

# STONESTHROW DIRECTORY

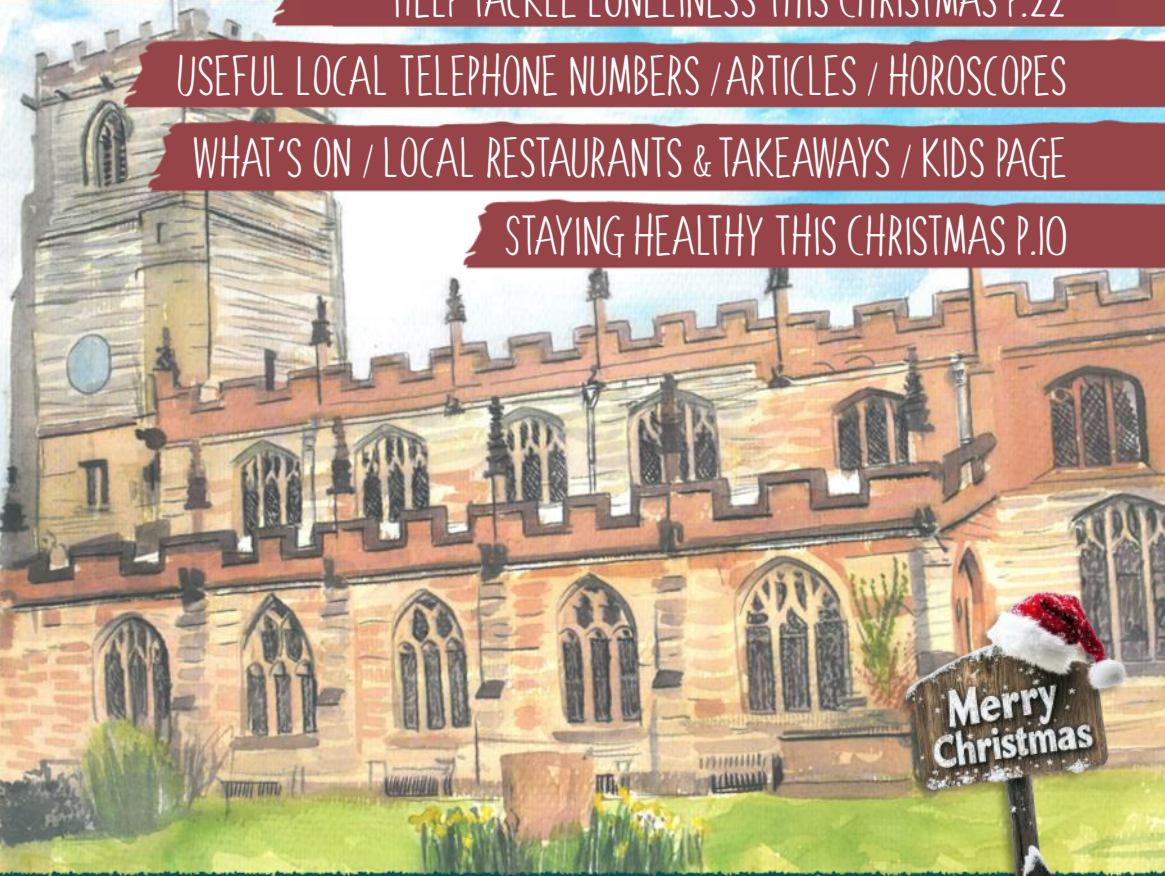


HELP TACKLE LONELINESS THIS CHRISTMAS P.22

USEFUL LOCAL TELEPHONE NUMBERS / ARTICLES / HOROSCOPES

WHAT'S ON / LOCAL RESTAURANTS & TAKEAWAYS / KIDS PAGE

STAYING HEALTHY THIS CHRISTMAS P.10



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AndyE 230 / 31 Jun 2024

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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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## 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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# 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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[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: Dorridge

Village Hall

We meet for a sociable local walk. New members welcome. Contact Margaret on 01564 773856.

## **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.

### **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](mailto:befriending@ageuksolihull.org.uk).

### **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.

### **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](mailto: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

### **New Knowle and Dorridge Dementia cafe opens**

Date: every Tuesday / Time: 10.30am - 12.30pm / Venue: Dorridge Methodist Church, Mill Lane  
The café is run by home care company Unique Care, aims to provide a supportive and friendly environment for individuals living with dementia and their carers. It is designed to be a warm, welcoming space where attendees from the surrounding areas, they can enjoy a variety of activities, socialise, meet people in similar circumstances and find helpful information and resources. Activities will include art and painting sessions, singing, and exercise, all aimed at stimulating and engaging people living with dementia. Professional organisations will also visit to offer support and advice. Sessions, including refreshments, are £3 per person and will be guided by experienced care professionals and dedicated volunteers.

### **South Solihull u3a**

Date: 2nd Monday of each month / Time: 1:45 pm for 2:00 pm start / Venue: Bentley Heath

Community Centre, Widney Road, Bentley Heath B93 9BQ

We are a very friendly group of retired or semi-retired people aiming to really enjoy our 3rd age years, learn new skills and make new friends along the way. In addition to the monthly meeting when we usually have an invited speaker, we also have a wide range of over 20 activity groups meeting throughout each month. For further information please visit [www.ssu3a.org](http://www.ssu3a.org) and contact our Membership Secretary, Richard: [memberships3a@yahoo.com](mailto:memberships3a@yahoo.com) for an invitation to a 'taster meeting'. We look forward to meeting you!

### **"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.

### **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](http://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: nfo@stonestrowpublications.co.uk](mailto:nfo@stonestrowpublications.co.uk)*



# 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.

# Kids' Page

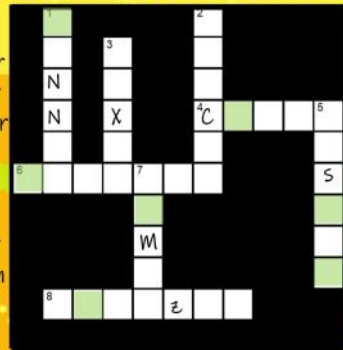


Can you find the eight hidden objects in our festive picture?

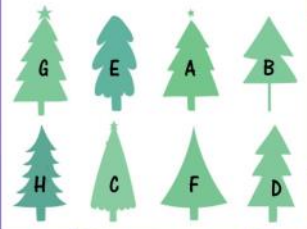


Fit the names of Santa's reindeer into the grid. Then unscramble the letters in the green squares to find one more reindeer.

- Dasher
- Dancer
- Prancer
- Vixen
- Comet
- Cupid
- Donner
- Blitzen



Match the XMAS trees to their shape



Match the trees solution 1-G, 2-E, 3-A, 4-B, 5-H, 6-C, 7-F, 8-D



Reindeer puzzle solution



Find the objects solution

# 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 changing. 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 on the 7th, be prepared for the arrival of exiting 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 Sagittarian 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. Mobile: 07813 483549 | [www.restyleyourlife.co.uk](http://www.restyleyourlife.co.uk) | [christine\\_chalklin@hotmail.com](mailto:christine_chalklin@hotmail.com)





# BEST UK WINTER TRAVEL

## DESTINATIONS

Here in the UK, we are spoilt for choice when it comes to winter travel destinations. We have world renowned centres of culture, historic towns and cities, wonderful countryside, hills, mountains, vales and dales, and an exceptional coastline, there are so many wonderful places you can visit this winter.

### **Mountains – Lake District**

The Lake District has been a popular tourist destination since the nineteenth century, due in no little part to its wonderful mountains, including England's highest peak Scafell Pike. As you head towards the Lake District the mountains beckon visitors and on clear winter days are spectacular with their snow-covered peaks.

Because the Lake District is so popular, and many of the destinations such as Windermere, Ambleside and Keswick become exceptionally busy during the summer months, winter is the perfect time to visit.

Why not head towards Ambleside which sits on England's longest lake, Lake Windermere and take the drive north passing Wordsworth's home, Rydal Mount, onward passing Thirlmere on your left and the majestic mountain Helvellyn, England's third highest peak towards the beautiful Cumbrian town of Keswick.

### **Seaside – Suffolk coast**

With its miles of unspoilt windswept beaches, inspiring countryside and charming towns and villages, the Suffolk coast is vastly different during the wintertime than the warmer months. The massive skies remain, but with fewer visitors, so you will have more time to appreciate the natural beauty and the unique wildlife.

For centuries the Suffolk coast has been a become famous for the Arts and Crafts movement and there are plenty of short courses and classes offered by leading artists. The world-famous concert hall at Snape Maltings plays host to numerous concerts throughout the winter and the range is eclectic, with everything from percussion and jazz to classical and choral. Something for every taste.

Why not take a trip to the charming coastal town of Lowestoft, walk along the beautifully preserved Southwold Pier, savour delicious fish and chips on the beach at Aldeburgh or go for a meander around the Deben Estuary.

### **City break – Chester**

Historic Chester is a wonderful destination for a winter break. Occupied by the Romans, Vikings, Normans and Anglo Saxons - when you visit Chester history is literally around every corner. The city has the largest Roman amphitheatre in Britain, the most complete city walls and a thousand-year-old cathedral.

Chester offers excellent retail therapy, with The Rows – which are beautiful ancient timber framed buildings – and are home to exceptional boutiques. And, you don't have to look hard for world class bars and restaurants, they are in The Rows too.

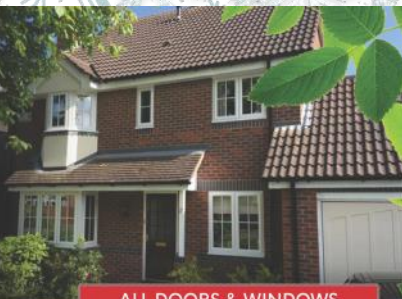
Just a stone's throw from Chester is the world-famous Chester Zoo. You can also boat on the River Dee and enjoy informative city tours.

Whether you chose mountains, coast or city, the UK has so much to choose from, and even if you only have a few days away, you will be delighted at the variety.



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# **Christmas** **with us**

December 1st - December 21st - Normal opening hours

Sunday 22nd December : 7am - 5pm

Monday 23rd December : 7am - 5pm

Tuesday 24th December : 7am - 2pm

Wednesday 25th - Friday 27th : CLOSED

Saturday 28th December : 10am - 4pm

Sunday 29th December : 10am - 4pm

Monday 30th December : 10am - 4pm

Tuesday 31st January : 10am - 4pm

Wednesday 1st January : CLOSED

From Monday 2nd January - Normal Opening Hours

Café closes 1 hour earlier to times above.

22nd/23rd/24th December : Café opens at 8am

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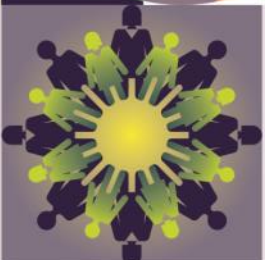


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