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JAMIESON CHRISTIE WEALTH MANAGEMENT









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A NOTE

Welcome to the June/July Edition. Summer is fast approaching and it's a time when many of us will be taking our holidays, some to far flung parts of the globe some to one the many beautiful places in Great Britain. Schools will be breaking up for the summer soon and parents looking for innovative ways to entertain their children.

The beautiful British countryside is at its perfect peak, not least our natural wildflower meadows. This year National Meadows Day 2025 will be on Saturday, July 5th. This annual event which celebrates and promotes the importance of our meadows and their biodiversity in the UK. The charity, Plantlife manages 23 nature reserves across the UK and this month is the best month to visit one of these stunning natural places and support the vital work of helping save British meadows.

If you do intend to enjoy one of our beautiful meadows this Summer, always remember to follow the Country Code which includes the advice to respect and leave the countryside how you found it, take your litter home, do not light fires, and do not cause damage or disturbance.

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.

Happy Father's Day to all dads, granddads and great granddads out there. This year's Father's Day falls on the Sunday, 15th of June.

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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HOMES THAT MEET YOUR NEEDS TODAY, AND YOUR FAMILY'S WHEN YOU DIE

Those looking to downsize or buy a retirement property are being urged to make sure it meets their needs during their lifetime and doesn't adversely impact their family when they die.

Tracy Ashby, of leading Midlands law firm FBC Manby Bowdler, says any person considering buying these properties should read and fully consider the terms and conditions of any lease before moving home, paying particular attention to service charges and regulations around sub-letting. Many of these properties are subject to age restrictions, so can not be sold, sub-let or owned by anyone under that age, often limited to over 55 or even 70 so the resale market can be difficult.

And she adds that while as a property owner it's important to make a will, it's equally important to give your beneficiaries a heads up on the financial implications of their inheritance.

Tracy says: "Retirement home living continues to be popular, offering couples and individuals the opportunity to potentially downsize and live within a safe and secure community of like-minded people.

"Ensuring that your new property meets all of your needs during your lifetime is obviously the most important thing to consider when buying a retirement home.

"However, it's prudent to address what will happen to the property after you die and how that might affect your nearest and dearest."

Most retirement accommodation is owned and managed by a landlord, and is subject to a number of ongoing, annual fees.

As Tracy points out, those fees don't stop when you die: despite the property being unoccupied, annual service charges, rents and expenses still have to be paid. These can run into many thousands of pounds

a year and it's likely to be your family picking up the tab.

"I would urge anyone buying a retirement property to ensure that their executors are aware of the circumstances of the lease and that they have the means to pay any expenses," says Tracy.

"Bear in mind also that these types of properties can take time to sell, there is limited support offered by the inhouse marketing teams on resale, and that local councils are hitting properties that have been empty for 12 months with a 100% increase in council tax. Then when they do sell, some landlords are entitled to an additional commission payment based on the sale or disposal fee

"As a result, many families look to offset standing charges by renting out their inherited properties while they seek a buyer: but again, check the lease – there may be clauses in it that prevent you from sub-letting or fees associated with landlord consent."

Tracy's comments are echoed by Stephen Sutton of Cottons Chartered Surveyors, who says: "Purchasers have no idea that their capital is at risk on their demise, nor of the sad consequences of next of kin having to settle their estates."

The advice to anyone thinking about buying a retirement property is to always seek legal advice, particularly around the finer details of the property's lease, in order to ensure there are no nasty surprises for their family when they are no longer around.

Tracy Ashby is a partner in the wills, probate and lifetime planning team based at FBC Manby Bowdler's Knowle office. Tracy can be contacted on 0121 740 0983 or tracy.ashby@fbcmb.co.uk



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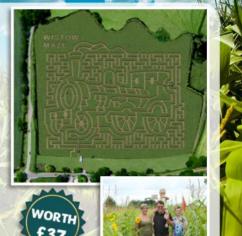
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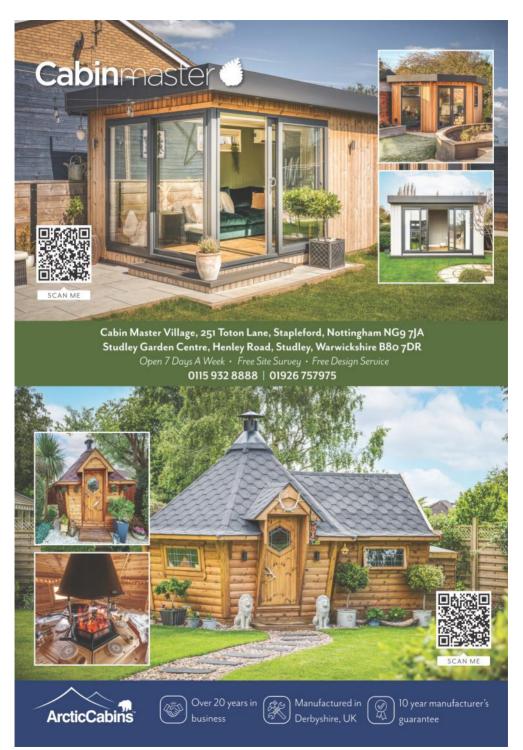














Throwing litter out of the car window is messy, but harmless...isn't it?

One tiny cigarette stub...harmless surely? Actually...NO! To quote the chief executive of National Highways, "littering is not just unsightly, but it can have a deadly impact on wildlife, turning our verges into lethal roadside restaurants"

WHY?

Creatures are tempted by food containers casually hurled from cars or simply dropped; the smell of food leads creatures to investigate. They may mistakenly think rubbish is food, and try to eat bits, resulting in paws, heads or snouts trapped, or stomachs filled with plastic. Always, when disposing of a can, squeeze it inwards to reduce access, crush other containers, and BIN! The RSPCA receive over 10,000 reports of animals injured by littering over a 3-year period. Discarded 6 pack packaging, is often found encircling and choking animals and birds, cut this up before you bin. Discarded plastic will in time break down into microplastics, tiny particles which build up in our smaller creatures, and can wreak havoc on our wildlife's immune function, and lifespan.

Face masks are increasingly seen leading to choking, please cut the strings before binning, fishing hooks and lines... dispose of with care, all types of nets, even that badminton set, lead to entanglement, and unless found, certain death. Plastic bags...knot before disposal...animals get trapped and suffocate or try to eat them and choke. Broken glass leads to infected cuts on paws.

Then there's cigarette butts. 76% -84% of smokers throw butts on the ground rather than

binning them, it is estimated that these are one of the world's most pervasive types of plastic pollution. The filters contain cellulose acetate fibres (a bio plastic), along with a very toxic mix of other chemicals, all of which will leach into the soil and groundwater. Discarded butts also wash into storm drains and are carried into rivers and seas. Birds have even been seen trying to feed butts to their young.

The injuries inflicted on wildlife or cats and dogs by thoughtless litter are horrendous.

PLANT LIFE

It's not just wildlife that suffers, litter on land contributes to soil pollution. Chemicals and plastics in our litter can leach harmful substances into the soil, reducing beneficial soil microorganisms, causing stunted plant growth and contaminating our water sources.

HUMANS

Yes, we also suffer, plastic never goes away, it breaks down into tiny microplastics, which will wash into our rivers and then into the sea. Fish ingest these; 75% of the fish sold for our consumption contains microplastics!

We must reduce this endless pollution of our world, and together we can!

Lobby manufacturers to use less plastic. If we all speak up... they will be forced to listen...WE keep them in business!

Join a litter picking group, form one, or just go out with gloves and a bag and do your own thing...this is our planet, and we must fight for it.

Together we are all responsible for causing this massive problem, we did not understand the dangers...BUT we do now and have to act!

By Kate Southworth













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Bella Venezia Ristorante & Pizzeria Italian

1628 High St, Knowle B93 OJU

01564 779806

Daawat Indian

St Johns Cl, Knowle B93 0JU

01564 779802

Costa Coffee Café

1648 High Street, Knowle B93 ONA

01564 771245

Knowle Indian Brasserie Indian

1690 High St, Knowle B93 OLY

01564 776453

Eros Italian/Greek

1608 High St, Knowle, Solihull B93 0JU

01564 777751

The Red Lion Gastropub

1672 High St, Knowle B93 OLY

01564 771522

Toby Carvery British

1635 Warwick Road, Knowle B93 9AH

01564 772559

Knowle Fish Bar Fish & Chips

Station Rd. Solihull B93 OHL

01564 772739

Oktogon Bar

16 Station Road, Knowle B93 OHT

01564 739646

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01564 772124

Hogarths Hotel & Restaurant British

Four Ashes Rd, Solihull B93 8QE

01564 779988

Apple Pink Café

2 Station Rd, Knowle B93 OHT

Ale Rooms Bar

1592 High Street, Knowle B93 OLF

01564 400040

Prohibition Era Bar 1673 High Street, Knowle

B93 OLL

01564 773626

Cheal's British Restaurant & Bar 1630 High Street, Knowle B93 OLB

Please send

any updates to stpdirectories@

hotmail.com

01564 393333

The Kings Arms Gastropub

2110 Warwick Rd, Knowle B93 0EE

01564 771177

The Black Boy Gastropub

Warwick Rd, Knowle B93 0EB

01564 772655

Freeda's Deli Café

1636A High St, Knowle B93 ONA

01564 779240

Dorridge Fish Bar Fish & Chips

15 Station Approach, Dorridge B93 8JA

01564 775954

The Forest Hotel British

25 Station Approach, Dorridge B93 8JA

01564 772120

Minh's Cantonese Restaurant, Cantonese

8 Station Rd, Dorridge B93 8HH

01564 779929

Costa Coffee Café

1 Forest Rd, Dorridge B93 8HA,

01564 774 218

Skogen Bar, Café

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01564 772283

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01564 773531

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01564 772242

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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 Station
 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

 BT Fault Line
 0800 800 151

TRAVEL

 Chiltern Railways
 08456 005165

 National Rail Enquiries
 08457 484950

 West Midlands Trains
 0333 311 0039

 Bus Travel Line
 0871 2002233

 Coventry Airport
 02476 301717

 Birmingham Airport BHX
 0871 222 0072

HOTLINES & HELPLINES

 Samaritans
 116123

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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 0JA This is a chance meet new people, enjoy a hot drink and a slice of cake, and help raise funds for Age UK Solihull. Everyone is welcome, including carers, older people, and anyone who wants to break up the week and enjoy some company. We ask for a suggested donation of £3 per person to attend, which includes a hot drink and cake. 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 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. 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!

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

Friends against Scams

Date: 19th June / Time: 10.30am / Venue: Eastcote Park, Knowle Road, Eastcote, Solihull, B92 0JA This session is designed to highlight the scale of the problem, change the perception of why people become victims of scams and to learn about the different types of scams and how to spot and support victims. It is a free to attend event, numbers are limited so to secure your place please call Nicola on 0121 269 1236

Artists & Makers Summer Market

Date: 28th June / Time: 10am - 4pm / Venue: The Core Theatre Solihull, Theatre Square, Touchwood Homer Road, Solihull B91 3RG

The Artists & Makers Summer Market at The Core will feature unique, handmade and artisan goods from local artists and creatives.

Table Top Sale

Date: 26th July / Time: 9am - 1pm / Venue: Knowle Village Hall

The Knowle Village Hall Association is holding another of its popular Table Top Sales, especially Books and Bric-a-Brac. Do come along and join us. All proceeds to the Knowle Village Hall Refurbishment Fund.

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:

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ARIES

(MARCH 21 - APRIL 20)

Saturn has just arrived in your sign for a long stay of 2 ½ years. June offers the start of a transformational journey of new beginnings. Saturn in your sign pushes you to take ownership of your actions and evolve accordingly. Be sure to review your options carefully before making any big decisions. Dynamic Mars, your ruler, offers renewed confidence and creativity in fiery Leo until the 17th.

TAURUS

(APRIL 21 - MAY 21)

The Sun, Jupiter and Mercury in Gemini are all in your financial sector at the start of the month. This suggests that your values and your finances are in the spotlight as some major choices will need to be made. Venus, your ruler, arrives in your sign on the 6th, this bodes well for making new plans. Mercury arriving in Cancer on the 9th suggests that renewed intuitive ability should be available to you.

CEMINI

(MAY 22 - JUNE 21)

June is your birthday month, your insights and communication should now be at their peak ready for new ideas, and even a change of direction in your career. Jupiter will leave your sign on the 10th arriving in Cancer for a one year stay. This major move highlights your financial situation and may offer some interesting solutions to a long term problem that has been bothering you.

CANCER

(JUNE 22 - JULY 22)

June is an important month for Cancerians, as Jupiter, planet of expansion and growth, arrives in your sign for a one year stay. This move offers you a more positive approach towards the future as your chances of success are looking much more settled. Action planet Mars remains in creative Leo until the 17th, ample time for some far reaching plans to be drawn up.

LEO

(JULY 23 - AUGUST 23)

Connecting with friends and inspirational new groups could turn out to be the most exciting part of your life during this month. The Sun is in pivotal position for ensuring that plenty of opportunities come your way. Abundant Jupiter, arriving in Cancer on the 10th, looks set to bring up some interesting career opportunities, be sure to use your intuition to make the right decisions.

VIRGO

(AUGUST 24 - SEPTEMBER 22)

Mercury, your ruler, arrives in intuitive Cancer on the 9th, with the radiant Sun already illuminating the highest point of your chart, this month looks all set for big changes surrounding your goals and ambitions. More action is on the cards as Mars arrives in your sign on the 17th. Freedom is on your mind and the spirit of joy and adventure is looming large.

LIRRA

(SEPTEMBER 23 - OCTOBER 23)

The Gemini Sun shines high in your chart, suggesting that June is the perfect month for reviewing any innovative ideas you have concerning broadening your horizons and stepping up your further education. Mars is in courageous and creative in fiery Leo until the 17th and Venus arrives in Taurus on the 6th, all excellent cosmic placements for a bright future.

SCORPIO

(OCTOBER 24 - NOVEMBER 22)

Energetic Mars in Leo shines brightly and creatively at the highest point of your chart. Adventure and change are on your mind and this is an excellent time to bring your long held plans to a head. Mercury, in intuitive Cancer from the 6th suggests that new insights on a project you have been working on can now come to fruition. The Sagittarius full moon on the 11th offers an exciting new dimension to your life.

SAGITTARIUS

(NOVEMBER 23 - DECEMBER 21)

Love, romance and possible new partnerships are all in the spotlight this month. Cosmically, Aries and Gemini energy are a strong focus as both signs indicate that things are likely to work out if you put your heart and soul into your endeavours. Forceful Mars arrives at your work angle on the 17th, 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)

Expansive Jupiter arrives in your relationship sector from the 10th. This major move may stir up an issue that has been bothering you for quite a while. The Gemini Sun shines a light on a creative solution, and love planet Venus in down to earth Taurus can help you to be both intuitive and practical and get the very best out of this cosmic potential by making the right decision.

AOUARIUS

(JÁNUARY 21 - FEBRUARY 18)

June is the perfect month for social activities as the lively Gemini Sun shines brightly on new friendships, and even on the possibility of a new romance! Action packed Mars, in Leo until the 17th, offers renewed courage and optimism, lifting your spirits to a new height. The potent Cancer new moon on the 25th suggests that a new creative phase is about to begin.

PISCES

(FEBRUARY 19 - MARCH 20)

Saturn and Neptune have joined forces at the financial angle of your chart, this means that an overhaul is now necessary. Money planet Venus arrives in Taurus on the 6th offering a guiding light and emphasising the importance of being open to new people and ideas, and of letting your own intuition be your guide. Be open to receiving reassurance from those around 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 Skype, Zoom, WhatsApp or telephone.

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



In a world of extreme convenience, it's easy to overlook local shops over the allure of 24-hour behemoths that sell an endless array of goods. However, there are many benefits of choosing your high street butcher, greengrocer or hardware hero, including price savings in the areas that matter.

QUALITY OVER QUANTITY

Supermarkets are bedecked in uber branding that promotes their so-called sustainable credentials, thoughtfully sourced produces, and supposed friendly relations with farmers.

Of course, while some claims may be rooted in truths, as a consumer it is difficult to know where reality ends, and positive marketing begins. In contrast, your local butcher will usually be more transparent about where their products come from, and you can be sure everyone is getting their cut of the proceeds. Price-wise, it may seem more expensive, but the quality is likely to be superior.

EASY ACCESS

With a choice between a comfortable stroll to your local high street versus a drive to a clogged car park the size of three football pitches, surely local wins? Not only do you save money on petrol, but you also save on stress.

Furthermore, if you like a post-shopping beverage, a flavoursome, hand-crafted latte from an independent café is going to better than a milky, bland branded alternative that costs over a fiver.

VARIETY ISN'T THE SPICE OF LIFE

While seven thousand cereal options may seem alluring, the truth is, much of it is the same overpriced junk. If artificial additives, stabilisers and the like are your thing, then supermarkets are a wonderland for you, but even some of their so-called 'fresh' products aren't what they seem.

Bread is an excellent example of this: those just-baked loaves, despite their visual similarity, aren't a patch on one from your local bakery. A proper sourdough boule that uses two or three ingredients, over a superstore alternative that has been mass-produced (albeit 'freshly baked in store') ought to be a no-brainer. It will taste better, is far better for you — particularly if you suffer from gastrointestinal issues — and the bakery will likely have a loyalty programme, lowering the cost over return visits.

COMMUNITY

Above all else, shopping local is an experience in itself: you can foster relationships with your local business owners, advise them on what can make them better, and overall become a part of a community. When compared to the electronic bleeping of a self-service till, that is priceless.

LOCAL FCONOMY

We all complain about the downfall of the local high street, but how many of us put our money where our mouths are? In order to keep our local area thriving, we need to invest in it. So, get down there, and do your bit!

HENLEY IN ARDEN ARTS4ALL

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JULY 13TH - 20TH 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 Ladv Macbeth.

The Elves and the Showmaker & Wind in the Willows as Saturday, July 19th matinee performances introduce children from 3 to 11 to the joys of live performance and Ralph Allin returns with

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! Arts4All 2025 For full programme, Memorial Hall Season Ticket tickets and the chance to ADMIT ONE snap up one of the limited money-saving Season Tickets visit: www.henleyarts4all.co.uk

HENLEY IN ARDEN ARTSALL 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

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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 19th July 7.00 pm THIS IS YOUR TRIBUTE - A CELEBRATION

OF ALL THINGS TRIBUTE

Expect to laugh sing and be merry - ***** Quintessential Review

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

Sunday 20th July 7.30 pm HAL CRUTTENDEN PLUS SUPPORT

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Gather your besties together and make the most of Summer while it's here with a banging garden bash.

It's the season of gloriously long, warm days (hopefully!), which offers a rare window during which you can go all-out on a garden party. It's better than the beach or the park, because only VIPs are allowed – i.e. just you and your nearest and dearest; and it's better than having a party inside because, well, because the sun is awesome!

FURNITURE AND THE LIKE

If you're planning on using your garden a lot this summer, it's the time to splash out on fancy furniture. Even just a few items – table, chairs, loungers, umbrella – will uplift your outside space.

If your budget won't allow that, bring what you can from inside and ask your buddies to supply elements you don't have.

A decent Soundsystem is a must, obviously, and if you want lighting, you may want to see if there any local rental companies that will do you a deal on both (you can even live out your superstar DJ fantasy and hire some decks if feeling particularly ambitious).

FOOD

In terms of food and drink, you need to appeal to your crowd, but a barbecue will always be the place to start. So, whether you've got a coal or gas barbie, make sure you're prepared, as running out of fuel mid-soirée is a massive vibe killer.

Some gas suppliers will even deliver, taking away your empty canister in exchange.

And as far as the food goes, make sure both adults and kids are catered for, with meat and vegetarian options. As far as the latter is concerned, there are an incredible array of meat alternatives on the market now, but aubergines, halloumi and stuffed portobello mushrooms are always popular.

For drinks, never forget the ice, and be sure to cater for the teetotallers or designated drivers, either with low or no alcohol alternatives or some interesting soft drink options.

FUN AND GAMES

With the beer and banter flowing, you might think no other entertainment is necessary, and you might be correct, but just in case, a dartboard, giant Jenga, quizzes and pool games are always popular.

WEATHER OR NOT

The great thing about British summer times is that they are wildly unpredictable. This adds a fun element to your garden party planning. Will it be scorching, windy, or perhaps bucketing down?

Either way, parasols or pagodas will keep out the sun or rain... and in case of a freak tornado hitting, there's always the local pub!



CAN YOU SPOT THE 7 DIFFERENCES BETWEEN THE TWO TEA PARTIES





CAN YOU FIND ALL THE ALICE IN WONDERLAND CHARACTERS IN THE LETTER GRID

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Caterpillar
Cheshire Cat
Dodo
Dormouse
Mad Hatter
March Hare
Mock Turtle

Queen of Hearts
Tweedle Dee
Tweedle Dum
White Rabbit







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