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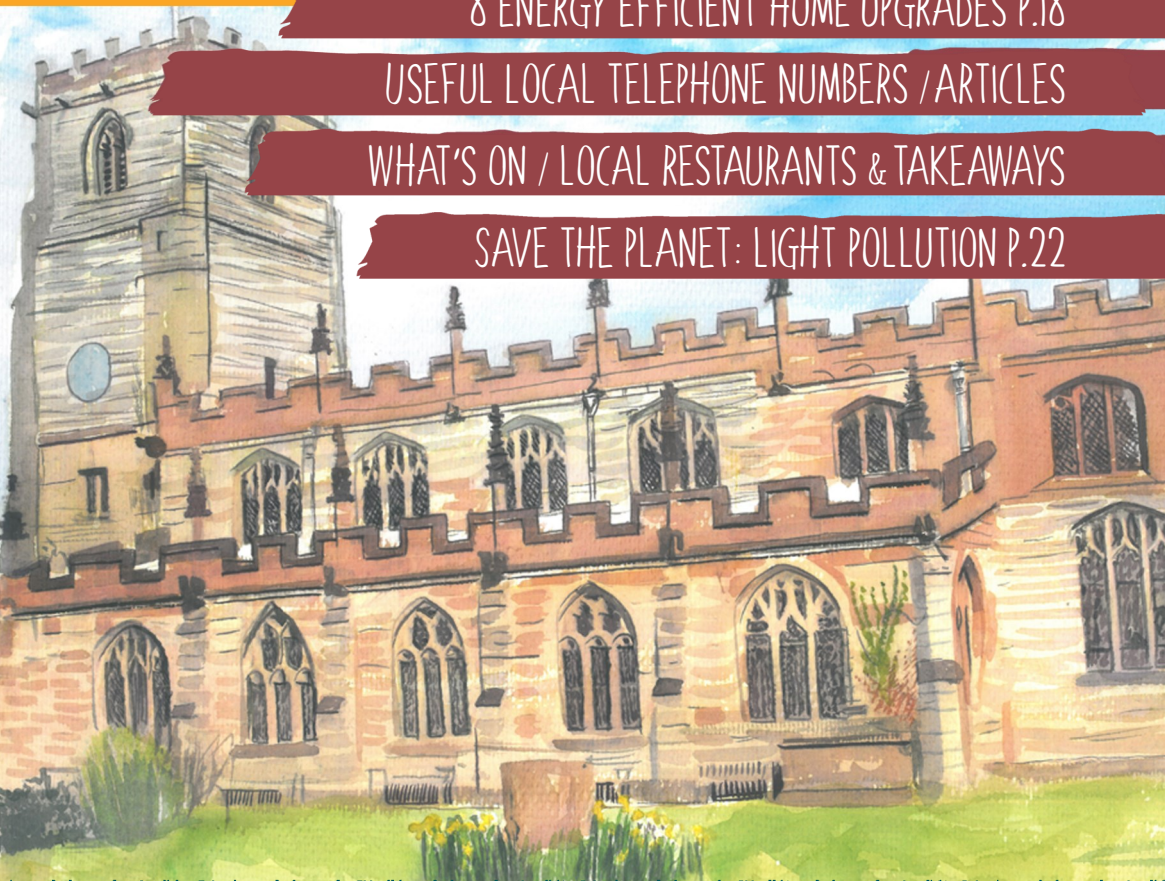
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WHAT'S ON / LOCAL RESTAURANTS & TAKEAWAYS

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A NOTE FROM THE EDITOR

Welcome to our October/November edition of the Stonestrow Directory. Even though the days are shorter and darker, there are plenty of celebrations to put some sparkle into your evenings this Autumn.

Halloween revelries have grown over the years and now most children enjoy pumpkin carving, decorating the house, dressing up in costumes, and 'trick or treating'. Be sure to stock up on treats to avoid any pranks. There may be some early Bonfire Night celebrations, with places celebrating before the traditional 5th of November. Look out for local community gatherings and enjoy the fireworks, food, and fun in your neighbourhood. Check pages 20-21 for the listings of events taking place locally.

Don't forget to put your clocks back on Sunday 29th October, and enjoy that extra hour of sleep that comes once a year.

The second Sunday in November is always Remembrance Sunday, a day to honour those members of the armed forces who lost their lives in the line of duty. A two-minute silence is observed at 11 a.m. at events across the country.

November is a month-long charity event, when men grow moustaches to raise awareness of male health issues. Since 2016, this event has raised over £25 million towards men's health and wellness initiatives.

By the end of November Christmas markets will start to appear in local towns, putting us in the mood for another festive season.

As always, we ask you to mention Stonestrow Directories when calling our advertisers, so we can bring even more special offers from local trades directly to you.

Here are a few of dates for your calendar:

29th October - Daylight Saving Time ends; 31st October - Halloween;
5th November - Guy Fawkes Day;
12th November - Remembrance Sunday.

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

Yours, Stonestrow Publications.

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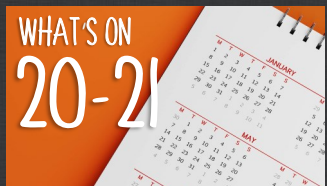
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WHAT'S ON 20-21



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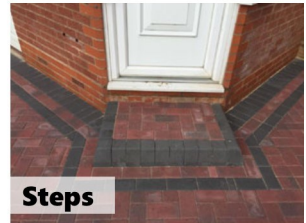
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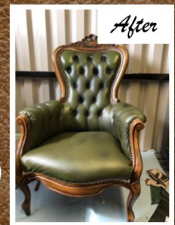
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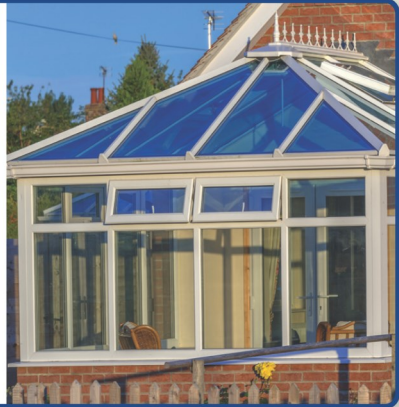
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8 ENERGY EFFICIENT HOME UPGRADES

TO REDUCE BILLS & ADD VALUE

With energy costs going through the roof, there's no better time to think about energy efficient upgrades to shrink your bills and add some serious value. And when you sell, you'll be ahead of the game with a higher energy performance rating.

It's worth calling your energy supplier or local authority to see if you're eligible for any Government grants. Whether you're rocking an apartment or a barn, these 8 energy efficient upgrades will cut your carbon footprint, reduce your bills and add value.

1. Let there be LED: Say goodbye to those old incandescent bulbs that get fiery hot and hello to cool LEDs! The initial outlay may make you wince but they use 90% less energy and last up to 15 times longer.

2. Seal the Deal: Draughty windows and doors are like energy vampires. Seal any gaps and cracks around doors, windows and other openings to keep the cold air out and the warm air in. Don't forget the loft hatch, letter box and keyholes.

3. Insulation Is King: Speaking of warmth, proper insulation is a game-changer. From your loft, roof, floors and walls to your pipes, good insulation traps heat where it should be—inside, helping to keep your home warm in winter, cool in summer, reduce heat loss and lower costs.

4. Upgrade Windows & Doors: If your windows and doors have seen better days, it could be time to upgrade. Choose high energy efficiency ratings, double or triple glazing and draught proofing to keep the cold out and the cosy in, enhancing your homes' kerb appeal at the same time.

5. Solar Panel Power: Investing in solar panels is a long-term eco option you won't see the benefit of right away. But not only will you generate your own clean energy, you could even sell some back to the grid. A sure win-win!

6. Go Appliance Shopping: When your old appliances pack up and it's time to replace them, opt for A rated appliances. These reduce the amount of electricity for everyday tasks, such as cooking, washing and drying without sacrificing performance.

7. Low-Flow Love: Bathrooms are a major source of water usage. Swap out those old inefficient showerheads and taps for low-flow alternatives. You'll not only save water but money too.

8. Upgrade that Boiler: Is your boiler over 10 years old? It might be time to swap it for a more energy-efficient model. The Government's Boiler Upgrade Scheme provides vouchers of up to £5k for low income households to replace their old gas boilers with more efficient ones.

As well as these upgrades, why not check with your energy supplier if you're on the best-value energy tariff?

You could also try a comparison service from Money Saving Expert or Which to help you choose the right tariff.

Whether you try one upgrade or go all in, your home and bank balance will thank you!

Written by Caroline Buist: www.abovebeyondva.co.uk

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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
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 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 or for more information visit 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 0NH; Bentley Heath Community Centre B93 9BQ; Solihull Women's Institute B91 3DQ; Whar Hall Community Centre B92 0PG
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; email 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 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

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: kanddr@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

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.

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 or Phone Paul on 07713 94228

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.

Cinema Organ Society

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.

Date: 5th November: Our guest organist today is David Ivory. Date: 3rd December: Our guests today are "Organists on Parade" - Local organists showing their musical expertise in concert. 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 Academy's Fireworks

Date: 5th November / Time: 4.30pm
There are a number of local fireworks displays, including the very popular Arden Academy Parents

Association Fireworks Display traditionally held on the Saturday and Knowle CofE Primary Academy Parents Association Fireworks Display held on the Sunday evening. For 2023, Knowle Academy's Fireworks event will be on Sunday 5th November, with gates opening at 4.30pm. Visit the websites for dates for the current year.

Christmas Lights Switch On

Date: 29th November
One of the favourite events of the year is the countdown to switching on the Christmas Lights. Traditionally held on the last Wednesday in November, Father Christmas joins Knowle Parish Church to lead the community countdown to the lights switching on.

Late Night Shopping Night

Date: 30th November / Time: 4pm
The late night shopping event is an evening of nibbles, drinks, special offers and shopping with many of our independent businesses. It's always a popular evening.

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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SAVE THE PLANET

LIGHT POLLUTION



England's flying insect population has declined by 65% in the last 20 years. Their rate of loss is 8x faster than bird and animal loss. Without any doubt, we need our insect population... to sustain life for us all on this planet.

Why is this happening? Loss of habitat due to building and farming practices, changing temperatures, pesticide use, to name but a few of the challenges the insects face. After reviewing over 150 scientific studies, scientists concluded that there is yet another important but overlooked factor in the insect population apocalypse. Light, when it should be dark.

Two thirds of invertebrates are partially or wholly most active at night. We usually do not notice them. But, whilst we are tucked up in bed or glued to one of our many screens, these insects are busy working on essential tasks, pollinating our crops, flowers and fruits, recycling nutrients, controlling pests, and of course they themselves act as food for other creatures...all part of the eco system to which we belong! These insects we rarely see, are as vital to our future survival as the daytime insects we all recognise, they are the unseen night shift heroes of the planet!

Since life began to evolve, plants and creatures, including humans, have responded to light and dark appearing at habitual times in a 24-hour period. However, artificial light at night disrupts these "circadian rhythms".

Many insects are attracted to light. Scientists believe that insects are drawn to light instinctively because they use it as a guide, relying on the sun, moon and stars to find their way about. These are their signposts. Artificial light confuses them, they can often be seen

circling around a light at night. By morning, at least a third of these insects will be dead, through utter exhaustion, overheating, dehydration, or loss of navigation skills so they cannot find their way home.

Buglife say that light pollution has been shown to reduce nocturnal pollinator visits to flowers by around 62% in some areas, caterpillar populations have been found to be in decline by around 52% near to street lighting, dung beetles are found to become disorientated, insect reproduction and hatching cycles may be affected.

"The evidence that light pollution has profound and serious impacts on our ecosystem is overwhelmingly strong. It is imperative that substantial steps are taken to make the environment safer for insects." (Matt Shardlow, BUGLIFE)

We can play our part!

Only use outside lights that are essential. Draw the blinds. Try to use motion sensor solar lights, so the light is only on for a short time. Direct lights away from wild areas.

Place lights as low as possible and point them downwards.

Choose low intensity, dim lighting, warmer hues, warm white, yellow or amber. These are somewhat less likely to affect wildlife. Ask your council to consider switching off lights at a time after midnight, this has been found to help insect life.

Let's "nurture the night shift", every light turned down or off helps!

Written by Kate Southworth

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Kids' Page

FIND 10 SPIDERS IN THE WITCH'S NOOK

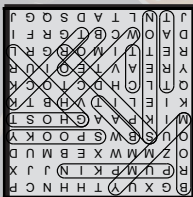


Find all the creepy words in the letter grid

Bat
Boo
Broom
Cat
Ghost
Ghoul
Mummy

Pumpkin
skeleton
Spider
spooky
Treat
Trick
Witch

B	G	X	U	Y	T	H	H	N	C	P
R	P	U	M	P	K	I	N	J	J	X
O	Z	M	M	W	X	E	B	M	U	D
O	U	S	B	W	S	P	O	O	K	Y
M	I	K	P	A	A	G	H	O	S	T
K	I	E	L	I	T	V	H	B	T	K
Q	T	L	C	H	D	C	T	O	C	K
Y	R	E	A	V	T	E	O	I	U	R
R	E	T	T	I	M	O	R	G	R	L
D	A	O	W	C	B	T	G	R	F	I
J	T	N	L	T	A	D	S	Q	G	J



Creepy Word Grid Solution

What do ghosts wear when their eyesight gets blurry?

Spooktacles!



Find the Spiders Solution

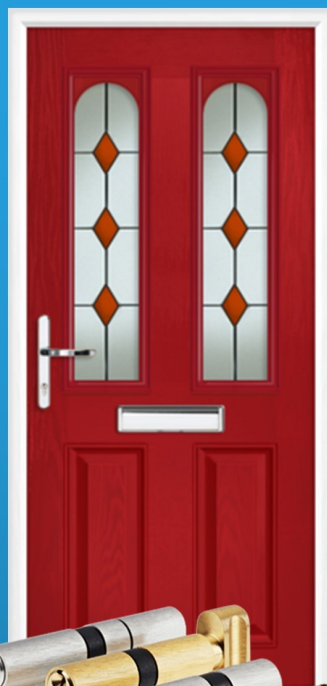
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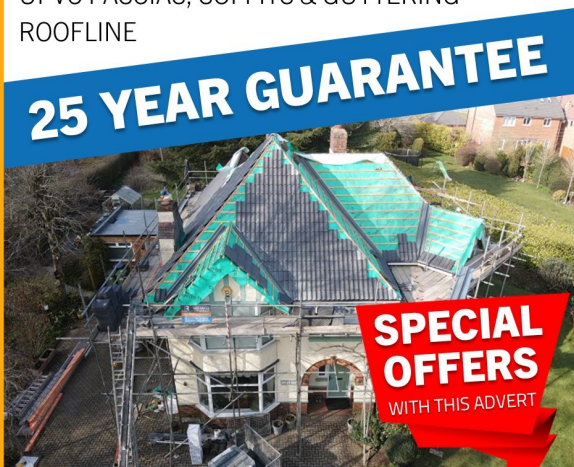


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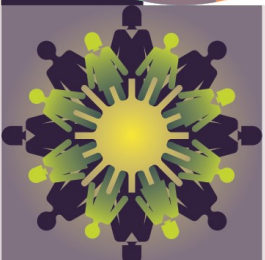


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