

STONESTHROW DIRECTORY

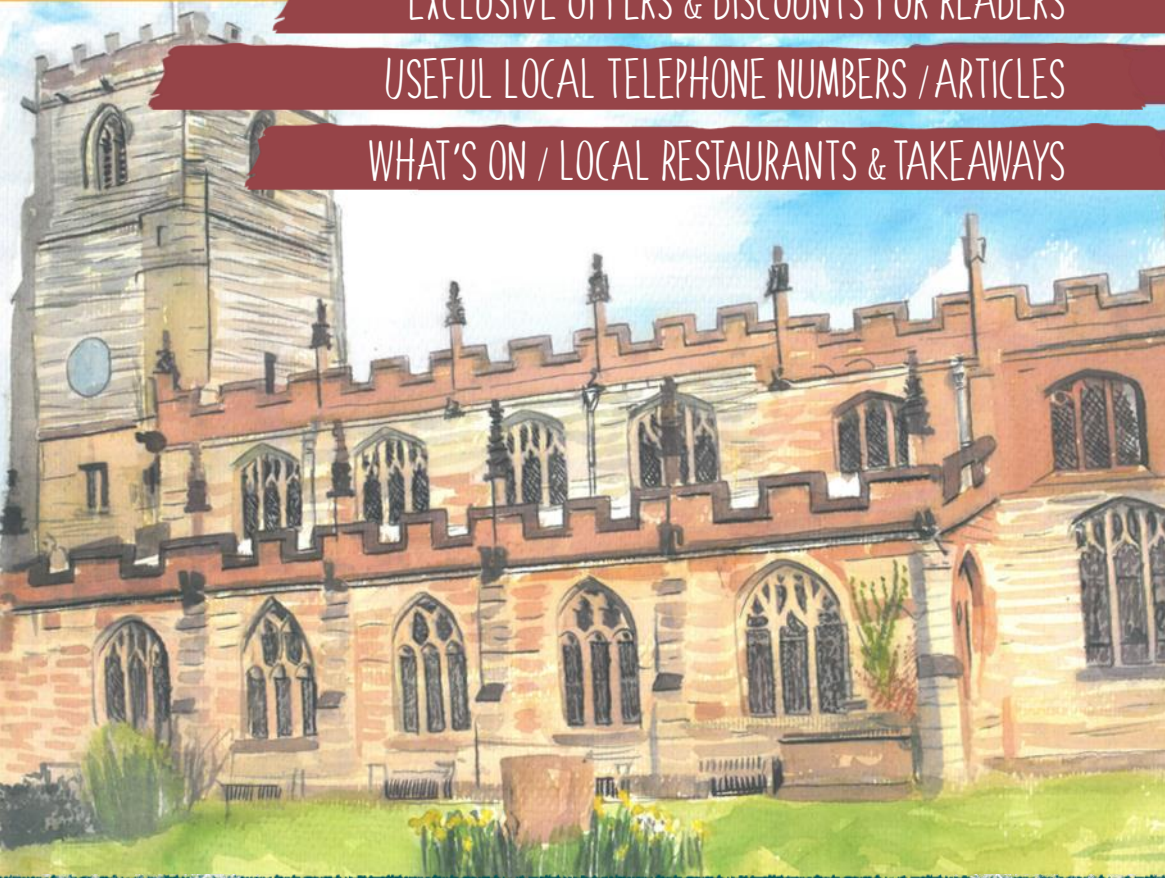
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 The Dorridge Practice 01564 776262
 Arden Medical Centre 01564 739194
 Spire Parkway Hospital 0121 704 1451
 GP Healthcare Knowle 0121 796 2777

POLICE & FIRE

Solihull Police Helpdesk 0845 113 5000
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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.

Let's Celebrate - We're 40

Date: 9th December / Time: 2.30pm / Venue: Knowle Village Hall
The Strolling Players are celebrating their 40th birthday with a special concert featuring some of their favourite music over 40 years of singing together, such as "Les Miserables", "Let's Do It", "Bridge over Troubled Water", "Bohemian Rhapsody" as well as their trademark Gilbert and Sullivan - and more.
Tickets £10.00. To book please call: 01564 777634

40 Festive Feasts

Date: 8th and 15th December / Time: Eastcote Park Care Home and Retirement Village, Knowle Road, Barston, Solihull B92 0JA
Everyone is welcome, whether you are on your own this festive period or whether you'd like to enjoy a meal out with family or friends. Included is a three-course meal with hot/soft drinks, followed by fabulous entertainment. Wine and other drinks

will be available to buy. The meal is FREE to attend, but donations to Age UK Solihull are welcome if you are able to.

Festive Feast

Date: 15th—23rd December / Time: 10am—6pm / Venue: High Street, Mill lane and Mel Square
We will be returning to Solihull for our last event of 2023 with our Festive Feast. Our Festive stalls will be lining along the High Street, Mill lane and Mel Square in Solihull Town Centre. Market operating times Monday to Saturday 10:00 - 18:00 and 10:00 – 16:00 Sunday.

Lions Festive Walk

Date: 27th December / Time: 9.30am—1pm / Venue: Dorridge Village Hall
The annual event will start at Dorridge Village Hall and there will be a choice of a 3 or 6 mile sign-posted route. All will pass through the surrounding countryside using country lanes and public footpaths. Young walkers will be able to join the Lions Safari Hunt on the three-mile walk, with a prize awarded for a correct entry. Download an entry form above, however Safari entries will be taken by a simple email list if this is easier.

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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SHOP LOCAL

THIS CHRISTMAS

It's very easy nowadays to click a button and have goods delivered to your door, but big multinational corporations may not value your custom as much as a local business. By shopping locally, you are supporting homegrown retailers and helping them maintain their place on the high street. Here are a few ideas to help you:

MAKE A LIST AND CHECK IT TWICE: Write down all of the people you'd like to buy a gift for this Christmas and jot down one or two gift ideas for each of them. Make sure you have plenty of time to explore local options and find the perfect gift or order it from a local supplier.

RESEARCH LOCAL BUSINESSES Make a list of stores and shops you'd like to support and ask friends and neighbours for recommendations. Some shops may have a website or social media posts that show the type of goods they have in store, prices, sale items or discounts. Some shops may offer a free local delivery service.

VISIT LOCAL MARKETS Many towns and villages hold craft fairs during the festive season. You could find artists and artisans that make jewellery or design clothes, creating unique handmade gifts from local vendors.

EXPLORE LOCAL ART GALLERIES: You could find a painting, sculpture or other artwork that would be a unique and beautiful gift. If you can't find the ideal present, why not ask a local artist to create a bespoke item?

BUY GIFT CARDS: Some shops may offer a gift card, which is a great way to support them even if you can't decide what to buy. It also allows the

recipient to choose their own gift and helps the business with cash flow.

BREWERS, DISTILLERIES AND FARM SHOPS: It may be possible to purchase special tipples and edible gifts from local artisans. Butchers, bakers, and even candlestick makers will produce all manner of regional goodies. Purchasing items from your neighbourhood will help promote community commerce.

CONSIDER A LOCAL RESTAURANT: You could choose a locally owned restaurant for a special meal or purchase a gift card so that friends and family can enjoy a local dining experience.

SUBSCRIPTION BOXES: Some small businesses offer a subscription box service, delivering products on a regular basis for a small fee. This can be a great way to support local entrepreneurs.

PROMOTE ON SOCIAL MEDIA Take photos and videos of your shopping experiences and post it online. By adding hashtags like #shoplocal #SupportLocalBusiness you can encourage others to join in and support their own community.

Shopping locally contributes to the variety of businesses in your neighbourhood, making a positive impact and adding a vibrant variety and uniqueness to the range of shops and stores. Making Christmas a locally sourced event could make all the difference to nearby retailers, and contributing to the local economy will ensure your high street continues to trade throughout the coming year.

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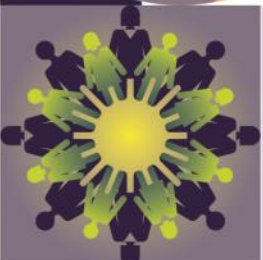


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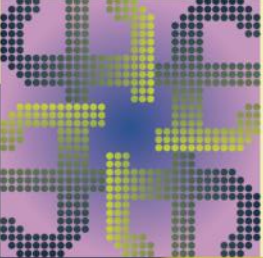
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