

# STONETHROW DIRECTORY



HAND HEALTH TIPS PAGE 8

LOCAL RESTAURANTS & TAKEAWAYS

USEFUL LOCAL TELEPHONE NUMBERS / ARTICLES / HOROSCOPES

SPECIAL OFFERS / WHAT'S ON & MORE



## KENILWORTH

JUNE / JULY 2021

JAMIESON CHRISTIE  
WEALTH MANAGEMENT



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# A NOTE

## FROM THE EDITOR

Hello and welcome to our Summer edition! We could not be more excited to see our local businesses opening their doors again, events taking place and people enjoying themselves at our local pubs, restaurants and cafes! The Government's advice suggests that by Step 4 which will take place no earlier than 21 June, the government hopes to be in a position to remove all legal limits on social contact.

Once again we have prepared a magazine packed full of discounts, offers, things to do, articles to read and places to visit in and around Kenilworth. Our local branch of Lions International have kindly prepared a feature for this edition, talking about who they are, what they get up to and how you can join and take part. See page 24.

As always please remember to mention Stonestrow Directory when calling, this will help us bring more trusted local businesses to you and furthermore connect the community's supply and demand.

There are plenty of events taking place in and around Kenilworth this Summer. See page 23 for details. If you would like your news / events / non-profit local group's meetings listed in our next edition - please get in touch and we'll advertise them for free on our What's On page.

We are continuing to encourage you to support our wildlife and are offering all readers our free bee-friendly flower seeds. All you need to do in return is confirm receipt of this magazine once every two months. See details on page 29.

Here are some dates for your calendar:

**12th of June - Queen's Birthday; 20th of June - Father's Day; 21st of June - June Solstice; 2nd of August - Summer Bank Holiday.**

Have a great couple of months and whatever you do - keep yourself and your loved ones safe.

Yours, Stonestrow Publications

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Hi, my name is Dave Millidge, let me introduce my company where I repair windows and replace misted up double glazed units.

The area that I cover is Coventry and Warwickshire. You may have seen me around in your street or even have family and friends who I have worked for in the past ten years, with over 6,000 satisfied customers during that period. I started Misty to Clear to give customers the best value repairs in the current climate.

The Misty to Clear website allows total transparency of the customer experience. You can log into the website and view work that I have carried out. You can also leave feedback on social media. Therefore, I give a 5 year guarantee on all new double glazed units fitted by Misty to Clear.

This is a genuine guarantee which does not come as an extra to my price.

I started Misty to Clear mindful that the cost of repairs is probably key to most people's budget when using tradesmen to do work on their behalf in their homes.

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# TIME FOR A HAND HEALTH CHECK



The past year has seen many of us spending more time at home. For some of us that has been working from home and maybe spending longer periods of time sitting and using computers. For others it may have been an opportunity to tackle DIY projects or get to grips with the gardening. Pretty much everything we do involves our hands, yet we rarely take the necessary proactive steps to look after them!

There are many things we can do to ensure we keep our hands in the best of health.

## BE CAREFUL WITH REPETITIVE OR OVERUSE ACTIVITIES

When you stay in one position for a long time some muscles overwork which can pull the joint out of alignment. This can lead to pain and damage to the joint. No matter what your activity is involving your hands, try to factor in regular rests when performing repetitive activities.

## AVOID ACTIVITIES THAT REQUIRE PROLONGED GRIPPING

Tight small grips can place increased strain through the joints, especially in the hands, which will increase your pain and can further damage your joints. There are many ways to reduce small or prolonged gripping. e.g. use thick or padded pens for writing, rest books on a table or use a book rest and try easy grip cutlery and utensils.

## SLOW DOWN

Reduce the speed of repetitive movements in sports and other activities, like hammering,

chopping up and preparing food etc. It's important that any potentially dangerous tasks are approached with caution, not speed.

## PREVENTION IS BETTER THAN CURE

Try to do exercises to strengthen hand muscles and promote flexibility of the wrists and fingers. Your hands are no different from any other part of the body that will benefit from warming up and stretching before use. Always wear protective gear, whether it's putting on gloves for gardening or using protective pads and guards in sports to protect hand and wrists. Using the correct tools for the job will also prevent additional stress being inflicted on the hands, wrist and joints - whether this is sports equipment, DIY tools or even selecting the correct knife to prepare vegetables.

## BALANCE OF REST AND ACTIVITY

It is important to balance your rest and activity to allow your joints time to rest and repair. It's beneficial to be aware of the warning signs you may feel if your joints are becoming fatigued or strained - try to stop before you reach this point. Warning signs may include permanent numbness, progressive pins and needles, weakness and muscle wasting or night pain – you may wish to seek medical advice if you experience any of these symptoms.

By following the above tips and becoming more aware of how to look after your hands will help to keep your hands in tip top condition.





## HELP IS AT HAND... PUT YOUR HANDS IN OUR HANDS

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**Midland Hand Clinic lead by Mr G Shyamalan FRCS  
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# KENILWORTH LIONS CLUB

GET TO KNOW YOUR LOCAL LIONS



Kenilworth Lions Club plays a prominent part in Kenilworth life. Our events and activities throughout the year help support good causes in the community and raise funds to help both local and international charitable initiatives. We have been doing our best to support the community during the pandemic, with our members involved in the Pharmacy Army, Molly's Meals, Warwickshire Scrubbers, support to the Vaccination Centres and so on. Of course some of our other activities have been severely curtailed including town events and major fundraising efforts. Here is an update on our plans.

## LIONS CHARITY FURNITURE STORE AND BAZAAR

We are delighted that the Store in Farmer Ward Road Kenilworth has reopened on Saturday mornings. The store is our biggest fundraiser and has been closed for much of the pandemic, which has severely affected our ability to support those in need in the town. We are not yet able to collect on a regular basis due to the excess stock and safety concerns but donated items can be dropped off at the Store on Saturday mornings (9am-12.30)

## LIONS CHARITY GRAND SHOW

This is the third year running that we have had to cancel our show which is held in June in Abbey Fields – once due to horrendous storms and now twice due to the pandemic. The show is a major source of income for local charities

and is much loved by Kenilworth Families. We had big plans to extend the show into the evening with live entertainment. Instead we hope to hold an event on September 11th which will be a "Support the Charities Day" on the Talisman Square car park, with the kind support of the landlords Workman LLP. 30 local charities and youth groups who have supported us in the past will be invited to attend and more details will follow nearer the time.

## THE DUCK RACE

This extremely popular event is usually held on Boxing Day at noon, starting at the ford. We had to cancel it for 2020 and hoped to run it on Easter Monday, but of course that is not practically possible with the large crowds that usually attend. All being well we will run the race this coming Boxing Day, but in the meantime if you want to support our fund-raising efforts, we have a donate button on the website.

Andy Cartwright, Secretary Kenilworth Lions Club CIO.

Registered charity, number 1183358.

07778 791 365

[www.kenilworthlionsclub.co.uk](http://www.kenilworthlionsclub.co.uk)

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# WHAT'S ON LOCALLY

## **Kenilworth Market**

Date: every Thursday / Time: 9am - 3pm / Venue: Kenilworth Town Centre, Abbey End, Kenilworth CV8 1QJ

Kenilworth market is a great opportunity to shop in a vibrant open-air setting. You will find variety and value, sold by new and experienced traders.

Choose from stalls selling everything from fresh fruit and vegetables, plants, fresh baking, fish and clothing, to gifts & food specialities.

## **Warwick Market**

Date: every Saturday / Time: 9am - 3pm / Venue: Warwick Town Centre, Market Place, Warwick CV34 4SA

Warwick Market is a great opportunity to shop in a vibrant open-air setting, surrounded by many independent shops & cafes. On our Market, you will find variety and value, sold by new and experienced traders. You'll find stalls selling everything from fresh fruit and vegetables, plants and cut flowers, to fresh baking, fish and clothing, to gifts, & food specialities.

## **Covent Garden Quarter Markets**

Date: 27th of June, 25th of July / Time: 10am - 4pm / Venue: Covent Garden Quarter, Warwick Street, Leamington Spa, CV32 5JX

At the Covent Garden Quarter markets, you get to meet the incredible creatives, creators, makers, designers, producers and bakers. Surrounded by some fantastic independent shops, cafes and bars, the Covent Garden Quarter markets are a popular monthly addition to the Royal Leamington Spa events calendar.

## **Summer Festival**

Date: 17th of July / Time: 11am - 5pm / Venue: Pump Room Gardens, Leamington Spa, CV32 4AA  
There will be a vibrant carnival atmosphere and there will be something for everyone – full-size funfair, arts & craft stalls & entertainment.

## **Kenilworth Food Festival**

Date: 25th of July / Time: 10am-5pm / Venue: Kenilworth Town Centre, Abbey End, Kenilworth, CV8 1QJ

Celebrating the town's food and drink scene! There will be over eighty traders showcasing some of the best food and drink from around the region. There will also be children's activities including amusements and craft workshops.

## **Warwick Food Festival**

Date: 1st of August / Time: 10am—5pm / Venue: Warwick Town Centre, Market Place, Warwick, CV34 4SA

Come and join us for a celebration of the best in local food and drink. Not to be missed, it's a day jam packed with food, fun and frivolity. There'll be around 100 traders around the streets of Warwick. Cooking up an array of very tempting dishes from fish, meat, savoury and sweet using the finest quality local produce for you all to try, along with bars and local produce exhibitors.

There will also be a timetable of live music throughout the day, for visitors to enjoy whilst tucking into delicious food.

## **Warwick Folk Festival**

Date: 22nd - 25th of July / Time: all day / Venue: Castle Park, Warwick CV34 6AX

Circus skills, face painting, dance and music workshops, crafts, concerts and comedy... A packed programme of events and activities specifically for our younger visitors makes Warwick Folk Festival a truly family-friendly weekend away. To book tickets and see more information please visit [www.warwickfolkfestival.co.uk](http://www.warwickfolkfestival.co.uk)

## **Assembly Festival**

Date: 1st of July - mid-October 2021 / Venue: Coventry City Centre, opposite the Council House  
Assembly Festival Garden will be a dynamic and celebratory entertainment, food, drink and events space. Performances will take place in the Queen of Flanders, an iconic and beautiful 1,000 seater double-decker Spiegeltent; the Piccolo, a smaller 180 seat Spiegeltent; a treehouse that will look out over the site; and an outdoor venue in front of the Piccolo which can play to the entire audience in the Garden. The site will serve as a bustling hangout hub, and will play host to a mouth-watering selection of local food makers. The Garden will also host a box office that will serve both the Garden as well as all City of Culture events in other locations.

PLEASE NOTE THAT SOME EVENTS MIGHT BE CANCELLED.  
CONTACT EVENT ORGANISERS TO CHECK.

NEWS, STORIES AND EVENTS ARE LISTED FREE OF CHARGE ON WHAT'S ON PAGE. PLEASE SEND YOURS TO:  
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# HOROSCOPES

## JUNE / JULY

### ARIES MARCH 21 - APRIL 20

June offers exciting potential for interaction and exchange of ideas, but be sure to review your options carefully before making any big decisions. Mars, your ruler, arrives in confident Leo on the 12th, this sign change suggests the gift of heightened creativity, particularly for a new project that has been on your mind for a while. July is the best month to focus on your home and your family. The Sun is in the home loving sign of Cancer and the new moon on the 10th assists with additional energy for new projects in your domestic environment. Mars and Venus light up your love life this month - enjoy!

### TAURUS APRIL 21 - MAY 21

June suggests that your money making skills are in the spotlight as some choices will need to be made; try to delay any major decisions until Mercury goes direct on the 23rd. Venus arrives in the communication sector of your chart on the 3rd, boosting your intuition and with Mars in Leo from the 12th renewed courage and vitality should be available to you. Dynamic Mars and love planet Venus are stirring up your domestic area during July. This suggests that a creative new project with a special person is about to begin. Be positive as there's plenty of positive energy to make some ingenious changes to your surroundings.

### GEMINI 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 career. Mighty Jupiter is at the highest point of your chart, newly arrived in Pisces this could turn out to be just the lucky break that you have been waiting for. The new moon in your sign on the 10th offers breakthroughs in communication. July: Venus and Mars are strong in your communication sector and as the radiant Sun illuminates the opportunity to review your finances and earning potential. You should now have the courage and confidence to step forward and make those vital changes.

### CANCER JUNE 22 - JULY 22

June is an important month for Cancerians, as relationship planet Venus remains in your sign for most of the month. Friends, family and domestic issues will be highly important to you. Mars arrives in Leo on the 12th offering high energy and renewed vitality, be sure to make the most of your gifts as new opportunities advance your strengths. July is your birthday month and things look very positive as the radiant Sun shines brightly in your sign and is joined by the powerful new moon on the 10th. Be ready for change and a new lease of life, whether in social or professional affairs as your energy levels reach a new height.

### LEO JULY 23 - AUGUST 23

Connecting with friends and new groups could turn out to be the most exciting part of your life during this month. The Sun, Mercury and Venus are in pivotal position for ensuring that plenty of opportunities come your way. Abundant Jupiter, newly arrived in Pisces looks set to bring some financial good luck your way; use your intuition to make the right decisions. July: Energetic Mars and the love planet Venus are both travelling through your sign shining the spotlight on all forms of creative communication. Now is the perfect time to take any new opportunity to broaden your horizons. Group and teamwork involvements will work best for you.

### VIRGO AUGUST 24 - SEPTEMBER 22

June suggests new relationships and new beginnings are coming your way as the love planet Venus arrives in Cancer on the 3rd. Saturn in Aquarius is also helping you to make important new decisions concerning the structure of your life. A career opportunity could also be on the cards as the Gemini New moon on the 10th offers insight for opportunity and gain. July's potent new moon in Cancer on the 10th brings many benefits your way. Interaction with friends and new group activities are suggested, but also take the opportunity to relax and take things easy. The Aquarian full moon in the 24th indicates a new career opportunity.

### LIBRA SEPTEMBER 23 - OCTOBER 23

June is all about further education and making new plans for the future. Jupiter in Pisces paves the way for some brilliant ideas, all enhanced by the potent Gemini new moon on the 10th. Your future ambitions get a welcome boost as your ruling planet Venus travels through the highest point of your chart after the 3rd. During July the most pivotal sector of your chart is illuminated by the Sun followed by the Cancerian new moon on the 10th. Be sure to use your incredible drive and energy to view new and exciting prospects as a new direction beckons. Mars and Venus in Leo also indicate some positive activity on the social scene.

### SCORPIO OCTOBER 24 - NOVEMBER 22

June draws your attention to your creative ambitions as expansive Jupiter and intuitive Neptune both highlight this area of your chart. The powerful Gemini new moon on the 10th draws your attention to new ways of making money using your hidden talents. You have the power to make amazing changes, if you are ready for new possibilities. July: Under current trends you'll find that broadening your horizons and planning an important journey becomes much clearer. Mars and Venus, both in fiery Leo, give you the courage and confidence to make an important decision. The Aquarian full moon on the 24th enhances your intuition.

### SAGITTARIUS NOVEMBER 23 - DECEMBER 21

After the 12th energetic Mars arrives in fiery Leo and stirs up the adventure sector of your chart, travel is on your mind and it's an excellent time to bring plans to a head. Venus in intuitive Cancer from the 3rd suggesting that new insights on a project you have been working on can now come to fruition. The Gemini new moon offers a new dimension to your life. The powerful Cancerian new moon in your financial area on the 10th of July suggests there is work to be done concerning your plans for the future. Vibrant Mars, busy in fiery Leo, suggest that you'd rather fancy moving to pastures new, be positive, a splendid offer might just come your way.

### CAPRICORN DECEMBER 22 - JANUARY 20

Dynamic Mars is in your opposite sign until the 11th, be sure to use this time wisely as your new found courage and determination can boost your profile. These positive current planetary trends show that you'll find yourself in the right place at the right time when opportunity comes your way. The Gemini New moon on the 10th offers a breakthrough. July: Partnerships and relationships are strongly in focus this month. Mars and Venus are both powerful in Leo, boosting your energy at a pivotal point of your chart. Plans for innovative new ideas can now be laid down and the full moon in Aquarius on the 24th brings a few pleasant surprises your way.

### AQUARIUS JANUARY 21 - FEBRUARY 18

June is the perfect month for social activities as the radiant Gemini Sun shines brightly on new friendships - or even on the possibility of a new romance! The 10th offers a turning point as the potent Gemini new moon suggests that you are gaining important new insights as you plan for something totally different. The Capricorn full moon on the 24th heightens your intuition. The Sun and the powerful Cancerian new moon on the 10th both highlight some important work issues during July. Let go of any limitations that hold you back as such a lot can be achieved with hard work and determination. Mercury's change of sign on the 12th reveals an interesting opportunity.

### PISCES FEBRUARY 19 - MARCH 20

Dynamic Mars boosts your confidence during June, particularly around the 12th as it changes sign by moving into fiery Leo. Jupiter has recently arrived in your sign offering you the chance to use your intuitive powers to become more successful and follow the path you love. The Gemini new moon on the 10th highlights a domestic issue that needs attention. July: The Sun shines brightly in the soft and gentle sign of Cancer, illuminating the romantic sector of your chart. As the new moon culminates in that area on the 10th the offer of new beginnings is very real. Go with your intuition and you can't go wrong.

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# Our Café is now open

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