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- ❖ Waggiest Tail
- ❖ Best Trick Performance (simple or silly tricks welcome)
- ❖ Sit & Stay Champion
- ❖ Most Handsome Hound (for the dashing boys)
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A NOTE FROM THE EDITOR

Welcome to the August/September Edition.

The month of August is the holiday month: the weather is warm and usually dry, but the nights are lengthening a little, making the mornings fresh and the evenings cool and welcoming and perfect to dine alfresco with family and friends.

Here in England, September is the beginning of the academic year, with children starting or returning to school near the beginning of the month and students entering university towards the end.

In gardens across the country, those with green fingers are harvesting fruit and vegetables, taking cuttings and saving seeds. Lawns are greening up with the beginning of the autumn rains, and regular mowing is recommencing after the end of the heat of August.

After children return to school, many of us are enjoying the weather and start getting out and about again, visiting parks, countryside, stately homes and gardens, enjoying long walks, leisurely lunches and delicious afternoon teas. We return home as the evenings draw in, the fireside lovingly beckons, and autumn television favourites delight us once again.

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.

We have one more bank holiday left before the Summer ends: Monday 25th of August.

Please remember to mention Stonesthrow Directories when calling our Advertisers, so we can build on the portfolio of ultra local trades and services, news, events and clubs in one handy guide delivered straight to everyone's door.

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

Yours, Stonesthrow Publications.

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NEXT DEADLINE
OCT / NOV EDITION
20TH SEPTEMBER



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Many of us would like to plan for a time when we need help making decisions and looking after our affairs. A stroke, dementia, Alzheimer's, heart attack, or a severe accident can leave us dependent upon others to help make crucial choices in our lives. Or we may need to give someone decision-making power for us if, say, we're going to be in hospital or abroad for a time and can't easily carry out decisions for ourselves. To plan for the future you can create an LPA.

An LPA is a simple way for you to choose someone you trust to make decisions for you. LPAs can be a lot less expensive than other ways for people to make decisions on your behalf and can make things much easier for other people in your life than the alternatives.

WHAT WOULD HAPPEN IF I DON'T CREATE A LASTING POWER OF ATTORNEY (LPA)?

- You will no longer be able to decide who makes decisions for you and looks after your affairs (you can only make your LPA while you still have mental capacity).
- People you don't know will end up making crucial decisions for you instead – such as where you live, whether to accept medical treatment to keep you alive, what you eat and wear, and about your property and your finances.
- Your spouse, children or friends will have to go to court to make decisions on your behalf – which will be a lot more expensive and time-consuming than making an LPA now.

If you still have mental capacity, LPAs are a simple and legally robust way of giving someone you trust the power to make decisions for you – temporarily or for a longer time.

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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.

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ACCESSIBILITY

OF YOUR BATHROOM



Many people face mobility challenges so installing accessibility features in the bathroom can make life easier, more convenient and help individuals remain independent.

Over 8% of UK households or 1.9 million homes have at least one person who has mobility issues. Being able to use the bathroom unaided helps us to retain our independence and maintain personal dignity. There are a range of installations that can be made to improve bathroom accessibility, some simple and inexpensive that you can do yourself or with some professional help, others that might require professional redesign of your bathroom.

Safety first

Falling is the most common injury you can sustain in your bathroom, and over a third of these injuries lead to a visit to A&E. These happen more to people who have mobility issues and can have serious health implications. But a lot of accidents can be prevented by making bathroom adaptations.

Simple ways to make your bathroom accessible

It is a fact of life, for various reasons, that many of us struggle getting on and off the toilet. Installation of handrails will make this easier as will installing an inexpensive raised seat on the toilet seat.

Handrails around the bath or shower will also make getting in and out safer as will non-slip mats. Battery operated bath lifts can sit neatly in your bath and allow safe entry and exit of the bath. A shower seat is a simple but elegant solution to safer showering if standing is a

problem and it folds away after use.

High contrast taps will help people with sight problems remain safe and having a smart shower with voice activated commands installed will help someone keep their independence. Having non-slip flooring installed with non-slip bath rugs can significantly reduce the chances of falling in a bathroom.

Professional adaptations

Many of us choose to consult a certified bathroom professional and seek their advice on how they can help us stay safe.

Having a walk-in shower could make the process of taking a shower safe if you have mobility issues and they can look stylish and enhance the value of your house. Or why not consider a walk-in bath which has a door on the side which means you don't have to step over a bath side, just step in and enjoy a relaxing soak in the tub. Wet rooms are perhaps one of the biggest changes you might consider but they will also have one of the biggest impacts on the quality of your life if you have mobility issues. They look very stylish and come in a vast range of designs. Wet rooms don't have trip hazards and there are no shower doors or curtains to worry about. If you use a wheelchair or walking aids then a wet room could greatly improve your ability to use the bathroom independently and safely. A bathroom professional could also advise you on specialised toilets that have adjustable height settings offering enhanced mobility opportunities as they automatically elevate and lower as needed.



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TRAVELLING THIS SEPTEMBER?

FIVE BIG HOLIDAY MISTAKES TO AVOID

Holidays are a chance to relax, unwind and transport yourself to a different place, mentally and physically.

That's why when things go wrong during this special time of the year, it can be disheartening.

However, you can steer away from stress by circumnavigating these common holiday horrors.

Travel restrictions

You may have a place in mind, but long before concerning yourself over passport, travel insurance and vaccinations, give a final check that your destination is somewhere safe.

Natural disasters, political conflicts and social unrest are just a few of the reasons a place may find itself on the no-go list. Some of these elements may change frequently given we are in fast-moving times.

You can find guidance on the Foreign, Commonwealth and Development Office (FCDO) website and it's worth checking this information often in the weeks leading up to your holiday. In the past the FCDO has issued various travel warnings, including advice against 'all travel' and 'all but essential travel' to entire countries or parts of countries, so don't get caught out.

Scams

Scam websites on the internet are nothing new, and there is nothing more devastating than paying out for a dream trip only to realise you can't even make it through Passport Control.

To check if a holiday company is legitimate, look for suspicious language, typos, ensure there is clear contact information, website reviews, and

membership in reputable trade bodies like ABTA or IATA. Verify the company's ATOL (Air Travel Organisers' Licence) if it offers flights, and avoid companies that request payment outside of secure systems.

Delays

Some delays are inevitable, but there are steps you can take to make it less likely. For example, if you're taking a short haul flight on a budget airline, it's best to get the first flight as planes will likely be going to and from mainland Europe several times in one day, so delays can accumulate. Also, download the app of the airline you're travelling with for regular updates.

Overpaying

Even if the website hollars 'hotel in demand... one room left!!' do not book anything on a whim. Companies often use this as a tactic to pressure customers into booking, but it is always worth checking your options.

Visit price comparison websites, read reviews of hotels so you can be sure it offers the standards promised and, if in doubt, book via a travel agent who will source the best deal.

Culture clashes

Some countries have different cultures to the UK. In France for example, this often means ladies will sunbathe topless on the beach, however if you try that in some Middle Eastern countries you are likely to get arrested.

Ultimately, it comes down to respect for a location and its people, so take time to ensure a destination matches with your own values, persona and identity.



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Coffee Together

Date: first Saturday of every month / Time: 10.30am - 12noon; Venue: The Jubilee Centre, 225 Station Rd, Balsall Common CV7 7FE
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 carer, 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/digital-champions

Berkswell and Balsall Common Sports & Community Association

Date: varied / Time: varied / Venue: The Lant, Meeting House Lane, Balsall Common
With cricket, hockey, running, sailing and tennis clubs plus a clubhouse and bar. Facilities also available for private hire. See www.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-welcome-hubs.

Balsall Common u3a All-Members Meetings

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

We are vibrant group and are open and welcome to everyone semi-retired or retired – sometimes described as a youth club for mature people! We have over 390 members and 40 interest groups ranging from table tennis to social and political history and everything in between! With light refreshments and a Guest Speaker - visitors welcome! 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. New members always 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.

Balsall Common Lions Annual Presentation Night

Date: 9th September / Time: 7pm - 9pm / Venue: The White Horse, Kenilworth Road, Balsall Common

Balsall Common Lions have been serving our community for over fifty years. From Foodbanks to Fireworks, and putting the FUN in Fundraising for good causes. Our Lions year runs from July to June, and in the last Lions year we have donated approximately £25,000, thousands of £££'s in foodbank donations, plus have spent over 5,000

hours supporting our local community. An informal session to discuss the important role Lions play in Balsall Common and perhaps how you may be able to join in. If you're a community minded person, and have a couple hours to spare, we'd love to see you! Contact: jerry.phelps@balsallcommonlions.org, or register your interest on our website.

Charity Quiz Night at The White Horse

Date: 14th September / Time: 7.30pm - 10pm /
Venue: The White Horse, Kenilworth Road, Balsall Common

A regular charity fundraiser with all funds going to local good causes. A very popular topical quiz, with some extra entertainment and great prizes! Contact Lion Mark Whitfield (lionmarkwhitfield@gmail.com) or 07795 184745

Balsall Common Lions Prostate Screening Event

Date: 4th October / Time: 9.30am—1.30pm /
Venue: Heart of England School, Gypsy Lane, Balsall Common, CV7 7FW

The event hopes to repeat the success of the past decade which collectively has seen over 2,000 local men having PSA Tests. Balsall Common Lions is subsidising the cost of the Prostate PSA test which is available for £15.00 instead of £28.00. Book online, pick your preferred time, no queues: www.balsallcommonlions.org

If are not comfortable with online booking systems, you may call to book: 01926 419959. Note: Online bookings only, no walk-ins.

The Briefcase Blues Brothers

Date: 4th October / Time: 7.30pm - 10.30pm /
Venue: Heart of England School, Gypsy Lane, Balsall Common, Coventry, CV7 7FW
Balsall Common Lions Club - putting the FUN in FUNDRAISING and saving lives. Raising funds to support the Lions Prostate Screening Event – on the same day. Jake and Ellwood will be shaking those tail feathers and bringing you a fantastic evening of entertainment! Tickets £22.50, including light supper. Order your tickets from Lion Rob Jones on 0345 833 8565, or bluesbros25@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 stitchers. 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](mailto:Ksenia@stonesthrowpublications.co.uk):

info@stonesthrowpublications.co.uk



ARIES

(MARCH 21 - APRIL 20)

Dynamic Mars, your ruler, starts the month off in industrious Virgo, moving to pleasure loving Libra on the 7th. Demanding Aries needs to take some relaxing time off, this is just perfect for the holiday season. Relationships come in to focus later this month, stay alert, there may be some disagreements that need your attention.

TAURUS

(APRIL 21 - MAY 21)

August is an important month as the radiant Sun and communicative Mercury both occupy the fiery and extrovert sign of Leo, suggesting that your creativity is strong and a generous and carefree mood is your cosmic gift. The maverick planet Uranus has just arrived in Gemini, highlighting your financial area, if you have any radical changes in mind, this is the month to get them up and running.

GEMINI

(MAY 22 - JUNE 21)

As the Sun and Mercury pass through the communication sector of your chart during August, you'll be looking at restructuring the way you think and how to expand your horizons. Maverick planet Uranus has just entered your sign, indicating that nothing will ever be the same again - Important opportunities are coming your way and some significant decisions will need to be taken.

CANCER

(JUNE 22 - JULY 22)

During August the Sun and Mercury suggest that some new money making schemes are coming to the forefront; if you use this powerful energy wisely it should leave you feeling successful and prosperous all month. The two beneficial planets Venus and Jupiter are strong in your sign, this is a cosmic gift for you to trust in your abilities and benefit from all the opportunities that come your way.

LEO

(JULY 23 - AUGUST 23)

It's your birthday month and the Sun and Mercury both light up your sign. The 9th brings a challenging full moon in your opposite sign of Aquarius, this offers the opportunity for dramatic change and some of your previous ideas may need reviewing. Love planet Venus and lucky Jupiter are both in sensitive Cancer, be sure to use your intuition when making any necessary changes.

VIRGO

(AUGUST 24 - SEPTEMBER 22)

August looks like a rather changeable month as action planet Mars moves from your sign into balanced Libra on the 7th. This suggests that it's time to take a short break and tune into your inner needs. The Virgo new moon in your sign on the 23rd starts off a whole new cycle and a new phase of action begins after the 26th as Venus arrives in creative Leo.

LIBRA

(SEPTEMBER 23 - OCTOBER 23)

Cosmic blessing are around you during August as Venus, your ruler, and mighty Jupiter light up the highest point of your chart. The radiant Sun and communicative Mercury are strong in Leo, putting the emphasis on friends and social life, just perfect for the holiday season. Dynamic Mars arrives in your sign on the 7th, your vitality should be at a peak.

SCORPIO

(OCTOBER 24 - NOVEMBER 22)

Communication planet Mercury increases the Sun's powerful and creative influence during August, suggesting that it's time to ask yourself two important questions - where do you shine, and what makes you feel really happy and fulfilled? Energy planet Mars, arriving in Libra on the 7th highlights your need to find a better work/life balance and take more time out for yourself.

SAGITTARIUS

(NOVEMBER 23 - DECEMBER 21)

August is an important month as positive planetary activity is higher than ever before. Maverick planet Uranus has just arrived in your opposite sign of Gemini, the cosmic message here is to expect the unexpected! Be sure to push yourself forward and make the most of a surge of self-confidence. The Sun and Mercury are in Leo and both indicate a new surge of creativity.

CAPRICORN

(DECEMBER 22 - JANUARY 20)

August brings your relationships and partnerships to the forefront, some important issues now need your attention. Lucky Jupiter and love planet Venus are shining brightly in this area, indicating that outcomes should be very positive. Action planet Mars changes sign on the 7th, suggesting that it's a good time to embrace new career opportunities.

AQUARIUS

(JANUARY 21 - FEBRUARY 18)

Relationships come to the forefront during August as a long term partnership demands your attention. The Sun and Mercury are both in fiery Leo, indicating that passion, joy and creativity are more important than ever. The full moon in your sign on the 9th is both powerful and illuminating, the opportunity for change is strong this month, but it may be best to keep your options open.

PISCES

(FEBRUARY 19 - MARCH 20)

Relationships come to the forefront during August as a long term partnership demands your attention. The Sun and Mercury are both in fiery Leo, indicating that passion, joy and creativity are more important than ever. The full moon in your sign on the 9th is both powerful and illuminating, the opportunity for change is strong this month, but it may be best to keep your options open.

Christine Chalklin, Inspirational Astrologer and Life Coach.

Take a refreshing new look at the year ahead by booking an astrological reading now. Consultations are available on Skype, Zoom, WhatsApp or telephone.

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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

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 0LB
01675 444 890

The White Lion Inn *Gastropub*

High Street, Hampton-in-Arden B92 0AA
01675 442 833

Soho Tavern *Gastropub*

Hampton-in-Arden B92 0AH
01675 442 277

Peel's Restaurant, *British, European*

Hampton Manor, Shadow Brook Lane, B92 0EN
01675 446 080

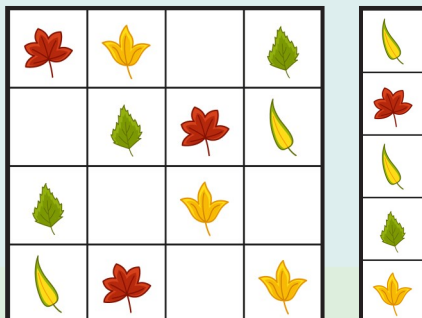
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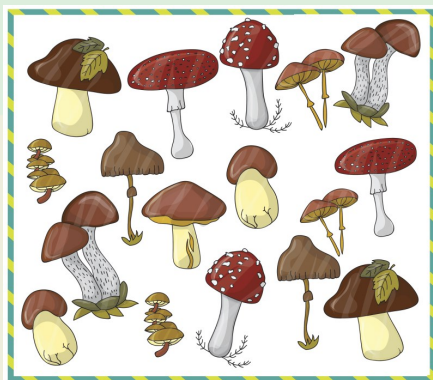
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PUZZLE GAME: CUT & GLUE

Can you complete the grid so that each row and column has four different leaves in it?



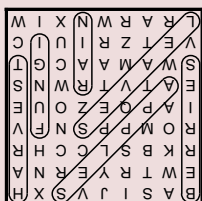
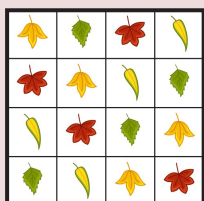
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CAN YOU SOLVE OUR AUTUMN WORD GRID?



ANSWERS:



APPLES | BERRIES | FUNGI
HARVEST | LEAVES | RAIN



FUN RUN

JOIN A LOCAL RUNNING CLUB



Getting fit can often feel like a chore. We've all been there - the free weights gathering dust in the corner, the guilt-inducing gym card in your wallet, and those expensive trainers that only make it as far as the local shops!

The truth is, relying on your own steam to get active usually leads to more time on the sofa, which is why joining a running club can be an excellent way to spark that motivation you've been lacking. Offering community, friendship and solidarity, you'll soon be pounding the pavements as your new pals cheer you on.

Personal goals

Before setting out to find a running club, take some time to reflect on your objectives. Are you looking to train for a particular race, improve your pace, or simply keen on enjoying the social aspect?

Your goals will influence the type of club you choose, whether it's focused on competitive training, recreational running, or a mix of both.

Seeking your sole mates

So, you've decided what you want, but how to find it? Of course, there is the online option, with platforms such as Facebook often showing local groups who are seeking new members.

You can also check noticeboards in your gym, workplace or adverts in local magazines.

Word-of-mouth is also a great way to find a club

as you'll get a first-hand account of what to expect and you will already have a buddy there.

Considerations

If you're just starting out on your fitness journey, there is nothing more soul destroying than being left in the dust. That means, at first, it may be smart not to choose a club that's full of would-be Usain Bolts.

So, research extensively to find the right fit.

Most clubs will have groups based on timings meaning you'll be put with other slow pokes until you've found your footing.

Then, as you pick up your pace, you'll start moving up the ranks. Also, remember to check that the run schedule is convenient for you.

Can you commit to the times offered and is it close to your home or workplace? Ensuring ease will help you stick to your new fitness regime.

Finally, be aware of any hidden fees when joining a club. Free trials usually come as standard to allow you to get a feel for whether it is the right option. As there is no need to hire a space, overheads for running clubs are usually low, so query any fees which seem a little excessive.

The reality is, you may need to try out a couple of groups before you find the one that feels right... and when that happens, you'll be unstoppable.



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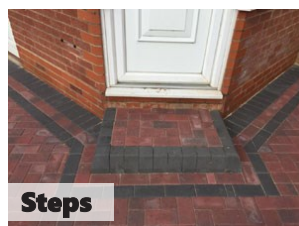
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