

STONESTHROW DIRECTORY

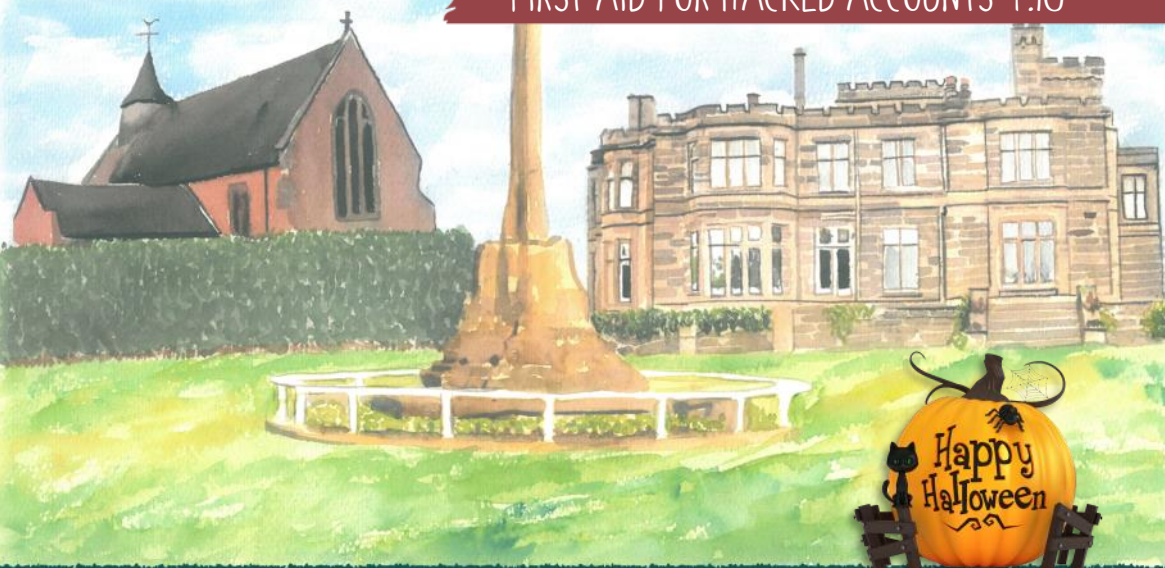
WIN A FAMILY TICKET
TO STONEBRIDGE
ADVENTURE GOLF
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USEFUL LOCAL TELEPHONE NUMBERS / ARTICLES / HOROSCOPES

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BALSALL COMMON MERIDEN
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OCTOBER / NOVEMBER 2024

JAMIESON CHRISTIE
WEALTH MANAGEMENT



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A NOTE

FROM THE EDITOR

Welcome to our October/November Edition!

Now autumn is here, the days are shorter and the clocks go back on the 27th of October. We can pull out the woolly jumpers and put on our favourite boots and scarves, wrapping up against dull days and cold weather.

Many towns and communities offer their own version of Oktoberfest celebrations, featuring German beer, food, and live music. Festive markets and craft fairs will warm you up to the prospect of Christmas shopping.

We also have Halloween on the 31st of October, which some people consider a modern American celebration. In fact, Halloween originates from an ancient Celtic festival, Samhain (pronounced Saw-winn) which celebrated the harvest yield and the end of the summer. People traditionally dressed in costumes and lit outdoor fires to ward off evil spirits. Today, younger children enjoy walking around in their Halloween costumes asking, "Trick or treat?". See our What's On Page for local Halloween events.

Autumn is a lovely time to take a walk outdoors with friends and family or organise a cosy indoor gathering before the hectic festive season ahead.

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 Stonesthrow 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.

Dates for your calendar:

27th October - Daylight Saving Time ends; 31st October - Halloween; 5th October - Guy Fawkes Night; 10th November - Remembrance Sunday.

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

Yours, Stonesthrow Publications.

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Andy E 230 / 31 Jun 2024

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FIRST AID FOR HACKED ACCOUNTS



Discovering that your online account has been compromised can be deeply distressing, especially when you're unsure about what criminals may do with your data.

In today's digital world, a data breach occurs every 44 seconds, making cybersecurity vigilance more crucial than ever. As technology advances, the frequency of these breaches is expected to increase. It is now essential to stay informed on how to protect yourself and your digital access to various devices and online services.

Your emergency Response Kit for a compromised account:

Change Your Password: Update your password using a combination of 3 to 4 random words followed by a number or a symbol. This ensures a strong and unique password that is hard to guess. Remember length is strength.

Enable Multi-Factor Authentication

(MFA): Activate MFA wherever available, this adds an extra security layer to your accounts and you will be notified immediately if somebody is trying to login.

Monitor Account Activities: Take your time to monitor your account logs for any unauthorized transactions made or some possible changes to your settings and direct debits. Don't forget to report any suspicious activities immediately to limit potential damage.

Scan for Malware: Immediately run a thorough antivirus scan on ALL devices that have been used to assess the compromised account. If you use online banking from your mobile, laptop and

desktop you might need to scan all three devices. Malware could have facilitated the breach and may still compromise your system.

Contact the Service Provider: Get in touch with the customer support or security team managing the platform or service where your account was compromised. They will provide you with more guidance and assist in securing your account and data.

Secure Other Accounts: If you use the same passwords across multiple accounts, change them immediately, time is not on your side. Consider using a password manager to create and store strong, unique passwords for each account and don't forget length is strength.

Stay Informed and Protected: Staying informed about cybersecurity threats and scams is crucial for both individuals and small businesses to prevent future breaches. The recent Santander breach underscores the importance of robust security measures. If you want to stay informed and alert of the latest cyber threats and scams, subscribe to a newsletter on www.simplycybersmart.com crafted by experts using simple, non-technical and clear terminology to empower you with essential insights and strategies and safeguard your digital assets in just 5 minutes a week.

While the experience of a compromised account can be unsettling, taking prompt action and implementing enhanced security measures can help restore assurance and subsequent peace of mind.

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First of all, you need to assess if the space is a feasible project for conversion. Is there enough integral support and is it structurally sound? For both types of conversion, you may want to refer to local building regulations to ensure that you are within the guidelines. You may also need to check whether you need planning permission for this work to go ahead.

Define what you want to achieve with the conversion. Will the area be used as additional living space, a guest room, a study, or a gym? Once you understand your goals, the design process will be much easier to decide. It is essential to establish a workable budget. Try to think through and consider all possible costs, labour, materials, any permits required, plastering and decoration, flooring, etc.

You may have an initial idea of how you'd like the finished space to look, so make some preliminary sketches of your ideas. Consider the layout, flow, and functionality of the area and how it will be used. Do you need to consider modifying the accessibility for anyone who will use the space? Think about whether the conversion will need soundproofing and insulation to ensure comfort and privacy as a living space.

Ensure that your design has access to electricity, water, plumbing, and heating, and consider whether the existing infrastructure will need to

be modified to accommodate this change. Maximise the amount of natural light and ventilation that occurs within the space, consider adding windows or skylights if needed. When you have a good idea of what you'd like, hire a professional designer or architect to get an official plan made for the conversion.

Unless you are a highly skilled builder, it's best to hire professionals to complete the work to ensure compliance with regulations. You may need structural engineers, builders, electricians, plumbers, and decorators to complete the project, all of which should be accounted for in your initial budget.

Once the construction is complete, choose finishing touches that will complement the rest of your home and add to the overall aesthetic. Don't forget to include any financial outlay for flooring, plasterwork, paint, lighting, and furniture within your initial budget plan. Make sure you add all the necessary safety features such as smoke alarms, carbon monoxide monitors, and fire escapes.

Final inspections should be scheduled before anyone uses the converted space. For safety, the structure should be checked to ensure it meets all building codes and regulations. Regular maintenance inspections should be scheduled to keep the conversion in good condition. A good loft or garage conversion is a serious investment that can add thousands of pounds in value to your home, take as much professional advice as you can before starting the project.

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WHAT'S ON LOCALLY

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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

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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 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 -
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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.

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.

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: 10th October: A talk about how Cat Whetherall became a biker chick in her talk New Life in Leathers; 14th November: Sue Barclay giving a talk and demonstration on Silver Working. 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 Lions

Autumn Foodbank Door to Door Collection

Date: 5th October / Time: 11am

Balsall Common Lions will be collecting essential supplies with a door-to-door collection around Balsall Common. All donations will go to four local foodbanks. If you wish to donate, leave your donation on your doorstep / drive, or please check out our website for our list of drop-off points around Balsall Common: www.balsallcommonlions.org

Alternatively, you can make an online payment to support these foodbanks: www.cafdonate.cafonline.org/26569 Thank you!

Jubilee Centre Film Show

Date: 12th October / Time: 7.30pm / Venue: Jubilee Centre CV7 7FE

Showing 'A Haunting in Venice'. Tickets £7, available from Michael's Drinks, Balsall Common (Cash Only). Ticket includes a glass of wine or a hot drink. For more information please visit: www.bigpictureshow.org.uk

Balsall Common Lions Charity Quiz Night at The White Horse

Date: 20th October / 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

Balsall Common Lions Fireworks Extravaganza

Date: 9th November / Time: 5.30pm / Venue: Berkswell & Balsall Sports Association (Cricket & Tennis Club) Meeting House Lane, Balsall Common, CV7 7GE

If you attended our Fireworks Extravaganza, you will know that the displays have been truly amazing! Again, our firework display will be provided by PYRO 2000, both nationally and internationally recognised for staging professional fireworks displays for over 20 years. In addition, we will have fire jugglers and displays, and a wide range of food and drink available from a variety of vendors. There will not be any parking available at the venue, so please walk to the event if convenient. If you are coming from further afield, parking is available at Heart of England School – just across the road. Tickets - available from: Michaels Drinks World, Oakes Farm Shop, A1 Motorist Shop, Online: www.balsallcommonlions.org

Charity Christmas Concert

Date: 7th December / Time: 3pm / Venue: Heart of England School, Gipsy Lane CV7 7FW
Join us, and the Heart of England Co-operative Concert Orchestra, at the Heart of England School for an afternoon of festive favourites! Plus, we are expecting a 'special guest appearance' in the interval, so we hope to see lots of children there! Tickets: £11 adults, £8.00 concessions, £1 for children, including refreshments. Tickets will be available online from October, or contact Lion Mark Whitfield (lionmarkwhitfield@gmail.com) or 07795 184745. 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

HOROSCOPES: OCTOBER / NOVEMBER

ARIES (MARCH 21 - APRIL 20)

October begins with a powerful energy surge as the new moon arrives in your opposite sign on the 2nd. Vitality will be at its peak, but try to remember to take time out for rest and relaxation. Relationships are also in the limelight as the Sun shines brightly in Libra, take care with any disagreements and try to use your intuition before you act. Resources and finances are in the spotlight during November as the Scorpio Sun and Mars both encourage an all-important review. Scorpio Mars demands action and offers you the courage and determination to make some important changes. The practical Taurus full moon on the 19th suggests refreshing change.

TAURUS (APRIL 21 - MAY 21)

October turns the focus to your health and wellbeing; a nutrition and fitness review may well start now as the Libra Sun and Mercury both demand a better balance in your daily life. Venus, your ruler, is in intensely emotional Scorpio in your relationship sector, suggesting that you dig deep and connect with your most intimate desires and the shadow side of life. The transformational Scorpio Sun and dynamic Mars both shine a strong and guiding light on all your relationships and partnerships during November. This is the perfect time to make some dramatic changes as you communicate your values and your worth to all those in your circle.

GEMINI (MAY 22 - JUNE 21)

Important breakthroughs come to the surface during October as your curiosity and creative spark reaches a highpoint. Mars, active in your financial area gives you the energy and vitality to push ahead in business and work matters. Mercury, your ruler, in balanced Libra until the 14th clears up any misunderstandings and offers some deep and lasting insight. Be open to new possibilities in love and romance. The work and wellbeing angle of your chart is strongly emphasised during November as daily routines, wellbeing and general health become your top priorities. Mercury, your ruler, moves into determined Scorpio on the 6th suggesting that you can now be unwavering in your decisions.

CANCER (JUNE 22 - JULY 22)

Domestic issues are your top priorities during this month as you strive to create peace and harmony within your home and with your family. The radiant Sun and communicative Mercury in Libra are both in ideal positions for any problems to be ironed out. The dynamic Aries full moon on the 17th is highlighting the career sector of your chart, you'll need to stand your ground and be courageous when fighting for what you want. November suggests that love and romance are in the spotlight as the Sun and dynamic Mars fire up this sector of your chart. Whatever happens on the relationship front, it's going to be a fun month and the way forward becomes much clearer around the full moon on the 19th.

LEO (JULY 23 - AUGUST 23)

Your interactions are thoughtful and balanced during October as the Sun and Mercury work together in the sign of the scales. This planetary aspect mainly strengthens your communicating ability, enhancing your talent to see both sides of any discussion. Energetic Mars in Cancer offers intuitive insight, much needed for solving any domestic problems. Your home and family are high on the agenda during November as the Sun and Mars shine brightly in your domestic sector. Abundant Jupiter also lends a helping hand and ensures that things go your way, providing you use your intuition when dealing with any difficult issues.

VIRGO (AUGUST 24 - SEPTEMBER 22)

Mercury, your ruler, is balanced and harmonious in the sign of Libra until the 14th, an excellent placement for solving any misunderstandings or disagreements that may have recently cropped up. Financial issues may also be evident, deep thinking and forward planning is essential, particularly around the time of the Aries full moon on the 17th. November shines the light on all forms of thinking and communication, particularly after the 6th as Mercury in Scorpio gives you the courage to express opinions that you are normally reluctant to voice. Your mind is sharply focussed, particularly around the Taurus full moon on the 19th.

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. November welcomes your ruling planet to the careful and practical sign of Capricorn. The urge for adventure and risk taking must now make way for more serious plans concerning your future. Successful interaction and new projects are the main themes to keep you occupied.

SCORPIO (OCTOBER 24 - NOVEMBER 22)

Venus in your sign until the 18th suggests that you will be open to a totally new way of working. Expansive Jupiter indicates that new opportunities are on the horizon and any new project that you start now should turn out to be highly successful. The full moon in dynamic Aries on the 17th demands that you dig deep for answers to some important questions. November is your birthday month and it offers the start of a new cycle of transformation and personal growth. Dynamic Mars stays in your sign all month, ensuring the perfect opportunity to be more assertive as you step up into a more important role. The full moon in your opposite sign on the 19th suggests a lucky breakthrough.

SAGITTARIUS (NOVEMBER 23 - DECEMBER 21)

During October the balanced Libra Sun and the communication planet Mercury both illuminate the sector of your chart that governs friendships, groups, idealism and your relationship to the collective. The powerful new moon solar eclipse on the 2nd emphasises this high energy time. Innovative new people will appear as humanitarian concerns become your driving force. November starts off super charged as Jupiter positively aligns with Mercury and highlights all forms of communication. Some important work related issues come to the surface and you may need to renegotiate how you are valued. With renewed confidence your long held dreams and aspirations can finally take shape.

CAPRICORN (DECEMBER 22 - JANUARY 20)

This month the radiant Libra Sun and communicative Mercury both illuminate the highest point of your chart, indicating that you are able to find diplomatic solutions to challenging situations, particularly in the workplace. The New moon solar eclipse on the 2nd offers a dramatic turning point and the Aries full moon on the 17th favours intense interactions with others. The Sun and dynamic Mars are both extremely powerful during November stirring up anything to do with friendships and group endeavours. Romance is also favoured as love planet Venus arrives in your sign on the 6th, increasing the chances of a meeting with someone new.

AQUARIUS (JANUARY 21 - FEBRUARY 18)

October is a powerful time for you to press on with innovative plans for the future. The Sun and Mercury in balanced Libra offer you new insight as your focus turns to reassessing your vision and your life goals. The powerful full moon in fiery Aries on the 17th falls in a pivotal position, pushing you to be courageous and facilitate new projects. November could turn out to be quite a testing time on the home front as stern Saturn challenges individualistic Uranus and brings up issues concerning your personal freedom. Take heart, Jupiter is in your sign and can give you the required insight to solve any immediate problems.

PISCES (FEBRUARY 19 - MARCH 20)

This month highlights the need for insight, balance and stability concerning your investments, finances and resources. The Libra Sun and Mercury urge you to take a step back and work out what's best for the future. Love planet Venus in Scorpio until the 18th offers you an excellent opportunity to communicate your innermost needs and wants to those around you. November highlights study and spiritual growth as the intense Scorpio Sun and enthusiastic Mars both urge you to open your mind and explore subjects that you have been thinking about for a long time. Be sure to stay wide awake and attentive to any new opportunities that may suddenly appear.

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.

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For over twenty years Movember has been an annual event involving the growing of moustaches during the month of November to raise awareness of men's health issues.

From just thirty men growing a moustache during the month of November in 2003 in Australia to over six million around the globe, Movember aims to raise awareness of some key men's health issues, including mental health and suicide prevention, prostate cancer and testicular cancer. In doing so men are living healthier and longer.

From just thirty men When in 2003 in Melbourne, Australia two friends, Travis Garone and Luke Slattery, had an idea of raising awareness of men's health issues. Little did they know that twenty years later Movember would be a global phenomenon. In 2003 they found thirty men to grow a moustache, or Mo in Australian.

Over the twenty years Movember has been going it has had 6,861,045 Mo Bros and Mo Sisters and it has funded more than 1,320 men's health projects.

Movember's three main causes:

Suicide prevention – it is shocking to discover that around the world one man dies from suicide every minute of every day, and here in the UK three out of every four suicides are by men.

Movember is tackling this head on by helping men and boys stay mentally healthy, encouraging them to develop strong social connections, lobbying governments to take action and funding initiatives around the world tailored specifically to help men when they need it.

Prostate cancer – here in the UK one in eight men will be diagnosed with prostate cancer in their

lifetime. Almost one and a half million men around the world are diagnosed with prostate cancer each year. Movember aims to raise awareness by helping men recognise the signs and symptoms of prostate cancer, as well as the risk factors. And they unite researchers and experts across the world to come up with groundbreaking innovations.

Testicular cancer – as with prostate cancer, Movember's focus is on raising awareness and helping men look for signs and symptoms, as well as supporting groundbreaking research. Although testicular cancer is the most common cancer in young UK men and there can be long term treatment side effects the odds of survival are ninety five percent.

Get involved, talk, listen and support

The ethos of Movember is that too many men are dying too young, largely from preventable causes. You can help by talking to someone if you have any health concerns or listen to and support someone who might.

There are lots of ways you can get involved to raise awareness and funds for Movember this year. If you can, why not start by growing a Mo! Please visit www.uk.movember.com for more information.

Help is out there .

If you need to speak with someone immediately you can call 111 or contact the Samaritans on 116 123. And if you're concerned and worried that someone's life might be in immediate danger, call 999.

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