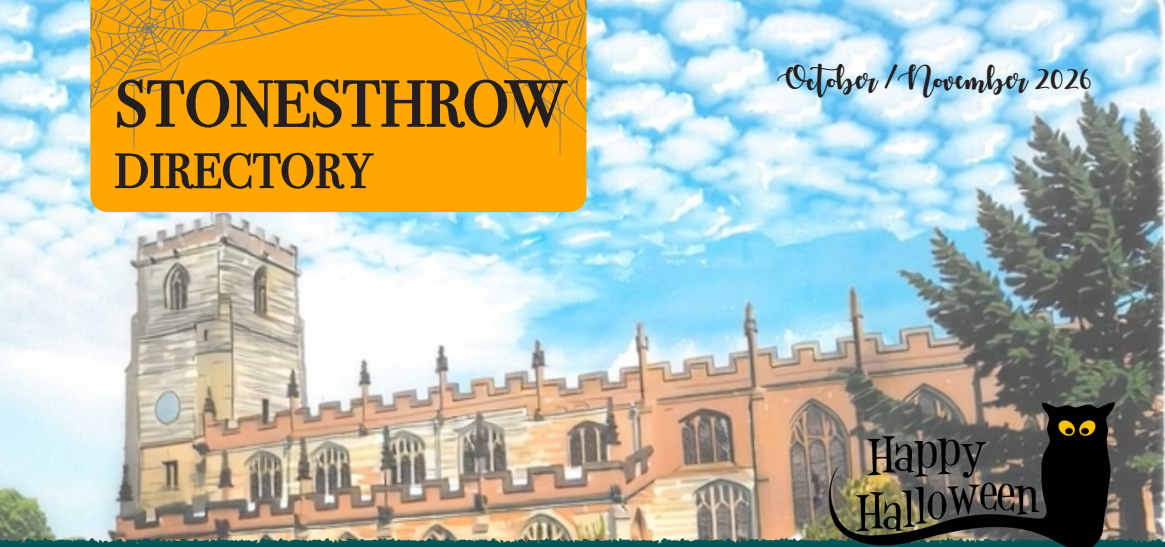
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October / November 2026



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A Note

From the Editor

Welcome to our October/November edition.

October has inspired poets, writers and musicians for centuries. It is the month of warm colours, reds, golds, browns all around us in our gardens, parks, commons and countryside radiant and inviting us to feast our eyes.

October is also pumpkin festival time, with farms, historical houses and parks across England opening their doors for day and nighttime fun for all ages. You can pick your own pumpkins, carve them or eat lots of delicious treats made from them whilst enjoying fresh air and beautiful scenery.

November 5th is Bonfire Night, which offers the chance of an evening out with convivial company, enjoying hot baked potatoes, a warming drink of mulled cider or a hot chocolate, and some cinder toffee. Most towns and villages, sports clubs, and community centres offer spectacular organised events, often raising money for good causes, and allowing spectators to watch a fantastic firework display in safety.

Stonesthrow Directories celebrate 15th anniversary this November. It has been our mission to bring together our community and businesses serving it. We love receiving your feedback on articles, listings and features you read in every edition. We like to think that printed 'coffee table magazines' are a trusted source of local news, events and business listings. You're more likely to find a truly local tradesman or service here than online, where the whole world competes for your attention all at once. So we ask you to keep supporting our local business by taking the time to share your thoughts and feedback with us, by calling the services your see in Stonesthrow Directories and mentioning where you found their number, by choosing to book and shop local where possible.

Here are the dates for your calendar: 25th October - Daylight Saving Time Starts; 31st October - Halloween; 5th November - Guy Fawkes Day; 8th November - Remembrance Sunday.

However you choose to spend the next couple of months - please remember to keep your heart and your business local.

Yours, Stonesthrow Publications.

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Keeping fit in retirement



Pilates

Joining a Pilates class is a great way to keep active during your retirement years. This form of exercise sees the participants perform particular movements beneficial for the body, from a single leg stretch to rolling like a ball. These moves can be put together to form routines. This kind of activity may help certain kinds of body ailments, and by joining a class with a qualified instructor they will know exactly what moves are suitable and beneficial for you.

Walking

You don't need to make a particular effort to visit the gym or subscribe to a particular fitness class to keep active, as just by stepping outside you can easily go for a walk. Power-walking, where you maintain a brisk pace, helps to increase cardiovascular fitness and over time can even help reduce body weight and reduce the chance of developing Type 2 diabetes. As well as the physical activity, the fresh air and company of a fellow walker are other benefits to this activity.

Dancing

Attending dance lessons weekly is not only great fun, but it also assists in keeping you fit and active. There are a variety of dance classes you can choose to attend. These include those that focus on ballroom dancing, which will cover dances such as the waltz, foxtrot and quickstep, or the faster pace of Latin dancing classes that feature dances such as the cha-cha-cha, samba and jive. This activity is also great for partners or friends to attend together, as it gets the heart beating and laughter flowing.

Gardening

Believe it or not, just going outside into the garden is a brilliant form of regular movement that helps keep you active. All these activities, from weeding your vegetable patch to planting out spring bulbs, mowing the lawn and watering the plot, are beneficial for your health. Creating a vegetable garden not only keeps you on the go but also produces healthy tasty crops to use in the kitchen. If you find you struggle with movement, however, or use a wheelchair, try getting raised beds erected as they offer a much more accessible platform for vegetable gardening with reduced need to bend down to the ground. You can even get your family and friends to get involved with this activity too.

Swimming

Getting into the water at a local swimming pool, or even the ocean, can help keep your muscles moving as you get older. Committing to swimming and going to the pool for regular lengths increases your cardiovascular fitness, but you don't have to take the sport seriously to feel the benefits. You can take the kids and grandchildren along, and you'll find that the continuous movement through the water is beneficial and uplifting for both your physical and mental health. There are even classes for water aerobics that you can attend too.



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Remember, Remember the 5th of November



Catholicism in England was heavily repressed under Queen Elizabeth I, particularly after the pope excommunicated her in 1570. Dozens of priests were put to death while Catholics were not allowed to celebrate their religion. When King James took to the throne in 1603 it was hoped this would change, but in 1604 he publicly condemned Catholicism, calling it a superstition, and called for priests to leave the country. In May 1604 a handful of Catholic dissidents—Guy Fawkes, Robert Catesby, Tom Wintour, Jack Wright and Thomas Percy—met at the Duck and Drake inn in London. Here, Catesby proposed a plan to blow up the Houses of Parliament with gunpowder, which they all supported with an oath. Other conspirators later joined what became known as the Gunpowder Plot. Although Catesby was the ringleader, Fawkes has been the one who gained the most publicity, mainly after spending around ten years fighting for Spain against Protestant rebels in the Spanish-controlled Netherlands. He also asked the King of Spain to help with an English rebellion against James. By 1605 Fawkes was calling himself Guido rather than Guy. Also, by using the alias John Johnson, he served as the caretaker of a cellar below the House of Lords. This was where the plotters stockpiled gunpowder. The plan was that Fawkes would light a fuse on November 5, 1605, during the opening of a new session of Parliament. This would result in the death of James and his eldest son – meanwhile, fellow conspirators would kidnap James' daughter Elizabeth and install her as a puppet queen who would be married off to a Catholic to restore the monarchy in their faith. However, there was an anonymous tip-off and a search party found Fawkes in the cellar late on November 4, next to 36 barrels of gunpowder – and some matches. He was tortured in the Tower of London by order of King James. Fawkes and his surviving co-conspirators were all found guilty of high treason and sentenced to death in January 1606 by hanging.

Soon after the plot was revealed, Londoners celebrated with bonfires and the Parliament designated November 5 as a day of thanksgiving. This has now become a time to set off fireworks, light bonfires and burn effigies. The demands for 'penny for the Guy' come from Fawkes' first name. Little is known about the earliest celebrations however in areas such as Carlisle, Norwich, and Nottingham, local councils provided music and artillery salutes. Canterbury celebrated 5 November 1607 with 106 pounds of gunpowder and 14 pounds of match, and three years later food and drink were provided for local dignitaries, as well as music, explosions, and a parade by the local militia. While the annual rituals are more festive and fun than religious and monarchical, it is ironic that the history and perception of Guy Fawkes himself has taken on new meaning. Rather than being seen as a religious extremist and terrorist he has become known as something of a populist hero. His life has been romanticised in tradition and culture and celebrated globally. Yet had the plot been a success, it would have killed everyone in Parliament, with the neighbouring area being destroyed. Ultimately, Guy Fawkes would have been complicit in one of the biggest terrorist acts in British history.

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Date: every Wednesday during school terms / Time: 7.30pm / Venue: Dorridge Methodist Church, Mill Lane, Dorridge
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Donate your old glasses
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Date: every Wednesday / Time: 2pm - 4pm / Venue: Guild House, Knowle
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Knowle & Dorridge Round Table
Date: every other Tuesday
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Date: 3rd Tuesday of the month / Venue: The Solihull Masonic Centre, Warwick Road, Knowle
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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.

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, games.

Dorridge Probus Club
Date: first Tuesday of the month / Time: 12 noon / Venue: Copt Heath Golf Club, Warwick Road, Knowle
We meet for a friendly chat followed by lunch and a talk focussing on members interests and requests. Probus is a friendly, social meeting point for retired and semi retired men. For more details see our website www.probusclub.net/dorridge.

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. Please let us know if you are coming by calling us: 0121 7047842 (leave a message) or email to: events@ageuksolihull.org.uk.

The Thursday Friends Lunch Club

Date: first Thursday of every month / Time: 12 - 2.30pm / Venue: The Red Lion Pub, 1672 High St, Knowle B93 0LY
Hot meal, activities and wonderful company
Total cost - £12. (includes lunch, hot drinks, as well as a raffle and bingo).

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

Knowle and Dorridge Dementia Cafe

Date: every Tuesday / Time: 10.30am - 12.30pm / Venue: Dorridge Methodist Church, Mill Lane
The café aims to provide a supportive and friendly environment for individuals living with dementia and their carers. Attendees can enjoy a variety of activities, socialise, meet people in similar circumstances and find helpful information and resources. Sessions, including refreshments, are £3 per person and will be guided by experienced care professionals and volunteers.

Hobs Meadow Lunch Club

Date: Every Thursday EXCEPT the first Thursday of each month / Time: 12pm - 3pm / Venue: Hobs Meadow Pub, Ulleries Road B92 8ED
Come along to this lunch club for a hot meal, entertainment and wonderful company. £10 to attend (includes 2 course lunch, hot drinks and activities).

South Solihull u3a

Date: 2nd Monday of each month / Time: 1:45 pm for 2:00 pm start / Venue: Venue: Bentley Heath Community Centre, Widney Road B93 9BQ
We are a very friendly group of retired or semi-retired people aiming to 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.southsolihull.u3asite.uk and contact our Membership Secretary, Richard: membershipssu3a@yahoo.com

Knit & Natter

Date: every Wednesday / Time: 11.30am -1pm / Venue: Eastcote Park Care Home, Knowle Road, Barston B91 0JA
Love knitting, crochet, or just a good chat over a cuppa? Join us for friendly faces, yarn, and conversation.

Community Coffee Mornings

Date: every Friday / Time: 11am - 12.30pm / Venue: Eastcote Park Care Home, Knowle Road, Barston B92 0JA
Freshly brewed tea and coffee and homemade sweet treats.

Visit Knowle Quiz Night

Date: 27th November / Time: 7pm / Venue: Knowle British Legion, 1611 Warwick Road, Knowle
Quiz Night is back at Knowle British Legion, and whether you're a trivia obsessive or just in it for the fish and chips, it's a brilliant night out. A mix of rounds keeps every team guessing, so round up between four and six people. For ticket booking: www.visitknowle.co.uk/etn/visit-knowle-quiz-night/

Knowle Village Hall Association Christmas Fair

Date: November 28th / Time: 10am - 1pm / Venue: Knowle Village Hall
We'd love to see you at our Fair! Do come and browse amongst Christmas decorations and gifts, cards, competitions, Christmas door wreaths, crafts and much more ,as well as a Grand Raffle. Coffee, Tea and Mince Pies are available for when you need a rest from shopping! This is a K.V.H refurbishment fundraising event.

Hallelujah

Date: December 5th / Time: 2.30pm / Venue : Knowle Village Hall
The Strolling Players present "Hallelujah" - a concert for the festive season, showcasing a huge variety of music, ranging from "A Chorus Line", "The Merry Widow " and "What a Wonderful World" to a tuneful selection of songs for Christmas. Tickets: £10. Available from 01564 777634 This concert is in support of Solihull Diabetes U.K Group.

Solihull Round Table Fireworks

Date: 7th November / Time: 7pm / Venue: Tudor Grange Park
A gentler, lower-noise Family Display at 7pm for the little ones. A full-scale Main Display, set to music, at 8pm. Plus the biggest bonfire in the area, a buzzing funfair and great food & drink. Online tickets only, no gate sales: www.tix.ticketwrangler.co.uk/solihull.../fireworks-2026/

While we do our best to ensure the accuracy of our listings, events may be postponed or cancelled without notice. Please confirm with the organiser before making any plans for attending events. For your news, events and group meetings to be featured free of charge on our What's On Page please email Ksenia: info@stonesthrowpublications.co.uk

Stay healthy during the darker months



As October arrives and the clocks prepare to go back, many people begin to notice the effects of shorter days and longer nights. While autumn and winter have plenty to offer, the change in season can affect everything from our energy levels to our mood. Fortunately, a few simple habits can help keep both body and mind in good shape throughout the darker months.

For many of us, the changing of the clocks marks the point where summer finally feels behind us. The evenings become darker earlier, mornings can feel colder and it is often tempting to spend more time indoors. While that is perfectly natural, maintaining a healthy lifestyle during autumn and winter is just as important as it is during the warmer months.

Sunlight

One of the biggest challenges at this time of year is reduced exposure to sunlight. Sunlight helps our bodies produce vitamin D, which plays an important role in maintaining healthy bones, muscles and immune function. As daylight hours decrease, many people find it harder to get enough naturally.

Spending time outdoors whenever possible can help, and some people may choose to discuss supplements with a healthcare professional if appropriate.

Exercise

Exercise is another key factor. When the weather turns colder, motivation can quickly disappear, particularly when activity remains one of the best ways to support both physical and mental wellbeing. This doesn't have to mean intense gym sessions. A brisk daily walk, swimming, cycling or even gardening can all help keep the body active and the mind refreshed.

Sleep

Sleep can also become more important during the darker months. While some people find themselves naturally wanting to sleep longer, disrupted routines and reduced daylight can affect sleep quality. Sticking to regular bedtimes, limiting screen use before bed and creating a comfortable sleeping environment can all contribute to better rest.

Social

Social activity should not be overlooked either. As evenings become darker, it can be easy to decline invitations and spend more time at home. Yet maintaining contact with friends, family and community groups can have significant benefits for mental wellbeing. Whether it's joining a club, attending local events or simply meeting someone for a coffee, social interaction can help combat feelings of isolation during the winter period.

Nutrition

Finally, nutrition plays a vital role in staying healthy. A balanced diet rich in fruit, vegetables, whole grains and lean proteins helps provide the nutrients the body needs to function effectively. Seasonal favourites such as root vegetables, apples and leafy greens can all be excellent additions to autumn menus.



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Horoscopes October



ARIES
(MARCH 21 - APRIL 20)
October brings a powerful energy surge as the new moon arrives in your opposite sign on the 10th Vitality will be at its peak, but try to remember to take time out for rest and relaxation. Relationships and partnerships 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.

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 demands a better balance in your daily life. Venus, your ruler, is intensely emotional in Scorpio in your relationship sector, suggesting that you must dig deep and connect with your most intimate desires and the shadow side of life.

GEMINI
(MAY 22 - JUNE 21)
Important breakthroughs come to the surface during October as your curiosity and creative spark reaches a highpoint. A dynamic Leo Mars, very active in your communication sector, gives you the energy and vitality to push ahead with any business and work matters. Mercury in Scorpio offers the chance for some deep and meaningful conversations.

CANCER
(JUNE 22 - JULY 22)
Domestic issues are one of your top priorities during this month as you strive to create peace and harmony within your home and with your family. The Libra Sun is in an ideal position for any ongoing problems to be ironed out. The powerful Taurus full moon on the 26th is highlighting group activities and new friendships, it's time to enjoy whatever comes your way.

LEO
(JULY 23 - AUGUST 23)
Your interactions are bold and daring during October as action planet Mars continues on its journey through your sign. Creativity is also high on your agenda, bringing you joy and inner happiness doing the things that you love. The Sun, in the sign of the scales mainly strengthens your communicating ability, enhancing your talent to see both sides of any discussion.

VIRGO
(AUGUST 24 - SEPTEMBER 22)
Mercury, your ruler, is powerful and intense in the commanding sign of Scorpio. This is an excellent placement for standing your ground and 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 Taurus full moon on the 26th.

LIBRA
(SEPTEMBER 23 - OCTOBER 23)
It's your birthday month and Venus, your ruling planet, is intense and deeply emotional in the sign of Scorpio. An exciting new romance could be on the horizon as your new moon on the 10th enforces the fact that this is a very important month and some kind of new beginning is inevitable. A brilliant aspect between innovative Uranus and the Libra Sun offers a boost to your courage and self-confidence.

SCORPIO
(OCTOBER 24 - NOVEMBER 22)
Venus, the planet of love, is retrograde in your sign until the 26th. This powerful cycle acts as a cosmic review for your relationships, finances and personal self-worth. Expansive Jupiter joined by dynamic Mars both indicate that new opportunities are on the horizon and any new project that you start now should turn out to be highly successful.

SAGITTARIUS
(NOVEMBER 23 - DECEMBER 21)
During October the balanced Libran Sun illuminates the sector of your chart that governs friendships, groups, idealism and your relationship to the collective. Innovative new people will appear as humanitarian concerns become your driving force. The powerful full moon in Taurus on the 26th offers brilliant opportunities for connecting with new directions within your career.

CAPRICORN
(DECEMBER 22 - JANUARY 20)
This month the radiant Libran Sun illuminates 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 on the 10th offers a dramatic turning point and the Taurus full moon on the 26th favours intense interactions with others, possibly furthering your career goals.

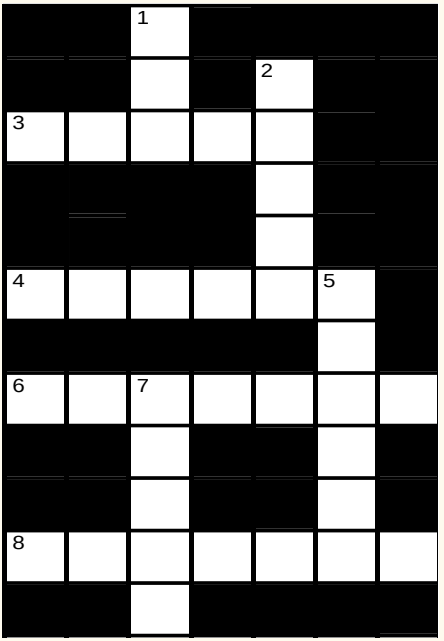
AQUARIUS
(JANUARY 21 - FEBRUARY 18)
October is a powerful time for you to press on with innovative plans for the future. The radiant Sun in balanced Libra offers you new insight as your focus turns to reassessing your vision and your life goals. Relationship planets Venus and Mars, both in intense Scorpio, suggest that finding balance is a key issue and some deep soul searching may well be needed.

PISCES
(FEBRUARY 19 - MARCH 20)
This month highlights the need for insight, balance and stability concerning your investments, finances and resources. The Libra Sun urges you to take a step back and work out what's best for the future. Love planet Venus in Scorpio until the 26th offers you an excellent opportunity to communicate your innermost needs and wants to those around you.

Christine Chalklin, Inspirational Astrologer and Life Coach
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Kids Page

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Across

3 

4 

6 

8 

Down

1 

2 

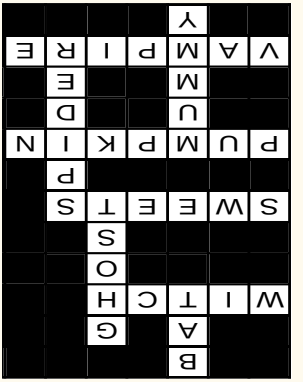
5 

7 

Creepy Countdown

My first is in wicked, and also in worst,
My second is in starving, and also in thirst.
My third is in treasure, and also in trove,
My fourth is in garlic, and also in clove.
My fifth is in healthy, but never in well,
My whole causes problems when I cast a bad spell.
What am I?

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Seasonal Recipe

Butternut Squash Soup & Cheese Toasties

INGREDIENTS:

For the grilled cheese:

4 slices St Pierre Brioche Loaf

2 tbsp butter, softened

1 small garlic clove, crushed

1 tbsp chopped parsley

2 large handfuls grated cheese

For the soup:

1 butternut squash (about 1.5kg)

1 tsp paprika

2 garlic cloves, unpeeled and smashed

Few sprigs fresh thyme

1 tbsp olive oil

Salt and pepper

2 onions, diced

1 large carrot, peeled and chopped

1 stalk celery, sliced

1000ml vegetable stock/bouillon (made with stock/bouillon powder or cube)

4 tbsp light cream

Few extra thyme leaves for garnish

Crushed chili flakes



METHOD

First make the soup. Preheat the oven to 190°C / 170°C fan / Gas Mark 5

Peel, then halve the butternut squash and scoop out the seeds

Wash the seeds, dry on kitchen paper then tip onto a baking tray. Drizzle very sparingly with olive oil and sprinkle with paprika

Chop the butternut squash flesh into roughly 1 inch chunks and tip onto another baking tray together with onion, carrot and celery

Add the smashed garlic and a few whole sprigs of thyme, drizzle with 1 tbsp olive oil and season with a pinch of salt and black pepper

Roast in the oven for 25 minutes at the same time as the squash seeds

When the seeds are toasted and crispy, remove them and set aside

Prepare the grilled cheese toasties. Mix together the softened butter, crushed garlic and parsley then spread over one side of each slice of brioche loaf. Turn two slices over and divide the cheese between them

Top each with another slice of bread, garlic buttered side on the outside (so you have two toasties with garlic butter spread on the outsides). Set the toasties aside

Discard the thyme sprigs and skins from the garlic (but leave the roasted garlic flesh) then tip all the vegetables into a large saucepan

Pour over the stock and bring to a simmer for 10 minutes. Turn off the heat and stir in the cream

Use a stick blender to whizz the soup until smooth.

Heat a large skillet over medium heat and add the toasties

Cook for a couple of minutes then carefully turn over and cook the other sides until golden and the cheese has melted

Serve the soup with a swirl of cream, sprinkling of toasted squash seeds, chili flakes and a few thyme leaves

Cut the grilled cheese toasties in half and serve alongside the soup for dipping in

Bon appétit!

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