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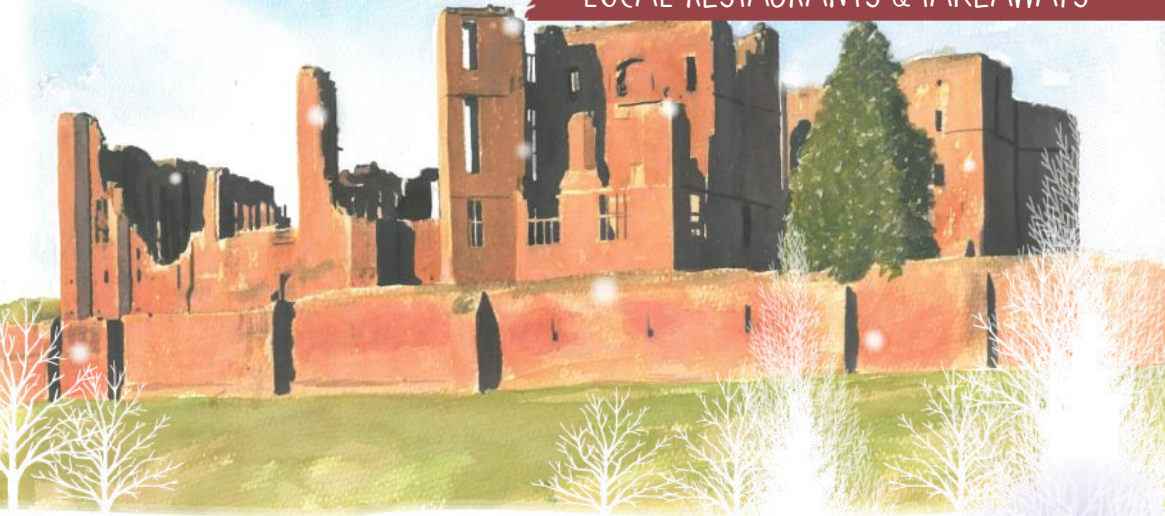
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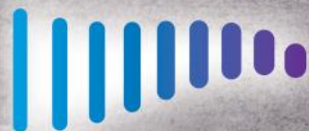
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A NOTE FROM THE EDITOR

Hello and welcome to our December/January edition, your trusted source of local businesses, community news, discounted offers available exclusively to our readers, inspiration for all things home, garden, gifting and more.

As 2021 is coming to an end and we are getting ready to celebrate Christmas and New Year's, it is time to reflect on the year we've had: many events have taken place in 2021 and it was great to see the love and support people have showed to local businesses. A big thank you to all those who have chosen to shop locally and support their locally based tradesmen. We hope to see our community coming together to support each other and those who might be alone this Christmas. Please do remember to check in on your neighbours, your elderly relatives and friends. A kind word, a shared cup of tea and a minced pie, a help to do their food shop, a Christmas card - it all goes a long way and what better time to be kind and charitable than Christmas!

As always, we have all your useful listings here: Local Restaurants and Takeaways, Telephone Numbers, Horoscopes and Articles etc.

More and more local groups are resuming their meetings. If yours is one of them and you would like a free listing on the What's On page - please get in touch with Ksenia by dropping an email to

info@stonestrowpublications.co.uk.

Here are some dates for your calendar:

- 24th of December - Christmas Eve
- 25th of December - Christmas Day
- 26th of December - Boxing Day (Bank Holiday)
- 27th of December - Substitute Bank Holiday for Christmas Day
- 28th of December - Substitute Bank Holiday for Boxing Day
- 31st of December - New Year's Eve
- 1st of January - New Year's Day (Bank Holiday)
- 3rd of January - New Year's Day observed

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

Yours, Stonestrow Publications
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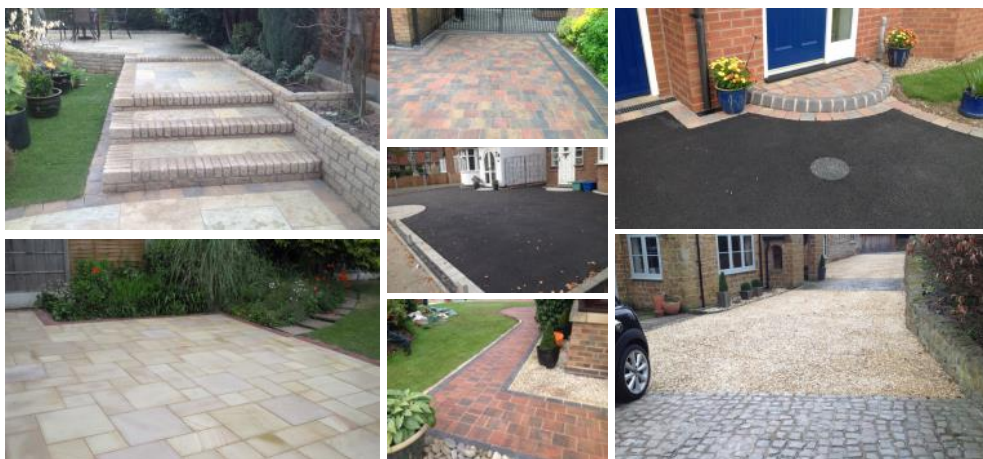
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WHAT'S ON

LOCALLY

Kenilworth Market

Date: every Thursday / Time: 9am—3pm /

Venue: Abbey End, Kenilworth

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.

Recycle your old glasses

Date: every 3rd Saturday / Venue: Warwick Saturday Market

Warwick Lions would like to say a big thank you to all the people who have kindly donated old and broken spectacles to our stall at the Warwick Saturday Market. The glasses are cleaned & refurbished then sent to eye camps in Africa, India & Eastern Europe. We aim to collect redundant glasses on our stall every third Saturday.

Independent South Warwickshire NHS Retirement Fellowship

Date: every 2nd Wednesday / Time: 10am - 12pm / Venue: All Saints Church Hall, All Saints Road Warwick CV34 5NJ

St. Mary's Christmas Tree Festival

Date: 25th of November - 5th of December / Time: 10am - 4pm / Venue: St. Mary's Collegiate Church, Old Square, Warwick CV34 4RA
After an enforced "virtual" break last year, St Mary's Church Warwick is once again hosting its popular Christmas Tree Festival in 2021. A magical display of decorated Christmas Trees have been sponsored by over fifty Warwick businesses, charities, community groups and schools. Our ever-popular Pop-Up Café is open every Friday and Saturday during the Festival. St Mary's iconic tower will also be open to visitors during the Christmas Tree Festival. Any questions please contact us via email: santa@stmaryschristmas.org.uk

Kenilworth Christmas Market

Date: 11th of December / Time: 10am - 4pm /

Venue: Talisman Shopping Centre, Warwick Road, Kenilworth, CV8 1JB

Soak up the Christmas market atmosphere as you browse around 30 stalls offering a wide range of Christmas gifts and decorations – you'll be sure to find perfect presents for your loved ones.

Vintage Themed Christmas Market

Date: 11th - 12th of December / Time: 10am - 5pm / Venue: Hatton Estate, Hatton, Warwick CV35 7LD

Browse our Vintage Themed Christmas Market. This special themed Market will showcase our Vintage Tractor, beautiful Vintage Christmas singing and delicious Christmas Vintage tea's in Alfie's Café. Dress up – Vintage Style – to see if you can win the best dressed competition. Hatton Shopping Village – Shopping as it should be! Free admission.

Leamington Christmas Market

Date: 12th of December / Time: 10am - 5pm / Venue: The Parade, Leamington Spa, CV32 4BT
The Royal Leamington Spa's Christmas Market is a must-visit destination for all those wishing to experience a traditional Christmas. Join us to get your Festive preparations off to a cracking start! Within the stunning surroundings of the historic Regency architecture and under the twinkling Christmas lights, you'll find over 60 attractive stalls brimming with goodies, unusual gifts, stocking fillers, decorations and artisan food and drink.

Christmas Food Parcels

Date: Collection 12th of December
Donations for collection Sunday 12th. December. Warwick Lions appeal annually for donations of tinned foods which are collected by Club volunteers and made up into some 200 festive food parcels and later distributed to the less fortunate and needy people of the district. For more information about the Warwick Lions Club go to: www.facebook.com/WarwickLionsClub

Carols at the Castle

Date: 18th of December / Time: 6.30pm - 9pm / Venue: Warwick Castle
Tickets www.carolswarwick.com
Adults £9.00, Children £3.00. All proceeds to local charities and good causes. Organised by Warwick Lions, Warwick Rotary Club and Merlins Magic Wand.

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](mailto:ksenia@stonesthrowpublications.co.uk) : [INFO@STONESTHROWPUBLICATIONS.CO.UK](mailto:info@stonesthrowpublications.co.uk)

CHRISTMAS LIGHTS

BUYING

New lights should carry the European CE mark and many new models now run on a very low 12 to 36 volts via a mains transformer. Light sets which do not have a transformer will have 240 volts running through them, increasing the danger of an electric shock if they become faulty. You should, whenever possible, purchase low voltage light sets.

CHECKING

Check to ensure that the lights are fitted with an approved plug with a 3 amp fuse or a mains transformer; Wires should be double insulated (i.e. there is no earth wire), and firmly attached to the plug by the cord restraint; NEVER insert or remove bulbs when switched on; Inspect cables and bulbs for damage before use e.g. signs of overheating, cuts or fraying in cables, cracks or damage to lampholders; Do not use lights which are damaged, dispose of them safely. Replace failed lamps with ones of the same rated voltage and wattage.

Do not be tempted to use makeshift wiring for lights or to string several sets of lights together. If more (or less) lights are required, obtain a set to suit your needs. Never ever attempt to rectify any faults on decorative lighting whilst the plug is in. Always switch the lights off and remove the plug

before carrying out adjustments or attempting any repair. 240 volt light sets should be tested and inspected regularly as part of your department's portable appliance testing programme.

USING

Read and follow the manufacturer's instructions; Use an RCD (Residual Current Device) for added protection against electric shock; Do not use the lights outdoors unless specially made for such use; Don't run the cable under carpets or where it can be damaged; The lights on some sets can generate a considerable amount of heat and this should be taken into account when positioning the lighting. Keep lights clear of decorations and other flammable materials; Avoid cables becoming a tripping hazard; Use a stable support when hanging the lights; use steps or stepladders that are in good condition, placed on a level surface, and do not overreach when working at height. Remember to switch the Christmas lights off when you leave.

STORING

Take care when dismantling and packing the lights not to damage them; Avoid damp or excessively hot conditions.

*Have a happy and safe Christmas!
From Andy*

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THE FRIENDSHIP PROJECT

GOES FISHING



Bank Life fishing is a family run company based in Cambridgeshire whose aim is to get as many people and families out on the bank enjoying the great outdoors and together creating lasting memories. They kindly donated fishing experiences to Warwickshire based children's charity, the Friendship Project which some of the Younger Friends and their volunteer Older Friends enjoyed earlier this year.

In order to provide these fishing experiences, Bank Life created a charity pot where they run competitions and use their profits to arrange and fund events to benefit young people and give them the opportunity to have a go at fishing and to get away from day-to-day stresses and struggles.

The Friendship Project for Children has attended 4 different fishing events, where the children have been paired up with an expert angler to help them with all the fishing aspects, from baiting the line to landing the fish.

The transformation in the children (and the adults) has been amazing. Children who were reluctant at the beginning of the day were skipping lunch and dragging their experts back to do more fishing! The giggles and shrieks of enjoyment were heard around the lake as the fish were caught in huge numbers and hauled into landing nets for photo opportunities.

The Angling Trust, 'Get Fishing Awards' saw 17 children achieve their bronze award 12 silver and 4 gold of course none of this would have been possible without the quality bait and tackle supplied for the day by Tackle Shack Nuneaton, Carp Particles UK and Stevenage Bait and Tackle Limited.

Angela Truman, Marketing Trustee for the Friendship Project commented: 'So many people donated to help these fantastic days to happen at Oak Farm and Burton Farm Fisheries in Rugby. The venues and hospitality were truly fantastic and we are so grateful to everyone who made it possible.'

'The mental health and wellbeing of young people is so important, and getting out in the fresh air with supportive adults is such a positive thing for them to experience.'

Post Covid lockdown's there has been a lot of interest in mental health and wellbeing, especially with our young people. The Friendship Project for Children has been actively supporting children through the whole of the pandemic and were delighted when the Older Friends were able to resume face-to-face visits with their Younger Friends.

If you would like to get involved or learn more about the Friendship Project for Children visit www.friendshipproject.co.uk or follow them on Twitter, Instagram or Facebook @friendshipProj

ABOUT THE FRIENDSHIP PROJECT

The Friendship Project for Children is a Warwickshire based charity supporting children aged between 6 and 16 across the county, who are in need of some extra support.

Founded in 1986, the charity matches 'Younger Friends' with 'Older Friends' who provide the children with regular fun, undivided attention and ongoing friendship for a few hours each week.

Often, the activities which they enjoy together are things the children wouldn't otherwise get to experience. It can be as simple as a walk in the park or baking cakes together, or more of a treat like a trip to the cinema, swimming or wall climbing.

This simple concept has seen the children's self-esteem grow and even improved their attainment and behaviour at school and in the home.

To date the charity has supported around 1500 children, who are all referred to the Friendship Project by social services.

For further information please contact Angela Truman, Marketing Trustee at the Friendship Project on 07813 159354 or email angela.truman@friendshipproject.co.uk

HOW TO ENJOY FOOD, DRINK & SOCIALIZING AT CHRISTMAS

WITHOUT HARMING YOUR HEALTH AND WAISTLINE

The holidays are the season of good cheer, and many of us are eating out or indulging at home more than we might do at other times. The good news is that you can still eat, drink and be merry without overdoing it.

DON'T OVERDO IT

Christmas is a time to relax and enjoy yourself, but try to keep your health goals in mind and why looking after your heart is important to you. Many of us eat out more than usual over the Christmas period. And when we eat out, we often eat more than we would at home. We know that sticking to just one course once you see what everyone else is having is hard, so decide before you begin if you are going to have a starter or a dessert. If you don't want to feel too stuffed, consider a starter (perhaps with a side order of vegetables), instead of a main course, or ask for a smaller portion.

Whether you're eating out or at home, having a coffee or cup of tea while others have a pudding is a good way to round off a meal, or you could share a pudding with others.

BE DEMANDING (POLITELY) IN RESTAURANTS

Don't be afraid to ask the restaurant to adapt dishes. Yes, it's a busy time for hospitality staff, and we all want to be nice to them, but it's not usually a problem to replace chips with a jacket potato, salad or vegetables. You can also ask for no extra cheese, butter, mayonnaise, dressings or oil, and to put sauces in a dish on the side.

CHOOSE HEALTHIER OPTIONS

If you're eating at home, try to plan what you eat with your health in mind. Choose lean cuts of meat, and remove any visible fat, and try to limit processed meat in favour of fish, chicken, turkey and plant-based options. If you're eating out, try to choose the healthiest menu options to make the meal fit into your normal diet, rather than just going for your favourites. Steer clear of deep fried, pastry-based dishes or those with creamy or cheesy sauces. If you're having dessert, choose fruit-based desserts.

TUCK IN TO TURKEY - BUT BEWARE OF ALL THE EXTRAS!

A traditional Christmas dinner isn't the worst choice when it comes to your health. Turkey is a lean meat (as long as you avoid basting it in too much butter) and plenty of vegetables with your meal is good. Try to fill up with vegetables like sprouts, carrots and peas (again, as long as they're not coated in butter) and go easy on the roast potatoes and parsnips, which come with extra fat

and therefore calories. Sausages wrapped in bacon, stuffing and gravy are all usually high in salt. Too much salt is bad for your blood pressure and can make you thirstier, leading you to drink more alcoholic or sugary drinks than you had planned.

CUT BACK ON CHRISTMAS NIBBLES

Nibbles are seemingly everywhere at Christmas. It's fine to indulge in the odd mince pie, shortbread biscuit, festive tippie or a chocolate sweet, but sticking to a regular pattern of meals and snacks will help to make sure you aren't hungry between meals and help maintain your willpower. And remember that savoury snacks like dry roasted nuts and crisps are high in fat too, and are also often high in salt.

BE DRINK AWARE

It's important to stay within the guidelines of 14 units a week for men and women, particularly as many of us drink more than usual in December. If you're drinking at home, it's easy to lose track of how much you're drinking, so try to note this. Check the labels on bottles to see how many units they contain. If you drink spirits, remember a standard measure is 25ml (slightly less than one and a half tablespoons) - if you don't have a spirit measure, you could use a measuring spoon or jug to measure it out. As well as the impact on your health, don't forget the calories that drinks can add, which can have an effect on your waistline. Remember that soft drinks can be high in calories too, so if you can, choose water, and alternate with any alcoholic drinks you are having.

SOCIALISE IN OTHER WAYS

We all enjoy sharing a meal with family or friends, but have you considered doing something different? That way you are more likely to avoid unhealthy food options, and you'll save money, too. You could go for a winter walk together, perhaps with a flask of tea or coffee.



HOROSCOPES

DECEMBER / JANUARY

ARIES MARCH 21 - APRIL 20

Jupiter arrives in Pisces at the end of the month, your intuition is heightened and you should start to feel that big changes are beginning to emerge. First you need to sweep out the old in order to create space for these exciting new prospects. Mars, your ruler, arrives in pivotal position from the 13th and the powerful Sagittarian new moon on the 4th will have ensured that your optimism is at its strongest. Your ambitions and your highest goals are in the spotlight during January as you plan for what could turn out to be a transformational year. Dynamic Mars, your ruler, is strong in fiery Sagittarius, emphasising the need for you to connect with your higher mind. Excellent opportunities are now available, providing that you use your confidence and courage!

TAURUS APRIL 21 - MAY 21

Finances and resources are about to arrive in the spotlight as the radiant Sagittarian Sun with business minded Mercury light up this area of your chart. December brings some necessary but positive re-structuring ideas to the surface and at the end of the month flamboyant Jupiter suggests that a new friendship group is about to emerge offering some innovative ideas that will broaden your horizons. January: The line-up of planets at a pivotal sector of your chart ensure that further education, travel and romance are seriously linked together this month. Your ruler, love planet Venus, is currently in down-to-earth Capricorn, moving back to direct motion on the 29th. A relationship issue that has been concerning you for months could at last present the practical answer you seek.

GEMINI MAY 22 - JUNE 21

Relationships are highlighted during December as the Sagittarian Sun and outgoing Mercury emphasise this area of your chart. Communication should be good and that special someone could have a surprise in store for you. Expansive Jupiter, arriving in Pisces at your career sector, reveals that 2022 will be a positive and successful year offering some wonderful opportunities. Be practical and optimistically cautious as you push yourself forward. January: Dynamic Mars and the emotional moon are a powerful combination in Sagittarius at the start of the month. Partnership issues are concerning you and it's now time to put your point of view across and win support from an unexpected quarter. Finances arrive in the spotlight after the Cancerian full moon on the 17th, take full advantage of any opportunities that come your way.

CANCER JUNE 22 - JULY 22

Romance looks lively during the first weeks of December as dynamic Mars in sexy Scorpio dominates your chart. Work opportunities are also looking rather positive as the Sagittarian Sun and communicative Mercury both shine a powerful light on anything to do with your career prospects. New adventures and socialising are also in the forefront, especially after Jupiter arrives in Pisces on the 29th. January: Your health and wellbeing are high on your agenda at the start of this month as Mars and the moon in Sagittarius urge you to take stock and put more energy into a good life balance. The pivotal full moon in your sign on the 17th offers a challenge, but also helps you to reach a new understanding if you trust your intuition and your instincts.

LEO JULY 23 - AUGUST 23

Events in December hinge around optimistic and expansive Jupiter spending most of the month at the end of Aquarius. This highlights your relationship and partner area and some long lasting decisions may have to be made before Jupiter's move to Pisces on the 29th. Interesting opportunities present themselves around the Gemini full moon on the 19th, it's a positive time for some new friendships and group endeavours. January: As forceful Mars in Sagittarius is now active in a pivotal sector of your chart, you'll find that your focus is changing. The value of broadening your horizons and using your creative talents becomes increasingly important. The full moon in Cancer on the 17th throws some light on an issue that's been troubling you for a while.

VIRGO AUGUST 24 - SEPTEMBER 22

December highlights all things to do with your home and family, the Sagittarian Sun and communicative Mercury highlight the need for spending some quality time here. The new moon Sagittarius on the 4th stirs up your curiosity and your desire to experience something new, could a move be on the cards for 2022? Venus spends all month in Capricorn suggesting challenges in your love life, it's a good time to sort out any relationship issues. January: Relationship minded Venus remains in practical Capricorn all month, continuing the theme of all things to do with love and romance. You might need to let go of any preconceived ideas about trying to solve a recent problem, go with the flow and use your intuition. The Cancer full moon on the 17th brings some fresh insight and lucky Jupiter in Pisces also lends a helping hand to whatever is bothering you.

LIBRA SEPTEMBER 23 - OCTOBER 23

Enthusiastic Mars in intuitive Scorpio is stirring up the financial angle of your chart during December, anything that needs your attention should be dealt with now before Mars changes sign on the 13th. Expansive Jupiter offers you some creative and innovative ways to boost your earning potential during the last few weeks of Aquarius. Capricorn Venus suggests that home renovations could also surface this month. January: Vibrant Mars in Combination with the fiery Sagittarian moon ensure a dynamic start to the month. Your communication skills are the main focus and anything that's not working will have to be scrutinised and changed. Jupiter and Neptune highlight your health and wellbeing as new and exciting ways of keeping fit present themselves, particularly around the Cancer full moon on the 17th.

SCORPIO OCTOBER 24 - NOVEMBER 22

Dynamic Mars, your ruler, has two weeks left in your sign suggesting that whatever projects need finishing should command your full attention. Mighty Jupiter arrives in a pivotal position on the 29th, possibly highlighting a period of expansion, particularly in your creative endeavours; the emphasis is on how you communicate your ideas to others. The Gemini full moon on the 19th offers a new perspective for making long term plans. January: The Sun, Venus, Pluto and Mercury are all activating the communication sector of your chart offering a new sense of direction concerning some important interaction. Future plans look rosy so don't be afraid to take the initiative. The Capricorn new moon on the 2nd is significant as it highlights the possibility of linking your creative ideas with some firm foundations.

SAGITTARIUS NOVEMBER 23 - DECEMBER 21

December is your birthday month, the Sun and Mercury light up your sign and with the new moon arriving on the 4th this couldn't be a better month for you. It's important to take stock on how successful you have been over the past year, the emphasis is now on how you value yourself and making sure that you stay with a positive vibration. Dynamic Mars arrives in Sagittarius on the 13th, bringing some extra vitality your way. January: A busy month is indicated as vibrant Mars aligns with the moon in your sign. Four planets in Capricorn suggest that rearranging some financial issues will become a central theme. You may feel the need to break free from old ways of doing things, but if you keep an open mind, you can learn a great deal. The full moon in Cancer on the 17th offers you a sense of changing priorities.

CAPRICORN DECEMBER 22 - JANUARY 20

The Venus Pluto conjunction on the 11th heralds a time of great change and transformation. This important cosmic event ensures that some great achievements are possible. It's vital that you use your intuition when making decisions and trust that your self-confidence will pave the way forward. Jupiter's arrival in your communication sector on the 29th adds potency to this dynamic, bringing you a sense of deep satisfaction. January: Four planets in your sign appear to be marking the beginning of a new chapter in your life, just right for the start of the New Year! Jupiter is strong in Pisces, encouraging you to be flexible about the future and to be prepared to change your plans. The new moon in your sign on the 2nd offers you some extra powers of persuasion.

AQUARIUS JANUARY 21 - FEBRUARY 18

Bountiful Jupiter is about to leave your sign after a one year stay. Arriving in Pisces on the 29th this change will ensure that your sensitivity, empathy and intuition are at their peak and your main objectives may involve helping and serving others. The planets are stirring up the more adventurous sector of your chart, new ideas involving innovative groups of friends are forming so get ready for change and a new lease of life. January: Dynamic Mars in Sagittarius gives you great enthusiasm and a buoyancy when it comes to achieving your goals. New contacts can arrive out of nowhere and your networking skills will be at their very best. Wise Saturn in your sign gives you staying power for new projects as you leave recent problems behind and win the recognition that you deserve.

PISCES FEBRUARY 19 - MARCH 20

It's all change at the end of December as mighty planet Jupiter joins mystical Neptune and arrives in your sign. This move should give you a positive boost as optimism takes over from some rather unhelpful thoughts. Your career also gets a boost as the Sun and Mercury strengthen this area of your chart. Romance is also looking positive with a view to a long term partnerships becoming more serious. January: Expansive Jupiter is now firmly in your sign filling you with hope for a rewarding year ahead. Big ideas lead to remarkable results, so be sure to make your thinking optimistic and forward-looking. The new moon in Capricorn on the 2nd highlights friends and group activities that are connected to your personal aims and goals, teamwork is the way forward!

NAVIGATE YOUR WAY THROUGH these challenging times, discover your unique birth map and take a refreshing new look at your year ahead. Find out when positive and productive planetary cycles are working in your favour. Reach your fullest potential in 2022 by booking an astrological reading now - Consultations are available on Zoom, WhatsApp or telephone.

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Merry Christmas

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December 1st–December 21st : NORMAL OPENING HOURS

Wednesday 22nd December : 7am – 6pm

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Friday 24th December : 7am – 2pm

Saturday 25th–Tuesday 28th December : CLOSED

Wednesday 29th December : 10am – 4pm

Thursday 30th December : 10am – 4pm

Friday 31st December : 10am – 4pm

2022 OPENING TIMES:

Saturday 1st January : CLOSED

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