STONESTHROW DIRECTORY



WHAT IS THE 'MORTGAGE (RUNCH' P.22

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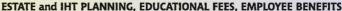






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A NOTE FROM THE EDITOR

Welcome to the August/September edition of your favourite local magazine - hot off the press for the height of the Summer holidays! It's the perfect time to get into the great outdoors and enjoy the warm weather because not only is it fun, it's good for your health, too. And we're not just talking fresh air! Did you know that in the UK the sun is only strong enough from early April to the end of September to make vitamin D? Vital for healthy bones, teeth and muscles, it's created in your body when the sun's ultraviolet rays penetrate your skin. However, there's a balancing act between getting enough exposure to shore up vour reserves of this fat-storable vitamin and not burning. So do slap on the sunscreen or cover up before vour skin starts to go red, and vou'll be able to enjoy the sun and its health benefits safely!

Whether you're spending time on holiday in the UK or abroad, or simply making the most of the long days and warm evenings, enjoy the last month of Summer – it's a valuable breathing space before the kids go back to school and the autumn rolls around again.

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's a date for your calendar: 28th of August - Summer Bank Holiday

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

Yours, Stonesthrow Publications.
01926 8000 84 / 075 III 222 45
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CONTENTS

IN THIS ISSUE

















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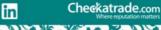
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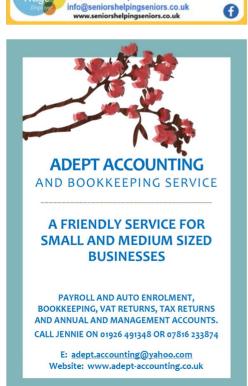
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STRUGGLING

WITH MOBILITY ISSUES?



If you are struggling with mobility issues, there are several options that may help you.

The first port of call should be your local GP. You need to be honest and discuss your concerns regarding your physical and mental health with your family doctor before things become overwhelming. They can refer you to an occupational therapist for further assessment if needed.

If you need temporary support, to recuperate from illness or surgery, you could employ some help for all the difficult tasks around the home. If you require personal care, companies offer services that can assist you in your day-to-day living and ensure that you maintain your independence until you are able to look after yourself again. You may need a more permanent form of help, but care in your own home is usually preferable to moving into a care facility.

Occupational therapists can assess your needs and provide strategies to enhance your mobility and maintain your independence. They can offer advice about approaching daily activities, recommend assistive devices and suggest modifications to make your home or work environment more accessible.

If your current living arrangements are not suitable for your mobility needs, contact your local council's social services or adult social care department. They can provide information on available services in your area and assess your needs. They may be able to offer accessible housing options and help with home adaptations or equipment.

If you require adaptations to your home to improve mobility, you may be eligible for a

Disabled Facilities Grant. These grants are provided by the local council and can help you fund modifications around your home that will make life easier. Contact your local council's housing department to find out more about the application process. You can also get support from organizations and charities that focus on supporting individuals with mobility issues. The Disabled Living Foundation and Mobility Trust and Age UK may all be able to offer free advice. You may be eligible to qualify for disability benefits in the UK like a Personal Independence Payment (PIP) or Disability Living Allowance (DLA). These benefits can provide a little financial support to help you pay for any additional costs associated with mobility issues. There's a wealth of information on the government's website. Benefits - GOV.UK (www.gov.uk)

Your doctor or an occupational therapist may suggest using mobility aids. There various aids available to help individuals with limited mobility, everything from walking sticks to frames, wheelchairs and mobility scooters. Charities or local mobility aid providers can help you explore these options.

Your community may have an Independent Living Centre (ILC) which will provide information and advice on various aspects of independent living. These centres often have demonstration areas with equipment, so that you can try out different aids before making a decision to buy anything. It is essential to consult with relevant authorities and healthcare professionals to determine the best options for your specific needs. They will guide you through the process and help you find the appropriate assistance.



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





The phrase 'mortgage crunch' has become part of our everyday vernacular, it's on the TV, radio and websites, but what does it mean and how long could it last?

We had previously heard the term 'credit crunch' used to define a period of time when loans were more expensive to take out. The media have used the phrase 'mortgage crunch' because the impact has been mainly focused on mortgage rates. Obtaining a mortgage has become more difficult for borrowers due to tightening lending standards. It has previously led to a decrease in the availability of credit for homebuyers and eventually resulted in a decline in house prices.

Some financial experts are saying that this is the most difficult period for homeowners since the 1990s, as most mortgage holders have accrued a higher amount of debt and they earn comparatively lower incomes in relation to their monthly outgoings.

We are currently in this financial situation because the Bank of England has raised interest rates in an attempt to curb prolonged inflation. This had led to huge increases in the price of everyday items, most noticeably for food. By raising interest rates, the bank makes it more expensive for people to borrow money and encourages them to save. If the general population spends less, this will help lower prices and therefore lower inflation. This has also caused mortgage rates to rise, becoming more expensive than they have been for many

years.

Initially, experts predicted that inflation would fall during 2023 and the mortgage rates would fall with it. Everyone expected this period of financial hardship to be comparatively short-lived. However, high inflation has been prolonged and consequently, most people think that mortgage rates should peak in 2024 and the mortgage crunch will continue for much longer than originally predicted.

Households already struggling with the cost of living crisis are facing a possible further financial squeeze on their household budgets. The current bank rate has risen twelve times in a row and now stands at 5%. If you have a variable mortgage rate, the amount you pay will rise and fall with the bank rate. Anyone with a fixed-term mortgage that is due to end, needs to contact a professional mortgage broker as soon as possible, in order to secure the best rate for their new mortgage. If rates are set to increase, it would be wise to fix it at the best possible rate before they get any higher.

Of course, nobody can accurately predict what is going to happen with the mortgage market over the next few years, but tying down a fixed rate will mean that you will know with certainty how much you have to pay out each month, and that it won't change if things get worse.

If you are suffering any financial hardship or difficulty, contact a regulated financial advisor and get the best advice possible before making decisions that could affect your home ownership.

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

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 024 7671 3717

UTILITIES

 Electricity Power Loss
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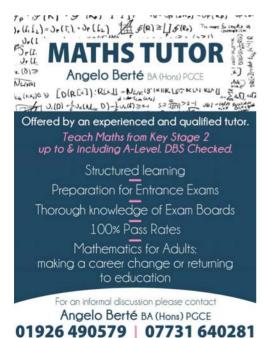
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WHAT'S ON

Balsall Common Country Market

Date: every Saturday / Time: 10am - 12pm / 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: 2nd Wednesday of every month / Time: 1.15pm – 3.00pm / Venue: Balsall Common Village Hall, Station Road CV7 7FF.
For those with dementia and their careers our free afternoon sessions provide an opportunity to meet together for a chat a laugh over refreshments and enjoy a varied programme of activities and entertainment. For more information contact Christine 07974 140353

Balsall Common Memories Café, Coffee and Chat

Date: 1st Thursday of the month / Time: 11.00am – 12.30pm / Venue: Balsall Common Library, Kenilworth Road CV7 7EL For those with dementia and their careers. Drop in for a chat and a laugh, we'd love to see you, come along and join us for coffee/tea/ biscuits. For more information contact Christine 07974 140353

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

Free Digital Training for older Solihull residents Various times

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

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 A small and friendly choir, singing for pleasure whilst raising money for charity. Anyone 16+ that enjoys singing is welcome to join the choir. Come along, learn new songs, participate in our local concerts, make new friends. If you are interested in joining please contact Val on 01676522963 or Anna on 07792525999.

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. Talks for the summer include "Recycling but not as we know it by Susan Drage" on 8th June and a practical demonstration of "British Sign Language by Angela Cloke" 13th July. More information is on Heart of England WI Facebook page or by phoning Lyn 01676 533675 or Kathryn 01676 534824. Email: hoewi2019@hotmail.com Looking forward to seeing you.

Heart of England WI

Date: 2nd Thursday of the month / Time: 7.30pm / Venue: 112, Station Road, Balsall Common, 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. Talks for the autumn include "Modern Manners" and a practical demonstration of "Bulbs for Your

Spring Display". More information is on Heart of England WI Facebook page or by phoning Lyn 01676 533675 or Kathryn 01676 534824. Email: hoewi2019@hotmail.com Looking forward to seeing you.

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

included. Open to all carers of pre-school children. All will be made very welcome. For further details contact Joy on 01676 532006.

A Day At The Beach

Date: 10th August / Time: 2:15pm - 4:15pm / Venue: Balsall Common Library, CV7 7EL Experience that holiday vibe by joining in with our beach-inspired crafts. Suitable for ages 5 and up with adult supervision.

Once Upon A Time Craft

Date: 17th August / Time: 10:15am - 12:15pm / Venue: Balsall Common Library, CV7 7EL Be transported into a world of fairytales, fantasy and adventure. Use your imagination to create some story-themed crafts. Suitable for ages 5 and up with adult supervision.

Balsall Common Bat and Chat

Date: 2nd, 3rd and 4th Friday of the month / Venue: 1000-1200, at the Jubilee Centre. Jacqui Clark has started a non-profit making Table Tennis Club. Come along and play Table Tennis. All abilities and ages very welcome. £5 per session which includes a cuppa and biscuits.

Cinema Organ Society - Live Concert on our 1935 Mighty Compton

Date: 3rd September / Time: Time: Doors open 1.30 pm. Curtain up 2.30 pm. / Venue: Fentham Hall, Marsh Lane, Hampton-in-Arden, B92 OAH. Our guest organist today is Mark Laflin. A warm welcome awaits. No need to book. 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: 1st October / 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 Richard Hills. Admission £10 cash on the door, including interval refreshments and parking. Please telephone 01564 794778 for more details.

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The Firebird Singers present: 'Divas & Legends Volume II'

Date: 10th September / Time:

2.30pm and 7.30pm / Venue: The Manor Hotel, Main Rd, Meriden CV7 7NH.

For our 2023/24 season we are supporting The Air Ambulance Service (Charity No. 1098874). Tickets £8. Please contact Anna on 07792 525999, Val on 01676 522963 and Carole on 07969980475.

Balsall Common Fun Run

Date: 17th of September

This local community fundraising event, now in in its ninth year is organised by local charity The Lily Mae Foundation, to enable participants to run in support of local and national charities and good causes. There are: Mini Runs for nursery and primary aged children, starting from 10.30am. 5K runs for Juniors and Families, starting at 12.00 noon. 5K and 10K Runs for Adults, starting at 12.00 noon. To book you place please visit: www.stuweb.co.uk/event/4258

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:

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HOROSCOPES: AUGUST / SEPTEMBER

ARIES MARCH 21 - APRIL 20

Dynamic Mars, your ruler, remains in industrious Virgo all month, although August is traditionally a holiday month, prepare to focus your attention on practical projects as a completely new way of working comes to your attention. Your creative abilities are at their height as the Leo Sun and Venus suggest positive results. Energetic Mars, your ruling planet, is in Gemini all month giving your vitality and your self-confidence an extra boost. All forms of communication can be looked at in a different light. Adjustments to your health and wellbeing are also favoured as the full moon in intuitive Pisces on the 18th gives you a chance to tune into your inner needs.

TAURUS APRIL 21 - MAY 21

August is an important month as the radiant Sun and Venus both occupy the fiery and extrovert sign of Leo, suggesting that your creativity is strong and a generous and carefree mood is yours Abundant Jupiter and maverick planet Uranus are strong in your sign, if you have any radical changes in mind, this is the month to get them up and running. The Sun illuminates the love sector of your chart this month, pushing you to be open and honest about your relationships and all things to do with your romantic encounters. Venus enters practical Virgo on the 4th highlighting your creativity and suggesting that a new project could now get underway. The Pisces full moon on the 10th offers an intuitive boost.

GEMINI MAY 22 - JUNE 21

As the Sun and Venus pass through the communication sector of your chart during August you'll be looking at restructuring the way you think and how to expand your horizons. Important opportunities are coming your way and some significant decisions may need to be taken. Try to get your plans in order before Mercury, your ruler, goes into the retrograde phase on the 24th. Warrior planet Mars is in your sign all month giving your vitality a welcome boost. Take care that you don't scatter your energy and try to remain focused on important projects. September is positive for sorting through domestic issues and any space clearing that needs doing is favoured. The Libra new moon on the 25th favours all things romantic

CANCER JUNE 22 - JULY 22

During August the Sun and Venus suggest that money making schemes are coming to the forefront, if you use this powerful energy wisely it should leave you feeling successful and prosperous all month. The powerful Leo new moon on the 16th raises your confidence and offers up opportunities for you to profit from your natural diplomatic skills. Venus changes sign on the 4th, by arriving in Virgo she suggests that you make a very practical review of an important relationship and make any necessary changes. Interesting developments begin to emerge as dynamic Mars in Gemini encourages you to make some innovative new business plans and really tune into your intuition.

LEO JULY 23 - AUGUST 23

This month starts with a challenging full moon in your opposite sign of Aquarius; the opportunity for dramatic change is all around you and some of your previous ideas may need reviewing. Love planet Venus is retrograde in your sign all month, indicating that you need to be flexible in vour relationships. Be sure to use your intuition to make any necessary changes. The love planet Venus leaves your sign on the 4th, suggesting that now is the time to take a more serious approach to where you are in an important relationship. Mars is energetic and curious in Gemini, encouraging you to join up with a new circle of friends and be open to some exciting opportunities.

VIRGO AUGUST 24 - SEPTEMBER 22

August looks like a rather changeable month as Mercury and Mars both occupy your sign and the Sun and retrograde Venus also suggests that it's time to take a break and tune into your inner needs. A new phase of action begins after the 28th as Mars arrives in Libra, maximising your potential for an ambitious new joint venture. It's your birthday month and as dynamic Mars in Gemini illuminates the high point of your chart your attention turns to your ambition and to reaching your goals. Use this time to be bold and confident and make some solid plans for your future. Creativity is highlighted and good communication is the key for providing new solutions and innovations.

LIBRA SEPTEMBER 23 - OCTOBER 23

August continues with the emphasis on friends and social life, just perfect for the holiday season. Love planet Venus in Leo enhances the Sun's vitality and gives you good insight where communication is concerned. The energy shifts as dynamic Mars arrives in your sign on the 28th, use your intuition to get to the heart of anything that has been bothering you. Mercury, the sign of commerce and communication, goes in to the retrograde phase in your sign on the 10th. This is not the best month to stride forward with new plans, better to use this time wisely for balanced communication and assessing any new business ideas. The new moon in your sign on the 25th offers excellent opportunities for new beginnings.

SCORPIO OCTOBER 24 - NOVEMBER 22

Venus increases the Sun's powerful and creative influence during August, suggesting that it's time to ask yourself two important questions - where do you shine, and what makes you feel really happy and fulfilled? Energy planet Mars arriving in Libra on the 28th highlights your need to find a better balance and take more time out for yourself. Energetic Mars is illuminating the finance and resource sector of your chart, Mars in Gemini can offer many ideas and make you feel rather scattered. Do what you can to focus on the best possible outcomes. The Pisces full moon on the 10th stimulates your intuitive side and gives you the opportunity to see new ways forward based on faith and trust.

SAGITTARIUS NOVEMBER 23 - DECEMBER 21

August is an important month as positive planetary activity is at its height. Abundant Jupiter and maverick planet Uranus are both in strong placement. Be sure to push yourself forward and make the most of a surge of self-confidence to lift your profile. The Sun and Venus both in Leo, suggesting a new and exciting career opportunity. Your goals and ambitions are the focus for this month as the radiant Sun highlights your career potential. Important plans should be completed before Mercury goes retrograde on the 10th. The Pisces new moon, also on the 10th, sets the pace for positive new areas of development within your home, your awareness and intuition should be at their peak

CAPRICORN DECEMBER 22 - JANUARY 20

August brings some important financial issues to your attention; although the Sun and retrograde Venus are in optimistic Leo, facing facts professionally or personally will eventually make life so much easier for you. Dynamic Mars changes sign on the 28th, indicating that it's good time to be ready to embrace new career opportunities. Your health and wellbeing are big in focus during September as energetic Mars illuminates this area of your life demanding that you make some changes. Certain decisions that you have been putting off for a while will need your full attention now. The radiant Sun shines in in Virgo giving you the opportunity to broaden your horizons and plan some further study

AQUARIUS JANUARY 21 - FEBRUARY 18

Relationships come to the forefront during August as a long term partnership demands your attention. The Sun and Venus are both in fiery Leo, indicating that passion, joy and creativity are more important than ever. The full moon in your sign on the 1st suggests that the opportunity for change is strong this month, but it may be best to keep your options open. This month puts love and happiness firmly in the spotlight, as energetic Mars travels through curious and playful Gemini all month. This looks exciting and could well clear the way for some new and exciting romantic encounters. The Pisces full moon on the 10th challenges you on a financial decision that needs investigation, for the best results trust your inner wisdom.

PISCES FEBRUARY 19 - MARCH 20

Embrace the powerful and fiery Leo new moon on the 16th as trends favour risk taking and forging ahead. Mars and Mercury are busy in practical Virgo, suggesting that you can be confident enough to forge ahead with the creative changes that have been on your mind. The Pisces full moon in your sign on the 31st offers deeper insight into a relationship issue. This month's powerful full moon in your sign on the 10th turns your attention to how you appear and come across to others. You may be seeking a completely new image and are keen to develop your mystical and creative side. Love planet Venus arrives in practical Virgo on the 4th, suggesting that you need to review any interactions that are not working.

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

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