

# STONESTHROW DIRECTORY



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USEFUL LOCAL TELEPHONE NUMBERS / ARTICLES / HOROSCOPES

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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 your reserves of this fat-storable vitamin and not burning. So do slap on the sunscreen or cover up before your skin starts to go red, and you'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:  
28<sup>th</sup> of August - Summer Bank Holiday

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

Yours, Stonesthrow Publications.

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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 your 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 Chalkin, 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\\_chalkin@hotmail.com](mailto:christine_chalkin@hotmail.com)





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NHS Direct, Out of Hours Services, Advice Line	111
Solihull Hospital	0121 424 2000
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

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Severn Trent Water	0800 783 4444
Transco Gas leak	0800 111 999
BT Fault Line	0800 800 151

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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  
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 Dorridge 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: [kanddrt@gmail.com](mailto:kanddrt@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)

### **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](http://www.kpc.org.uk)

### **Quiz Night**

Date: 29th September / Time: 7:30 pm / Venue: Knowle Village Hall, St. John's Close, B93 ONH  
Teams can be a maximum of 6 people, so book your team in now £8.00 per person. Bring your own 'liquid refreshment' and nibbles. Come and join in and play for great prizes. Tickets from 01564 778163 or from 01564 779898.



All proceeds go to the Village Hall Refurbishment Fund.

### Knowle Probus Club

Date: 3rd Tuesday of the month / Venue: The Solihull Masonic Centre, Warwick Road, Knowle  
The Knowle Probus club is a luncheon Club for retired and semi-retired Professional or Businessmen living in or around Knowle. We meet for an excellent three course lunch followed by interesting and informative talks. If you would like to know more go to [www.knowleprobus.org.uk](http://www.knowleprobus.org.uk) or Phone Paul on 07713 94228

### 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 0AH. 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](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

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.

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

### 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](mailto: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](mailto:info@stonestrowpublications.co.uk)*

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Purity Brewery

We meet on the 3<sup>rd</sup> Tuesday of each month at Solihull Masonic Centre, Warwick Road, Knowle

For more details visit  
[www.knowleprobus.org.uk](http://www.knowleprobus.org.uk)  
or call Paul on **07713794228**

# MORTGAGE CRUNCH

## EVERYTHING YOU NEED TO KNOW



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.



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# STRUGGLING WITH MOBILITY ISSUES?



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

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

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](http://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.





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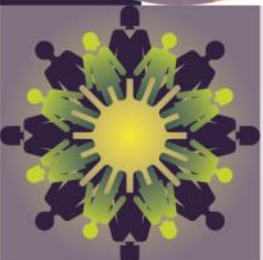


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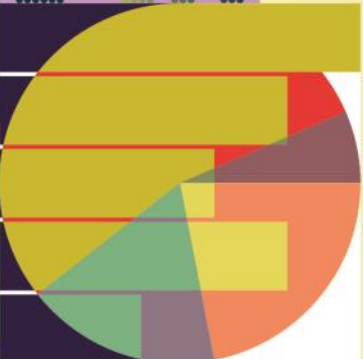
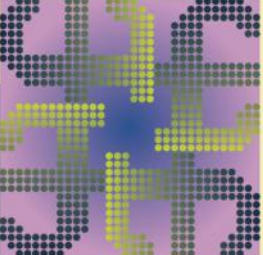
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