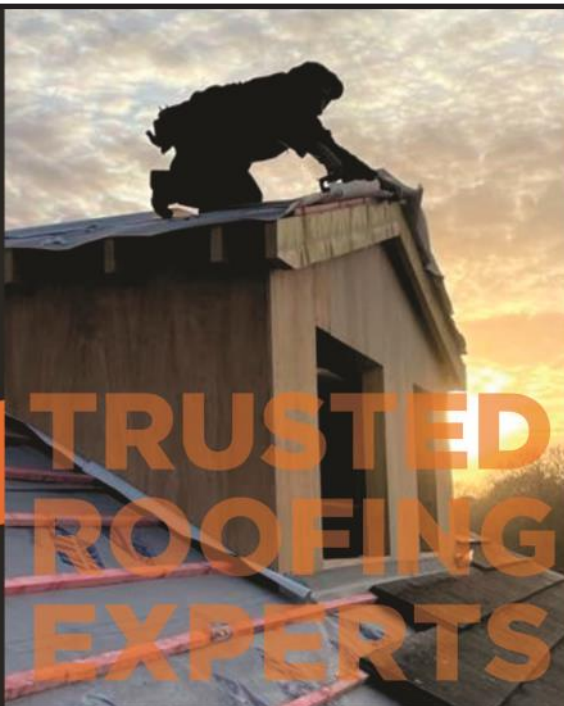
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CONSERVATORIES

KEEPING COOL THIS SUMMER

During the summer, people want to make the most of their conservatories, the sunniest part of the home. However, if you have an older conservatory, you may find that it is several degrees warmer than outside during the hottest part of the day. If it was originally constructed using glass panels or polycarbonate, these materials are now outdated and inefficient. Replacing your conservatory roof is not a cheap process, you will need to do some serious research. Make sure you contact a company who specialise in this type of refurbishment, and get a few quotes before you decide on a contractor.

In the meantime, here are a few suggestions about how you can make your conservatory a 'cool' environment and enjoy it during the summer months.

Open windows and doors during sunny days to increase the circulation of fresh air. This may seem obvious, but a lot of people don't like 'drafts' and will insist on keeping doors and windows locked tight. As long as you are in the house and keeping an eye on any possible intruders, allowing air to circulate will help cool the room during the hottest part of the day.

Vents could be installed to help control the amount of air coming into the room without leaving your home vulnerable to intruders.

Blinds can keep out direct sunlight, this brings the interior temperature to a more manageable range. Internal blinds fit between the glass panels

of the double glazing, so they never get dirty or pucker. If you can invest in something that can be adjusted throughout the day, then you'll have some control over the amount of sun you allow into the room. These can also be a stylish addition to your home, giving you an opportunity to update your décor and refresh the look of your conservatory.

Adding some cooling film to your windows can be a cost effective solution, prices start at around £20 per metre. Applying a thin layer of specialist film will reflect up to 80% of the sun's heat and harmful UV rays too. The application is quite difficult, due to the height of the conservatory, so make sure you hire a professional for the job.

A ceiling fan is a great way to circulate the air without compromising security. However, you may not be able to attach a fan to the roof of your conservatory very easily. Any kind of fan will do the job of moving the still air, whether it's a desk fan or freestanding.

Making your conservatory look a little jungle themed is not just an interior decor statement, plants will absorb excess moisture and reduce humidity. Using a range of sizes and species will add interest to your space and add a little shade.

Finally, make sure your conservatory furniture is light, avoid leather seats and opt for lighter fabric soft furnishings. You could always add an ice bucket full of refreshing drinks, just to keep yourself cool too.



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01564 779929

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01564 774 218

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01564 772283

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01564 773531

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01564 772242

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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

POLICE & FIRE

Solihull Police Helpdesk	0845 113 5000
West Midlands Police	0845 113 5000 or 101
Warwickshire Fire & Rescue	01675 62 007
Bickenhill Community Fire Station	0121 380 7527
Solihull Fire Station	0121 380 7521

UTILITIES

Electricity Power Loss	0800 328 1111
Severn Trent Water	0800 783 4444
Transco Gas leak	0800 111 999
BT Fault Line	0800 800 151

TRAVEL

Chiltern Railways	08456 005165
National Rail Enquiries	08457 484950
West Midlands Trains	0333 311 0039
Bus Travel Line	0871 2002233
Coventry Airport	02476 301717
Birmingham Airport BHX	0871 222 0072

HOTLINES & HELPLINES

Samaritans	116123
Consumer Advice	03454 04 05 06
Citizens Advice Bureau	01926 457 900
RSPCA	024 7671 3717

WHAT'S ON

LOCALLY

Bentley Heath Country Market

Date: every Friday / Time: 10am - 11.30am /
Venue: Bentley Heath Community Hall
Widney Rd, Bentley Heath, B93 9BQ
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New producers always welcome! 10am-11.30am
Email bhcountrymarket@gmail.com to receive
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Date: every Wednesday during school terms /
Time: 7.30pm / Venue: Dorridge Methodist
Church, Mill Lane, Dorridge
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Date: varies / Time: varies / Venue: Elmdon
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Assembly Rooms B92 8JN; Knowle Village Hall
B93 ONH; Bentley Heath Community Centre B93
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Bannister Eyecare - Knowle, Vision Express -
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event in support of the Hall refurbishment fund.

Cinema Organ Society - Live Concert on our 1935 Mighty Compton

Date: 2nd of July / 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 Norman Scott. 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: August 6th 2023 / 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 Redfern. 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 Probus Club

Date: third Tuesday of each month / Time: 12pm / Venue: Knowle Masonic Centre
We welcome retired and semi-retired professional and business men as new members. The club

meets on the third Tuesday of each month for fellowship, a good lunch and to hear speakers from all walks of life. Check our website www.knowleprobud.org.uk or contact Robert Shaw on 01564 776982 or email shaw.31@blueyonder.co.uk.

Dorridge Striders and Strollers

Date: Thursdays fortnightly / Venue: St George & St Teresa Church Centre, Station Road, Dorridge
We meet for a sociable local walk. New members welcome. Contact Anne on 01564 776711 for more information.

Age UK Solihull Weekly Thursday Friends Lunch Club for Over 65s

Date: every Thursday / Time: 12pm—2.30pm / Venue: Red Lion Pub, High Street, Knowle
Run by Age UK Solihull staff and their volunteers. Come along for a hot meal, tea/coffee, social activities and great company. Cost is £8 (£6 for hot lunch and refreshments, £2 for raffle, bingo/entertainment). For more information please call 0121 704 7846 (Mon-Thurs) or email befriending@ageuksolihull.org.uk.

While we do our best to ensure the accuracy of our listings, events may be postponed or cancelled without notice. Please confirm with the organiser before making any plans for attending events.

For your news, events and group meetings to be featured free of charge on our What's On Page please email Ksenia: info@stonestrowpublications.co.uk

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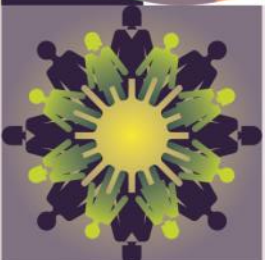


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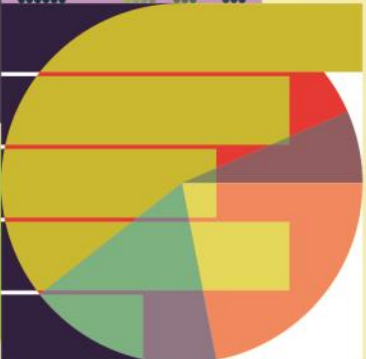
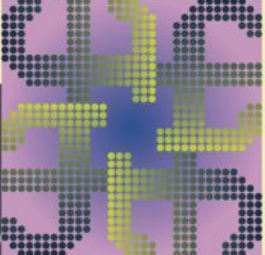
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