

STONESTHROW DIRECTORY



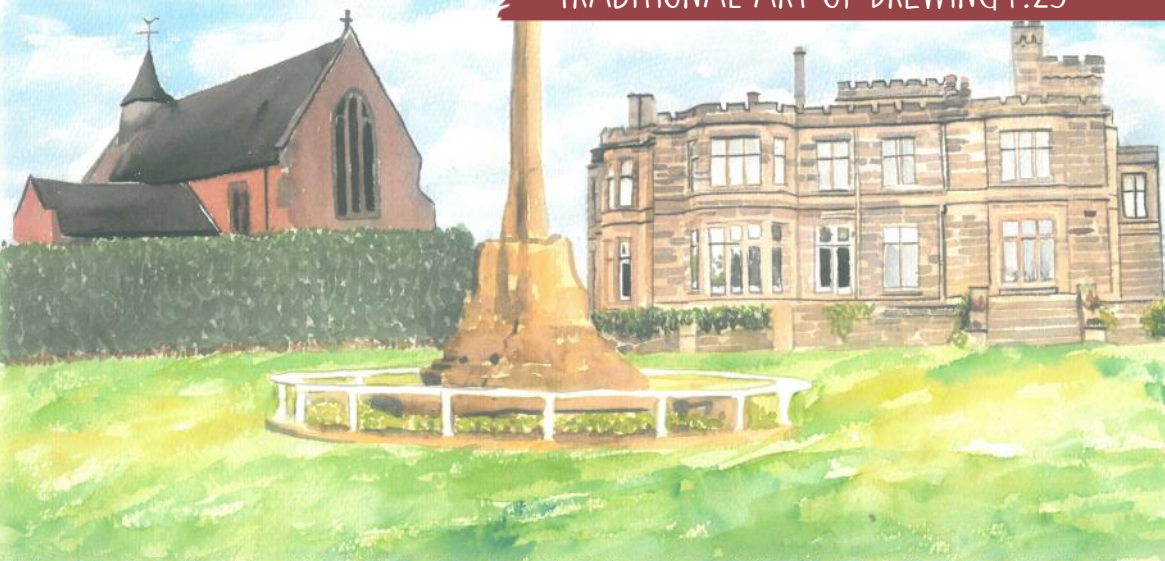
FREE BEE-FRIENDLY FLOWER SEEDS P.12

APRIL: STRESS AWARENESS MONTH P.27

USEFUL LOCAL TELEPHONE NUMBERS / ARTICLES / HOROSCOPES

WHAT'S ON / LOCAL RESTAURANTS & TAKEAWAYS

TRADITIONAL ART OF BREWING P.25



BALSALL COMMON MERIDEN
HAMPTON IN ARDEN MILLISONS WOOD

APRIL / MAY 2024

JAMIESON CHRISTIE
WEALTH MANAGEMENT



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A NOTE FROM THE EDITOR

Welcome to our Spring 2024 Edition!

April usually starts with pranks and jokes on the 1st of the month, known as April Fool's Day. Although the origins of the day are not entirely known, one of the first references to 'Fooles Holy Day' was recorded by John Aubrey in 1698 when people were tricked into visiting the Tower of London to "see the lions washed".

This year we have two Bank Holidays in May, so make sure you get out and about in your local community and enjoy every minute.

Sunday, the 5th of May is World Laughter Day. The fun began in Mumbai back in 1998, when Dr Madan Kataria held the first event. Apparently, the body doesn't know the difference between real and fake laughter and there are numerous benefits to your physical and mental health. What better way to celebrate the merry month of May!

May is also National Walking Month. Living Streets promote walking for health and well-being across the UK. Their website contains useful tips to help you fit in twenty minutes of walking a day during this celebratory month. National Walking Month (livingstreets.org.uk)

Now is the time to plan all your spring and summer activities and ensure you get the most out of any free time. Be prepared for good weather and bad, so you can thoroughly enjoy either scenario.

As always, we have prepared a few interesting reads for you to enjoy, as well as special offers and discounts generously provided by our advertisers, exclusive to this magazine's readers. Your mentioning of Stonesthrow Directories when claiming the offers would not only redeem them, but also enable us to introduce you to even more local trades and services.

Please keep this directory until the next one arrives and make the most of its features and listings!

A few dates for your calendar:

6th of May - Early May Bank Holiday;
27th of May - Spring Bank Holiday.

However you decide to spend next couple of months - keep your heart and your business local.

Yours, Stonesthrow Publications.

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Hi My name is Dave Millidge, let me introduce my company where I repair windows and replace misted up Double glazed units.

The area that I cover is Coventry and Warwickshire. You may have seen me around in your street or even have family and friends who I have worked for in the past ten years, with over 6,000 satisfied customers during that period. I started Misty to Clear to give customers the best value repairs in the current climate.

The Misty to Clear website allows total transparency of the customer experience. You can log into the website and view work that I have carried out. You can also leave feedback on social media. Therefore I give a 5 year guarantee on all new double glazed units fitted by Misty to Clear.

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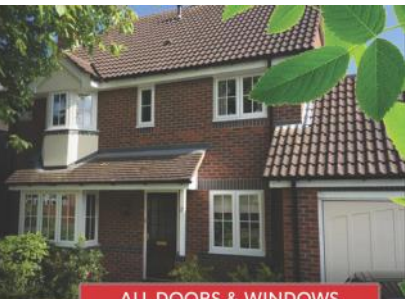
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No issues at any time. Good, responsive communication from the office, the various teams on site were polite, friendly and low maintenance, the site was left tidy after each day's work, and most importantly, the job looked great when complete. Thoroughly recommended.

AndyE-230 / 31 Jan 2024



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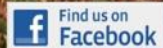
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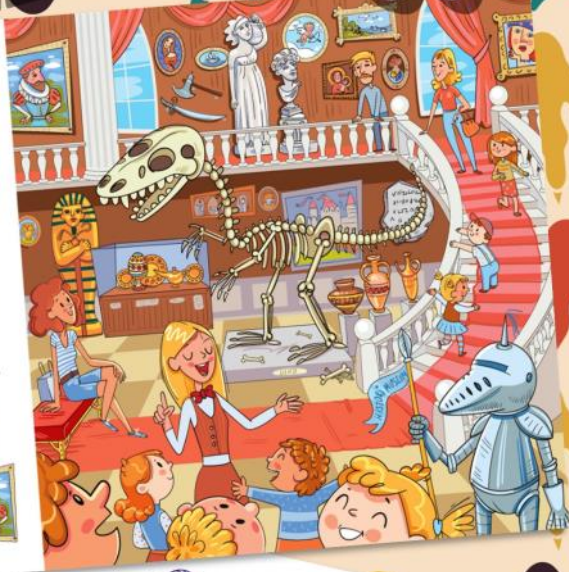
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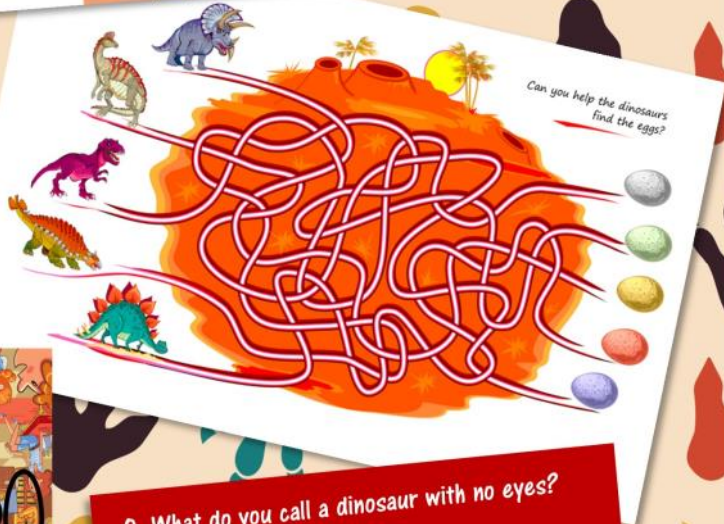
Kids' Page

Find 12 objects in the picture

- 1 
- 2 
- 3 
- 4 
- 5 
- 6 
- 7 
- 8 
- 9 
- 10 
- 11 
- 12 



Can you help the dinosaurs find the eggs?



Find the objects answers

Q. What do you call a dinosaur with no eyes?
 A. A Doyouthinkhesaurus!

WHAT'S ON LOCALLY

Balsall Common Country Market

Date: every Saturday / Time: 10am - 12pm /
Venue: The Jubilee, 225 Station Road, Balsall
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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 carers 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 carers. 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.bbcsc.co.uk or Facebook - BBCSCA / Berkswell Sports Bar.

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
Heart of England WI
Heart of England Women's Institute is a thriving group, with lively members enjoying rambles, meals out, coffee mornings and craft evenings. New members always welcome. Over the next few months our programme includes local farmer Rod Adlington on Rowing the Atlantic on 11th April, Bhangra Dancing on 13th June and Melissa's Melting Pot on 11th July. More information is on Heart of England WI Facebook page or phone 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

children. All will be made very welcome. For further details contact Joy on 01676 532006.

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.

Drinking cans collection

Venue: Ale rooms, Knowle

Please support Ryan's work by dropping off your empty aluminium cans in the blue bin situated right outside the Ale Rooms, Knowle High Street. Ryan from "We Can" collects aluminium drinking cans, crushes them and trades them for money to help buy food to address food poverty locally.

Balsall Common u3a All-Members Meetings

(visitors welcome subject to capacity of the hall)

Date: 4th April, 9th May / Time: 2pm / Venue: St Peter's Church Hall, Holly Lane, Balsall Common

We are vibrant group and are open and welcome to everyone semi-retired or retired. We have over 380 members 40 interest groups ranging from table tennis to philosophy and everything in between! We are a friendly group so why not take a look at our website: balsallcommonu3a.org or call Matthew on 07419 770164 or email Chairman@balsallcommonu3a.org or membership@balsallcommonu3a.org

Charity Comedy Night

Date: 19th April / Time: 8pm / Venue: Shirley Royal British Legion Club, Parkgate, 186 Stratford Road, Shirley, Solihull B90 3BQ.

Enjoy an evening of fun and laughter while raising funds for local charity, Age UK Solihull. Up and coming comedians, licenced bar and raffle on the night. Tickets available at: www.ageuk.org.uk/solihull/comedy-night

Skydive for FREE!

Date: 4th May / Venue: Hinton Airfield, Northamptonshire

Take on the challenge of a lifetime with a tandem skydive in aid of Age UK Solihull. Raise a minimum of £500 and you can jump for free! You will be harnessed to a professional instructor and full training is given on the day. Find out more and book your place at: www.ageuk.org.uk/solihull/parachute-jump

Balsall Common Lions: Prostate Screening Event

Date: 18th May / Time: 9.30am - 1.30pm / Venue:

White Horse (Stables Annex), Kenilworth Road, Balsall Common

Balsall Common Lions will be hosting their next prostate screening event. The event hopes to

repeat the success of the past decade which collectively has seen over 1,600 local men having PSA Tests. Balsall Common Lions is subsidising the cost of the Prostate PSA test which is available for £12.50 instead of £25.00. Less than the cost of a takeaway! Book online – pick your preferred time - no queues: www.balsallcommonlions.org If are not comfortable with online booking systems, you may make a telephone booking on 01926 419959. NOTE: NO WALK-INS ON THE DAY

Balsall Common Lions: Live Music with PRIME NUMBERS

Date: 18th May / Time: 7.30pm - 10.30pm /

Venue: St Peters Hall, Balsall Common

A key charity fundraiser. All proceeds will go towards funding the Balsall Common Lions Prostate Screening event on the same day. PRIME NUMBERS are a Rock and Pop covers band, playing music from the 1950s, 60s and 70s Tickets £15:00 (including light supper). Visit our website for more details:

www.balsallcommonlions.org

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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HOROSCOPES: APRIL / MAY

ARIES (MARCH 21 - APRIL 20)

Jupiter and Uranus join together at the financial angle of your chart by shining a powerful light on how you earn your money; your earning ability is ripe for change, be sure to take advantage of a brilliant opportunity to meet new people who can influence your progress and success. The powerful new moon solar eclipse on the 8th suggests that intuitive decisions will bring positive results. The Taurus Sun starts the month with a powerful connection to maverick planet Uranus, this exceptional combination illuminates the way you value yourself and how you come across to others. Expansive Jupiter leaves your sign on the 16th indicating that a financial overview is long overdue. Venus in chatty Gemini until the 7th assists with communicating your ideas.

TAURUS (APRIL 21 - MAY 21)

The dynamic energy of expansive Jupiter and revolutionary Uranus makes April the most important month of the year; this is your cue to shift gear and turn up the pace in all areas of your life. Sudden opportunities for totally new directions will become possible as you welcome in a new sense of confidence and joy. Banish negative thought, trust your intuition and go with your heart's desire. The Sun is in your sign and starts the month in powerful aspect to the rebel planet Uranus; this month will not be dull and you'll start to see plenty of unexpected change coming your way. Expansive Jupiter arrives in Taurus on the 17th for a one year stay, this is your time to expand your consciousness, assess your goals and reach for whatever you want.

GEMINI (MAY 22 - JUNE 21)

Your career and new and exciting connections are in the spotlight this month as these two areas of your chart are dominant. The powerful connection the maverick planet Uranus and expansive Jupiter offer challenge and change in all directions. The Sun and Mercury, both in fiery Aries suggest a new passion for life as you find yourself driven to make improvements that broaden your horizons on a grand scale. Dynamic Mars in sensitive Cancer is stirring up the financial area of your chart, use your intuition to make some necessary changes, you'll be well rewarded as new opportunities open up. Mercury, your ruler, turns direct on the 15th indicating that plans and practical matters will start to flow again. Results look encouraging, particularly around the powerful Taurus new moon on the 19th.

CANCER (JUNE 22 - JULY 22)

Mars, Saturn, Venus and Neptune in intuitive Pisces all occupy the sector of your chart concerned with further education, your higher mind and travel. You'll be feeling energetic about making plans for the future, but be sure to proceed with caution as all might not be as it seems. Abundant Jupiter connecting with Uranus on the 20th shines a helpful light by empowering you to make the right decisions. Energetic Mars is active in your sign until 21st, this transit offers you the courage, self-confidence and determination to stand firm on a recent issue. The Sun and maverick Uranus illuminate the social area of your chart indicating a strong prospect of making new friendships and renewing some old ones. The Taurus new moon on the 19th is particularly rewarding and presents a unique opportunity for you.

LEO (JULY 23 - AUGUST 23)

The powerful new moon solar eclipse in fiery Aries on the 8th offers an opportunity to make outstanding business connections, networking and career change should be high on your agenda this month. The meeting of innovative Uranus and expansive Jupiter on the 20th indicate some brilliant prospects are up for grabs. Be sure use your intuition and focus on turning exciting ideas into long term projects. The Sun, your ruler, is close to the maverick planet Uranus at the highest point of your chart. This powerful alignment illuminates the way for bigger and brighter career prospects; be bold, you need to believe in yourself and claim what is rightfully yours. Jupiter, in Aries until the 16th, promotes keeping your mind open and researching any subject that comes to your attention.

VIRGO (AUGUST 24 - SEPTEMBER 22)

Relationships and partnerships are the focus for you this month. You'll certainly be feeling the need for tenderness and love as four planets occupy this sector of your chart. The new moon solar eclipse on the 8th pushes you to see a completely different view point in many areas of your life. This month, concentrate on nurturing your inner peace and trusting your ability to adapt to whatever challenges may arise. This month brings a sense of adventure and exciting new possibilities as the Sun and the unpredictable planet Uranus offer unique and brilliant opportunities to broaden your horizons. Your ruling planet, communicative Mercury, turns direct on the 15th ensuring that your plans can now move forward and confirming that you get the very best out of your social endeavours.

LIBRA (SEPTEMBER 23 - OCTOBER 23)

April presents a harmonious blend of opportunities and challenges for you as the cosmic energies are urging you to find a better balance in all aspects of your life. The Solar eclipse in your opposite sign on the 8th is of special importance and some important and lasting decisions will need to be made. The stunning Jupiter /Uranus alignment on the 20th could bring a financial surprise your way. The new moon in Taurus on the 19th illuminates some of the important decisions that you have taken in recent months. Plans concerning joint resources look favourable and success looks almost certain. Venus arrives at the highpoint of your chart on the 8th, joining action planet Mars and indicating that improved communications can make a powerful impact on others.

SCORPIO (OCTOBER 24 - NOVEMBER 22)

This month, you are encouraged to delve deep into your emotions and embrace the process of inner transformation. Trusting your inner strength and resolve will hold you in good stead for what's to come. The powerful connection of Jupiter and Uranus on the 20th in your opposite sign ensures that exciting change is on offer. Go with your gut feeling, as a new passion for life emerges. Your opposite sign of Taurus is crowded with the Sun, Uranus and Mercury as this important month gets underway. Relationships become more important than ever and in due course you will determine who you really are, what matters most and what your ultimate goal is. Mars reaches the highpoint of your chart on the 21st, Leo energy is emphasised and creative ideas should be flowing.

SAGITTARIUS (NOVEMBER 23 - DECEMBER 21)

Your health, daily rituals and well-being are your main focus this month as the ground- breaking conjunction of Uranus and Jupiter on the 20th stir up this sector of your chart. As a free spirit, you know that change is inevitable and as your vision of the future becomes clearer you'll feel more confident and ready for anything that comes your way. The Scorpio full moon on the 23rd offers insight and heightened intuition. Jupiter, your ruler, changes signs on the 17th, illuminating your work routines, health and fitness. Jupiter is all about expanding and broadening horizons, now is the perfect time to let go of outmoded ideas and discover inspirational new ways forward in these areas. The new moon in Taurus on the 19th offers new beginnings and will certainly be an important turning point.

CAPRICORN (DECEMBER 22 - JANUARY 20)

This is a potent month for Capricorns as the major conjunction of expansive Jupiter and revolutionary Uranus takes place in the sector of your chart concerned with romance, pleasure, creativity and pleasure. Get ready to release your inhibitions and embrace a new way of living as this combination gives you great courage and desire to overcome any habit patterns that no longer serve you. Action planet Mars is in your opposite sign of Cancer until the 20th and love planet Venus arrives on the 8th, paving the way for lots of positive change concerning your home and family life. The Sun and the maverick planet Uranus are working together in Taurus, setting the scene for the winds of change to blow away any cobwebs in your social and romantic life.

AQUARIUS (JANUARY 21 - FEBRUARY 18)

Uranus is your planetary ruler and the meeting with expansive Jupiter on the 20th indicates that this is a month of breakthroughs for you - expect the unexpected! Your home and family are in the spotlight, illuminating some issues that need addressing. Deeper healing is possible with the added potential for successful communication. This month offers you an energy boost, enabling some major shifts to take place. Action planet Mars is travelling through a pivotal area of your chart until the 20th, this is a powerful opportunity for reviewing your health and fitness goals and for clearing out anything that is not essential to your wellbeing. Jupiter, in Aries until the 16th, highlights all areas of communication, suggesting that a dynamic phase of change and self-determination is about to begin.

PISCES (FEBRUARY 19 - MARCH 20)

The creative and inspirational influence of expansive Jupiter and innovative Uranus are strong in your communication sector, particularly at the time of the conjunction on the 20th. Sharing your ideas should be your main focus, even if you feel a little shy about opening up to strangers. The cosmic alignments indicate some valuable new insight are yours for the taking, as long as you embrace an entirely new perspective. Communication and new ideas are highlighted this month as the Sun joins forces with maverick planet Uranus, offering innovative new ways to enhance your life. How you relate to others is also about to be challenged and a new plan of action is on the horizon. The powerful Taurus new moon on the 19th suggests that after a delay or setback, a new beginning is now possible.

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



TRADITIONAL ART OF BREWING

People have been enjoying beer for thousands of years. Proof has been found that the ancient Sumerians of Mesopotamia, brewed beer as far back as 4000BC.

During the Middle Ages in Europe, brewing beer became a significant industry. Monks brewed beer in monasteries as a way of supporting themselves and also enjoying the odd tittle for sustenance. Germans take their beer very seriously, and people were using all sorts of substitutes and shortcuts to produce a brew. Things changed when the German Beer Purity Law, *Reinheitsgebot*, was enforced in Bavaria in 1516. This regulation limited the ingredients to only water, barley, hops, and yeast, ensuring the quality of the beer and its ingredients. This set of strict rules could be classed as one of the first-ever food safety regulations.

The Industrial Revolution brought larger-scale breweries with more commercial operations but in recent years, small-scale breweries have thrived by creating artisan beers. Craft breweries continue to grow and experiment with new techniques, and modern brewing incorporates a wide variety of flavours and finishes to suit all tastes.

The traditional art of brewing beer has evolved over the centuries, but some things have remained the same. Here is a brief outline of the process involved in brewing traditional beer.

First of all, you need grains, usually barley. These grains go through a malting process where they are soaked in water to initiate germination then dried and roasted to create a deep flavour and

stop germination. Brewing begins with the mashing process, when the crushed malted grains are placed in a vessel called a mash tun and hot water is added to create a porridge-like mixture. Water is the primary component of beer, and the source of the water greatly influences the flavour profile of the finished beer. The hot water activates enzymes in the malt mash and they break down into fermentable sugars.

The next step in the process is called lautering when the liquid is drained from the mash. This liquid 'wort' is transferred to a kettle and boiled with hops to add flavour, aroma and bitterness. Boiling removes any bad microorganisms and sterilizes the wort. The liquid is cooled and transferred into a fermentation vessel and yeast is added to ferment the sugars and produce alcohol. Carbon dioxide is a natural byproduct of the process. Fermentation can take days or weeks, depending on the type of beer and the yeast that's used.

After the primary fermentation process, the beer may go through a period of conditioning to develop the flavours and allow the yeast to settle out of suspension. It can sometimes go through a secondary fermentation process. It's then filtered to remove any final sediment and packaged into bottles, cans or barrels.

Beer is more than a beverage. Throughout history, beer has played a significant cultural, economic and social role in societies all around the world, and will probably do for years to come.

By Emma Russell

RESTAURANTS & TAKEAWAYS

BALSALL COMMON, BERKSWELL

Bengal Brasserie *Indian*

349-351 Kenilworth Rd, Balsall Common CV7 7DL
01676 533 883

Masala Club *Indian*

235-239 Station Rd, Balsall Common CV7 7EG
01676 533 210

The Brickmakers Arms *Gastropub*

307 Station Road, Berkswell CV7 7EG
01676 533 890

The White Horse *British, European*

Kenilworth Rd, Balsall Common CV7 7DT
01676 533 207

The George in the Tree *Gastropub*

Kenilworth Rd CV7 7EX
01676 533 118

Cafe Tamarinds *Pan-Asian*

376 Kenilworth Rd CV7 7ER
01676 533 308

Balsall Common Fish Bar *Fish & Chips*

207 Station Rd, Balsall Common CV7 7FE
01676 533 576

La Delicia *British, European*

231 Station Rd, Balsall Common CV7 7EG
01676 532 177

Oriental Express *Chinese Takeaway*

176 Station Rd, Balsall Common CV7 7FD
01676 535 900

Costa Coffee *Café*

unit 2 Station Rd, Balsall Common CV7 7FE
01676 529 277

McKees Brasserie *British, European*

273 Kenilworth Road, Balsall Common CV7 7EL
01676 533 004

Oakes farm Shop & Café *Café*

Balsall Street, Balsall Common CV7 7AQ
01676 535 537

Ye Olde Saracens Head *Gastropub*

Balsall Street, Balsall Common CV7 7AS
01676 533 862

Domino's Pizza *Takeaway Pizza*

209 Station Road, Balsall Common, CV7 7FE
01676 530 099

The Railway *Gastropub*

547 Station Rd, Balsall Common CV7 7EF
01676 533 284

The Oak Room at Nailcote Hall Hotel *British, European*

Nailcote Lane, Berkswell
02476 466 174

Bear Inn *Gastropub*

Spencers Lane, Berkswell CV7 7BB
01676 925 562

Bewitched Coffee *Café*

345 Kenilworth Rd, Balsall Common CV7 7DL

Store & Stove *Café*

10 Church Lane, Berkswell CV7 7BJ
01676 248384

MERIDEN

The Barn at Berryfields Farm *Cafe*

The Berryfields Farm Shop, Berkswell Road, Meriden CV7 7LB
01676 522 155

Marco Pierre White *European*

The Manor Hotel at Meriden, Main Road, Meriden CV7 7NH
01676 522 735

Strawberry Bank Hotel & Restaurant *British*

Main Rd, Meriden CV7 7NF
01676 522 117

The Bulls Head *Gastropub*

Main Rd, Meriden CV7 7NN
01676 523 798

Toby Carvery *British*

Stonebridge Island, Coventry Rd, Meriden CV7 7HL
01675 442 326

HAMPTON IN ARDEN

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Marsh House Farm Ln, Barston B92 0LB
01675 444 890

The White Lion Inn *Gastropub*

High Street, Hampton-in-Arden B92 0AA
01675 442 833

Soho Tavern *Gastropub*

Hampton-in-Arden B92 0AH
01675 442 277

Peel's Restaurant, *British, European*

Hampton Manor, Shadow Brook Lane, Hampton in Arden B92 0EN
01675 446 080



April is Stress Awareness Month— here are some top tips for beating stress.

Stress Awareness Month has been held every April since 1992 to increase public awareness about both the causes and cures for our modern stress epidemic. Here are some top tips for beating stress.

Modern life can be stressful, and stress can impact our lives in lots of ways. Many aspects of life can cause stress, but this April help is available to help you manage your mental health and wellbeing.

TAKE BREAKS From watching, reading, or listening to news stories, including those on social media. Of course, it is good to be informed but hearing about a traumatic event constantly can be upsetting and it can cause you stress. So why not consider limiting news to just a couple of times a day. Why not think about disconnecting from your phone, tv, and computer screens for a while. You might notice the difference quickly.

TAKE CARE Of yourself. It might seem simple. But by taking care of yourself - eating healthily, getting some exercise, getting plenty of sleep, and giving yourself a break if you feel agitated you can improve your ability to deal with stress. Make time to unwind. Try to do some other

activities you enjoy. Watch your favourite comedy or comedian, or why not go and see them live. Laughter is a great way of de-stressing.

TAKE CARE OF YOUR BODY AND MIND Mindfulness is good for reducing your stress levels. By learning to breathe properly and perhaps doing to simple yoga exercises or stretching exercises you can improve your overall health.

TAKE A LOOK AT YOUR DIET Why not try and eat healthy, well-balanced meals? Perhaps eat more fruit, vegetables and wholegrains. Porridge is a cheap and delicious breakfast. It provides slow-release energy so keeps you going for longer. Add some fruit, it can be fresh, frozen, tinned or dried, for the best meal to start your day.

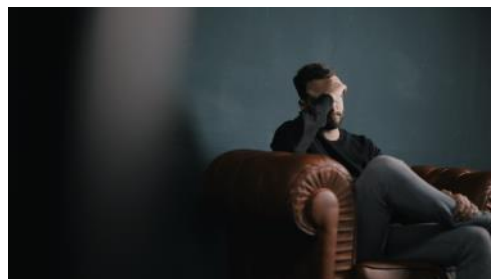
Consider eating less red meat. Even if you don't want to become a vegetarian why not try having easier digestible alternatives (chicken or fish). It can make a big difference.

AVOID EXCESSIVE ALCOHOL AND TOBACCO Although alcohol and tobacco can give you an instant boost, they have negative health impacts and exacerbate stress. Why not challenge yourself to cut out some cigarettes or have a word with your GP about the nicotine replacement options? What about having some dry days each week? Why not try non-alcoholic drinks, they taste the same but are alcohol free?

TALK TO OTHERS What did our parents always tell us? A problem shared is a problem halved. There is something in this. Why not take the time to talk with people you trust about your concerns and how you are feeling? Share your problems with a parent, friend, counsellor, doctor, or pastor.

These are just six top tips for beating stress. You don't have to use all of them, pick and choose which suit you, your lifestyle and circumstances.

Rob Bullock <https://robbullockauthor.blogspot.com>





SHUTTER BLINDS ARE THEY A GOOD INVESTMENT FOR YOUR HOME?

Shutters offer a lot of practical and aesthetic benefits. They not only look smart and sophisticated, they can be a valuable addition to your home. Aesthetically, they enhance your home's interior and exterior, adding clean lines and definition. They are available in a range of colours and finishes, which allows you to choose a design that will complement your décor and your personal style.

Shutters can provide an extra layer of insulation, blocking out heat in the summer and retaining warmth in the winter months. This can contribute to better energy efficiency in your home by reducing your consumption and lowering utility bills throughout the year.

You can easily control the amount of sunlight when you have shutters installed, and this will help preserve your interior décor, protecting walls, furniture, and floors from any sun damage. Shutters will block out harmful UV rays that can cause your belongings to fade over time. You can easily adjust the angle of slats to let in as much or as little light as you like and tailor it to your preference. This helps you create a living space that is lit to suit your own comfort level. Shutters can also help you control the amount of visibility in your own home. They can be adjusted to maintain absolute privacy in areas of the home where this is essential, such as the bedroom and bathroom.

Good quality shutters come in a range of hard-wearing finishes that can provide a sharp contrast or blend in with your decoration. They can be made of wood, vinyl, or a variety of other materials and they are far more durable than other window dressings. Their sturdiness makes them a better long-term investment for your home as they are much less likely to become damaged or wear out easily.

Shutters are so much easier to clean and maintain than other window coverings. Regular dusting and an occasional wipe-down of the surface is enough to keep them looking as good as new. This kind of low-maintenance home improvement can be a real time saver and make your household so much more appealing to any potential buyers. If you decide to sell your home, well-maintained shutters will add to the curb appeal of your house. Features like window shutters enhance the aesthetics and functionality of your property and could potentially increase the resale value of your home.

Whilst window shutters may be a higher upfront cost than curtains or blinds, many homeowners find that the long-term benefits make them a worthwhile investment. Saving money on energy bills and increasing the value of your home can justify any initial outlay. They are an excellent addition to your home and can last up to twenty years if properly maintained.

By Emma Russell

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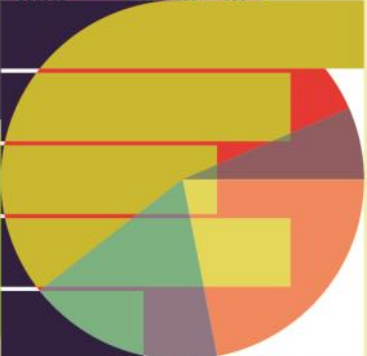
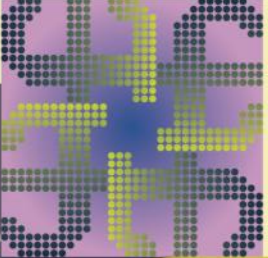
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