STONESTHROW DIRECTORY



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KNOWLE DORRIDGE BENTLEY HEATH COPT HEATH APRIL I MAY 2025

JAMIESON CHRISTIE WEALTH MANAGEMENT

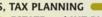








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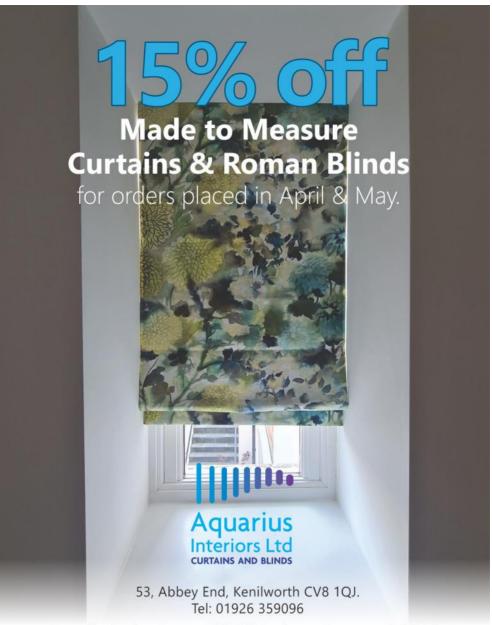
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A NOTE

Welcome to our festive April/May Edition.

As the warmth of Spring settles in, we're reminded of the beauty and growth happening all around us. April and May bring a sense of renewal, and it's the perfect time to celebrate the stories that make our community so special. Let us focus on the vibrant energy that fills our village as we head into the Summer months.

From local festivals to exciting outdoor activities, the next two months are the perfect time to get outside, soak up the sunshine, and explore everything our area has to offer. Many local gardeners and green-fingered enthusiasts are transforming their front gardens into stunning green spaces-ideal inspiration for your own Spring planting!

As always, we have prepared a few interesting reads for you to enjoy: from tips on how to save the planet one garden at a time to an article about investment ideas to dementia.

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.

Dates for your calendar: 18th April - Good Friday (Bank Holiday); 20th April - Easter Sunday; 21st April - Easter Monday (Bank Holiday); 5th May - Early May Bank Holiday; 26th May - Spring Bank

Holiday.

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.



CONTENTS

IN THIS ISSUE





















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HENLEY IN ARDEN ARTS4ALL

MUSICAL THEATRE | DRAMA

POETRY | COMEDY

CHILDREN'S THEATRE | JAZZ & MORE

IIIIY 13[™] - 20[™] 2025

This year's event boasts a stellar lineup, including a comedy finale featuring Hal Cruttenden, star of the Royal Variety Performance and Live at the Apollo, with a special preview of his 2025 tour (Sunday, July 20th). This stand-up comedy finale promises a night of laughter whilst Beyond the Barricade

fresh from a Birmingham Symphony Hall performance and ongoing UK tour head for town on Monday 14th July following the opening event (Sunday 13th July) which welcomes back Henley favourite Christine Bovill in Coming Home following it's successful Edinburgh Fringe run.

The iconic Kate Bush

Songbook - Currently touring the UK hits town on Friday 18th July and Sarah-Louise Young (Saturday, July 19th) brings her brand new interactive karaoke night to Henley in I Am Your Tribute, described as a "joyously immersive experience" (****The Stage) and a highlight of the Edinburgh Fringe.

Challenging content includes The Windrush Secret (Thursday, July 17th) A powerful and thought-provoking performance tackling the racism surrounding the Windrush Scandal and praised as 'outstanding (New York Stage Review) and 'a show that pulls no punches' (The Guardian). This double with I Am the Greatest which takes us into the psyche of an individual

who has endured 25 years of the painful effects of the Zuc, introducing us to a unique interpretation of mental health and a society plagued by a lack of essential support due to government bungling.

On a lighter note, in Catch Your

Breath (Wednesday, July 16th) NHS anaesthetist, comedian and author Ed Patrick brings his unique brand of humour to the Memorial Hall -'Brilliantly Funny' - Matt Lucas, On Tuesday 15th July in a piece written special for Arts4All by Henley School Head of Drama, Steve Eagles, we see his students perform the somewhat 'spooky'

Thirsfield which is followed by Edinburgh Fringe regular Caroline Burns Cooke in Gruoch The Lady Macbeth.

matinee performances introduce children from 3 to 11 to the joys of live performance and Ralph Allin returns with

The Elves and the Showmaker & Wind in the Willows as Saturday, July 19th

his quartet for a Sunday lunchtime jazz session.

Laurence Marshall, the event organiser, highlights the festival's accessibility and quality, stating that it offers "top quality theatre... without the hassle of driving into one of the larger metropolises such as Stratford-upon-Avon or Birmingham and having to run to catch the last train home!" He emphasises the convenience of the location, within walking distance of Henley's High Street, and the boost it provides to local businesses. The calibre of the performances, he suggests, is comparable to those seen at the RSC, The Hippodrome or The Alexandra Theatre without the hassle and a load more intimacy!



For full programme, tickets and the chance to snap up one of the limited money-saving **Season Tickets visit:**

www.henleyarts4all.co.uk

HENLEY IN ARDEN ARTS 4 ALL 2025

Sunday 13th July 7.00 p.m. CHRISTINE BOVILL - COMING HOME Her Voice is something that will stay with you for the rest of your life The Times

Monday 14th 8.00 p.m. JULY BEYOND THE BARRICADE

Join us for a night of music from past principle performers from Les Misérables

Thursday 15th July 7.00 p.m. THIRSFIELD A NEW PLAY BY HENLEY SCHOOL

Thursday 15th July 8.00 p.m. GRUOCH - THE LADY MACBETH BY CAROLINE BURNS COOKE

Wednesday 16th July 7.30 p.m. ED PATRICK - CATCH YOR BREATH

The secret life of a Sleepless Anaesthetist

Thursday 17th July 7.00 p.m. & 8.30 p.m. WINDRUSH SECRET & I AM THE

GREATEST Incredible double bill from Rodreguez King-Dorset

Friday 18th July 7.00 pm THE KATE BUSH SONGBOOK CLOUDBUSTING Celebrating a musical genius interspersed with personal reflections

Saturday 19th July 11.30 am THE ELVES & THE SHOEMAKER

Saturday 19th July 1.30 THE WIND IN THE WILLOWS

Saturday 19^{th} July 7.00 pm THIS IS YOUR TRIBUTE - A CELEBRATION OF ALL THINGS TRIBUTE

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Sunday 20th July 1.00 pm THE RALPH ALLIN QUARTET JAZZ AT ITS BEST!!

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DEMENTIA CARE FOCUS

WITH GOOD ADVICE, CAREFUL CONSIDERATION AND A PERSON-CENTRED APPROACH CHOOSING THE RIGHT CARE FOR SOMEONE WITH DEMENTIA CAN HELP THEM LIVE WELL.



With almost a million people living with dementia in the UK, and that set to increase by around forty per cent by 2030 the condition is often referred to as the UK's biggest health and social care crisis. But with good care people suffering from dementia can live good lives.

DEMENTIA Dementia is a syndrome, a group of related symptoms, and it is mainly associated with the decline of certain brain functions which include memory loss, but also includes thinking speed, mood, movement, understanding and others. Alzheimer's disease is one of the most common types of dementia along with vascular dementia but there are numerous others.

UNDERSTANDING THEIR NEEDS Many people who suffer from dementia have complex needs, which range from the need to feel safe, to the need to take medication properly and regularly to the need to maintain their dignity and to maintain their selfhood. Any dementia care needs to focus on meeting these needs and any other needs that are specific to the individual.

RESEARCH CARE OPTIONS When considering care options family members need to undertake extensive research into what help is available. This can begin with support to live at home through to living in a care or nursing home. If you have been helping someone live independently or semi independently but as symptoms have worsened a needs assessment will be required from social services. Your local GP is a good place to begin this process and seek advice, guidance and support.

EVALUATE FACILITIES AND SERVICES

Dementia sufferers have extensive needs but there is help out there. Care homes are assessed by the Care Quality Commission and the most recent report is a good place for families to access an initial assessment.

LOCATION AND FACILITIES The location of a care facility can have an impact on the ability of someone with dementia to live well, and being close to friends and family can have a massive impact on their health. However, because dementia requires higher levels of specialist care whether there is an appropriate care or nursing home with the facilities to care for people is also an important factor.

CONSIDER COST AND FUNDING The cost of caring for someone with dementia can be considerably higher than for those without it. There should be 24-hour cover, with specific trained staff who understand dementia and can create and implement a care plan to help your loved ones live well and be happy. This specialist care makes dementia care cost relatively high. There is financial assistance out there, but this is often means tested. Your local GP will be able to offer advice and put you in touch with care specialists to allow informed decision making.

Choosing the right care for your loved one involves many factors but if they are able, it should involve the person with dementia as much as possible so they can live their best life.



Rob Bullock www.robbullockauthor.blogspot.com

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TAKE A Virtual Dementia Tour TO GAIN A REAL INSIGHT INTO LIVING WITH DEMENTIA



Join us at Eastcote Park Retirement Village and Care Home, on Wednesday 21st May. We have time slots available between 10am and 4.30pm.

This virtual tour will give you the chance to gain a real insight into living with dementia.

The experience will only take 15 minutes, afterwards you will have the opportunity to discuss your personal experience with us over a cup of coffee.

To book your space on this **FREE** event please call Nicola on **0121 7567 158** or email **Eastcote.enquiries@cinnamoncc.com**



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Since the 1930s, 97% of our wildflower meadows have gone...ploughed up for agriculture, built on as towns and villages expand, with further damage to wildflowers due to the overuse of sprays and fertilisers.

This is a staggering loss of a critical resource which once comfortably fed our pollinating insects.

BUT, what's so important about these pollinating insects that we need to be concerned about their food supplies and their survival?

Because they are critical to our food supplies; one in every three bites of food we eat is pollinated by insects. Pollination is simply the way pollen (male cells), is transferred to the female part of a flower (stigma), which allows fruits to develop. Unless pollinated, plants will not produce fruit, and our food supply is reduced.

How do plants ensure pollination happens? Plants produce pollen, but also nectar, (a sugary energy drink), which most insects rely on. Nectar can be smelt from some distance, so attracts insects, along with brightly coloured and scented flowers. When insects visit a flower, pollen grains stick to their bodies, and when they visit the next flower, pollen will fall off and some will inevitably land on the female part of this flower, (the stigma). This will allow fertilisation to take place and therefore enable the plant to make seeds and fruit, from runner beans, strawberries, apples and nuts, to pumpkins, coffee and cocoa beans

NO POLLINATION NO FRUITS.

The loss of wildflower meadows has led to the decline in insect numbers, due to insufficient

food supply. A conservation report into insect decline has shown a 60% reduction in insects in the last 20 years and expresses grave concerns that this decline is continuing. Recent Research (Reading University) has found a 22% reduction in apple crops due to lack of pollinators.

BUT there are over 23 million gardens in the UK, and if we all play our part, we really could halt these falling numbers of insects who provide pollinator services to our gardens and to crops. We can allow space for wildflowers. Insects need food...we can help!

What the Plantlife Charity suggest, is a multi-height lawn.

A SHORT AREA. Cut to 2.5 - 5 cm. every 4-6 weeks from May. This allows shorter plants to thrive, such as birds foot trefoil which attracts over 130 species of insect, including some very beautiful butterflies.

MID LENGTH. Mow 2-3 times a year and collect the cuttings. This area will allow taller plants to feed other species of insect life.

LONG LENGTH. Leave completely uncut all year, this extends the nectar supply into the autumn and provides shelter for many creatures including insects.

N.B. ALWAYS MOW FROM THE CENTRE OF ANY GRASS AREA, SLOWLY MOVING OUT TOWARDS THE EDGES. This allows sheltering creatures to escape into hedges, swish the area with a cane before cutting.

See if you can adopt some of these suggestions, as every bit helps. You understanding how vital your garden can be provides protection of our insect friends and our future.



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01564 771245

Knowle Indian Brasserie Indian

1690 High St, Knowle B93 OLY

01564 776453

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01564 771177

The Black Boy Gastropub

Warwick Rd, Knowle B93 0EB

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Freeda's Deli Café

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Dorridge Fish Bar Fish & Chips

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The Forest Hotel British

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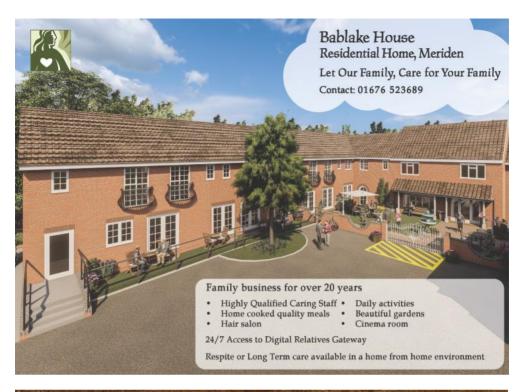
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The Dorridge Practice	01564 776262	
Arden Medical Centre	01564 739194	
Spire Parkway Hospital	0121 704 1451	
GP Healthcare Knowle	0121 796 2777	

POLICE & FIRE

Solihull Police Helpdesk	0845 113 5000
West Midlands Police	0845 113 5000 or 101
Warwickshire Fire & Rescue	01675 62 007
Bickenhill Community Fire S	tation 0121 380 7527
Solihull Fire Station	0121 380 7521

UTILITIES

Electricity Power Loss	0800 328 1111
Severn Trent Water	0800 783 4444
Transco Gas leak	0800 111 999
RT Fault Line	0800 800 151

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WHAT'S ON LOCALLY

Bentley Heath Country Market

Date: every Friday / Time: 10am - 11.30am / Venue: Bentley Heath Community Hall Widney Rd, Bentley Heath, B93 9BQ We are a farmers market & craft fair all rolled into one. We are open for business every Friday New producers always welcome! 10am-11.30am Email bhcountrymarket@gmail.com to receive our weekly order email.

Knowle Male Voice Choir

Date: every Wednesday during school terms / Time: 7.30pm / Venue: Dorridge Methodist Church, Mill Lane, Dorridge

Ask anyone who sings with a choir or sings anywhere, and they will all agree, Singing is Good for You. Practices are followed by a refreshing trip to the local pub immediately afterwards. If you are interested in joining our choir please contact us at kmvc14@gmail.com or for more information visit www.knowlemalevoicechoir.org.uk

Friends in Retirement

Date: varies / Time: varies / Venue: Elmdon Heath Community Centre B91 2SF; Hobbs Moat Assembly Rooms B92 8JN; Knowle Village Hall B93 0NH; Bentley Heath Community Centre B93 9BQ; Solihull Women's Institute B91 3DQ; Whar Hall Community Centre B92 0PG FIRS (Friends in Retirement) is a charity where groups of people enjoy a range of activities. Yearly membership is £3 and each activity costs anything from £1.20 to £5. Contact us: www.friendsinretirement.co.uk; email

firs.solihull@vahoo.co.uk; call: 07535 669 018

Donate your old glasses

Working with our sister Lions club in Chichester, your old pairs of used glasses are collected, sorted and distributed each month to eye clinics as far as Papa New Guinea, Ghana, Nigeria and Nepal. Don't worry if your spectacles are broken as they will be recycled for their scrap metal and the funds used to support eye-related projects both in the UK and overseas. Knowle and Dorridge Lions Club are being supported by these opticians in B93: Alan Tyler Opticians - Dorridge, Bannister Eyecare - Knowle, Vision Express - Knowle. Just drop your used glasses into them and we'll do the rest! Thank you!

Knowle Renew Café

Date: every Wednesday / Time: 2pm - 4pm / Venue: Guild House, Knowle All welcome, no booking required. A shared wellbeing space where you can enjoy a calm cuppa; spend time with a coffee (activities available or bring your own); have a chat with others; join an optional prayer & meditation session. For more information please visit: www.kpc.org.uk

Dorridge Striders and Strollers

Date: Thursdays fortnightly / Venue: Dorridge

Village Hall

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

Knowle & Dorridge Round Table

Date: every other Tuesday

Knowle and Dorridge Round Table 812 was founded in 1963. We are an organisation run by and for Tablers as a hobby. We bring smiles to the local and wider community by helping and raising as much money as we can whilst having as much fun as we can. We're not just about fund raising. We meet every other Tuesday and indulge in various activities like sports, tours and lots of 'ings' such as gliding, hiking, biking, riding, shooting, kayaking, fishing, rallying, karting, off-roading, making, climbing, bowling, cooking or just enjoying the odd pint (or two). Please email to get in touch: kanddrt@gmail.com

Rapport Social Group

Rapport is a, non profit making, social group for unattached adults age 50+ on their own and would like to meet new friends. We have a varied monthly programme of hosted events, including coffee mornings, lunches and evening meals, cinema, theatre and National Trust visits, day trips, walks and pub nights. For more information contact Jenny Brown on 07725 094123

Free Digital Training for older Solihull residents

Various times and Age UK Solihull are offering free digital training for older Solihull residents who would like to improve their digital skills. Group courses and one-to-one support is available, for both beginners and those who already have basic digital skills. The training can help with online shopping, video calling, searching for information, accessing online learning, downloading and using apps, and more. For more information, contact Ashlee on 07397 718 455 or visit www.ageuk.org.uk/solihull/digital-champions

Knowle Probus Club

Date: 3rd Tuesday of the month / Venue: The Solihull Masonic Centre, Warwick Road, Knowle The Knowle Probus club is a luncheon Club for retired and semi-retired Professional or Businessmen living in or around Knowle. We meet for an excellent three course lunch followed by interesting and informative talks. If you would like to know more go to www.knowleprobus.org.uk or Phone Paul on 07713 94228.

Dorridge Probus Club

Date: first Thursday of the month / Time: 12 noon / Venue: Copt Heath Golf Club, Warwick Road, Knowle

We meet for a friendly chat followed by lunch and a talk focussing on members interests and requests. Probus is a friendly, social meeting point for retired and semi retired men. For more details see our

website www.probusclub.net/dorridge.

Drinking cans collection

Venue: Ale rooms, Knowle

Please support Ryan's work by dropping off your empty aluminium cans in the blue bin situated right outside the Ale Rooms, Knowle High Street. Ryan from "We Can" collects aluminium drinking cans, crushes them and trades them for money to help buy food to address food poverty locally.

Age UK Solihull Weekly Thursday Friends Lunch Club for Over 65s

Date: every Thursday / Time: 12pm - 2.30pm / Venue: Red Lion Pub, High Street, Knowle Run by Age UK Solihull staff and their volunteers. Come along for a hot meal, tea/coffee, social activities and great company. Cost is £8 (£6 for hot lunch and refreshments, £2 for raffle, bingo/entertainment). For more information please call 0121 704 7846 (Mon-Thurs) or email befriending@ageuksolihull.org.uk.

Ladies Circle

Date: Wednesdays / Time: 11am / Venue: Dorridge Methodist Church, Mill Lane, Dorridge B93 8NY Ladies living locally meet for a coffee & a chat. Every fourth week there will be singing, speakers or games.

Welcome Wednesdays

Date: last Wednesday of every month / Time: 2 - 3.30pm / Venue: Eascote Park Care Home and Retirement Village, Knowle Road, Barston B92 OJA This is a chance meet new people, enjoy a hot drink and a slice of cake, and help raise funds for Age UK Solihull. Everyone is welcome, including carers, older people, and anyone who wants to break up the week and enjoy some company. We ask for a suggested donation of £3 per person to attend, which includes a hot drink and cake. The proceeds will come to Age UK Solihull to help us to provide our services for older and vulnerable Solihull residents who need us. Please let us know if you are planning on coming by calling us on 0121 704 7842 (leave a message) or emailing events@ageuksolihull.org.uk.

Knit & Natter

Date: 3rd Monday of the month / Time: 2-4pm / Venue: Bentley Heath Community Centre, Widney Road B93 9BN

Bring your own project. Just turn up no charge. Contact Dennise on 07899 914 228

New Knowle and Dorridge Dementia cafe opens

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

dementia. Professional organisations will also visit to offer support and advice. Sessions, including refreshments, are £3 per person and will be guided by experienced care professionals and dedicated volunteers.

South Solihull u3a

Date: 2nd Monday of each month / Time: 1:45 pm for 2:00 pm start / Venue: Venue: Bentley Heath Community Centre, Widney Road, Bentley Heath B93 9BQ

We are a very friendly group of retired or semi-retired people aiming to really enjoy our 3rd age years, learn new skills and make new friends along the way. In addition to the monthly meeting when we usually have an invited speaker, we also have a wide range of over 20 activity groups meeting throughout each month. For further information please visit www.ssu3a.org and contact our Membership Secretary, Richard: membershipssu3a@yahoo.com for an invitation to a 'taster meeting'. We look forward to meeting you!

Charity fundraising golf day and evening dinner dance

Date: 11th April / Venue: Belfry Resort
The Lily Mae Foundation, a local Charity, supporting
parents & families after the death of a baby, is
holding its annual Golf Day and Evening Dinner
Dance. GOLFERS: the cost for a team of 4 is £600,
which includes a day on the Brabazon Course and
entry to our evening dinner dance. NOT A GOLFER:
join us for the dinner dance for £60 per person, to
include a three course dinner, Take That Tribute
band and disco. For further information and to
book your places, please visit:
www.lilymaefoundation.org/eyeents and scroll down

www.lilymaefoundation.org/events and scroll down to Golf Day.

Great American Musicals

Date: 7th June / Time: 7.30pm / Venue: Knowle Village Hall

The Strolling Players take pleasure in presenting "Great American Musicals", celebrating the music of Broadway. The show includes music from "42nd Street", "The Sound of Music", the "Flower Drum Song", "Gigi", "Hello, Dolly", and many more favourites, including "You'll Never Walk Alone "from " Carousel". Tickets: £10.00 . Available from 01564 777634

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



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AndvE-230 / 31 Jan 2024







CAN YOUR BUSINESS SUPPORT A LOCAL COMMUNITY FUN RUN?

The 11th Balsall Common Fun Run takes place on Sunday 14th September 2025.

This Annual fundraising event is organised by The Lily Mae Foundation, a local charity that supports bereaved parents and families who have tragically lost a baby.

The Foundation is seeking sponsors to help cover the mounting costs of organising our Fun Run. We have three sponsorship packages that cost just £1000, £1500 or £2500.



Please scan the QR code to find out more and how to contact us.





ARIES

(MARCH 21 - APRIL 20)

Neptune, planet of idealism and inspiration, has now entered your sign, this important shift offers a great opportunity for you to you use your intuition and your creative powers to the full. Your ruler, dynamic Mars, is rather emotional in the watery sign of Cancer and highlights your family and home life this month, try to stay calm and patient should any difficulties arise.

TAURUS

(APRIL 21 - MAY 21)

Venus, your ruler, sheds her bountiful light on your social life this month. New friends and networking opportunities start to appear after the 13th as the love planet goes direct. Dynamic Mars in Cancer, assists with intuitive communication as you recognise that it is time to turn up the pace and be more courageous in getting what you want. The new moon in your sign at the end of the month brings exciting new beginnings.

CEMINI

(MAY 22 - JUNE 21)

Your finances and assets loom large during April as energetic Mars moves through this area of your chart. A reassessment is on the cards as you take stock and review your options. Mars enters Leo on the 18th suggesting a much more creative approach to your business affairs. Mercury, your ruler, is at the highest point of your chart, indicating that a career move is possible.

CANCER

(JUNE 22 - JULY 22)

Your career area is illuminated by the radiant Sun and inspirational planet Neptune. The powerful Aries energy of this month suggests that if you have been wanting to make a change, now might just be the best time. Plans made in the first half of the month can really gather pace after the 16th. The Taurus new moon on the 27th offers new beginnings for group endeavours.

LEO

(JULY 23 - AUGUST 23)

The powerful line up of planets in dynamic Aries shine a spotlight on higher learning and inner growth for you this month. Perfect timing is indicated now as you strive to make sense of situations that have recently arrived in your life. The new moon in Taurus on the 27th is strong at your career highpoint, make the most of favourable opportunities with positive financial rewards.

VIRGO

(AUGUST 24 - SEPTEMBER 22)

Mercury, your ruling planet, arrives in dynamic Aries on the 16th, this important shift has the potential to revitalise your mind and bring clarity to the restructuring of some of your financial issues. It's a good time to capitalise on professional matters as people around you will appear receptive to your plans. The Libra full moon on the 13th illuminates the answer to a problem.

LIBRA

(SEPTEMBER 23 - OCTOBER 23)

Partnerships and relationships are high on your agenda during April as the planetary line up is powerful in Aries, your opposite sign. Some important and lasting decisions may need to be made, but try to remember that Aries is a volatile sign, so be sure to proceed with caution and maybe delay any big decisions until after the Libra full moon on the 13th.

SCORPIO

(OCTOBER 24 - NOVEMBER 22)

The Sun is highlighting your health and wellbeing sector this month, suggesting that some major changes may need to be set in motion.

Neptune has just arrived in dynamic Aries and is urging you to look at new ways to feel and look your absolute best. The Taurus new moon on the 27th brings some breakthroughs and exciting opportunities your way.

SAGITTARIUS

(NOVEMBER 23 - DECEMBER 21)

Creative new ways of earning your living are important this month. The power of the Aries Sun and imaginative Neptune both push you forward by opening your mind to trying new things. This month confirms that you can turn dreams into reality, providing that you follow your intuition, your heart and your passion. Your love life also looks exciting, particularly after the 13th.

CAPRICORN

(DECEMBER 22 - JANUARY 20)

Home and family are in the spotlight this month, particularly after the 16th as the Sun and Neptune are joined by communicative Mercury in Aries. Dynamic Mars, in your opposite sign, is challenging you to recognise that many new and innovative ideas are on the horizon. Jupiter in Gemini is beneficial and offers you great courage and desire to push forwards in a totally new direction.

AOUARIUS

(JANUARY 21 - FEBRUARY 18)

Money planet Venus goes direct in your financial sector around the 13th, this should free up any blockages that you may have been experiencing just lately. Bold and courageous ideas should now start to take off. Dynamic Aries energy plays a major part in your future this month and expansive Jupiter in Gemini looks positive for some major shifts to take place.

PISCES

(FEBRUARY 19 - MARCH 20)

Love planet Venus gathers speed and moves direct from the 13th, this should inspire you to make way for more compassion and tenderness in your relationship. Finances are also set to improve this month as the combination of the Sun, Neptune and Mercury (after the 16th) in Aries indicate some new insights are coming to the surface. The practical Taurus new moon on the 27th could turn out to be pivotal.

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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Spring is the perfect time to think about revamping of your outside space, but it can be a massive undertaking so why not use a professional.

We have all looked out at our gardens and wished it could be transformed into an outside space that we can be proud of and spend quality time in. Knowing what plants are suited to your garden, what to plant where and how to incorporate features could take you months, cost a fortune and still not meet your expectations, but by using a professional garden designer your dreams could become reality. Here is why it makes sense to hire a professional.

Dreams can become reality

From the moment you contact a garden design service and then sit down with them you are making your dreams a reality. With extensive training they can create designs based upon what you have always wanted, what plants you love, what you intend to use your outside space for, and if you have green fingers or not, as this will determine the level of upkeep and maintenance.

Working to scale

Many of our gardens do not have outside space the size of Blenheim Palace, so working out how features can sit with planting schemes and lawned areas, paths, borders and seating areas or garden buildings is near impossible to the amateur gardener, but a professional garden designer using their expert eye can imagine exactly what you want, making suggestions you had never even considered. Many design

services use 3D design software to make the garden come to life even before a spade has hit the ground. And professionals have a good understanding of local planning laws and how best not to upset your neighbours.

Bringing house and garden together

A professional garden design service can make your outside space into another room, and effortlessly blend outside and in, creating a relaxed lifestyle. And by doing this they offer a truly bespoke service creating a garden that is unique to your property.

Managing budgets and increasing house value Believe it or not, using a professional garden design service can save you money in the long term. It does this by knowing exactly what is required, knowing what lasts and minimising overspend. A professional garden designer will be able to offer you the choice of materials and plants that you possibly haven't even heard of, and they know where to source these at the best possible price. Also, a professionally designed garden could add anywhere from 10 to 15% to the value of your house.

Creating something to be cherished

A professionally designed garden is an asset to your home, only maturing and improving over time as plants bed down and nature takes residence in your outside space. Your new garden is designed to be an extension of your personality and lifestyle, encouraging you to grow into the space and spend happy hours in it creating cherished memories with your loved ones and friends.

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Whether you're at a point in your life where you can properly build wealth, or perhaps are just able to tuck a little bit away each month for a rainy day, learning the basics of investing is in itself, well... an investment!

THE WHY

Wealth building

Investing allows your money to grow over time. By putting your money into assets that generate returns, you can significantly increase your wealth.

Beat inflation

Inflation erodes the purchasing power of money. Investing in assets that appreciate over time helps to protect and increase the value of your money.

Future financial security

Investments can provide financial security for future needs such as retirement, education or emergencies.

THE WHAT

Stocks and shares

When you buy shares in a company, you become a part-owner and are entitled to a portion of the company's profits, which may be paid out as dividends. Stocks can offer high returns, but they also come with higher risk.

Bonds

Bonds are loans made to a company or government in exchange for periodic interest payments and the return of the bond's face value when it matures. Bonds are generally considered safer than stocks, but they typically offer lower returns.

Bricks and mortar

This involves purchasing property to generate rental income or to sell at a higher price in the future. It can provide steady income and potential for capital appreciation.

Commodities

Commodities are physical goods like gold, oil and agricultural products. Investing in commodities can be a hedge against inflation and can diversify an investment portfolio.

THE HOW

Growth investing

Growth investors seek companies that have



strong potential for future growth. They are willing to take on more risk for the possibility of higher returns.

Value investing

Value investors look for undervalued stocks that are trading below their intrinsic value. They believe these stocks will eventually appreciate in value.

Income investing

Income investors focus on investments that generate regular income, such as dividends from stocks or interest from bonds

Diversification

Diversification involves spreading your investments across different asset classes to reduce risk. A diversified portfolio can help protect against losses in any one investment.

TOP TIPS

Set goals

Determine what you want to achieve with your investments. Clear goals will help guide your decisions.

Budget

Do not invest more than you can afford! Having a budget helps you manage your money effectively and is essential to smart investing.

Be smart

Learn about different types of investments and investment strategies. There are many resources available, including books, online courses and financial advisors

Start small

Begin with a small amount of money and gradually increase your investments as you become more comfortable and knowledgeable.





The word 'egg' is very different in other languages. Can you find all the different version in our letter grid?

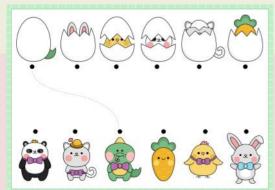
AJTDT M KNAOEUF OHJNENAM V D Y A M F G UEVOHWOA VEJCESBB

AEG ĀGG **EGG** 囯 **HUEVO JAJE JAJKO KANANMUNA Finnish OEUF** OU OVO **VEJCE YUMURTA**

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