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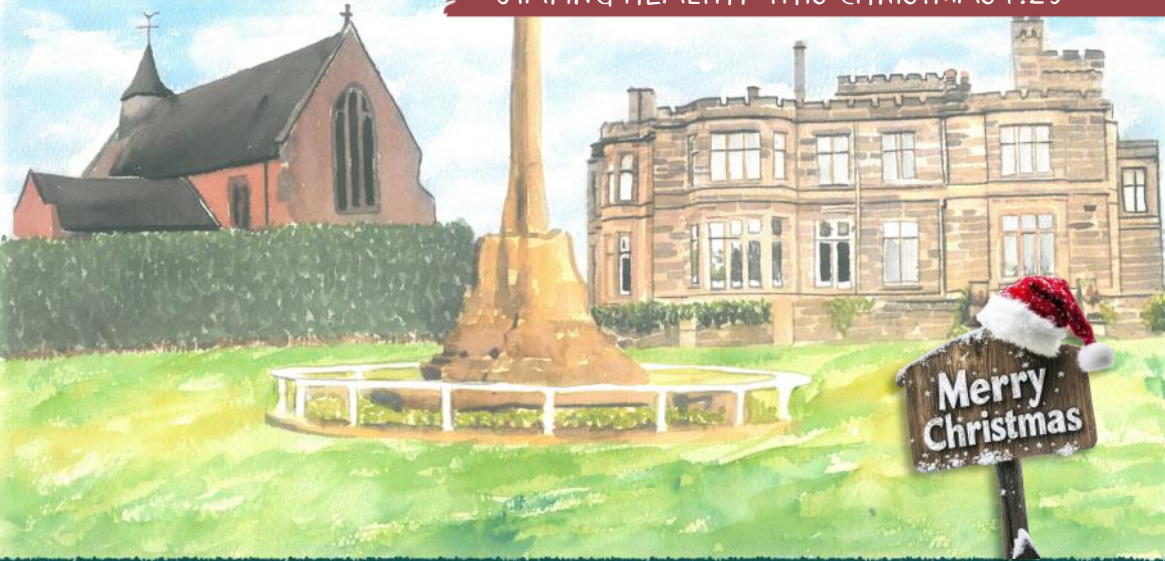


HELP TACKLE LONELINESS THIS CHRISTMAS P.14

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A NOTE

FROM THE EDITOR

Welcome to our festive December/January Edition!

With only a few shopping days left until the big day our shops have truly pulled out all the stops this month to make sure Santa gets as much help as possible. And considering he delivers toys to an estimated 152,000 household a minute on Christmas Eve, no doubt he will be grateful for some help!

Many churches, religious and community groups and charities need the gift of your time this December, so why not consider volunteering. There are so many places that need a helping hand, from those who care for the elderly, to others that help animals, to hospitals, hospices and homeless shelters.

January is the month of looking forward, the shortest day is almost a week passed and the days are lengthening every day. Granted it might only be by just over a minute a day at the beginning, but by the end of the month it is over three in the south of England, and this provides hope for the future and the arrival of spring.

January is also the month of fresh starts and taking stock of our lives. Quite often this takes the form of starting a new fitness regime and eating more healthily. Many of us decide to shed the weight we have always wanted to shed and tone the muscles that have been hiding underneath.

Perhaps this desire to find our new selves is sparked by our overindulgence over the festive season? Who didn't eat one too many mince pies or have that extra portion of Christmas pudding? It is all part of the joy of the holiday season.

Dates for your calendar:

24th December - Christmas Eve; 25th December - Christmas day (Bank Holiday); 26th December - Boxing Day (Bank Holiday); 31st December - New Year's Eve; 1st January - New Year's Day (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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CONTENTS

IN THIS ISSUE



14

HELP TACKLE LONELINESS THIS CHRISTMAS



20

USEFUL LOCAL TELEPHONE NUMBERS



STAYING HEALTHY

29

THIS CHRISTMAS



26

LOCAL RESTAURANTS & TAKEAWAYS



24

HOROSCOPES



WHAT'S ON LOCALLY

22-23



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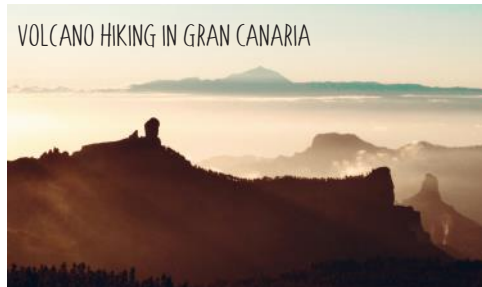
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BEST WINTER SUN ACTIVITY DESTINATIONS THIS JANUARY

Winter sun can mean more than lying on a beach as more and more of us are choosing an activity holiday in January.

For many of us winter sun conjures up the idea of choosing a resort with white sand and blue seas, cocktails before dinner and evenings visiting local bars and clubs. But these days more of us are choosing to visit warmer climes in January to get active. Here are three suggestions for winter sun activity destinations this January.



VOLCANO HIKING IN GRAN CANARIA

The weather in Gran Canaria ranges from about 10 to 16 degrees in January but is often much warmer than this at the beach. But the weather can be much more challenging along with the terrain when hiking the lofty Pico de las Nieves which is the highest peak on Gran Canaria at 1,949 metres above sea level.

There are numerous hiking routes which range from an easy two and a half mile hike which should take just a couple of hours to expert ten mile hikes that will take over five hours.

Flights to Gran Canaria take around four and a half hours from the UK and start from £130pp.



DIVING AND SNORKELLING IN EGYPT

The northern section of the Red Sea is often known as one of the 'Seven Wonders of the Underwater World' because of the beautiful

clear waters and abundant sea life and whether you are an absolute beginner or expert there is a site to suit you. With over a thousand species of fish, along with turtles, dolphins and sea cows, and warm welcoming waters the Egyptian Red Sea resorts make perfect winter sun activity destinations.

With all inclusive deals starting from around £600 and flight times at around five hours, and daytime average temperatures of around 22 degrees, diving and snorkelling in Egypt is a popular winter sun activity holiday.



COAST TO COAST TREKKING IN COSTA RICA

The El Camino runs 175 miles from the Caribbean coastal town of Parisima and ends in Quepos on the Pacific Coast and follows a route that takes hikers off the tourist trail to offer a real taste of this beautiful Central American country.

January is the best time to visit and hike in Costa Rica as it is the dry season, and it is the month with the most hours of sunshine. Lying in the tropics the temperature rarely drops below 20 degrees even at night although this can vary depending on what elevation you are hiking at.

The El Camino goes through five eco systems, rainforests, plantations and mountains as you cross the continental divide, and you might see monkeys, sloths, and astonishing flora. As a real treat be sure to visit the Manuel Antonio National Park which the route skirts. Flights take around 14 hours from the UK and start from £400.

In January 2025 winter sun holidays need not just be about sun, sea and sand, they can include activity holidays of a lifetime!





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DISCOVER THE ENDLESS POSSIBILITIES OF GARDEN ROOMS

In recent years, garden rooms have emerged as the new way for homeowners to unlock more space without the hassle of major renovations. Imagine having your own space in the garden — a home office, a workout studio, or even a cosy retreat just a few steps from your back door.

If your home is feeling cramped or you're yearning for a spot that's both indoors and out, a garden room might be the answer. These standalone spaces blend beautifully into the garden, offering a fresh way to make the most of your outdoor area. There's something wonderful about stepping into a space that feels like an extension of the garden itself, with plenty of natural light and views of the outdoors — yet with all the insulation and comforts of an indoor room.

What makes a garden room so appealing is the flexibility it offers. Whether you want to design a quiet home office, a space for yoga or meditation, or a lively entertainment spot complete with a bar and seating, it's a blank slate that you can truly make your own. And the best part? Garden rooms can often be installed in a matter of days, meaning minimal hassle and a quick transformation.

The design options are nearly endless. Many people choose a modern, maintenance-free cladding that can handle the British weather, while others love the classic look of wood, like Cedar or Redwood. Inside, you can opt for bi-fold doors, custom lighting, climate control, and whatever else you need to make the space comfortable year-round. Cabin Master, for instance, has been in the business for over two decades, providing garden rooms that are tailored to each client's vision and made right here in the UK. They offer everything from design to installation, so you can go from idea to reality with one team.

If you're considering adding a garden room, it's worth visiting a show site where you can see different layouts and finishes in person, as it gives you a real sense of what's possible. The freedom to choose the size, style, and purpose of your garden room means it can grow with you and adapt to whatever you need — now or in the future.

Garden rooms offer more than just space, they give you a chance to rethink what home can be, bringing a touch of the outdoors in, and letting you create a room you'll truly love.

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HELP TACKLE LONELINESS

THIS CHRISTMAS

As the colder and darker nights continue to draw in and Christmas approaches, this time of year can be especially lonely for the half a million older people who spend Christmas alone instead of being surrounded by family and loved ones.

According to Age UK, around 1 in 20 older people are facing Christmas without speaking to anyone. The charity says the rising cost of living is forcing pensioners to lead more solitary lives.

Living in isolation and loneliness is a stark reality for many older people all year round, not just at Christmas time, with nearly one million over 65 year olds only seeing close friends or family once a month or less.

Looking out for an older person in your life doesn't need to be a huge task – sometimes it's the smaller things which can make a person's day. So why not spread some festive cheer this Christmas and see if you can reach out to an older person in your community in one of the below ways?

Offer a listening ear

Sometimes the best thing that you can do is listen. Many older people who live alone can go entire days at a time without speaking to anyone, and this can lead to loneliness and isolation. Why not reach out to an older relative or neighbour this month just to see if they'd like a chat? Whether it's an hour for a cup of tea or a quick catch up over the phone, offering an older person your time and company over the Christmas period may just make their day.

Help them with a household task

Everyday tasks may seem simple and easy to you can be difficult to tackle as you get older. Whether it's taking the rubbish out, hoovering

or even helping to put up the Christmas tree, a little help at home can go a long way and you'll be surprised at how appreciated the help and companionship can be.

Run an errand

If you know an elderly person who lives alone and doesn't have the means to get out and about, why not offer some help and some company in the process? It could be something as simple as a quick trip out in your car to pick up groceries, or a few hours Christmas shopping and seeing the festive sights around town.

Bond over dinner

It doesn't have to be a Christmas roast – inviting an older person to have a chat over lunch or even just a cup of tea can offer them with the companionship over Christmas period which so many go without.

Share your digital skills

According to Age UK, 25% of people aged 65 and over in the UK don't use the internet. Older people who are without digital skills risk losing access to key services such as banking, shopping and health services, as well as communications platforms that keep people connected. Show them new technology, they will always be awed by how far technology has come.

Invite them to join the family

Thousands of older people will spend Christmas alone this year, so why not invite an elderly person in your community into your home to share Christmas dinner with you? From a family games night to a Christmas movie viewing, reaching out to an older person and making them feel like one of the family can go a long way, especially during this time of year.



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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

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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.

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: 9th January, Dave Willets, from Coventry, on his rise to fame starring in Phantom of the Opera.

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.balsallcommonliions.org

Sing a Song at Christmas

Date: 7th December / Time: 2.30pm / Venue: Knowle Village Hall

The Strolling Players present "Sing a Song at Christmas", a concert for the Festive season. The programme includes a wide selection of music, ranging from "Singin' in the Rain", "Miss Saigon", "Pie Jesu", and a Beatles selection, to an arrangement of "Sing a Song of Sixpence" - and much more, and, of course, Christmas music too.

Tickets : £10.00 — available from 01564 777634.

Charity Christmas Quiz Night

Date: 15th December / Time: 7.30– 10pm /
Venue: The White Horse, Kenilworth Road, Balsall Common

Join us for some festive fun and fundraising at our special Christmas Quiz! A very popular topical quiz, with some extra entertainment and great prizes! Contact Lion Mark Whitfield (lionmarkwhitfield@gmail.com) or 07795 184745

Kenilworth Christmas Market

Date: 7th December / Time: 10am - 4pm / Venue: Abbey End

There will be festive stalls for your Christmas Gifts, food and drink, Community Stalls, Live Music from Year 13 Students at Kenilworth School and some festive themed games for the younger ones. Not forgetting a visit from Santa Clause himself! Come and find him around Abbey End and he may just have a surprise for you! There will also be FREE PARKING all day in Warwick District Council owned off street car parks. Please do buy your gifts local and support all of our wonderful small businesses within the town.

Santa's Grotto & Magical Train Ride

Date: 7th - 24th December / Venue: Heart of England Conference & Events Centre, Meriden Road, Fillongley, CV7 8DX

Prepare for a festive experience that'll leave you spellbound and brimming with joy. Begin your adventure at the enchanting Departure Lounge Marquee offering games and activities for all ages. Visit the North Pole post office to send your wishes and craft your own magical reindeer food, sparking holiday excitement. Then it's all aboard for a breathtaking journey aboard the magical land train through festive woodlands, leading you to Santa's Workshop. Inside the Grotto, Santa awaits to make your dreams come true. But that's not all – We've added a soft play area and VR Lapland Adventure Sleigh Ride, thrilling additions to your holiday experience. To book please visit: www.christmasattheheart.co.uk/santas-grotto

Christmas Market

Date: 14th December / Time: 10am - 4pm /
Venue: The Core, Theatre Square, Homer Road, Solihull B91 3RG

Do your festive shopping at The Core's Christmas Market, with handmade and artisan goods from small businesses & local artists.

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](mailto:Ksenia@stonestrowpublications.co.uk): info@stonestrowpublications.co.uk

HOROSCOPES: DECEMBER / JANUARY

ARIES (MARCH 21 - APRIL 20)

The new moon and communication planet Mercury are shining a very favourable light on the sector of your chart concerned with the higher mind, further education and travel. Under current trends, you should be making some exciting plans for a very bright 2025. The full moon on the 15th puts you in a talkative mood and turns your attention to forward planning and inspirational thinking. Your ambitions and your highest goals are in the spotlight during January as you plan for what could turn out to be a transformational year. Dynamic Mars, your ruler, is strong in fiery Sagittarius, emphasising the need for you to connect with your higher mind. Opportunities are now available, providing that you use your confidence and courage!

TAURUS (APRIL 21 - MAY 21)

Venus your ruler, arrives in quirky Aquarius on the 7th where she joins Pluto, the planet of deep transformation and change. This energy is powerful and strong and you'll feel inclined to make some dramatic decisions around your future and the direction of your life's journey. The full moon on the 15th brings your finances into focus, it's probably best to get some solid advice before making any major changes. January: The line-up of planets at a pivotal sector of your chart ensure that further education, travel and romance are seriously linked together this month. Your ruler Venus, is currently in down-to-earth Capricorn, moving back to direct motion on the 29th. A relationship issue that has been concerning you for months could at last present the practical answer you seek.

GEMINI (MAY 22 - JUNE 21)

The high energy planet Mars is strong in the communication and planning sector of your chart, its best to get projects underway before the retrograde period begins on the 6th. You may need to review your impulsive nature and take stock, listen to close friends as they can offer you fresh insight to do things differently. The full moon in your sign on the 15th joins beneficial Jupiter and suggests lucky breaks and heightened intuition. January: Dynamic Mars and the emotional moon are a powerful combination at the start of the month. Partnership issues are concerning you and it's now time to put your point of view across and win support from an unexpected quarter. Finances arrive in the spotlight on the 17th, take full advantage of any opportunities that come your way.

CANCER (JUNE 22 - JULY 22)

The new moon and Mercury illuminate your health and wellbeing area, suggesting that you could be feeling a lot more robust than usual. December is the perfect time to forge ahead with a personal ambition and bring a long term project to a close. Love planet Venus arrives in unpredictable Aquarius on the 7th, a chance meeting could indicate that a new romance may soon be on the horizon. January: Your health and wellbeing are high on your agenda at the start of this month as Mars and the moon in Sagittarius urge you to take stock and put more energy into a good life balance. The pivotal full moon in your sign on the 17th offers a challenge, but also helps you to reach a new understanding if you trust your intuition and your instincts.

LEO (JULY 23 - AUGUST 23)

The Sagittarius new moon and Mercury arrive at a pivotal angle of your chart, offering you a new sense of direction where love and creativity are concerned. Your future plans with a possible new partnership look exciting, so don't be afraid to take the initiative. The new moon on the 30th looks auspicious, take advantage and turn your attention to an exciting long term plan. January: As forceful Mars is now active in a pivotal sector of your chart, you'll find that your focus is broadening. The value of broadening your horizons and using your creative talents becomes increasingly important. The full moon in Cancer on the 17th throws some light on an issue that's been troubling you for a while.

VIRGO (AUGUST 24 - SEPTEMBER 22)

The new moon and Mercury in fiery Sagittarius illuminate the domestic sector of your chart, suggesting a dynamic month where you can make the most of your self-confidence and creative ability to make positive changes within your home. Venus arrives in eccentric Aquarius in the 7th, be prepared for the arrival of exciting new partnerships and relationships and be alert to new opportunities after the 15th. January: Relationship minded Venus remains in practical Capricorn all month, continuing the theme of all things to do with love and romance. You might need to let go of any preconceived ideas about trying to solve a recent problem, go with the flow and use your intuition. The Cancer full moon on the 17th brings some fresh insight and lucky Jupiter in Pisces also lends a helping hand to whatever is bothering you.

LIBRA (SEPTEMBER 23 - OCTOBER 23)

Venus, your ruling planet, arrives in unpredictable Aquarius on the 7th, this cycle suggests that relationship is your top priority this month and the exchange of innovative ideas is set to bring huge rewards. Energetic Mars slows and goes retrograde after the 6th, try to stay patient and tolerant as you'll need to find some new solutions to old problems. Be prepared for exciting new developments after the full moon on the 15th. January: Vibrant Mars in Combination with the fiery Sagittarius moon ensure a dynamic start to the month. Your communication skills are the main focus and anything that's not working will have to be scrutinised and changed. Jupiter and Neptune highlight your health and wellbeing as new and exciting ways of keeping fit present themselves, particularly around the Cancer full moon on the 17th.

SCORPIO (OCTOBER 24 - NOVEMBER 22)

The Sagittarian new moon and business minded Mercury are illuminating the financial area of your chart this month, be sure to make the most of your profound and analytical intellect as you make some important decisions for the future; your new strategies will work best after the 15th. The powerful and insightful conjunction of Venus and Pluto in Aquarius on the 7th trigger your intuition and enable you to see things in a very different light. January: The Sun, Venus, Pluto and Mercury are all activating the communication sector of your chart offering a new sense of direction concerning some important interaction. Future plans look rosy so don't be afraid to take the initiative. The Capricorn new moon on the 2nd is significant as it highlights the possibility of linking your creative ideas with some firm foundations.

SAGITTARIUS (NOVEMBER 23 - DECEMBER 21)

Your personal new moon arrives on the 1st, reinforcing the fact that this month is all about putting yourself first and fully recognising your potential. Major change is now coming your way and new beginnings are eminent. Relationship changes are also indicated as the full moon and Jupiter are strong in your opposite sign. The Capricorn full moon on the 30th brings an important financial issue to your attention. January: A busy month is indicated as Mars aligns with the moon in your sign. Four planets in Capricorn suggest that rearranging some financial issues will become a central theme. You may feel the need to break free from old ways of doing things, but if you keep an open mind, you can learn a great deal. The full moon on the 17th offers you a sense of changing priorities.

CAPRICORN (DECEMBER 22 - JANUARY 20)

Finances, investments and resources are high on your agenda this month as action planet Mars illuminates this area of your chart. Be sure to stand your ground, and be ready to achieve whatever you set your heart on. Mercury, back in direct motion after the 15th should help with clear thinking and decision making. It's important to keep an open mind as you can now learn a great deal from those around you. January: Four planets in your sign appear to be marking the beginning of a new chapter in your life, just right for the start of the New Year! Jupiter is strong in Pisces, encouraging you to be flexible about the future and to be prepared to change your plans. The new moon in your sign on the 2nd offers you some extra powers of persuasion.

AQUARIUS (JANUARY 21 - FEBRUARY 18)

The new moon and Mercury in Sagittarius are powerful in the area of your chart concerned with community spirit and humanitarian goals, any new contacts and associations made now will pave the way for your future aspirations. Pluto is now settling in for a 20 year stay in your sign and this important transition will ensure major change on the World stage; as an Aquarian you have an important part to play - the Gemini full moon on the 15th is particularly auspicious in highlighting your creative gifts. January: Dynamic Mars in Sagittarius gives you great enthusiasm and a buoyancy when it comes to achieving your goals. New contacts can arrive out of nowhere and your networking skills will be at their very best. Wise Saturn in your sign gives you staying power for new projects as you leave recent problems behind and win the recognition that you deserve.

PISCES (FEBRUARY 19 - MARCH 20)

A positive start to the month seems to be assured with the powerful connection of the Sagittarian new moon and business minded Mercury at the highest point of your chart. If your ambition has been lacking lately, don't worry, things are about to change. You may need to speak your mind about certain issues that have been troubling you for a while, take advantage of the auspicious Gemini full moon on the 15th. January: Expansive Jupiter is now firmly in your sign filling you with hope for a rewarding year ahead. Big ideas lead to remarkable results, so be sure to make your thinking optimistic and forward-looking. The new moon in Capricorn on the 2nd highlights friends and group activities that are connected to your personal aims and goals, teamwork is the way forward!

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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01676 533 883

Masala Club *Indian*

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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

Café 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*

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01676 535 900

Costa Coffee *Café*

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

McKees Brasserie *British, European*

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01676 533 004

Oakes farm Shop & Café *Café*

Balsall Street, Balsall Common CV7 7AQ
01676 535 537

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01676 533 862

Domino's Pizza *Takeaway Pizza*

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01676 530 099

The Railway *Gastropub*

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01676 533 284

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01676 248384

Monica's Bakes *Café*

231 Station Road CV7 7EG
07984 990241

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
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STAYING HEALTHY THIS CHRISTMAS

Many of us eat and drink too much during the festive season. But once a year, why worry about a little overindulgence? Here are some easy tips to help you stay healthy and still enjoy Christmas.

Worrying about overindulging often makes Christmas extra stressful, but Christmas is all about indulgence. It comes but once a year and there is always that New Years' resolution to adopt a healthy lifestyle come January. And with a few simple changes the festive season need not be as bad for you as you might think.

Relax and enjoy

First and foremost. It's Christmas. Give yourself a break. Instead of worrying about calories or your waistline at Christmas why not just relax and try to enjoy yourself. Worrying too much is bad for you anyway. Don't stress about a holiday that is supposed to be the most wonderful time of the year. And by excluding yourself from socialising because you might have too much to drink and eat some unhealthy foods you might lose out on having a really great and memorable time.

Hydrate

Many of us forget to drink water over the festive season at a time when you really need to hydrate. Make sure you drink plenty of water throughout the day, especially if you are intending to drink alcohol in an evening because alcohol can dehydrate you and lower your system's immunity.

Start your day with a big glass of water. Drinking water in the morning helps get rid of brain fog and headaches and sets you up for the day.

Smaller portions

Most of us enjoy larger portions at Christmas but if you choose to make the portions you are eating a little bit smaller you can eat all the goodies that make Christmas so special!

Eat your veggies

If you are lucky enough to be invited out to dinner over Christmas, think about having the meal with a few less trimmings! Instead, fill up on the delicious veggies! So what if roast potatoes and roast vegetables are high in calories! They are scrumptious and make up part of your five a day!

Start your day with a good breakfast

The tendency over the festive season is to forget about breakfast because you might still be full or feeling the effects from the night before. But don't! Make sure you start your day with a healthy breakfast, perhaps porridge or cereal, eggs on toast, some fruit juice, and not too much coffee.

Drink savvy

Many of us enjoy a drink at Christmas but a good rule of thumb is to try to avoid mixing your drinks and remember that lighter coloured drinks tend to cause less of a hangover. And, if you are having a drink, remember to enjoy eating a festive nibble or two.

The wonderful thing about the holidays is that we can all overindulge a little and need not feel bad about it. Don't worry, enjoy and have a wonderful time.



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Saturday 28th December : 10am - 4pm

Sunday 29th December : 10am - 4pm

Monday 30th December : 10am - 4pm

Tuesday 31st January : 10am - 4pm

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