

# STONESTHROW DIRECTORY



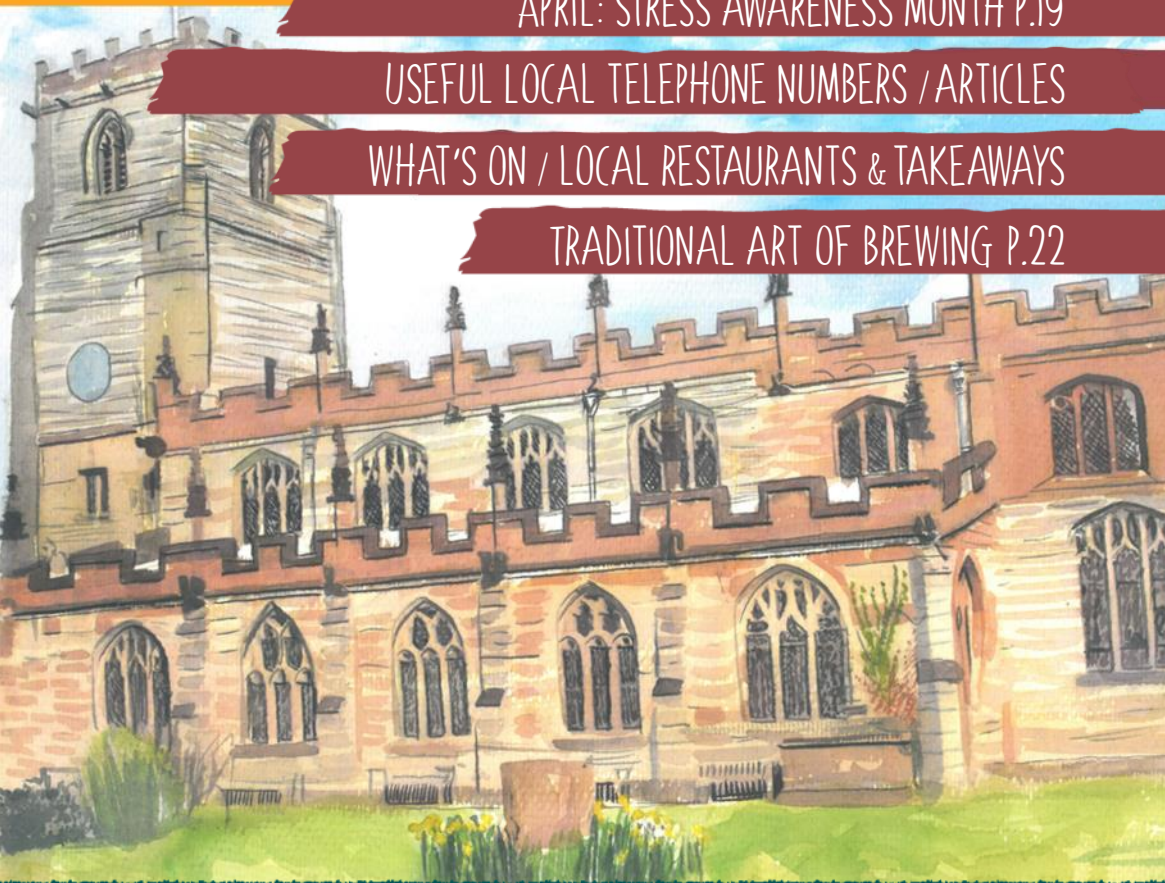
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KNOWLE DORRIDGE BENTLEY HEATH COPT HEATH  
APRIL / MAY 2024

JAMIESON CHRISTIE  
WEALTH MANAGEMENT



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DETAILS

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# A NOTE FROM THE EDITOR

Welcome to our Spring 2024 Edition!

April usually starts with pranks and jokes on the 1<sup>st</sup> 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 'Fool's 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](http://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:

6<sup>th</sup> of May - Early May Bank Holiday;  
27<sup>th</sup> 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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**Stonesthrow**  
Publications

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## POLICE & FIRE

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# APRIL

## STRESS AWARENESS MONTH



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 some 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.

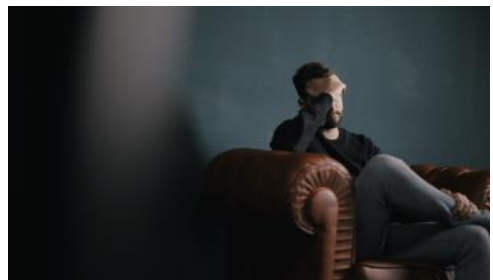
Consider eating less red meat. Even if you don't want to become a vegetarian why not try having easier digestible alternatives (chicken or fish). It can make a big difference.

**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>*



# 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 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](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!

## **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)

## **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 & 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 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.

## **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.

## **Ladies Circle**

Date: Wednesdays / Time: 11am / Venue: Dorridge Methodist Church, Mill Lane, Dorridge B93 8NY  
Ladies living locally meet for a coffee & a chat. Every fourth week there will be singing, speakers or games.

### 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.

### Welcome Wednesdays

Date: last Wednesday of every month / Time: 2 - 3.30pm / Venue: Eascote Park Care Home and Retirement Village, Knowle Road, Barston B92 0JA  
This is a chance meet new people, enjoy a hot drink and a slice of cake, and help raise funds for Age UK Solihull. Everyone is welcome, including carers, older people, and anyone who wants to break up the week and enjoy some company. We ask for a suggested donation of £3 per person to attend, which includes a hot drink and cake. The proceeds will come to Age UK Solihull to help us to provide our services for older and vulnerable Solihull residents who need us. Please let us know if you are planning on coming by calling us on 0121 704 7842 (leave a message) or emailing events@ageuksolihull.org.uk.

### Knit & Natter

Date: 3rd Monday of the month / Time: 2- 4pm / Venue: Bentley Heath Community Centre, Widney Road B93 9BN  
Bring your own project. Just turn up no charge. Contact Dennise on 07899 914 228

### Spring Sing! A Night at the Awards

Date: 20th April / Time: 7.30pm / Venue: Bushell Hall, Solihull School  
Join popular award-winning community choir Sing! Bentley Heath for a night of popular hits. With their live band, a raffle and lots of fun on the night this event will raise funds for two local charities, the Teddy Rose Foundation and the PSP Association. Buy tickets from The Core library box office £12.50 per person.

### Great British Musicals

Date: 1st June / Time: 7.30pm / Venue: Knowle Village Hall  
The Strolling Players invite you to join them on a nostalgic stroll through great British musicals, ranging from "The Boy Friend" and "Pickwick" to a selection from the shows of Andrew Lloyd Webber, taking in "Chess", "The Lion King" and many more, along the way. It is a lovely, tuneful journey. Tickets : £10.00. To book please call 01564 777634

*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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# 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.

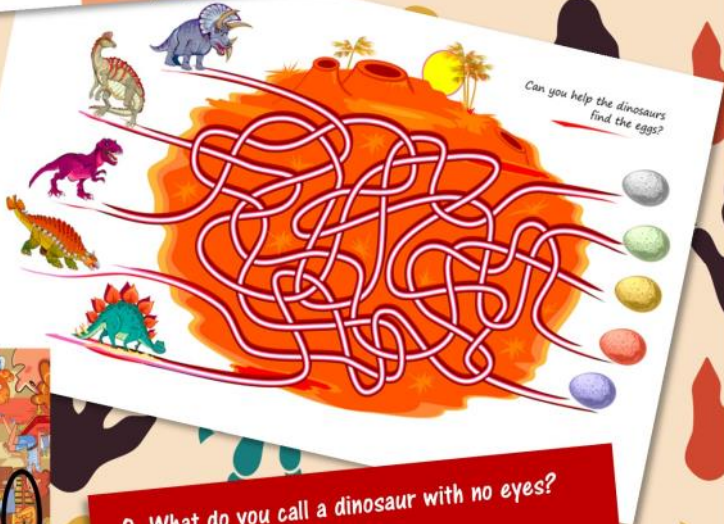
Beer is more than a beverage. Throughout history, beer has played a significant cultural, economic and social role in societies all around the world, and will probably do for years to come.

*By Emma Russell*

# Kids' Page

Find 12 objects in the picture

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



Find the objects answers

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



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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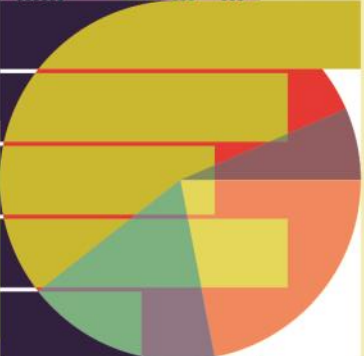
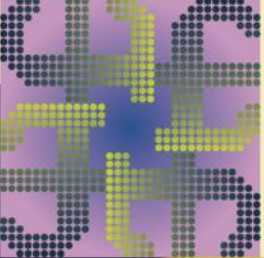
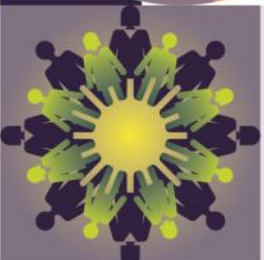


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