## STONESTHROW DIRECTORY



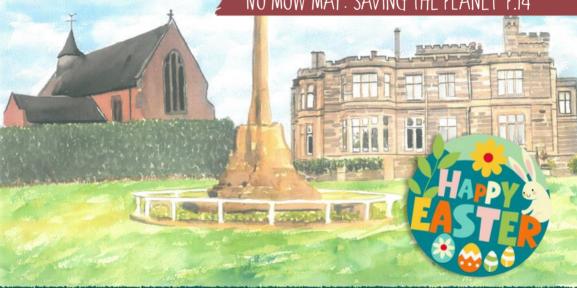
FREE BEE-FRIENDLY FLOWER SEEDS P.20

DO I NEED A GARDEN DESIGNER? P.8

USEFUL LOCAL TELEPHONE NUMBERS / ARTICLES / HOROSCOPES

WHAT'S ON / LOCAL RESTAURANTS & TAKEAWAYS / KIDS PAGE

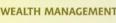
NO MOW MAY: SAVING THE PLANET P.14



## BALSALL COMMON MERIDEN HAMPTON IN ARDEN MILLISONS WOOD

**APRIL / MAY 2025** 

JAMIESON CHRISTIE





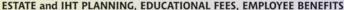




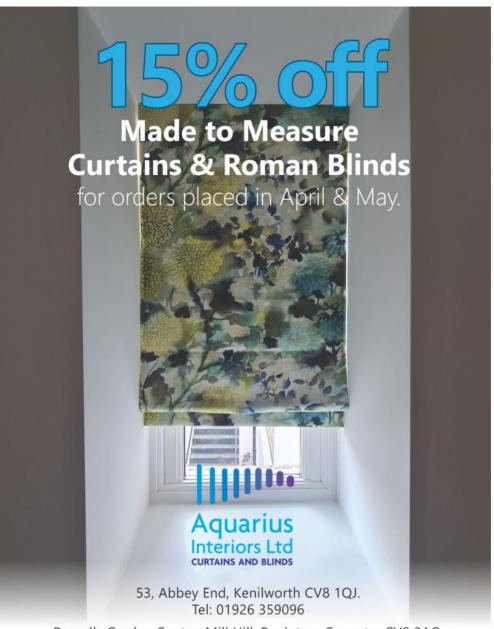


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### A NOTE

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:** 18<sup>th</sup> April - Good Friday (Bank Holiday); 20<sup>th</sup> April - Easter Sunday; 21<sup>st</sup> April - Easter Monday (Bank Holiday); 5<sup>th</sup> May - Early May Bank Holiday; 26<sup>th</sup> 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.

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#### CONTENTS

IN THIS ISSUE















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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

RESIDENTIAL CARE | DEMENTIA CARE | RESPITE CARE

Eastcote Park Retirement Village & Care Home Knowle Road, Eastcote, Solihull B92 0JA www.cinnamoncc.com/eastcote





## 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** 



RESIDENTIAL CARE | DEMENTIA CARE | RESPITE CARE | RETIREMENT APARTMENTS

Eastcote Park Retirement Village & Care Home Knowle Road, Eastcote, Solihull B92 0JA www.cinnamoncc.com/eastcote



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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The Lily Mae Foundation •



#### 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.



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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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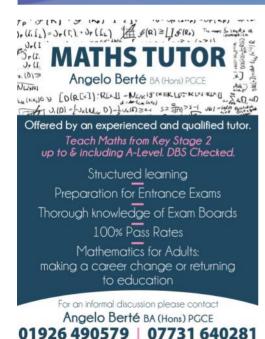
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#### MEDICAL.

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 Warwick Hospital
 01926 495 321

 Coventry University Hospital
 02476 964 000

 Solihull Hospital
 0121 424 2000

 Balsall Common Health Centre
 01676 935 000

#### POLICE & FIRE

 West Midlands Police
 0845
 113
 5000 or 101

 Warwickshire Fire & Rescue
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 62
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#### HELPLINES & HOTLINES

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 Consumer Advice
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 Citizens Advice Bureau
 01926 457 900

 RSPCA
 024 7671 3717

#### UTILITIES

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 Severn Trent Water
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 BT Fault Line
 0800 800151

 National Rail Enquiries:
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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!

#### THF 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.

### WHAT'S ON

#### **Balsall Common Country Market**

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

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

#### Coffee Together

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

#### Balsall Common Memories Cafe

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

#### Card Club

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

#### Land Rover Sports and Social Club

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

Free Digital Training for older Solihull residents

Various times.

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

#### Berkswell and Balsall Common Sports & Community Association

Date: varied / Time: varied / Venue: The Lant, Meeting House Lane, Balsall Common With cricket, hockey, running, sailing and tennis clubs plus a clubhouse and bar. Facilities also available for private hire. See www.bbcsca.co.uk or Facebook - BBCSCA / Berkswell Sports Bar

#### **Firebird Singers**

Date: every Friday / Time: 7pm - 9pm / Venue: Meriden Village Hall, Main Road, Meriden A small and friendly choir, singing for pleasure whilst raising money for charity. Anyone 16+ that enjoys singing is welcome to join the choir. Come along, learn new songs, participate in our local concerts, make new friends. If you are interested in joining please contact Val on 01676522963 or Anna on 07792525999.

#### Balsall Common Methodist Church Toddlers Group

Date: every Tuesday / Time: 10am - 11.30am / Venue: Church Hall, Station Road
Term time only, £2 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: 1000-1200, at 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: Every second Thursday / Time: 2-4pm / Venue: St. Peter's Church, Balsall Common Would you like the opportunity to enjoy cheerful chat in a warm, safe and relaxed environment? If so, why not come and join us. Tea/coffee and biscuits are provided free of charge. Why not use this opportunity to make new friends or to chat with old ones? All are welcome.

#### Balsall Common u3a All-Members Meetings

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

#### Common

We are vibrant group and are open and welcome to everyone semi-retired or retired – sometimes described as a youth club for mature people! We have over 390 members and 40 interest groups ranging from table tennis to social and political history and everything in between! With light refreshments and a Guest Speaker - visitors welcome! balsallcommonu3a.org or call Matthew on 07419 770164 or email Chairman@balsallcommonu3a.org or membership@balsallcommonu3a.org

#### Trivia Night

Date: every Thursday / Time: 8pm / Venue: Ye Olde Saracens Head Hosted by Liam Sawyer, all proceeds go to Balsall Common primary school. £3 entry.

#### Heart of England WI

Date: 2nd Thursday of the month / Time: 7.30pm / Venue: Balsall Common Village Hall, 112 Station Road CV7 7FF

Heart of England Women's Institute is a thriving group, with lively members enjoying rambles, meals out, coffee mornings and craft evenings. New members always welcome. Over the next few months our programme includes: 10th April - "Gardening in April" by Duncan Coombs;

#### Stories and Painting

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

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

#### Hobs Meadow Lunch Club

Date: Every Thursday EXCEPT the first Thursday of each month / Time: 12pm - 3pm / Venue: Hobs Meadow Pub, Ulleries Road B92 8ED Come along to this lunch club for a hot meal, entertainment and wonderful company. £10 to attend (includes 2 course lunch, hot drinks and activities)

#### Welcome Wednesdays

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

#### Thursday Friends Lunch Club

Date: Every Thursday / Time: 12pm – 2.30pm / The Red Lion Pub, 1672 High St, Knowle, B93 OLY Join Age UK Solihull staff and volunteers for a hot meal, activities and the company of others. £8 to attend (includes lunch, hot drinks and activities)

#### 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/events and scroll down to Golf Day.

#### Balsall Common Lions Spring Foodbank

Date: 12th of April / Time: 11am
Balsall Common Lions will be collecting essential supplies with a door-to-door collection around Balsall Common. All donations will go to four local foodbanks. If you wish to donate, leave your donation on your doorstep / drive, or please check out our website for our list of drop-off points around Balsall Common:

www.balsallcommonlions.org; Alternatively, you can make an online paymenthere: www.cafdonate.cafonline.org/27689

#### Charity Quiz Night

Dater: 13th April / Time: 7.30pm / Venue: The White Horse, Kenilworth Road, Balsall Common A regular charity fundraiser with all funds going to local good causes. A very popular topical quiz, with some extra entertainment and great prizes! Contact Lion Mark Whitfield:

lionmarkwhitfield@gmail.com or 07795 184745

The Bierkeller Schunklers Oompah Showband Date: 17th May / Time: 7.30pm / Venue: Heart of England School. Gipsy Lane, Balsall Common Get your Dancing Shoes on and get ready for a hugely entertaining act with Heidi on vocals, plus Helmut blowing his socks off on Tuba and 'Little Willie', fronting the band on accordion and vocals. Tickets £22.50 (including a delicious Bavarian Themed Meal by Burning Plough BBQ). Available from our Ticket Line on 0345 8338565, or Lion Rob Jones via the dedicated Ticket Mailbox: beer.keller@balsallcommonlions.org; www.balsallcommonlions.org

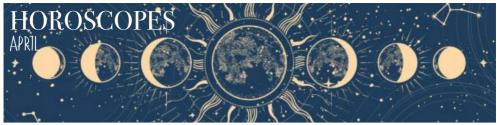
#### Picnic in The Park

Date: 21st June / Time: 3pm - 8pm / Venue: Lavender Hall Park, Lavender Hall Lane, Balsall Common CV7 7BN

Bring a blanket and join our picnic. Bands for your delight and stalls selling food and drink or bring your own.

While we do our best to ensure the accuracy of our listings, events may be postponed or cancelled without notice. Please confirm with the organiser before making any plans for attending events. For your news, events and group meetings to be featured free of charge on our What's On

Page please email Ksenia: info@stonesthrowpublications.co.uk



#### ARIES

#### (MARCH 21-APRIL 20)

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 arrived in your life. The new moon 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 Taurus on the 27th is strong at your career highpoint, make the most of favourable opportunities with positive financial rewards.

#### (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.

#### (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.

#### SACITTARIUS

#### (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 ioined by communicative Mercury in Aries, Dynamic Mars, in your opposité 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

#### (IANUARY 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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Bear Inn Gastropub
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Monica's Bakes Café 231 Station Road CV7 7EG 07984 990241

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Marco Pierre White European
The Manor Hotel at Meriden, Main Road,
Meriden CV7 7NH
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Strawberry Bank Hotel & Restaurant British Main Rd, Meriden CV7 7NF 01676 522 117

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

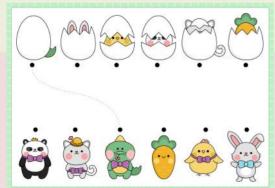
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G O F Q J J U G R
A E G D U L K N T UEVOHWOA VEJCESBB

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

**Danish Swedish English Dutch Spanish Croatian Polish French** Romanian **Portuguese** Czech **Turkish** 

#### WHOS IN THE EGG?

Can you guess? The first one is done for you.



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