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A NOTE

Welcome to the October/November Edition

October is the perfect month to head out for a day trip to a local beauty spot, to the park, to a wood, or forest or to a stately home. The air is crisp and clean and the sunlight inspiring as the vistas invite us to sit a while and take in the beauty around us.

'Remember, remember the fifth of November' is something all children learn at school. It commemorates an assassination attempt on King James I by Guy Fawkes who planned to blow up the Houses of Parliament with barrels of gunpowder. So, around the country on the fifth an effigy of Fawkes is burned on bonfires whilst spectators enjoy fireworks and eating baked potatoes and traditional toffees.

On Remembrance Day we remember all those who gave their lives to secure the freedoms from tyranny that we continue to enjoy. Many of us have relatives who fought in the First or Second World War or subsequent conflicts and at this time of year we take the time to think about their sacrifice.

Although the days might be getting shorter and the weather colder, wetter and more changeable there is plenty going on this Autumn.

If you would like to promote a business locally - we would love to help by bringing a wealth of knowledge and experience in connecting businesses with local communities, creating eye-catching adverts and making sure each door gets a copy of their directory full of local talent. Give us a call or email for a friendly chat. We are a small local business too, we only thrive if your business thrives, so we do our best to

make sure you are seen and recognised by local residents who receive, read, retain and reference Stonesthrow Directories.

Here are some dates for your calendar: 26th October - Daylight Saving Time ends; 31st October -Halloween; 5th November - Guys Fawkes Day; 9th November -Remembrance Day.

As always, we ask you to please remember to mention Stonesthrow Directories when calling our Advertisers.

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

Yours, Stonesthrow Publications.

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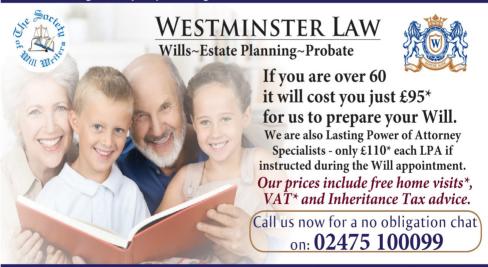




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Office of the Public Guardian (OPG) registration fee, when applicable, is not included in these prices.

Volunteers Wanted

Would you like to be an Older Friend to a child for regular outings of just 2-3 hours?

For more details and an application form, please contact:

0845 838 2098*

Volunteer Chris tells us about his role as a friend to a child in need of friendship due to the difficult circumstances he has grown up in. I first met Luke when he was 10 years old. I remember the impression of a quiet boy that really needed to be liked. He was sensitive, intuitive and in those early years would often give me pictures that he had drawn for me when I picked him up each week. He enjoyed physical activities, we played football and tag in the park, went swimming, cycling and walking. He also liked to talk and I would ensure that either during or around these activities we always had time for conversation.

I focused on being a friend and not a parent, but I would often steer our conversations towards what type of person he wanted to be and whether he had been heading towards or away from being that person in the past week. In his early teenage years, he would often skulk out of his home with his hood pulled over his face and grunt at my questions as we drove to our activity

that week. But by the time we arrived at our destination and as we unloaded bikes from the car or set off on our walk he would open up, and our conversations would often be quite serious about his feelings, how he should react in some of the different situations that he was encountering.

I always enjoyed our conversations, although I often felt that he did not listen or rejected some of what I suggested. But then I would hear my words repeated back to me, often weeks later, or he would describe to me how he had changed his behaviour or tried something that I had suggested instead of just thumping someone.

Friendships have to finish on the younger friends 17th birthday. I always expected it to finish earlier than that - hanging around with a 60 year old man is not very cool for a teenage boy. Our friendship just seemed to get stronger and stronger and I will keep in contact with him.

I have a new young friend now. He is 7 years old and a very different character to Luke. I am both excited and nervous as I set out on this completely new adventure with my new friend. Chris

If you would like to find out more about volunteering for the Friendship Project for Children then give us a call on 07516 527714 www.friendshipproject.co.uk/







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Whether alone, accompanied by your dog, or within a group, a country walk is good for mind, body and soul.

So shop locally to get the equipment and provisions you need and get exploring, because the great outdoors really is... great!

WHY WALK

Much is made of the benefits walking brings, and there is a reason for that.

Firstly, it's free, which means anyone can do it. It's also low impact, so doesn't put a huge strain on your bones or muscles, making it ideal for those who aren't in peak fitness or have mild mobility issues.

Of course, we all know walking can improve mental health, and if combined with a social aspect (like within a walking group), can really provide simple pleasure and joy.

Other health wins include strengthening the cardiovascular system, significantly reducing the risk of serious conditions, including heart disease and strokes.

Plus, as winter unfolds, the risk of colds and flu intensifies, so engaging in regular walking activities strengthens and invigorates your immune system, transforming it into a formidable defence against these seasonal adversaries.

Finally, as a natural weight-bearing exercise, walking plays a crucial role in maintaining bone health

GETTING STARTED

To embark on your walking journey, equip

yourself with snug shoes for foot comfort and don appropriate warm clothing to shield against the brisk winter temperatures.

Lightweight waterproofs are handy in case of a shower, and a water bottle for hydration is key, along with a couple of healthy snack bars if you're planning on going a few miles.

Keep motivated by using a pedometer (most smartphones have these inbuilt) and ensure you have access to either a map, guidebook or a GPS app that doesn't require phone signal.

Treats and a water bowl will be key if you're taking a furry friend, and if you're grappling with a long-term condition, the CSP (Chartered Society of Physiotherapists) website offers insightful advice on aligning activity with your needs.

MAKE IT FUN

Though solitude can be a positive aspect of walking for some, for others the activity can be a fantastic way to meet new friends. Unlike cycling clubs or sports teams, walking is an activity those who are less athletic can enjoy while also allowing for conversation and connection on the way. So check out local noticeboards or online resources to find suitable groups aimed at your ability, age bracket, fitness level or similar interests.

Finally, planned walking outings often end on, or have in the middle, a trip to the pub for food and drinks. This allows you to replenish those calories you've lost, slake your thirst, and properly get to know your new buddies. Now that's an exercise regime few can sniff at!



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Make this Halloween one to remember with these brilliant events potentially be hosted in your community... and if they're not, how about doing it yourself!

TRICK OR TREAT TRAIL It is not unusual now for local businesses to club together for a Halloween Trail, whereby children follow a map collecting sweets and clues on the way.

If there isn't a trail in your area, why not suggest one to your neighbours - a great way to create community spirit and bring joy to your little monsters

CHARITY EVENT Find or host a charity event with a spooky twist. This could include a haunted fun run, a bake sale featuring Halloween treats, or even a fancy-dress ball.

Encourage participants to donate to a local cause while enjoying the festivities... this is also a great excuse to bust out that mummy costume you've been working on!

ESCAPE ROOMS Most local Escape Rooms will have a dedicated Halloween experience where Participants can work together to solve puzzles, unlock secrets and 'escape' before time runs out.

You can also create your own room at home, choosing themes like haunted mansions, cursed libraries or abandoned laboratories.

A DEADLY DINNER Host a murder mystery dinner with a Halloween twist. Design a script featuring eerie characters and invite participants to dress up and solve the mystery. Either do this at home with your friends, or create a community event

at your local hall.

GHOST TOUR If your town boasts historic sites or heritage landmarks, Halloween is the perfect time to explore their spooky stories. Organise guided ghost tours, sharing local legends and mysteries. This idea combines education with entertainment, making it an excellent option for all ages.

PUMPKIN PICKING Following in the footsteps of our American friends, pumpkin patches have been popping everywhere.

A brilliant day out for the kids, these events allow you pick your own pumpkin, indulge in some spooky crafts and enjoy festive seasonal such as toasted marshmallows and pumpkin spiced lattes.

SILENT DISCO So as not to wake the dead, dance with headphones on your head. That's right, silent discos are not only an easy and affordable way to take a party anywhere, they also won't annoy the local terrors (like moody Martin who lives upstairs).

HALLOWEEN BINGO Bingo nights are brilliant fun for all and can easily be adapted for certain times of year. Dress up, drink blood red punch and work your voodoo to win the top prize.

ZOMBLE PUB (RAWL True, some town centres seem to host a zombie pub crawl every weekend, but this one is strictly for Halloween.

Gather your mates, dress like the undead, visit all your favourite pubs (the older and spookier the better), and forgo eating brains for quaffing delicious IPAs and ales. Terrifyingly good fun.



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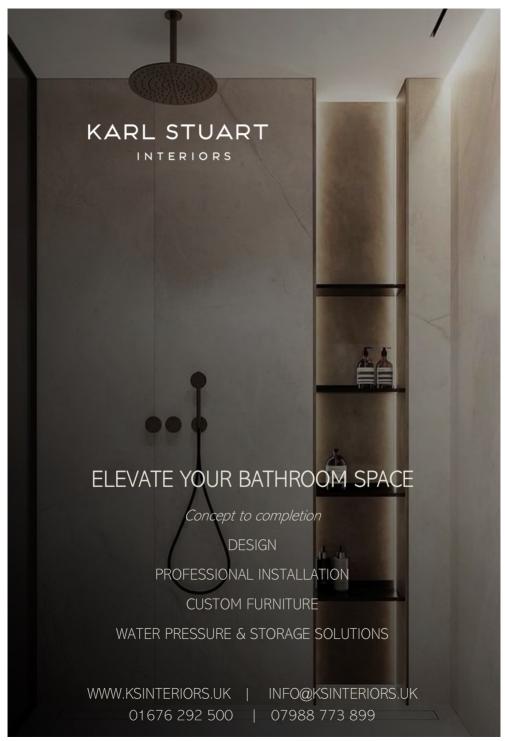
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If you're looking for an alternative holiday destination, this super slice of Japan might be just the ticket.

When imagining a trip to Japan, your first thought might be of neon lights, futuristic cityscapes and a Lost in Translation adventure in the country's bustling capital city, Tokyo. But much of this magnificent country is far more rural, picturesque and steeped in history and culture.

Once the imperial capital of Japan, Kyoto's allure lies in its deep historical roots. This serene and wonderful destinations has over 1,600 Buddhist temples and 400 Shinto shrines. Each is a masterpiece, showcasing the astonishing artistry of generations past.

Kinkaku-ji, the famed Golden Pavilion, shimmers above a reflective pond, its gold leaf exterior glowing in the afternoon sun as if a mirage. Ginkaku-ji, or the Silver Pavilion may be less ostentatious, but with its exquisite sand gardens and moss-covered grounds it certainly holds its own.

Though Kyoto cannot emulate the neon fever dream of Tokyo, in the atmospheric districts of Gion and Higashiyama, tradition comes alive. Wooden machiya townhouses, stone lanterns and willow-lined canals set the stage for encounters with Kyoto's living icons - the maiko and geiko (apprentice and full-fledged geisha).

In the early evening, the glow of lanterns reveals figures in exquisite silk, moving between teahouses, their footsteps echoing on ancient cobblestones.

For a second, you might think you are in an

immersive theme park, but these districts are not staged attractions, and are far more stunning for that fact.

No matter the season, Kyoto captivates with its natural beauty. In spring, clouds of cherry blossoms (sakura) transform parks and temples into surreal scenes.

Maruyama Park, the Philosopher's Path, and the grounds of Heian Shrine are especially breathtaking under a cascade of pale pink petals.

Summer brings lush greenery and the lively Gion Matsuri festival, while autumn cloaks the city in crimson and gold, particularly in the gardens of Tofuku-ji Temple and Arashiyama's mountainsides.

Once you've explored, it's time to sample the exquisite cuisine. At the heart of the city's food culture is kaiseki, a multi-course meal that elevates dining to an art form. You can of course keep it simple, by enjoying delicate wagashi sweets with matcha in a centuries-old teahouse. And don't miss Nishiki Market, known as "Kyoto's Kitchen," where you can sample everything from pickled vegetables to fresh sashimi and artisanal sweets.

Finally, visit workshops where artisans handcraft Kyo-yaki ceramics, shimmering Nishijin textiles, and intricate washi paper. The city's museums, like the Kyoto National Museum and the Kyoto International Manga Museum, offer deeper dives into the nation's creative heritage. Perhaps attend a traditional tea ceremony, watch a Noh or Kabuki performance, or join a hands-on class in calligraphy or ikebana (flower arranging).

When you leave, you'll be turning Japanese.

WHAT'S ON 10(ALIY

Balsall Common Country Market

Date: every Saturday / Time: 10am - 12pm / Venue: The Jubilee, 225 Station Road, Balsall Common CV7 7FF

We are more than just a place to shop – we are a place where people meet and belong. Come and have a cup of tea or coffee with us along with home-made cakes and goodies. Our range of foods includes cakes to die for, savoury meals you can pop in the freezer for later in the week and jams and marmalades in a class of their own. We have splendid flower arrangements, plants for your garden that include both the unusual and old favourites. Our fruits and vegetables are home grown and wholesome.

Coffee Together

Date: first Saturday of every month / Time: 10.30am - 12noon; Venue: The Jubilee Centre, 225 Station Rd. Balsall Common CV7 7FE Organised by Churches together in Balsall Common and Berkswell. Entry fee is £2. this includes coffee and pre-wrapped biscuit. All profits go to charity. Enquiries to Clare Laland at clmap18@gmail.com

Balsall Common Memories Cafe

Date: 2nd Wednesday of every month / Time: 1.15pm - 3.00pm / Venue: Balsall Common Village Hall, Station Road CV7 7FF We meet for social chat, laughter, entertainment, activities, raffle all accompanied by refreshments. Coffee & Chat 1st Thursday of the month 11 - 12.30pm at Balsall Common Library. For those with Dementia and their career, all are welcome. Further information 07974 140353.

Card Club

Date: every 2 weeks on Mondays / Time: 2.15 -4pm / Venue: Balsall Common Library Refreshments are provided for a small charge. For more information please ask at help desk, call us on 01676 532 590 or visit www.solihull.gov.uk/library-events

Land Rover Sports and Social Club

Date: First Tuesday of every month / Time: 12pm - 3.00pm / Venue: Land Rover Sports & Social Club. 6 Billsmore Green B92 9LN Join Age UK Solihull staff and volunteers for this monthly lunch club with a hot meal, weekly raffle and occasional singer. £10 to attend (includes meal).

Free Digital Training for older Solihull residents Various times.

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/digitalchampions

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.bbcsca.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, £3 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: 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.

Warm Welcome Café

The Warm Welcome Cafe takes place weekly on Mondays: 9.30am-11.30 am at Balsall Common Methodist Church, Station Road; Thursdays: 2pm-4pm at St Peter's Church, Balsall Street East; Fridays: 2pm-4pm at Balsall Common Methodist Church, Station Road.

The Cafe does run during school holidays. Please also see Solihull Council web-site: www.solihull.gov.uk/here2help/warm-welcomehubs.

Balsall Common u3a All-Members Meetings

Date: first Thursday of the month; Time: 2 pm / Venue: St Peter's Church Hall, Holly Lane, Balsall

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! balsallcommonu3a.org or 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, Balsall Common 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. 9th October: "Remembrance Day in other countries" by Christine Gregory; 13th November: La Boutique Florist. New members welcome.

Stories and Painting

Date: every Monday / Time: 2.15pm - 2.45pm / Venue: Meriden Library

A favourite story and painting fun for under 5s and their grown-ups.

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)

Welcome Wednesdays

Date: First Wednesday of every month / Time: 2pm - 3.30pm / Venue: Eastcote Park Care Home, Knowle Road, Barston B91 0JA Enjoy hot drinks, cake, activities and a chat with others. Suggested donation to attend - £3.

Charity Quiz

Date: 9th October / Time: 7pm / Venue: Eastcote Park, Knowle Road, Eastcote B92 0JA We will be raising funds for Knowle Donkey Sanctuary. Entry is £10 per team and maximum of 6 in a team. Please contact Nicola on 0121 269 1236 to book your team in.

Gentlemen's Club

Date: 16th October, 13th November / Time: 2.30 - 4pm / Venue: Eastcote Park, Knowle Road, Eastcote B92 OJA

October: a talk about the life of Charlie Chaplin and November: a talk about The First Photographs & Film

Balsall Common Lions Autumn Foodbank - Door-todoor Foodbank Collection

Date: 18th October / Time: 11am
Balsall Common Lions will be collecting essential
supplies with a door-to-door collection. Leave
your donations on your doorstep or at one of our
many Drop-off points around Balsall Common.
Alternatively, if you miss us, you can donate here:
www.cafdonate.cafonline.org/28383

Balsall Common Charity Quiz Night at The White Horse

Date: 19th October, 7th December / Time: 7.30pm / Venue: The White Horse, Kenilworth Road, Balsall Common, CV7 7DT A regular charity fundraiser with all funds going to local good causes. A very popular topical quiz, with some extra entertainment and great prizes! Contact Lion Mark Whitfield ((lionmarkwhitfield@gmail.com) or 07795 184745

Balsall Common Lions Fireworks Extravaganza

Date: 8th November / Time: 5.30pm / Venue: Berkswell & Balsall Sports Association (Cricket & Tennis Club) Meeting House Lane CV7 7GE We will have fire jugglers and displays, and a wide range of food and drink available from a variety of vendors. Tickets - available from: Michaels Drinks World, Oakes Farm Shop, A1 Motorist Shop, 0845 833 8565, Online via our website: www.balsallcommonlings.org

There will not be any parking available at the venue, so please walk to the event if convenient. If you are coming from further afield, parking is available at Heart of England School – just across the road

Balsall Common Lions Live Music with Prime Numbers

Date: 29th November / Time: 7.30pm / Venue: Heart of England School, Gipsy Lane, Balsall Common, CV7 7FW

All proceeds will go towards good causes. PRIME NUMBERS are a Rock and Pop covers band, playing music from the 1950s, 60s and 70s. Tickets £20:00 (including light supper). Go to our website for more details. www.balsallcommonlions.org

Sew at the Jubilee

Date: First Friday in the month / Time: 10am - 4pm / Venue: The Jubilee, Balsall Common Bring your own project and equipment and enjoy the company and experience of fellow stitches. Irons and drinks provided. For further information contact Joy Fine 07773994847

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



ARIES

(MARCH 21 - APRIL 20)

The Libra Sun and communicative Mercury both occupy a pivotal sector of your chart, suggesting that some exciting developments appear to be up for grabs during the first half of this month. The powerful Libra new moon on the 21st challenges you to up your game and reach out to take some risks, but be sure to weight up both sides of any disagreement before making a final decision.

TAURUS

(APRIL 21 - MAY 21)

Your financial situation, earning potential and your values are all your top priorities this month as dynamic Mars in Scorpio challenges you to review these areas of your life. The Sun and Mercury, both in balanced Libra, suggest the possibility of some kind of future joint venture. Venus, your ruling planet, moves from Virgo to Libra on the 14th, indicating that some practical decisions may have to be made before then.

CEMINI

(MAY 22 - JUNE 21)

Love and romance are in the spotlight during October as the Sun and communicative Mercury stir up any issues concerning your relationships. Mercury, your ruler, joins Mars in Scorpio on the 7th, finding balance is a key issue this month and some deep soul searching may well be needed. It may be best to think carefully and weigh all your options before you express your opinion.

CANCER

(JUNE 22 - JULY 22)

Home and family are your top priorities this month, particularly after the 14th as Venus joins the Sun in Libra, the sign of the scales. Jupiter is positive in your sign and the powerful Libra new moon on the 21st highlights a brilliant new beginning and gives you the opportunity to speak your mind as your thinking becomes much clearer and you prepare to forge ahead with an important decision.

(JULY 23 - AUGUST 23)

With the assistance of the radiant Sun and quick thinking Mercury, both in the sign of the scales, October is looking very positive for all levels of communication and negotiations. Your mind should be open but focussed in order to expand your knowledge. Action planet Mars in Scorpio is stirring up the domestic area of your chart, you may need to attend to some emotional intensity concerning important family matters this month.

VIRGO

(AUGUST 24 - SEPTEMBER 22)

Exciting new beginnings are evident as the month commences, the Libra Sun shines brightly on your financial situation and with the assistance of business minded Mercury some pre-planned changes can now be given the go ahead. A positive Libra new moon on the 21st brings your attention to what is really important and helps you to ignore or dismiss what is no longer valid in your life.

LIRR

(SEPTEMBER 23 - OCTOBER 23)

This month's planetary activity turns your attention to your love life. Relationships and romance are highlighted, particularly after Venus, your ruling planet, arrives in your sign on the 14th. Your powers of communication should be at a highpoint, assisting with any important decisions that need to be made. Your new moon on the 21st gives you a strong boost to achieving your goals.

SCORPIO

(OCTOBER 24 - NOVEMBER 22)

The Libran Sun and communicative Mercury start the month in the most introspective part of your chart, indicating that you need to take care of your physical health as your vitality may not be at its best. Power planet Pluto, your ruler, turns direct on the 14th and offers you the chance to reconnect with your determination and courage and clear the path for innovative new projects.

SAGITTARIUS

(NOVEMBER 23 - DECEMBER 21)

Venus shines brightly at the highest point of your chart until the 14th, be sure to use this time wisely for connecting with new directions and challenges within your career. Abundant Jupiter, your ruler, offers opportunities in your financial area. It is vital that you steer your energy towards realistic targets that can be completed with hard work and determination.

CAPRICORN

(DECEMBER 22 - JANUARY 20)

Jupiter is strong in your opposite sign this month, indicating that love and romance are both important themes. There is also a challenge to your work and career situation as the radiant Libra Sun and business minded Mercury both illuminate the highpoint of your chart. Try not to give in to unnecessary self-criticism, as your task this month is to balance logic with imagination. Opportunities arrive after the Libra new moon on the 21st.

AOUARIUS

(JANUARY 21 - FEBRUARY 18)

Planetary patterns are urging you to take up a new form of study that can eventually lead to enhanced wisdom and spiritual growth. Venus arrives in Libra on the 14th, indicating that a balanced view is now required to push you forward and achieve your dreams. The powerful full moon in fiery Aries on the 7th brings with it a new dynamic, stirring up your appetite for new beginnings.

PISCES

(FEBRUARY 19 - MARCH 20)

An exciting creative opportunity appears to be up for grabs during October as the full moon in Aries on the 7th is activated by abundant Jupiter in Cancer. This powerful energy challenges you to up your game and reach out to take some risks. Action planet Mars remains in powerful Scorpio all month, indicating that some exciting travel plans are coming your way.

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 / christine_chalklin@hotmail.com



FIND SEVEN DIFFERENCES BETWEEN THESE TWO PICTURES





Why didn't the skeleton go to the Halloween party?

Because he had no 'body' to go with.

What do ghosts wear when their eyesight is bad? *Spooktacles.*



FIND ALL THE SPOOKY WORDS HIDDEN IN THE GRID



BOO CAT GHOST PUMPKIN SCARY SKELETON SPIDER SWEETS TREAT TRICK WITCH WIZARD

SOLUTIONS:



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351 Kenilworth Rd, Balsall Common CV7 7DL 02475 920 797

Masala Club Indian 235-239 Station Rd, Balsall Common CV7 7EG 01676 533 210

The Brickmakers Arms Gastropub 307 Station Road, Berkswell CV7 7EG 01676 533 890

The White Horse British, European Kenilworth Rd, Balsall Common CV7 7DT 01676 533 207

The George in the Tree Gastropub Kenilworth Rd CV7 7EX 01676 533 118

Cafe Tamarinds Pan-Asian 376 Kenilworth Rd CV7 7ER 01676 533 308

Balsall Common Fish Bar Fish & Chips 207 Station Rd, Balsall Common CV7 7FE 01676 533 576

La Delicia British, European 231 Station Rd, Balsall Common CV7 7EG 01676 532 177

Oriental Express Chinese Takeaway 176 Station Rd, Balsall Common CV7 7FD 01676 535 900

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

McKees Brasserie British, European 273 Kenilworth Road, Balsall Common CV7 7EL 01676 533 004

Oakes farm Shop & Café Café
Balsall Street, Balsall Common CV7 7AQ
01676 535 537

Ye Olde Saracens Head Gastropub Balsall Street, Balsall Common CV7 7AS 01676 533 862

Domino's Pizza Takeaway Pizza 209 Station Road, Balsall Common, CV7 7FE 01676 530 099

The Railway Gastropub 547 Station Rd, Balsall Common CV7 7EF 01676 533 284 The Oak Room at Nailcote Hall Hotel British, European Nailcote Lane, Berkswell 02476 466 174

Bear Inn Gastropub
Spencers Lane, Berkswell CV7 7BB
01676 925 562

Bewitched Coffee *Café* 345 Kenilworth Rd, Balsall Common CV7 7DL

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Store & Stove Café 10 Church Lane, Berkswell CV7 7BJ 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

The Lake at Barston Global Grill Marsh House Farm Ln, Barston B92 OLB 01675 444 890

The White Lion Inn Gastropub High Street, Hampton-in-Arden B92 OAA 01675 442 833

Soho Tavern Gastropub Hampton-in-Arden B92 0AH 01675 442 277

Peel's Restaurant, *British, European* Hampton Manor, Shadow Brook Lane, B92 0EN **01675 446 080**

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The Misty to Clear website allows total transparency of the customer experience. You can log into the website and view work that I have carried out. You can also leave feedback on social media. Therefore I give a 5 year guarantee on all new double glazed units fitted by Misty to Clear.

This is a genuine guarantee which does not come as an extra to my price.

I started Misty to Clear mindful that the cost of repairs is probably key to most people's budget when using tradesmen to do work on their behalf in their homes.

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