

STONESTHROW DIRECTORY

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to
WISTOW MAZE
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AUGUST / SEPTEMBER 2024

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A NOTE

FROM THE EDITOR

Welcome to our August/September Edition!

August in England means that we are right in the middle of the school holidays. The cost of living crisis has made it harder to afford a holiday abroad. Staycations are a fantastic alternative, there's so much to explore in Britain. Camping, glamping, or private home swaps can be an affordable way to visit a place.

Some websites have posted great ideas to keep children entertained. The Parents website has a great list of low-cost activities to try: 24 Cheap and Easy Summer Activities for Kids (parents.com) and the folks at Good Housekeeping Institute have created some brilliant craft projects: 80 Best Activities for Kids 2023 - Fun Things to Do With Kid (goodhousekeeping.com)

September can feel like a new start for adults as well as schoolchildren, so why not take the opportunity to do something new this Autumn? You could spend some time sprucing up your home and preparing for the colder months ahead. There are so many businesses in your local community that could help you complete some of those troublesome tasks, from chimney sweeps to garden clearance, gutter cleaning to roof repair.

If you'd rather give yourself a spruce, you could book a beauty treatment, or visit a health practitioner, or maybe try a new exercise routine. It's a great time to join a club or special interest group that will keep you busy over the winter and introduce you to new people within your community.

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

A date for your calendar:
28th August - Summer Bank Holiday.
However you decide to spend next couple of months - keep your heart and your business local.

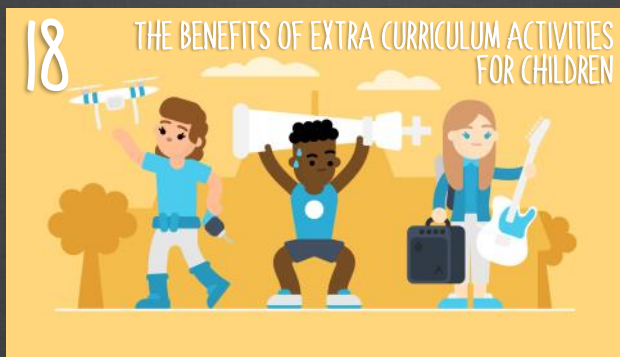
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Andy E. 230 / 31 Jan 2024

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THE BENEFITS OF EXTRA CURRICULUM ACTIVITIES FOR CHILDREN



It is well known that children learn outside school as well as in, making extra-curricular activities vitally important to the future of our children.

Children do not just learn in school. After school clubs and societies as well as groups such as the Scouts, Cubs, Brownies and Guides along with awards such as the Duke of Edinburgh scheme, to name just a few, can help youngsters develop confidence, interpersonal, social and life skills to help them as they progress through life.

REPORT An Unequal Playing Field – this government research published in 2019 suggested those who do engage in some sort of extra-curricular activity are better placed to succeed in life than those who don't.

SOFT SKILLS

One of the main benefits of extra-curricular activities for children is learning what are known as 'soft skills' which are things you can't learn from books, such as good communication skills, making and maintaining friendships, and working well with others. Learning soft skills can set children up for life!

SOME EXTRA CURRICULAR ACTIVITIES THAT YOUR CHILDREN COULD ENJOY

PERFORMING ARTS – as well as helping children bring out their creativity involvement in extra-curricular performing arts have many other benefits including encouraging self-expression and cultural awareness, self-confidence and self-awareness.

DANCE – joining a dance club can have many benefits including fitness, balance, coordination, rhythm and core strength but because routines can be complicated children also learn that practice makes perfect! This is a great life lesson!

SPORTS – by participating in extra-curricular sport children benefit from an active lifestyle and better mental health, and they also learn the benefit of team

working and how to follow rules thus developing self-discipline. They can also learn the benefits of hard work and dedication.

TECHNOLOGY – engaging in coding, gaming or technology clubs is super brain exercise and helps children learn new tech skills that will not only underpin maths and science classes and also many things they do in the future but helps contribute to society's technological development.

LANGUAGE CLUBS – learning a language is brilliant exercise for the brain because children learn multiple grammar rules and vocabulary, and this strengthens their memory muscle.

SCOUTS CUBS BROWNIES AND GUIDES – these are the ultimate extra-curricular activities and have been around for well over a hundred years. As well as learning many different skills children achieve various challenges that give them a firm foundation for later life.

HOW TO CHOOSE ACTIVITIES DEPENDING ON THEIR INTEREST

It is best to start extra-curricular activities when children are young, perhaps from the age of five onwards and start small. Why not start with something that interests you as a parent because you might already know people who lead certain activities in your community.

Be guided by your child's interests and don't be afraid to try different things because it might take a little time to find something that your child loves and feels that they are good at.

Extra-curricular activities have a brilliant effect on a child's life learning, helping them grow as people and setting them up for life.

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

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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 careers 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 careers. 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
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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 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 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

Date: first Thursday of the month; Time: 2 pm /
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 – sometimes described as a youth club for mature people! We have over 390 members and 40 interest groups ranging from table tennis to social and political history and everything in between! With light refreshments and a Guest Speaker - visitors welcome! We are a friendly group so why not take a look at our website by searching balsallcommonu3a.org and call Matthew on 07419 770164 or email Chairman@balsallcommonu3a.org or membership@balsallcommonu3a.org

Trivia Night

Date: every Thursday / Time: 8pm / Venue: Ye Olde Saracens Head
Hosted by Liam Sawyer, all proceeds go to Balsall Common primary school. £3 entry.

Charity Quiz Night

Date: 18 August / Time: 7.30pm - 10pm / Venue: The White Horse, Kenilworth Road, Balsall Common
A regular charity fundraiser with all funds going to local good causes. A very popular topical quiz, with some extra entertainment and great prizes!
Contact Lion Mark Whitfield (lionmarkwhitfield@gmail.com) or 07795 184745

Knowle Artisan Market

Date: 14 September / Time: 10am - 4pm / Venue: Station Road, Knowle B93 0NA
A vibrant community event dedicated to showcasing the best of arts, crafts, and local produce in the beautiful town. Whether you're an art enthusiast, a lover of unique crafts, or simply looking for a taste of the freshest local produce, our market has something for everyone.

Sixties Retro

Date 21 September / Time: 7.30pm - 10.30pm /
Venue: St Peter's Hall, Balsall Common
Sixties Retro is a fabulous band – very popular around Coventry – new to Balsall Common Lions, which we know you are going to love! THE SIXTIES – A DECADE FULL OF WONDERFUL MUSIC! THIS EVENT WILL BE A SELL-OUT! Watch out for more information on our website (www.balsallcommonlions.org), or on social media, or contact Lion Mark Whitfield (markwhitfield@balsallcommonlions.org) 07795 184745

Balsall Common Lions Autumn Foodbank

Date: 5 October / Time: 11am
Food banks are stretched to breaking point. Your support could help food banks provide emergency food and vital advice to everyone who needs it, including to the thousands of people who will need to use foodbanks. Balsall Common Lions will be collecting essential supplies with a door-to-door collection over the weekend of Saturday 5 October. If you wish to donate, please check out our website: www.balsallcommonlions.org Thank you!

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@stonesthrowpublications.co.uk

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- Adult 5KM* & 10KM*

*Affiliated runner discount applied to the 5KM & 10KM runs. Terms & Conditions Apply.

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HOROSCOPES: AUGUST / SEPTEMBER

ARIES (MARCH 21 - APRIL 20)

Warrior planet Mars, your ruler, is travelling with expansive Jupiter in curious Gemini, they are exactly conjunct on the 14th, highlighting some ingenious and inspirational ideas that could take your life on a totally different path. The Aquarian full moon on the 19th encourages you to work with new business partners as opportunities for new community projects appear on the horizon. September: 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 a power packed month as dynamic Mars joins up with expansive Jupiter in your financial sector; you'll have the courage to make some major changes and possibly take some risks that will put you in a much better position. Be prepared as the cosmos is suggesting radical transformation. Your ruler, the love planet Venus, arrives in Virgo on the 5th illuminating the relationship area of your chart. September: 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)

Power packed Mars and Mighty Jupiter are in your sign all month, the two join forces on the 14th, be prepared and make the most of this fortunate encounter by restructuring the way you plan and think and be sure to remain open to exciting opportunities that are coming your way. September: The courageous Leo new moon on the 4th offers creative new ideas. 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 radiant Leo Sun suggests that creative money making schemes are at an all-time high, particularly around the Leo new moon on the 4th. Venus arrives in Virgo on the 5th energising your communication sector with practical new concepts. The powerful the unique energy of the Aquarian full moon on the 19th should offer insight into some practical new ideas that leave you feeling successful and prosperous. September: 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)

August is your special time as action packed Mars and mighty Jupiter offer a cosmic power boost; your energy and enthusiasm will be at an all-time high. New friendships and group endeavours are particularly favoured. Your powerful new moon on the 4th offers a turning point and the full moon in your opposite sign on the 19th encourages you to take up the challenge on an important project. September: 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 offers a radical shake up in all matters concerning your goals, ambition and career prospects. Lucky Jupiter and Action packed Mars are suggesting that exciting new beginnings are evident. The love planet Venus arrives in your sign on the 5th indicating that some relationship issues will come to the surface and need some careful consideration - and a practical solution! September: 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 draws you toward faraway travel, adventure and higher learning. Action planet Mars and expansive Jupiter in restless Gemini ensure that some radical changes are about to take place. The Sun and Venus in gregarious Leo are favouring some exciting new friendships and group endeavours, and the full moon in innovative Aquarius on the 19th brings your intuition to the forefront. September: 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)

Warrior planet Mars and expansive Jupiter are travelling together in your financial and resource sector, flagging up some challenges that need your attention. Adjustments will need to be made so that you can move forward positively. The Mars/Jupiter conjunction on the 14th offers courage, willpower and positive new insight around any decisions that need to be made. September: 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 optimistic time for Sagittarians as positive planetary activity is at its height. Abundant Jupiter, your ruler, is courageous and optimistic travelling together with dynamic Mars in curious Gemini. Your relationships are in the spotlight this month, the Powerful conjunction on the 14th is particularly auspicious and offers the potential for positive change. September: 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 personal issues to your attention as Stern Saturn, your ruler, makes a challenging aspect to expansive Jupiter in Gemini. Facing facts both personally and professionally will eventually make your life much easier as you progress forwards. Love planet Venus, in Virgo from the 5th, is in positive position, indicating that a new relationship might be on the horizon. 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)

Home and family life come to the forefront during August as a variety of domestic issues demand your attention. Uranus, your ruler, might be stirring up some trouble and you'll need to keep a clear head to avoid any arguments. Venus arrives in your financial sector on the 5th, there could be some lucky breaks coming your way. The full moon in your sign on the 19th is both powerful and illuminating. September 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)

The Leo Sun lights up your work sector as you start to explore some creative new ways of making money. The Aquarian full moon on the 19th emphasises the area of your chart concerned with introspection and intuition. Good communication is now vital as any decisions made now will need your full attention. Planetary energy is positive, suggesting that exciting new opportunities are about to appear. September'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 | christine_chalkin@hotmail.com

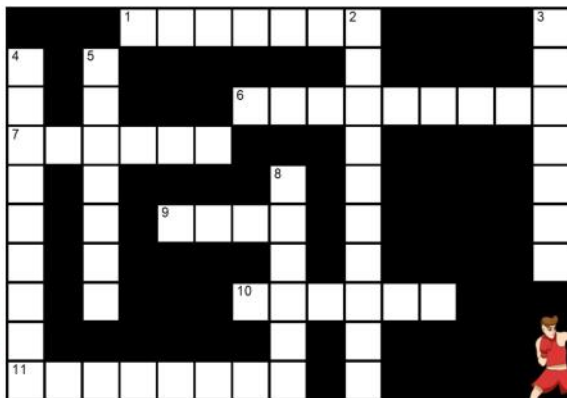
Kids' Page

Across



Can you solve our Olympic crossword?
We've given you picture clues

Down



Can you help our intrepid Canoeist navigate the course for a win?



FUN FACT!

The First Olympic Games took place in 776BC

The original Olympics began as part of an Ancient Greek Festival, which celebrated Zeus, the Greek God of Sky and Weather. The whole competition lasted for up to six months, and included games like wrestling, boxing, long jump, javelin, discus and chariot racing.



Crossword Solution

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

The Lake at Barston *Global Grill*

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



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ORGAN DONATION WEEK

23RD TO 29TH SEPTEMBER 2024



This year the NHS Organ Donor Register is 30 years old. Why not get involved and celebrate the amazing gift of life organ donation can give this Organ Donation Week?

This year Organ Donation Week runs from the 23rd to 29th September and the goal is to raise awareness by turning buildings around the country pink.

Organ donation is where someone decides to donate an organ either whilst they are alive or after they die. By registering on the NHS Donor Register to donate an organ after you die you take the decision about what happens out of the hands of your loved ones at a time when they are grieving. But there are some organs that you can donate whilst you are alive.

BECOME A LIVING DONOR

The most donated organs by a living person are a kidney or part of the liver. Each year here in the UK more than a thousand people donate one of their kidneys or part of their liver whilst they are alive. Often the donation is to a friend or family member, but it can be to someone they don't know.

People can also donate parts of bone and amniotic membrane too.

BLOOD DONATION

At the moment in the UK there is a blood bank emergency with stocks desperately low! Blood donors are urgently needed and in just one hour you could save three lives. Your blood could also be used to make plasma which could save someone's life.

DONATION AFTER DEATH

Here in the UK most tissue and organ donations occur after someone has died. Even though you might be on the Organ Donation Register loved ones always have the final decision on whether your organs will be donated. But the register tells medical professionals and loved ones what your intentions and wishes were, and this can bring much needed clarity on any decisions.

OPT OUT

The law here in England states all adults have agreed to be an organ donor when they die unless they are in an excluded group or have specifically recorded a decision not to donate.

THINK PINK!

Pink is the colour of the organ donation card and this year during Organ Donation Week the public are urged to get involved and light up as many buildings as possible in pink to raise awareness of the life-giving gift of organ donation.

There are many ways to get involved in lighting up pink as many buildings as possible. Do it yourself, if it's your home or business or for any official buildings you could call, email or write them a letter. The organ donation register has some useful tips and suggestions.

Donating an organ is a selfless act that could save a life, possibly a stranger's life, so why not get involved this Organ Donation Week – which runs from Monday 23rd to Sunday 29th September and add your name to the register.

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



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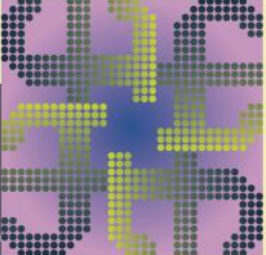
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