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Families can soon benefit from Everyone Active's award-winning Learn to Swim Programme at Abbey Fields Swimming Pool in Kenilworth.

Excitement is building as the redevelopment of the swimming pool at Abbey Fields nears completion ahead of its opening date in July 2026.

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A Note From the Editor

Welcome to our June/July edition.

Summer is here, and windows are being thrown open wide to let in the sweet smells of blooming planters, hanging baskets, flower gardens, and wild flower meadows.

June is the first month of summer, and the month where many of us choose to get out and about, locally, nationally and abroad, for a leisurely afternoon walk through the park to a café and the reward of tea and a toasted teacake. Or a weekend away, making the most of the daylight which extends almost to bedtime. Or a vacation in the UK, Europe or further afield before the holiday season gets too busy.

A break for many is energetic - cycling, hiking, climbing or experiencing new activities - or it can be a chance to lounge by a pool or on the beach enjoying a tall drink and a good book or two. This year many people will choose to get creative and test their imaginations and learn new skills like coastal sketching, enjoying painting sessions in a local park, pottery for beginners, or a creative writing or poetry workshop to unleash their inner Brontë or Wordsworth.

Many of us are enjoying our lovely surroundings this Summer bringing home to us how important the environment is. Plastic Free July www.plasticfreejuly.org/ is a very worthwhile campaign that supports the idea of being more sustainable in our daily lives for the good of our planet. Many ideas are free or low cost and just involve being a little more mindful, but some ideas can save us money whilst at the same time helping make a difference. Reusable cups can save on plastic and many café's offer discounts if you use them; and reusable bags have really caught on in the past few years and save thousands of plastic carrier bags going into landfill.

Here are some dates for your calendar:
21st June: Father's Day; 21st June: Summer Solstice.

As always, we ask you to please remember to mention Stonestrow Directories when calling our Advertisers, so we can keep bringing even more trusted local professionals and quality local stories to your door every other month.

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

Yours, Stonestrow Publications.

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Spotlight: meet your local heroes

Dave Blakeman & David Hickson

From Strength to Strength:

Lions Welcome New President David Hickson Thank You Dave!

Outgoing President Dave Blakeman hands over the chain of office after a tremendous year leading the Balsall Common Lions.

Under Dave's leadership, Lions continued to strengthen support for the local community while building closer links with local schools and community groups.

A Fantastic Year of Service

Highlights included:

- **5,500+ volunteer hours** supporting the community
- **Over £30,000 donated** to good causes
- Successful **prostate screening events**
- Support for local **foodbanks** and the RBL Poppy Appeal
- Welcoming several new members into Lions

We also enjoyed another successful year of fundraising and fellowship through events such as:

- Fireworks Extravaganza
- Charity Quiz Nights
- Music Evenings
- Santa's Sleigh

This year's Santa sleigh collections were especially memorable, working alongside the newly formed Warwickshire Westwood Lions for the first time.

Dave's year as combined service, friendship and fun in true Lions style, and everyone thanks him for his outstanding commitment and leadership.



Welcome Incoming President David Hickson

Balsall Common Lions is delighted to welcome David Hickson as incoming President.

David has been a Lion for around 30 years — although he insists, he joined “very young!” — and previously served as President in 2008. Having recently retired from full-time employment, he felt it was the perfect time to take on the role once again.

A very hands-on Lion, David loves getting involved in projects and events, especially two of our biggest highlights:

The Fireworks Extravaganza

Santa's Sleigh, which he has even helped physically build over the years.

David is already planning another busy year featuring popular favourites including:

- BuzzFest Festival
- Fireworks Extravaganza
- Santa Visits
- Prostate Screening Events

He is also keen to introduce exciting new events, including:

- Eighties Night — a great night, while saving lives — proceeds will go to our prostate screening
- A Festive Community Walk
- A Community Fun Run (organising it rather than running it!)
- A brand-new Comedy Night featuring top-flight comedians.

David's vision is simple:

More events → more people → more community support.



Our Lions club wants to grow, welcome new volunteers and continue making a real difference locally — while having plenty of fun along the way.

So, if you've ever thought about getting involved, helping your community, making new friends or simply being part of something positive, the Lions would love to hear from you.

With David leading the way, the future looks brighter and busier than ever!

www.balsallcommonlions.org

Local History: George in The Tree



Month of May is Local and Community History Month, so we thought a good time to highlight the history of The George in the Tree public house on the Kenilworth Road.

The George in the Tree predates modern Balsall Common, operating as a coaching stop in the 18th century. It was a crucial stop for livestock drovers traveling from Wales to London, providing safe, enclosed grounds for their animals overnight.

It originally stood by the rough road, which was called the 'Welsh Road' and which ran from Wales and the west, then turned south to London. The road across the heath was too wild and dangerous to travel at night, so the inn had large enclosures in which the drovers could keep their cattle safely.

When the Hanoverians came to the throne the inn was renamed 'The George'. As at that time the road passed some distance away from the inn, a large board, 'The George', was nailed to a huge elm tree at the side of the road, hence the name 'The George in the Tree'. In the late 1990s, the pub was briefly renamed to a less popular name, 'The Shay House', before reverting to 'The George in the Tree'.

Last week, it was announced that the George in the Tree will close as operator, Whitbread, is closing its remaining Beefeater and Brewers Fayre UK sites, across around 200 locations.

If you are interested in the history of our area, you can find out more at Solihull Council's heritage website (www.solihull.gov.uk/heritage) or Berkswell and District History Group (www.berkswell-history.org)



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Holiday Packing Tips

Overpacking remains one of the most common travel fails among UK holidaymakers. The reasons are clear – while heading off somewhere nice offers the release and escapism we crave, the thought of leaving behind that cherished pair of casual pumps, or the Bermuda shirt you've taken with you on every holiday since 2012, is too much to bear.

And this stuff is the tip of the iceberg – people hate being caught short so, as a result, find themselves packing enough to last an expedition to the Amazon.

Surveys suggest more than 60% admit bringing clothing they never wear, and this is despite airline baggage costs increasing steadily, in line with cabin allowances being tightened. Yet it seems that despite the fact excess luggage is expensive and inconvenient to cart about, we still keep overpacking.

THE SOLUTION

Capsule packing addresses this efficiently. A short European break, for instance, requires surprisingly little, with a well-planned 10-15 item wardrobe generating multiple outfit combinations. The principle is interchangeability, using neutral bases such as navy, beige, black or white to allow layering flexibility. One accent colour prevents monotony without increasing bulk.

Fabric selection is strategic, with breathable materials reducing odour retention, meaning items can be worn more than once. Lightweight layers, meanwhile, accommodate unpredictable European weather.

As for packing technique, rolling garments reduces crease lines and optimises suitcase space, often saving up to 30% volume compared to flat folding. Space, often saving up to 30% volume compared to flat folding.

Shoes, though, account for disproportionate weight. Most short breaks require two pairs:

comfortable walking shoes and one smart option. Wearing the heavier pair during travel reduces checked baggage weight and frees space.

Toiletries are frequently overestimated too. Not only do hotels supply basics, but picking up the essentials when abroad is cheap and easy. This will also help you circumnavigate airport regulations, and while the UK has lifted many of the restrictions that made getting through customs an exercise in awkward decanting, many other countries still retain the 100ml rule.

Electronics should also be streamlined, with one universal adapter and multi-device charging cable replacing multiple plugs. You should also think about download, offline maps and travel documents to reduce paper clutter.

And consider the advantages of all this streamlined travel know-how - beyond space and cost, lighter luggage improves mobility, not least in European city breaks where cobbled streets and stairs are prevalent hazards. Carrying less reduces physical strain and transit stress.

There is also behavioural benefit. Capsule packing reduces decision fatigue with fewer choices, meaning less time dressing and more time exploring. That means travel becomes about experience rather than wardrobe management.

So this summer, get packing... but do it the smart way!



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Heading away with your pet this Summer?



The number of UK households owning pets has risen sharply over the past decade, and travel decisions increasingly include animals. Around 35% of UK dog owners report taking their pets on holiday at least once a year, and why not... no separation anxiety, no kennel fees, and wonderful shared experiences! Yet the decision is not purely emotional. It requires assessment of stress, safety and practicality.

The good news is that dogs are generally the most travel-adaptable pets. Many cope well with car journeys if accustomed gradually. However, long-distance travel can cause motion sickness, dehydration and anxiety.

Veterinary guidance suggests breaks every two hours during road trips, constant access to water, and, of course, they should never be left unattended in vehicles, even briefly.

Temperatures inside cars can rise above 40°C within 20 minutes, even on mild days.

Accommodation suitability matters. Not all 'pet-friendly' listings provide secure gardens or appropriate space; while noise levels, unfamiliar environments and disrupted routines can elevate stress hormones in animals. Research into canine behaviour shows cortisol levels spike during major routine changes, yet on the whole, your four-legged friend should be happy to share in car and holiday adventures.

Air travel, however, introduces significantly more complexity. While small pets may travel

Cats are typically less suited to travel. Territorial by nature, they often experience significant stress outside familiar surroundings. Short car trips can be manageable; extended holidays are more disruptive.

Rabbits, birds and small mammals require even more caution. Environmental stability is critical for these species. Temperature changes, noise and handling can quickly impact health.

Financial cost is also a factor. Pet passports, vaccinations, travel crates and pet-friendly accommodation premiums add up, with UK pet insurance rarely covering travel-related incidents unless specified.

Ultimately, travelling with pets can be rewarding, particularly for active dog owners planning UK-based holidays, yet animal welfare must be the sole decider when it comes to making a decision. The question is less "can we take them?" and more "should we?"

Naturally, if you do decide to leave your pet at home, there are a number of solutions.

Alternatives such as professional pet sitters or trusted home boarding often provide lower stress for the animal, with in-home pet sitting maintaining routine and environment stability.

in-cabin on select routes, most fly in cargo holds. The British Veterinary Association advises careful consideration due to temperature fluctuations and stress exposure. For many pets, especially older animals, air travel may not be advisable.

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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
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.bbcscsca.co.uk
or Facebook - BBCSCA / Berkswell Sports Bar

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

Date: Mondays / Time: 9.30 - 11.30am / Venue:
Balsall Common Methodist Church, Station Road;
Date: Thursdays / Time: 2 - 4pm / Venue: St
Peter's Church, Balsall Street East;
Date: Fridays / Time: 2 - 4pm / Venue: 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
If you are looking to meet new people, try
something different, or pick up a hobby you've
always been curious about? The U3A is the place
for you. We have over 390 members and 40
interest groups ranging from table tennis to
photography to theatre trips, giving you the
chance to explore new interests and share
experiences with others. We welcome those who
are semi-retired or retired. Find out more:
www.balsallcommon.u3asite.co.uk.

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
The Heart of England Women's Institute is a thriving group, with lively members aged from mid-20s to 90s. New members are always welcome. Talks for the summer include one from enthusiastic members of The Gloucestershire Warwickshire Steam Railway on 14 July. More information is on Heart of England WI Facebook page or by phoning Lyn 01676 533675 or Kathryn 01676 534824. Email: hoewi2019@hotmail.com

Stories and Painting

Date: every Monday / Time: 2.15 - 2.45pm / Venue: Meriden Library
A favourite story and painting fun for under 5s and their grown-ups.

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.

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

Charity Quiz Night

Date: 7th June / Time: 7.30pm / Venue: The White Horse, Kenilworth Road CV7 7DT
Brains, Banter & a Brilliant Cause – Join the Balsall Common Lions Charity Quiz Night! Gather your team and enjoy a fun-filled evening of trivia, laughter, and friendly competition. £5 per person, with all proceeds supporting local good causes and a great charity, CoppaFeel!, so book in your Quiz Team through Lion Mark Whitfield (07795 184745, or lionmarkwhitfield@gmail.com)

Firebird Singers concert

Date: 9th June / Time: 1.30 - 6.30pm / Venue: Manor Hotel, Meriden
"Cartoon Heroes" featuring songs from Aladdin, Mary Poppins, The Lion King, The little Mermaid and many more. All proceeds to the Air Ambulance. Tickets £8 each available from Val Martin 01676522963, Anna Bird 0792 525999

Ability Net

Date: 10th June / Time: 11am - 1pm / Venue: Balsall Common Library
Free digital skills training for over 65s. Free sessions run by friendly expert digital skills trainers. Bring your device with you (fully charged). For questions please call 0800 048 7642

Solihull PSA Blood Testing Event

Date: 13th June / Time: 10am - 2pm / Venue: Solihull methodist Church Hall, Station Approach,

Solihull, B91 1LE

Prostate cancer is the most commonly diagnosed cancer in the UK, more than 64,000 men are diagnosed every year. Black men are twice as likely to be diagnosed in their lifetime as other men. If caught early the outcomes are very positive. The PSA blood test can give an indication of the overall health of your prostate. Book by visiting: tinyurl.com/yc3r576y

Picnic in The Park

Date: 20th June / Time: 3pm - 8pm / Venue: Lavender Hall Park, Balsall Common
Join us at the Balsall Common Festival. Entry is completely free, with live music plus plenty of food and drink stalls to enjoy throughout the afternoon. And don't forget — the Balsall Common Lions will also have a stall there, so come along, say hello, and meet the team. We'd love to see you there for a fantastic community day out!

Door-to-door Foodbank Collection

Date: 4th July / Time: 11am - onwards / Venue: Door-to-door collection in Balsall Common
Your support could help food banks provide emergency food and vital advice to everyone who needs it, including to the thousands of people who will need to use foodbanks for the first time. 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 Buzzfest

Date: 11th July / Time: 3pm - 9pm / Venue: The Hornets, Lavender Hall Lane, Balsall Common
Building on the success of the Balsall Beerfest, this year's event, organised once again by Balsall Common Lions Club and Balsall Hornets Football Club will be bigger and better than ever! Tickets will be on sale from mid-May via Lions, Hornets, and Michaels Drinks World. Tickets will be more expensive on the day so make sure you get yours in advance!

Balsall Common Fun Run

Date: 13th September / Time: 12pm / Venue: Balsall Common Primary School
The Balsall Common Fun Run is organised each year by The Lily Mae Foundation, a local charity that supports parents and families, living in the West Midlands and Warwickshire, who have lost a baby to Stillbirth, Neonatal Death, Miscarriage or to a Medical Termination.
To book your place please visit:
www.stuweb.co.uk/events/2026/09/13/4555/

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

Horoscopes: June



ARIES

(MARCH 21 - APRIL 20)

It's all change for new beginnings in June as the Sun, Jupiter and Venus are closely linked in curious and restless Gemini. This month suggests that some exciting and innovative communications are about to begin. Mars, your ruler, remains in your sign until the 8th, examine all your inspirational and creative ideas and then implement them as Mars moves into practical Taurus on the 9th.

TAURUS

(APRIL 21 - MAY 21)

This month gives you the opportunity to make some important changes in your financial dealings. Jupiter has arrived in this pivotal area of your chart, suggesting that you could pick up some really good ideas about making and managing your money in a more profitable way. The Gemini new moon on the 6th emphasises intuition and offers a positive breakthrough in all areas of communication.

GEMINI

(MAY 22 - JUNE 21)

June suggests that Saturn and Neptune at the highest point of your chart and highlighting your career sector could offer an entirely new way of working. The powerful new moon in your sign on the 6th is pivotal; you should be feeling refreshed and energetic, as all of these cosmic indicators open up your intuition and bring you some amazing insights. The Capricorn full moon the 22nd offers an interesting opportunity.

CANCER

(JUNE 22 - JULY 22)

Cosmic activity at the highest point of your chart offers the prospect of taking up some new intellectual interests and expanding your horizons. Mercury and Uranus are influencing how you feel about friends and any new group activities that you might have in mind. This will all encourage you to learn new things and go places that you have never been before. The Gemini new moon on the 6th could be a turning point for better times.

LEO

(JULY 23 - AUGUST 23)

Innovative Uranus linking with communicative Mercury at the highest point of your chart bodes very well for any career changes that have recently been on your mind. The strong Gemini energy in June also offers lots of social activity, particularly with any projects that involve groups of like-minded people. Being a creative sign, you'll find wonderful new ways of contacting others and bringing them joy and encouragement.

VIRGO

(AUGUST 24 - SEPTEMBER 22)

June puts your goals and your ambition into the spotlight, you are asked to reflect on what you have learned during the first half of 2024. Now is the time to use your new found confidence and positive thinking to get the very best out of planned changes and social endeavours. Love planet Venus arrives in Cancer on the 17th, new friendships and social connections are on the horizon.

LIBRA

(SEPTEMBER 23 - OCTOBER 23)

June starts with the emphasis on your partnerships and relationships, impulsive Mars in Aries is in your opposite sign until the 8th, take great care if you want to avoid any confrontations and challenges. Jupiter, Venus and the Sun suggest new ways for broadening your horizons and learning new things. An exciting adventure may be about to begin, take each opportunity as it comes.

SCORPIO

(OCTOBER 24 - NOVEMBER 22)

The Sun, Venus and Jupiter all in the sign of Gemini shine the spotlight on your finances and resources. Maybe some adjustments will need to be made this month and you should now have the courage to move things along. On the whole the cosmic energies placed here look very favourable for any new investments that you have in mind. The Capricorn full moon on the 22nd looks exciting - be alert to a sudden swing in fortune.

SAGITTARIUS

(NOVEMBER 23 - DECEMBER 21)

Love, romance and new partnerships are all in the spotlight this month. Jupiter, your ruling planet and beneficial Venus are both indicating that things are likely to go very smoothly if you put your heart and soul into your endeavours. Forceful Mars arrives at your work angle on the 8th suggesting that new initiatives will be on offer if you take the plunge, it's time to discover inspirational new ways forward.

CAPRICORN

(DECEMBER 22 - JANUARY 20)

The radiant Sun, Jupiter and Venus are all powerful in versatile Gemini this month, highlighting that your professional prospects are poised for growth. This powerful energy will set the scene for the winds of change to blow away any cobwebs that have been holding you back. The full moon in your sign on the 22nd illuminates a new unexplored area for potential job-related alterations.

AQUARIUS

(JANUARY 21 - FEBRUARY 18)

June looks like romantic encounters will be on the cards as the Gemini Sun, relationship planet Venus and expansive Jupiter are all illuminating this area of your chart. Gemini is all about communication, therefore saying the right thing at the right time will be essential for positive outcomes. Business minded Mercury arriving in intuitive Cancer on the 17th suggests new insight concerning a project that you have been working on.

PISCES

(FEBRUARY 19 - MARCH 20)

The first week of June will be important as energetic Mars in Aries powers through your financial area and an important decision will take up your time. The Sun, Venus and beneficial Jupiter, all in Gemini, light up your home and family life with positive interaction. Now is the perfect time to absorb new information, connect with others and enjoy some wonderful new experiences with those dear to you.

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 Zoom, WhatsApp or telephone.

Mobile: 07813 483549 | www.restyleyourlife.co.uk | christine_chalklin@hotmail.com

Rhubarb Crumble Cake

INGREDIENTS:

Crumble top:

260g plain flour
1 tsp baking powder
300g soft light brown sugar
1 tsp ground cinnamon
1/2 tsp ground nutmeg
1/2 tsp salt
170g unsalted butter

Cake:

260g plain flour
70g wholewheat flour
2 tsp baking powder
1 1/2 tsps. ground ginger
1/2 tsp salt
300g light soft brown sugar
170g unsalted butter, softened.
2 tsps. vanilla paste
4 eggs at room temperature
225ml buttermilk or natural yoghurt
400g Rhubarb, cut into 1.5-2cm chunks.

METHOD

Crumble Topping: Melt the butter in a saucepan. In a bowl sift together the flour, cinnamon, nutmeg, baking powder and salt. Stir through the sugar then add the melted butter and mix together with a spoon until it clumps together and becomes crumbly. Set aside.

Cake: Preheat the oven to 180C / 160 fan Gas mark 4. Line a 13x9-inch pan with greaseproof paper so the paper overhangs the sides of the pan.

Sift together the flours, salt, baking powder and ground ginger, adding the bran from the wholewheat flour.

Place the brown sugar, softened butter, and vanilla in the bowl of a stand mixer and beat on medium speed until fluffy and pale.

Add the eggs, one at a time, beating after each addition until well combined.

Fold in one third of the flour mixture gently. Add half of the buttermilk and mix until just combined. Add the next third of the flour mixture and fold in. Add the remaining buttermilk, mix it in then add the remaining third of the flour and fold until just combined. Finally mix everything together gently for another 30 seconds to make a smooth batter.

Place the batter in the pan and spread evenly.

Sprinkle half the rhubarb over the top of the batter, then spread two thirds of the crumb mixture, then the remaining rhubarb followed by the rest of the crumb mixture.

Place the pan so that the top is level with the centre of the oven and bake for 40-45 minutes. You don't need a thermometer to check if it's done but it does make things easier. The temperature of the cake in the centre should be about 95C when it's cooked. Remove from the oven and cool in the pan for 30 minutes. Use the excess greaseproof paper to remove the cake from the pan.

Allow the cake to cool completely. Sprinkle with icing sugar, cut into squares, and serve with thick yogurt or creme fraiche.



Restaurants & Takeaways

Please send
any updates to
**stpdirectories@
hotmail.com**

BALSALL COMMON, BERKSWELL

Sumatra *Indian*

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 7D

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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