

# STONESTHROW DIRECTORY



SEASONAL TREATS P.20

WHAT TO DO WITH A LEFTOVER PUMPKIN P.25

USEFUL LOCAL TELEPHONE NUMBERS / ARTICLES / HOROSCOPES

WHAT'S ON / LOCAL RESTAURANTS & TAKEAWAYS

HER MAJESTY THE QUEEN 1926 - 2022 P.23



## WARWICK

OCTOBER / NOVEMBER 2022

JAMIESON CHRISTIE  
WEALTH MANAGEMENT



Chartered

Pension  
TRANSFER  
Gold Standard

SEE  
BACK PAGE  
FOR MORE  
DETAILS

INVESTMENTS, PENSIONS, TAX PLANNING

ESTATE and IHT PLANNING, EDUCATIONAL FEES, EMPLOYEE BENEFITS



BRINDLEY  
TWIST  
TAFFT  
& JAMES

SOLICITORS

**Solicitors for Individuals**  
**Solicitors for Business**

Residential Conveyancing  
Wills  
Probate  
Lasting Powers of Attorney  
Family & Divorce  
Commercial Property  
Corporate & Commercial  
Employment Law  
Personal Injury  
Dispute Resolution  
Medical Negligence  
Notarial Services

Email:  
enquiries@btj.com

Visit:  
www.btj.com

**61 Coton End**  
**Warwick**  
**CV34 4NU**  
**01926 499889**

We also have offices in Coventry,  
Balsall Common & Southam



**Ollie Coaching**  
**for**



**Children and Teens**

★ *AWARD WINNING* ★



**5 Star Reviews**

*Anxiety, Anger Issues,*  
*Confidence,*  
*Emotional Resilience,*  
*Self Esteem, Stress,*  
*Challenging Behaviour*

Call Belinda at Help My Child

01926 650 149    07485 120 444

**www.HelpMyChild.co.uk**



We cannot make space that does not exist,  
but we can make use of every inch that does.



Dealing with a locally owned and managed  
business, you can be sure that the prices  
offered are the most competitive available  
and appropriate to your budget.

For a free no obligation quote call  
**01926 312654**  
or email [sales@fitrite.co.uk](mailto:sales@fitrite.co.uk)

Visit our showroom  
7b Jenton Road  
Sydenham Ind Est  
Leamington Spa  
CV31 1XS

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



Find us on Facebook  
Fitrite Wardrobes of Leamington Spa



**Aquarius**  
Interiors Ltd  
CURTAINS AND BLINDS

**Aquarius Interiors**  
one of the leading  
suppliers and  
manufactures  
of **CURTAINS**  
and **BLINDS**

**SAVING ENERGY THIS  
WINTER WITH QUALITY  
INSULATED CURTAINS**



QR code for direct access to  
[www.aquariusinteriors.co.uk](http://www.aquariusinteriors.co.uk)

**53, Abbey End,  
Kenilworth CV8 1QJ.**

**Tel: 01926 359096**

**Russells Garden Centre,  
Mill Hill, Baginton,  
Coventry CV8 3AG.**

**Tel: 024 7771 7517**



**Sanderson**

**HARLEQUIN**

**DESIGNERS GUILD**

# A NOTE FROM THE EDITOR

Hello and welcome to our October/ November edition of Stonesthrow Directory.

We start October with World Vegetarian Day (1<sup>st</sup> of October), which could be a great opportunity to introduce 'Shop local, Eat seasonal' practice: there are many exciting fruit and vegetables harvested at the start of Autumn, ready to fill you up with much needed vitamins just in time for the Winter months. Check out page 20 for the tips on what's in season.

We couldn't not pay tribute to the sad passing of our beloved Queen Elizabeth II last month. An example of duty, care, consistency, grace and so much more. A remarkable lady, who played a huge part in our everyday lives, whether we knew it or not. We have an article about the Queen's 70-year reign achievements on page 23.

As always, we have a great collection of local businesses who are all geared up to help with various household tasks and jobs. Please remember to mention Stonesthrow Directory when calling our Advertisers, so we can continue to bring you trusted local professionals with exclusive offers.

If you are looking to make the most of your time in the next couple of months - check out page 18-19 for events taking place in and around Warwick. If you run a charity group or event and would like it to be featured in our next magazine - please email the details to Ksenia to [info@stonesthrowpublications.co.uk](mailto:info@stonesthrowpublications.co.uk).

Here are the dates for your calendar:  
**30<sup>th</sup> October - Daylight Saving Time Ends;**

**31<sup>st</sup> October - Halloween;**

**5<sup>th</sup> November - Guy Fawkes Night;**

**13<sup>th</sup> November - Remembrance Sunday.**

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

Yours, Stonesthrow Publications

# CONTENTS IN THIS ISSUE



01926 8000 84 / 075 111 222 45  
[INFO@STONESTHROWPUBLICATIONS.CO.UK](mailto:INFO@STONESTHROWPUBLICATIONS.CO.UK)  
[WWW.STONESTHROWPUBLICATIONS.CO.UK](http://WWW.STONESTHROWPUBLICATIONS.CO.UK)



We gratefully acknowledge the support of businesses and organisations, whose adverts or information appear in Stonesthrow Publications Ltd. Whilst every effort is taken to ensure the accuracy, we can not accept responsibility for loss, damage or omission caused by error in the printing of an advert or an article. Nor can we accept responsibility for claims made by advertisers/contributors, or services, provided by the advertisers. It is the responsibility of the advertiser to make sure that the information they provide is correct and up to date at the time of the publication. No part of this directory can be reproduced, copied or stored without the prior written permission of the Stonesthrow Publications Ltd. The use of this magazine for direct marketing or canvassing is strictly prohibited. Distribution area and day may vary at the discretion of the publishers. All artwork, pictures and text are accepted on the basis, that permission for their use in the publication has been obtained by the advertiser or contributor. Stonesthrow Publications Ltd can not accept responsibility for alterations or changes of details after the publication date. **Stonesthrow Publications Ltd**



# Prior Products Limited

**OPEN  
FOR  
BUSINESS**

**WINDOWS • DOORS • CONSERVATORIES • BI-FOLD DOORS • ROOFLINE**



- ◆ Manufacturers & Installers of PVCu Windows, Doors and Conservatories
- ◆ A variety of Colours available
- ◆ Warmer Roof Tiled Conservatories
- ◆ Lantern Roofs & Rubber Roofs
- ◆ Garage Doors
- ◆ Aluminium & Timber Windows also available
- ◆ Trade Frames (supply only) available



**CERTASS**



**PLANITHERM**  
Clearly the most energy efficient window glass

Visit our Showroom: **NOW OPEN**

**Monday - Sunday 10am - 4pm**

at **Stratford Garden Centre**

Clifford Chambers, Nr Stratford upon Avon CV37 8LW

Call **01926 422200**

or visit **www.priorproducts.co.uk**

**0%**  
**FINANCE  
AVAILABLE**  
Subject to conditions

**UP TO  
35%  
OFF**

**LIMITED TIME  
ONLY**

# Projects

## Paving & Landscaping



- ✓ BLOCK DRIVEWAYS & PAVING
- ✓ RESIN DRIVEWAYS
- ✓ TARMAC DRIVEWAYS
- ✓ LUXURY OUTDOOR PATIOS
- ✓ STEPS TO FRONT DOORS
- ✓ DECORATIVE WALLING
- ✓ LANDSCAPING
- ✓ ASTROTURF
- ✓ FENCING



For a FREE, NO OBLIGATION quotation call:

**T: 01926 674 782 M: 07961 358 367**

**projectspaving@icloud.com**

**www.projectspaving.co.uk**

328 Alcester Road, Wythall, Birmingham B47 6JR

# Misty Double Glazing?

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.

I offer a lower cost service to both old and new customers as I operate directly for the customer with no additional hidden charges or insurance costs to you the customer.

So, my company name is Misty to Clear where I can offer steamed up window glass replacement and fix broken handles, hinges, seals, window locks and door locks.

I also change glass in Velux windows too.

**Satisfaction guaranteed to be a high standard that carries a 5 year guarantee.**



**Clearly a great service!**

**OAP  
DISCOUNT**

**Don't replace  
the Frames  
...just the  
Panels!**

Misted/Failed Double Glazed  
Units Replaced  
Broken or Damaged Windows?  
Faulty Hinges, Handles or Locks?  
Want the latest energy  
saving glass?  
Family run business with  
5 year guarantee  
on new double glazed units

**MISTY to CLEAR** Window  
Repair Service

**OVER 25 YEARS  
EXPERIENCE**

**SATISFACTION  
GUARANTEED**

Call Dave Millidge

**07704613430**

web:  
[www.mtcwarwick.co.uk](http://www.mtcwarwick.co.uk)  
email:  
[dave@mtcwarwick.co.uk](mailto:dave@mtcwarwick.co.uk)

**Misty To Clear  
Warwick Limited**

# Window & Door Repairs & New Installations



**GREAT SERVICE &  
QUALITY WORKMANSHIP  
GUARANTEED**

- Misted/Steamed Up Windows
- Broken Glazing
- Broken Hinges, Handles & Locks
- Poorly Fitting Windows & Doors
- Locks Fixed
- New Windows & Doors

**(UPVC ~ Aluminium ~ Timber ~ Composite)**



Call Paul at HomeSeal today for your  
**FREE NO OBLIGATION QUOTATION:**

Tel: **024 7646 6260**

Mob: **07976 710463**

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



# Heritage

DRIVES & LANDSCAPES LTD

**FREE QUOTATIONS**  
**DISCOUNT PRICES**



## Driveways & Landscapes In Warwickshire

Professional Driveway & landscaping company based in Solihull, working throughout Warwickshire, Coventry, Kenilworth & surrounding areas.



### We pride ourselves on our high standards of workmanship

BLOCK PAVING | TARMACING (red & black) | PATIOS | RESIN | BRICKWORK SLABBING | GRAVEL | FENCING LANDSCAPING | PROPERTY & ROOF REPAIRS | DRIVEWAY MAINTENANCE (Pressure cleaning & sealing - weed free)

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

Sunnyside, Kenilworth Road, Hampton in Arden B92 0LW



 **02476 014 131**

 **07377 534 460**

 **heritagedrivesltd@gmail.com**



**RAY'S  
BUILDING AND LANDSCAPES LTD**

**PRIDE IN EVERY DETAIL  
SINCE 1985**

**W: [www.raypundsackbuilds.org](http://www.raypundsackbuilds.org)**

**W: [rpundsack@live.com](mailto:rpundsack@live.com)**

**T: 01926 810 772**

**M: 07449 581 930**



The difference is clear. Over 30 years of serving our customers has taught us that value is not just about price, it's also about gaining valued relationships. Working with our clients starts with detailed planning and a fair price, but equally working together to surpass expectation. Additionally, our clients have the advantage of a wealth of experience and skill that bridge all construction trades.

**FROM EXTENSIONS TO BATHROOMS OR KITCHENS TO LANDSCAPING:  
WE DO IT ALL!**

**We look forward to hearing from you for a free consultation and quotation.**

**WE OFFER  
2 YEAR  
GUARANTEE  
ON ALL  
PROJECTS WE  
UNDERTAKE**

COMPANY REGISTERED IN ENGLAND & WALES NO: 11983174 VAT REGISTRATION NUMBER: 373525587

Visit our showroom  
7b Jenton Road  
Sydenham Ind Est  
Leamington spa  
CV31 1XS

**fitrite**  
wardrobes of Leamington Spa

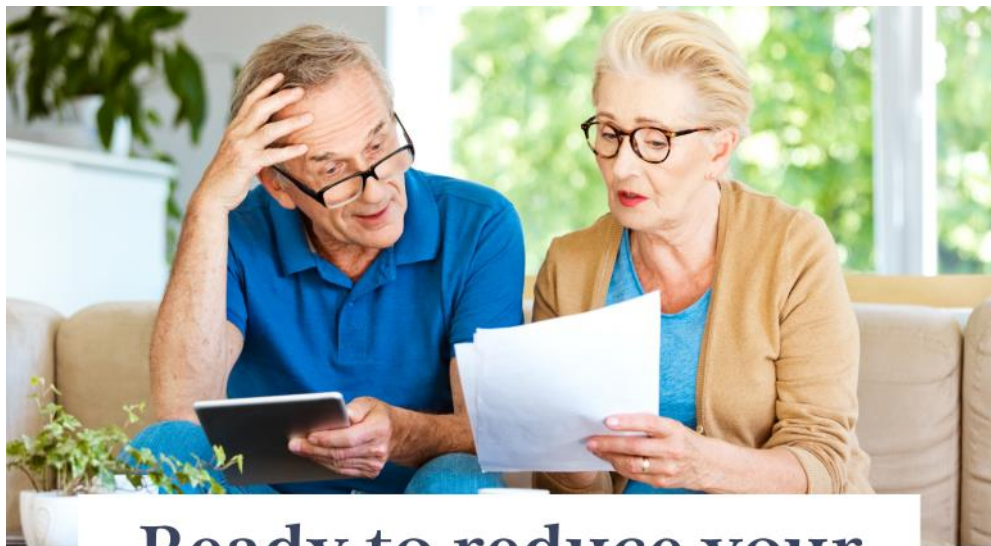
[www.fitrite.co.uk](http://www.fitrite.co.uk)

for a free no obligation quote  
01926 312654



Because you and your home are individual FITRITE can make just the design for you. All our wardrobes are tailor-made to your requirements with an extensive range of interiors. We cannot make space that doesn't exist but we can make use of every inch that does.

Dealing with a local business you can be sure that the prices offered are the most competitive available and appropriate to your budget.



## Ready to reduce your retirement living costs?

Make the most of the best years of your life at a beautiful Elderswell property, and we'll give you up to **£50,000\*** towards your living costs in your new home.  
**Most of our residents wish they'd moved with us sooner!**

- We buy your property at 100% of its independent valuation
- Or pay estate agency costs and help you sell your property
  - Pay your panel solicitors fees
  - Pay your removal costs
  - Pay for a downsizing service and more!

So visit us now, make your choice and reserve today.  
**Don't miss this £50,000 opportunity.**

**One and two bedroom apartments from £262,000.**  
**Call us to arrange a visit.**

---

**Austin Heath**  
*Inspired in Warwick*

**Call us today on 01926 677 532**  
**or visit [www.austinheath.co.uk](http://www.austinheath.co.uk)**

\*Terms and conditions apply. This offer is on selected units and for a limited time only.

# TELEPHONE

## NUMBERS

### MEDICAL

Warwick Hospital	01926 495321
Hampton Magna Surgery	01926 403800
St. Michael's Hospital	01926 406789
Priory Medical Centre	01926 293711
Claverdon Surgery	01926 842205
Nuffield Hospital	01926 427971
Coventry University Hospital	02476 964000
NHS Direct	111
Emergency Vets	01926 400255
Cruse Bereavement Care	0808 8081677

### POLICE

Non-Emergency Police Enquiries	101
Warwickshire Police	01926 415000
Leamington Police Station	01926 451111
Crimestoppers	0800 555111

### UTILITIES

Warwickshire Fire & Rescue	01926 423231
Electricity Power Loss	0800 6783105
Transco Gas Leak	0800 111999
Severn Trent Water	0800 783 4444
BT Fault Line	0800 800151
Emergency Drainage	01926 315485
Floodline	0845 9881188
RSPCA	0300 1234999

### SCHOOLS

Emscote County Infants	01926 491433
Warwick Nursery School	01926 492701
Woodloes Primary School	01926 497491
St. Mary's RC Primary	01926 493959
All Saints C of E Primary	01926 492991
Coton End County Primary	01926 491329
Budbrooke Primary	01926 492045
Ridgeway Special School	01926 491987

### LEISURE & SPORTS

St. Nicholas Park	01926 495353
Newbold Community Centre	01926 882083
Warwick Library	0300 5558171
Freedom leisure Warwick	01926 49977
Warwick School Sports Centre	01926 776466
Warwick University Sport	02476 523011

### TRAVEL

Chiltern Railways	0345 6005165
National Rail Enquiries	03457 484950
West Midlands Trains	0333 3110039
Bus Travel Line	0871 2002233
National Express	08705 808080
Coventry Airport	02476 308601
Birmingham Int' Airport	0871 2220072

### LOCAL COUNCILLORS / MP S

Matt Western MP	0207 2192051
-----------------	--------------

### WARWICKSHIRE COUNTY COUNCILLORS

Wk/Nth Jackie D'Arcy	jackiedarcy@warwickshire.gov.uk
Wk/Sth Parminder Singh Birdi (Con)	01926 336070
Wk/Wst John Holland (Lab)	01926 401168

### GENERAL

Tourist Information Centre	01926 492212
Citizen's Advice Bureau	01926457900
Samaritans	116123
Local Trading Standards	01926 414000
The Family Information Service	01926742274
Crematorium	01926 651418
Social Services	01926410410
Tax Credit Helpline	0845 3003900

# S J HOLT

QUALITY PAINTING & DECORATING

## FROM SMALL PAINT JOBS TO LARGE HOME RESTORATIONS

I provide professional painting and decorating services to domestic and commercial customers

For a FREE, NO OBLIGATION quote contact Sam Holt:

**07856 762 879**

**SJ\_HOLT@HOTMAIL.CO.UK**

**WWW.SJHOLTDECORATORS.CO.UK**



**CE APPROVED**

**From £895\***  
for a fully fitted electric garage door.

**Gotta get a Garolla.**

**Trustpilot**  
4.8 out of 5 (Over 3,000 reviews)

Garolla garage doors are expertly made to measure in our own UK factories, they're strong and solidly built. The electric Garolla door rolls up vertically, taking up only 8 inches inside your garage, maximising valuable space. Our expert local installers will fit your new door and they'll take away the old one too, so there's no mess.

Give us a call today and we'll come and measure up FREE of charge.

**GAROLLA**  
ROLLER SHUTTER DOORS

**www.garolla.co.uk**

CALL US TODAY ON:

**01926 270 314**

MOBILE:

**07537 149 128**

**LINES OPEN 7 DAYS A WEEK**

\*Offer valid for openings up to 2.4m wide & including 2 remote controls, 55mm white slats, internal manual override.



**S&S BUILDING  
& ROOFING**

- ✓ Fully insured
- ✓ Guaranteed
- ✓ Family run
- ✓ Local

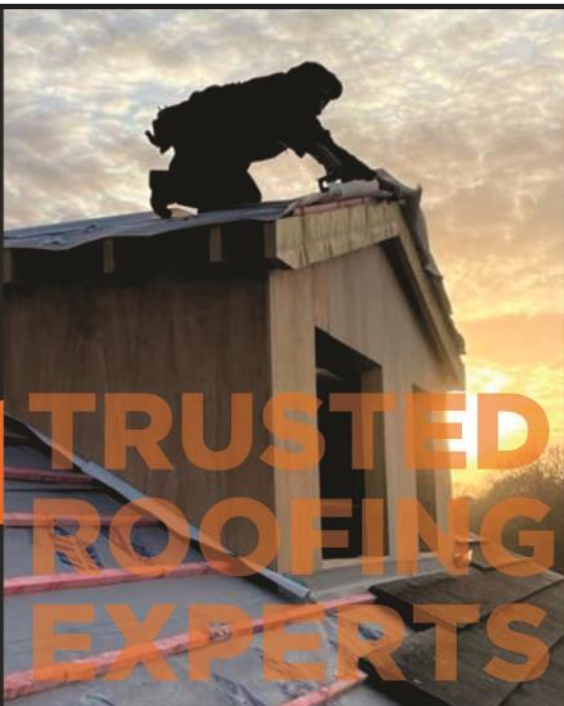
Payment only upon  
satisfactory completion  
of work



**Checkatrade**  
Where reputation matters



Search us on  
**Google**



- All aspects of roofing work undertaken
- Trained & qualified tradespeople
- Professional management team
- Excellent customer care
- A wealth of construction experience
- Industry accredited

**10 YEAR GUARANTEE**

\*Insurance backed guarantee available

Contact a member of our  
team today on:

T: **0121 809 5502**

T: **0800 433 2288**

M: **07541 936 357**

E: **bks@ssbuildingandroofing.co.uk**

W: **www.ssbuildingandroofing.co.uk**



**TRUSTMARK**  
Government Endorsed Quality



**HomePro**  
connect with the best



## CONSERVATORY ROOF REPLACEMENT

Every Ensign conservatory roof is bespoke. Accurately surveyed and precision built in our own factory.

- Large range of lightweight tile colours
- U-value 0.18 is better than current building regulations
- Keylite Roof Windows
- Electrics & Plaster Finish

## BUILD CONSERVATORY & ORANGERY EXTENSIONS

- Cost effective extensions
- Large range of designs
- LABC Approval Undertaken
- Average build time 4 weeks

## REPLACEMENT WINDOWS AND DOORS USING PROFILE 22 SYSTEMS

- Aluminium bi-fold doors
- Composite Doors
- Profile 22 Optima Systems
- Planitherm Technology
- Sealed Units for maximum efficiency
- High security locking systems



CALL TODAY TO BOOK YOUR **FREE**  
NO OBLIGATION SITE SURVEY  
**01527 69296**

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



Proud members of  
**Checkatrade.com**  
Where reputation matters



# S&S Building & Roofing

- NEW ROOFS
- GUTTER CLEANING
- SMALL & LARGE ROOF REPAIRS
- UPVC FASCIA & GUTTERING REPLACEMENT
- BUILDING PROJECTS
- EMERGENCY REPAIR WORK
- FLAT ROOFS
- LEAD WORK



T: 0800 433 2288 / 0121 809 5502

M: 07541 936357

E: [bks@ssbuildingandroofng.co.uk](mailto:bks@ssbuildingandroofng.co.uk)

W: [www.ssbuildingandroofng.co.uk](http://www.ssbuildingandroofng.co.uk)

# S J HOLT

QUALITY PAINTING & DECORATING

## FROM SMALL PAINT JOBS TO LARGE HOME RESTORATIONS

I provide professional painting and decorating services to domestic and commercial customers

For a FREE, NO OBLIGATION quote contact Sam Holt:

# 07856 762 879

[SJ\\_HOLT@HOTMAIL.CO.UK](mailto:SJ_HOLT@HOTMAIL.CO.UK)

[WWW.SJHOLTDECORATORS.CO.UK](http://WWW.SJHOLTDECORATORS.CO.UK)



## Central Drives & Landscapes



SPECIALISTS IN BLOCK PAVING, TARMACING, LANDSCAPING

- CLAY & BLOCK PAVING • TARMACING (red or black)  
 PATIOS • BRICKWORK • SLABBING  
 GRAVEL LANDSCAPING • FENCING  
 PROPERTY REPAIRS • ROOFING REPAIRS  
 DRIVEWAY MAINTENANCE

(Pressure cleaning & sealing - weed free)



**NO DEPOSITS TAKEN - NO SUBCONTRACTORS USED**

Check out samples of our work on our website:

[www.centraldrivewayslimited.com](http://www.centraldrivewayslimited.com)

Call now for your **FREE, NO OBLIGATION QUOTE:**

0121 702 1456 • 01926 702 386

07748 577 687

[michael.central@icloud.com](mailto:michael.central@icloud.com)







# Homewood, Leamington Spa

## Residential care home

MHA is a charity with over 75 years' experience providing quality care and supporting families.

### Situated in beautiful grounds, we offer:

- Long-term and respite care
- Personalised care in a safe environment
- En suite bedrooms and home cooked food
- A chaplain, hair salon and lots of activities

Get in touch for more information

**01926 423519**

**[www.mha.org.uk/homewood](http://www.mha.org.uk/homewood)**



# WHAT'S ON LOCALLY

## **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..

## **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

## **Stratford upon Avon Guild of Weavers, Spinners & Dyers**

Date: 3rd Saturday of the month / Time: 10am -  
3pm / Venue: Stratford Methodist Church Hall,  
Old Town CV37 6BG

A friendly group, beginners welcome. Talks,  
workshops. See:

[www.wsdstratford.blogspot.com](http://www.wsdstratford.blogspot.com) Or:

[www.wsdstratford@gmail.com](mailto:www.wsdstratford@gmail.com)

## **Warwickshire Vision Support Centre**

Date: 2nd Friday of each month / Time: 9.30am -  
11.30am / Venue: Kenilworth Senior Citizens  
Club, Abbey End CV8 1LG

Warwickshire Vision Support are a local charity  
that supports people living with sight loss in  
Warwickshire. Web: [www.warwickshire.vision/](http://www.warwickshire.vision/)  
Email: [enquiries@warwickshire.vision](mailto:enquiries@warwickshire.vision)  
Phone: 01926 411331

## **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

## **Warwick Lions Club**

Warwick Lions aim to provide help and funds for  
those in need. We assist individuals and families  
in crisis, provide items of essential household  
equipment, distribute food parcels and make  
donations to local schools and other charities.  
We are all volunteers committed to helping  
those in need, we are non Political, non religious,  
have no cultural boundaries or gender  
discrimination. If you would like to know more or  
to join us in helping others please contact us via  
our Facebook page or by telephoning  
0345 833 5921.

## **Warwick Probus Club**

Date: 1st Wednesday of every month / Time:  
10am / Venue: the Pavilion, Hill Close Gardens,  
Warwick, CV34 6HF

WARWICK PROBUS CLUB No.2 was formed to  
give retired and semi-retired business men the  
opportunity to expand their interests and make  
new friends over a cup of tea or coffee while  
being entertained by a guest speaker. We meet  
on the 1st Wednesday of each month at 10 for  
10.30 am at the Pavilion, Hill Close Gardens,  
Warwick and are always pleased to welcome  
new members. If you think that you may be  
interested in joining us call our Secretary  
James on 07581 578732.

## **Saturday Talks in support of the Fusilier Museum**

Date: 24th of September / Time: 2pm / Venue:  
Zoom

'Dashing Hussar, Brave Cuirassier' by Major Mick  
Atkinson: the story of an officer in Napoléon's  
Army who fought in many battles, was sent on  
secret missions, saved the Pope's life and was  
wounded more times than any other soldier.  
These will be on Zoom until further notice. To  
receive an invite, contact the Secretary by email  
on [warwickfus@btinternet.com](mailto:warwickfus@btinternet.com), about a  
fortnight before. All talks begin at 2pm time and  
last about an hour.

## **Saturday Talks in support of the Fusilier Museum**

Date: 24th of September / Time: 2pm / Venue:  
Zoom

'Commemoration post World War One' by Alan  
Reed: how local communities across Britain tried  
to cope with the loss of their men by  
commissioning war memorials These will be on  
Zoom until further notice. To receive an invite,  
contact the Secretary by email on  
[warwickfus@btinternet.com](mailto:warwickfus@btinternet.com), about a fortnight  
before. All talks begin at 2pm time and last about  
an hour.

### Milverton Folk Dance Group

Date: every Thursday / Time: 8pm - 10pm /  
Venue: Budbrooke Village Hall, Hampton on the Hill, CV35 8QS

We are a friendly folk dance club and welcome complete beginners, individuals or couples and equally those rekindling their knowledge. Come and give us a try if you would like to use your memory and be active! For more information, please contact us on 01926 334808 or 07866 961967, alternatively visit our website: [www.milvertonfolkdancegroup.org.uk/](http://www.milvertonfolkdancegroup.org.uk/)

### Leamington Autumn Market

Date: every Sunday / Time: 10am—5pm / Venue: Parade, Royal Leamington Spa, Warwickshire, CV32 4BL

The Royal Leamington Spa's Autumn Market is a must-visit destination. Our team individually selects traders to ensure superior quality, uniqueness and that a wide range of products are available. Within the stunning surroundings

of the historic Regency architecture, you'll find over 60 attractive stalls brimming with goodies, unusual gifts, and artisan food and drink. There's a strong emphasis on local, British and artisan amongst the traders.

### Warwick Victorian Evening

Date: 24th of November / Time: 3pm—9pm /  
Venue: Warwick Town Centre, Market Place, Warwick, CV34 4SA

The annual Warwick Victorian Evening is an event not to miss! Traders are selected to ensure superior quality, uniqueness and that a wide range of products are available. There's a strong emphasis on local, British and artisans amongst the traders. As well as a visit from Santa on his sleigh, the town's Christmas lights will be turned on, a traditional carousel, traction engines, fire spinners, children's rides and entertainment will be wrapped around the medieval streets. There are plenty of festive food treats and drinks available too. Entry is free!

**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](mailto:INFO@STONESTHROWPUBLICATIONS.CO.UK)**



**0121 7463044**  
**0800 3032559**  
**07773 911552**

**Laying Drives & Patios since 1979**



**5-YEAR GUARANTEE • NO UPFRONT PAYMENT • 100% SATISFACTION**

- ✓ TARMAC DRIVEWAYS
- ✓ BLOCK PAVING
- ✓ RESIN DRIVES
- ✓ COBBLESTONE PAVING & DRIVEWAYS
- ✓ CONCRETE IMPRINTING
- ✓ DAMP PROOF POINTING
- ✓ FENCING
- ✓ ROOFING

Please call us today for a FREE, NO OBLIGATION quotation:

**[enquiries@drives4u.co.uk](mailto:enquiries@drives4u.co.uk) / [www.drives4u.co.uk](http://www.drives4u.co.uk)**

Please remember to mention Stonesthrow Directories when calling

# SEASONAL TREATS

OCTOBER & NOVEMBER



While the clocks go back this month, heralding darker days, longer nights and colder climes, October is a glorious time for seasonal produce to brighten up mealtimes. Here's our pick of three of the best fresh British ingredients.

## PEARS

While the UK is home to over 500 varieties of pear, only four usually make it onto the supermarket shelves. Williams and Conference are firm enough to cook with and a melt-in-the-mouth delight poached in red wine with a sprinkling of cinnamon, while aromatic Concorde and Comice are perfect raw, juicy and paired with goat's cheese, mature cheddar or blue cheese. Farmers' markets and smallholders might also yield treasures like Onward, Beth and Merton Pride. Since pears are picked while still hard, they need time to ripen at room temperature. The trick is to keep a weather eye on them, as they do have a habit of going from rock to mush seemingly in minutes!

## WINTER SQUASH & PUMPKINS

Squashes were one of the "three sisters" indigenous crops grown by Native Americans, along with beans and maize, and they are highly nutritious – there's plenty of vitamin C, beta-carotene, calcium, magnesium and fibre packed beneath their brightly coloured skins. At this time of year, as well as the ubiquitous vegetable-aisle butternut, you'll find a couple of dozen varieties – including acorn, onion, kabocha, harlequin, crown prince, hubbard and, of course, pumpkin – with specialist growers boasting the widest selection.

Not only do they look pretty, they're pretty tasty, too, whether roasted in chunks, added to thicken up soups and casseroles, or stuffed and baked. If you struggle to remove that tough skin, chop your squash into thick wedges, scoop out the seeds and roast with the skin on – it peels away far more easily when cooked. And don't compost those seeds, because they're full of goodies like protein, iron and magnesium. Instead, remove as much of the pulp as possible, then roast or pan-fry, either on their own or sprinkled with your favourite spices for a healthy snack or cereal topping.

## FENLAND CELERY

Grown in the rich East Anglian soil, Fenland celery is the first English vegetable to have been given Protected Geographical Indication (PGI) status. It's planted in deep trenches to keep it warmly protected from frost and create the characteristic blanched stalk – hence its alternative name of white celery. With a crisp texture and sweet, nutty taste, it's perfect for adding depth of flavour to casseroles or enjoying raw in a salad or as a dipper for chutney. Fenland celery also pairs beautifully with other autumn and winter treats like Stilton, so make the most of its short season from mid-October to the end of December (available in independent outlets and some supermarkets).

*About the author: Gill Mullins is a freelance writer and journalist at [www.superhappycontent.com](http://www.superhappycontent.com)*

## AUTUMNAL SHOPPING LIST:

APPLES  
BEETROOT  
BROCCOLI  
BRUSSELS SPROUTS  
CABBAGE  
CARROTS  
CAULIFLOWER  
CELERIAC  
CHARD  
COLLARD GREENS  
FENLAND CELERY  
FENNEL  
KALE  
KOHLRABI  
LEEKs  
PARSNIPS  
PEARS  
PUMPKIN  
SPINACH  
SQUASH  
SWEDE  
TURNIP  
WATERCRESS

# SAVE ON THE ENERGY BILL

## WITH THERMAL CURTAINS

Heating and cooling account for almost half of the amount an average household spends on utilities each year. Using insulated window treatments to jazz up your room and lower your utility bills provides a double value—adding to the aesthetics of your living space and saving money.

Insulating properties of a material are expressed as R-values. The higher the number, the more effectively it blocks the transfer of heat. Conventional curtains have an R-value of approximately R-1. Curtains with insulated linings can have R-values as high as R-6. Using insulating window treatments can save as much as 7 percent on utility bills each year.

Energy-efficient curtains are made in several layers that help insulate windows from sound and heat transfer. Many also have room-darkening properties. The outermost layer, which faces into the room, is a decorative fabric that can complement a room's décor. The middle layer can be any material that slows or prevents heat exchange, such as foam, heavy polyester or cotton flannel. Some types have a special backing that reflects light. Others are made with a fabric lining that covers the inner thermal layer. A vapor barrier is included to keep the fabric from absorbing moisture that builds up between the window and the room.

Using conventional drapes and curtains made of heavy material reduces heat loss through windows. Closing curtains at night can reduce heat loss by up to 17 percent and using curtains with thermal lining can reduce heat loss by up to 25 percent. Using curtains with white plastic backings can reduce heat gain by up to 33 percent in the Summer months.

One of the added benefits of using thermal window coverings is that they protect your indoor furnishings from sunlight. By controlling how much sun comes into a room, these light-blocking materials keep fabrics and carpets from fading. Fragile fabrics that deteriorate in sunlight may last longer. Adding lining to draperies increases the life expectancy of the drapery fabric and furnishings.

*Visit Aquarius Interiors Ltd for a wide range of quality insulated curtains to reduce your energy bill this Winter.*

**FARROW & BALL**  
CRAFTSMEN IN PAINT AND PAPER

*Inspiration for everyone*

Russells Garden Centre, Mill Hill, Baginton, Coventry CV8 3AG.  
Tel: 024 7771 7517

53, Abbey End, Kenilworth CV8 1QJ.  
Tel: 01926 359096

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

**Aquarius Interiors Ltd**  
CONVENTRY • COVENTRY

# HOROSCOPES:

## OCTOBER / NOVEMBER

### ARIES MARCH 21 - APRIL 20

October begins with a powerful energy surge as the full moon arrives in your sign on the 9th. Vitality will be at its peak, but try to remember to take time out for rest and relaxation. Relationships are also in the limelight as the Sun and love planet Venus are highlighting your opposite sign. Take care with any disagreements, try to use your intuition before you act. Resources and finances are in the spotlight during November as the Scorpio Sun and Mars both encourage an all-important review. Scorpio Mars demands action and offers you the courage and determination to make some important changes. The practical Taurus full moon on the 19th suggests refreshing change.

### TAURUS APRIL 21 - MAY 21

October turns the focus to your health and wellbeing; a nutrition and fitness review may well be needed now as the Libra Sun and Venus both demand a better balance in your daily life. The intensely emotional Scorpio new moon in your opposite sign on the 25th demands that you dig deep and connect with your most intimate desires and the shadow side of life. The transformational Scorpio Sun and dynamic Mars both shine a strong and guiding light on all your relationships and partnerships during November. This is the perfect time to make some dramatic changes as you communicate your values and your worth to all those in your circle.

### GEMINI MAY 22 - JUNE 21

Important breakthroughs come to the surface during October as your curiosity and creative spark reaches a highpoint. Mars in your sign is giving you the energy and vitality to push ahead in business and work matters. Mercury moving direct on the 3rd clears up any misunderstandings and offers some deep and lasting insight. Be open to new possibilities in love and romance. The work and wellbeing angle of your chart is strongly emphasised during November as daily routines, wellbeing and general health become your top priorities. Mercury, your ruler, moves into determined Scorpio on the 6th suggesting that you can now be unwavering in your decisions.

### CANCER JUNE 22 - JULY 22

Domestic issues are your top priorities during this month as you strive to create peace and harmony within your home and with your family. The Sun and Venus in Libra are in ideal positions for this to be a very successful venture. The dynamic Aries Full moon on the 9th is highlighting the career sector of your chart, you may also have to be courageous and fight for what you want. November suggests that love and romance are in the spotlight as the Sun and dynamic Mars fire up this sector of your chart. Whatever happens on the relationship front, it's going to be a fun month and the way forward becomes much clearer around the full moon on the 19th.

### LEO JULY 23 - AUGUST 23

Your interactions are thoughtful and balanced during October as the Sun and Venus work together in the sign of the scales. This planetary aspect mainly strengthens your communicating ability so that you should be able to see both sides of any discussion. The powerful and highly intense Scorpio new moon on the 25th offers intuitive energy for solving any domestic problems. Your home and family are high on the agenda during November as the Sun and Mars shine brightly in your domestic sector. Abundant Jupiter also lends a helping hand and ensures that things go your way, providing you use your intuition when dealing with any difficult issues.

### VIRGO AUGUST 24 - SEPTEMBER 22

You can breathe a sigh of relief as Mercury, your ruler, moves into direct motion on the 3rd. Any setbacks or delays that you have encountered should now start to move forward. Communication is balanced and well thought out as the radiant Sun passes through the sign of the scales. Financial issues may also crop up now, deep thinking and forward planning is essential. November shines the light on all forms of thinking and communication, particularly after the 6th as Mercury in Scorpio gives you the courage to express opinions that you are normally reluctant to voice. Your mind is sharply focussed, particularly around the Taurus full moon on the 19th.

### LIBRA SEPTEMBER 23 - OCTOBER 23

It's your birthday month and Venus, your ruling planet, is well placed in your sign to offer a truly exceptional time as friendships and harmonious partnerships are all well aspected. The powerful Aries full moon on the 9th offers a boost to your courage and self-confidence. Energetic Mars is in curious Gemini all month, spurring you on to new adventures. November welcomes your ruling planet to the careful and practical sign of Capricorn. The urge for adventure and risk taking must now make way for more serious plans concerning your future. Successful interaction and new projects are the main themes to keep you occupied.

### SCORPIO OCTOBER 24 - NOVEMBER 22

The powerful Aries full moon on the 9th of October offers you a totally new way of working, this period is ripe for learning and exploration. Expansive Jupiter is also in Aries, indicating that any new project that you start now will turn out to be highly successful. The new moon in your sign on the 25th demands that you dig deep for answers to important questions. November is your birthday month and it offers the start of a new cycle of transformation and personal growth. Dynamic Mars stays in your sign all month, ensuring the perfect opportunity to be more assertive as you step up into a more important role. The full moon in your opposite sign on the 19th suggests a lucky breakthrough.

### SAGITTARIUS NOVEMBER 23 - DECEMBER 21

During October the Libran Sun and then love planet Venus both illuminate the sector of your chart that governs friendships, groups, idealism and your relationship to the collective. This is a high energy time, don't be surprised if themes around humanitarian issues and larger social structures are your driving force. The Aries full moon boosts your creativity. November starts off super charged as Jupiter positively aligns with Mercury and highlights all forms of communication. Some important work related issues come to the surface and you may need to renegotiate how you are valued. With renewed confidence your long held dreams and aspirations can finally take shape.

### CAPRICORN DECEMBER 22 - JANUARY 20

This month the radiant Libran Sun and the love planet Venus both illuminate the highest point of your chart, indicating that you are able to find diplomatic solutions to challenging situations, particularly in the workplace. The Aries full moon on the 9th presents a challenge, but the positive energy of the Scorpio new moon on the 25th favours interactions with others. The Sun and dynamic Mars are both extremely powerful during November stirring up anything to do with friendships and group endeavours. Romance is also favoured as love planet Venus arrives in your sign on the 6th, increasing the chances of a meeting with someone new.

### AQUARIUS JANUARY 21 - FEBRUARY 18

October is a powerful time for you to press on with innovative plans for the future. The Mercury retrograde may have caused some setbacks and delays, but after the 3rd things should start to progress nicely. The powerful new moon in Scorpio on the 25th falls in your career sector and helps facilitate new projects that require your concentration and endurance. November could turn out to be quite a testing time on the home front as stern Saturn challenges individualistic Uranus and brings up issues concerning your personal freedom. Take heart, Jupiter is in your sign and can give you the required insight to solve any immediate problems.

### PISCES FEBRUARY 19 - MARCH 20

This month highlights the need for balance and stability in your investments, finances and resources. The Libra Sun and Venus urge you to take a step back and work out what's best for the future. The deep and intense new moon in Scorpio on the 25th offers you an excellent opportunity to communicate your innermost needs and wants to those around you. November highlights study and spiritual growth as the intense Scorpio Sun and enthusiastic Mars both urge you to open your mind and explore subjects that you have been thinking about for a long time. Be sure to stay wide awake and attentive to any new opportunities that may suddenly appear.

Christine Chalkin, Inspirational Astrologer and Life Coach  
www.facebook.com/restyleyourlife www.restyleyourlife.co.uk christine\_Chalkin@hotmail.com 07813 483549



# HER MAJESTY THE QUEEN

1926-2022

Like the whole of the UK and many people around the world, the team at Stonestrow Directories were stunned and saddened by the death of Her Majesty Queen Elizabeth II on 8th September. For all of us here she was a constant and steadfast presence in our lives, and the one person we could rely on to hold true to her values as the world around us underwent epoch-defining changes.

Although she lived to a remarkably great age of 96, she had understandably become a more private person after the death of her husband Prince Philip in 2021. Nevertheless, she was still there at the most important moments, despite her increasing mobility problems, and who can forget the wonderful four-day celebration of her Platinum Jubilee earlier this year in June?

The Queen notched up some remarkable achievements during her 70-year reign. In pure numbers alone they would have required immense stamina, focus and fortitude. Since 1952 she travelled to more than 100 countries and made more than 150 visits to Commonwealth countries including 82 state visits. She worked with all 15 UK Prime Ministers, met 13 US Presidents and 7 Popes. She attended 21,000 public engagements, including 39 Royal Variety Performances, posed for 1,000 official photographic and painted portraits, sent 300,000 birthday messages to centenarians, vetted over 1,000 new laws, and owned 30 corgis.

Those closest to her often talked about her wicked sense of humour, which became apparent to the rest of us during some big national moments. The 2012 Olympics opening ceremony featured a skit in which she accompanied Daniel Craig as James Bond from the palace to the Olympic Stadium; her own idea, which she had kept secret from the rest of her family. This year, her Platinum Jubilee celebrations included her playing herself in a short video with a CGI version of Paddington Bear, bonding over a shared love of marmalade sandwiches – finally revealing the secret of what she'd been keeping in her handbag for all those years!

And let us not forget she was also a mother and grandmother, a matriarch as well as a monarch. She was married to Prince Philip for 73 years, had four children, eight grandchildren and 12 great-grandchildren. For them as well as us, she was a symbol of stability, resilience, and wisdom. During times of national strife, she provided comfort and reassurance. It's difficult to summarise her legacy in just a few words, other than to say that we're grateful for her grace, humour, and tireless support in helping Britain navigate its way through the 20th century and onto the 21st. She was an extraordinary figure, and we feel proud and very, very lucky to have had her in our lives for as long as we did.

Rest in Peace, Your Majesty.

# RESTAURANTS

## & TAKEAWAYS

**Unicorn Warwick** *Gastropub*  
64 Hardwick Field Lane CV34 6LN  
**01926 402860**

**The Racehorse** *Gastropub*  
34 Stratford Rd CV34 6AS  
**01926496705**

**Shakespeare Fish Bar** *Fish & Chips*  
28 Shakespeare Avenue CV34 6JR  
**01926 257003**

**Panda House** *Chinese Takeaway*  
36 Shakespeare Avenue CV34 6JR  
**01926 741004**

**The Chip Shed** *Fish & Chips*  
24 West Street CV34 6AN  
**01926 498014**

**Paw Paw** *Chinese Takeaway*  
40 West Street CV34 6AN  
**01926 492886**

**The Globe** *Hotel Restaurant*  
10 Theatre Street CV34 4DP  
**01926 479100**

**The Rose & Crown** *Gastropub*  
30 Market Place CV34 4SH  
**01926 411117**

**Masala Knights** *Indian*  
20 Market Place CV34 4SL  
**01926 403413**

**Rigsby's Cellar Bar** *Bar*  
3 The Holloway CV34 4SJ  
**07765 896155**

**Totally Thai** *Thai*  
16 Market Place CV34 4SL  
**01926 496187**

**Tailors** *Gastropub*  
22 Market Place CV34 4SL  
**01926 410590**

**Market Place Pantry** *Café*  
26 Market Place CV34 4SJ  
**01926 400580**

**The Thomas Lloyd** *Pub*  
3-7 Market Place CV34 4SA  
**01926 475690**

**The Square Warwick** *Bar*  
9A Market Place CV34 4SA  
**01926 730550**

**Tilted Wig** *Gastropub*  
11 Market Place CV34 4SA  
**01926400110**

**Thirteen Bakers** *Café, Bakery*  
19 Old Square CV34 4RU  
**01926 490020**

**The Tuckery** *Café*  
21 Market Place CV34 4SA  
**01926 492171**

**Micatto** *Italian*  
62 Market Place CV34 4SD  
**01926 403053**

**Wylie's Café** *Tea Room*  
66A Market Place CV34 4SD  
**01926 490448**

**Dough and Brew** *Pizza*  
45 Brook Street CV34 4BL  
**01926 401111**

**Saffron Gold** *Indian*  
Westgate Close CV34 4DE  
**01926 402061**

**7 Square Restaurant** *French*  
7 Old Square CV34 4RA  
**01926 411755**

**The Art Kitchen** *Thai*  
7 Swan Street CV34 4BJ  
**01926 494303**

**ASK Italian** *Italian*  
16/18 High Street CV34 4AP  
**01926 941006**

**Coffee#1 Warwick** *Café*  
22-24 High Street CV34 4AP  
**01926 419187**

**Giggling Squid** *Thai*  
1-3 High Street CV34 4AP  
**01926 497542**

**Jambavan** *Indian*  
6 Castle Street CV34 4BP  
**01926 496511**

**Thomas Oken** *Tea Room*  
20 Castle Street CV34 4BP  
**01926 499307**

**Tasca Dali** *Spanish*  
15 High Street CV34 4AP  
**07445 223527**

**Aqua Food & Mood** *Lebanese*  
12-14 Jury St, CV34 4EW  
**01926 495491**

**Pizza Express** *Pizza*  
33-35 Jury St, CV34 4EH  
**01926 407895**

**La Mesa**  
5B Old Square, CV34 4RA  
**07528 080151**

**Gateway Café**  
4 Smith St, CV34 4HH  
**01926 419393**

**Warwick Spice** *Indian & Bangladeshi*  
24 Smith St, CV34 4HS  
**01926 491736**

**The Pickled Crab** *Seafood*  
15 Smith St, CV34 4JA  
**01926 494904**

**The Aubergine** *Turkish*  
32 Smith St, CV34 4HS  
**01926 400086**

**Il Piccolinos** *Italian*  
31 Smith St, CV34 4JA  
**01926 491020**

**Maya's Indian Brasserie** *Indian*  
45 Smith St, CV34 4JA  
**01926 400600**

**Bread & Co** *Café*  
60 Smith St, CV34 4HU  
**01926 493089**

**The Roebuck Inn** *Pub*  
57 Smith St, CV34 4HU  
**01926 494900**

**Robbie's Restaurant** *International*  
74 Smith St, CV34 4HU  
**01926 400470**

**The New Bowling Green** *Pub*  
13 St Nicholas Church St, CV34 4JD  
**01926 411470**

**Domino's Pizza** *Pizza*  
21 St Johns, Coventry Rd, CV34 4NE  
**01926 411003**

**The Oak** *Pub*  
27 Coten End, CV34 4NT  
**01926 493774**

**Pasteleria Portuguesa** *Bakery / Café*  
57 Coten End, CV34 4NU  
**01926 475871**

**The Black Pug** *Pub*  
69 Coten End, CV34 4NU  
**01926 730496**

**The Railway Inn** *Pub*  
55 Guy St, CV34 4LW  
**01926 493725**

**The Wild Boar** *Pub*  
27 Lakin Rd, CV34 5BU  
**01926 499968**

**The Elephant & Castle** *Pub*  
105 Emscote Rd, CV34 5QY  
**01926 774078**

**Rivercross** *Indian*  
204 Emscote Rd, CV34 5QT  
**01926 734086**

**The Cape Of Good Hope** *Gastropub*  
66 Lower Cape, CV34 5DP  
**01926 498138**

**Woodloes Park Fish Saloon** *Fish & Chips*  
8 Reardon Ct, CV34 5RN  
**01926 495666**

**Welcome Chinese Takeaway** *Chinese*  
Reardon Ct, CV34 5RN  
**01926 403933**

**The Saxon Mill** *Gastro Pub*  
Coventry Rd, Guys Cliffe, CV34 5YN  
**01926 492255**

**The Punch Bowl** *Pub*  
1 The Butts CV34 4SS  
**01926403846**

**The Old Post Office** *Pub*  
12 West Street CV34 6AN  
**07717140834**

**Chopsticks** *Chinese*  
19-21 Smith Street CV34 4JA  
**01926 479188**

**St. John's Fish Bar** *Fish & Chips*  
31 St Johns CV34 4NE  
**01926 493727**

**Great Wall** *Chinese Takeaway*  
65 Coten End CV34 4NU  
**01926 494938**

**The Antelope Inn** *Pub*  
93 Saltisford CV34 4TU  
**01926 493832**

**Castle Kebab** *Kebab Shop*  
46B Saltisford CV34 4TD  
**01926 491010**

**Halls Fish & Chips** *Fish & Chips*  
5 Peel Rd CV34 5ET  
**01926 490011**

**Apple Tree Tearooms** *Tea Room*  
5A Old Square, CV34 4RA  
**01926 289365**



# WHAT TO DO WITH A LEFTOVER PUMPKIN

ONCE THE HALLOWEEN CELEBRATIONS ARE OVER



Halloween is an ancient festival with Celtic origins, traditionally believed to be the day on which the souls of those who had died that year progressed to the underworld. Halloween has gained massive popularity in the UK only in recent years, turning into one of the country's biggest cultural and commercial events.

In 2021 we spent over £25 million on pumpkins, and we bought a total of 17 million of them. But the statistics on pumpkin food waste are frightening. According to the charity Hubbub, 18,000 tonnes of edible pumpkin end up in the bin each year – that's the same weight as 1,500 double decker buses. Instead of wasting these wonderfully versatile winter vegetables, re-use them. Here are two of our favourite recipes for you to try:

## PUMPKIN SOUP

### Ingredients:

2 tbsp olive oil  
2 onions, finely chopped  
1kg pumpkin peeled, deseeded and chopped into chunks  
700ml vegetable stock or chicken stock  
150ml double cream

### Method:

Heat the olive oil in a large saucepan, then gently cook the finely chopped onions for 5 mins, until soft but not coloured.

Add the diced pumpkin to the pan, then carry on cooking for 8-10 mins, stirring occasionally until it starts to soften and turn golden.

Pour 700ml vegetable or chicken stock into the pan and season with salt and pepper. Bring to the boil, then simmer for 10 mins until the pumpkin is very soft.

Pour the double cream into the pan, bring back to the boil, then purée with a hand blender. For an extra-velvety consistency you can pour the soup through a fine sieve.

The soup can now be frozen for up to 2 months.



## PUMPKIN CURRY WITH CHICKPEAS

### Ingredients:

1 tbsp sunflower oil  
3 tbsp Thai yellow curry paste, or vegetarian alternative  
2 onions  
3 large stalks lemongrass, bashed with the back of a knife  
6 cardamom pods  
1 tbsp mustard seed  
1 pumpkin (about 1kg)  
250ml vegetable stock  
400ml can reduced-fat coconut milk  
400g can chickpeas, drained and rinsed  
2 limes  
Large handful mint leaves  
Naan bread, to serve

### Method

Heat the oil in a sauté pan, then gently fry the curry paste with the onions, lemongrass, cardamom and mustard seed for 2-3 minutes until fragrant. Stir the pumpkin into the pan and coat in the paste, then pour in the stock and coconut milk. Bring everything to a simmer, add the chickpeas, then cook for about 10 mins until the pumpkin is tender. Squeeze the juice of one lime into the curry, then cut the other lime into wedges to serve alongside. Just before serving, tear over mint leaves, then bring to the table with the lime wedges and warm naan breads.





# BEN TEBBY

TREE & LANDSCAPING SERVICES

## TREE SERVICES

Tree Felling & Dismantling  
Crown Reduction & Thinning  
Pruning & Shaping  
Hedge and Shrub Trimming  
Stump Removal  
Logs & Wood Chipping for Sale  
Site & Garden Clearances

## LANDSCAPING

Patios, Fencing & Turfing  
All aspects of landscaping

NPTC and City & Guilds qualified  
Fully Insured (5 million public liability)  
Friendly and reliable services



**07581 094528**

**bentebby@hotmail.com**



## ADEPT ACCOUNTING AND BOOKKEEPING SERVICE

A FRIENDLY SERVICE FOR SMALL  
AND MEDIUM SIZED BUSINESSES

PAYROLL AND AUTO ENROLMENT,  
BOOKKEEPING, VAT RETURNS,  
TAX RETURNS AND ANNUAL AND  
MANAGEMENT ACCOUNTS.

CALL JENNIE ON 01926 491348 OR 07816 233874

E: [adept.accounting@yahoo.com](mailto:adept.accounting@yahoo.com)

Website: [www.adept-accounting.co.uk](http://www.adept-accounting.co.uk)

## IS YOUR SOFA LOOKING TIRED & SHABBY? CANNOT AFFORD TO BUY BRAND NEW?

*Complete upholstery & re-upholstery services for  
traditional & contemporary pieces in fabric & leather*

### SPECIALIST LEATHER REPAIR:

*Professional cleaning & stain removal  
Scuffs, cat scratches, burns  
Colour loss restored  
Panel replacement  
Aniline restoration  
Large range of fabric & leather*

### UPHOLSTERY:

*New seat cushions  
New springs / webbings  
Frame repairs  
Free inspection  
All work guaranteed*



## Mark Miller

### Leather Cleaning & Repair

Undertake Commercial & Domestic Upholstery

**01455 612730 / 07949 606949**

**[www.leathercleaningandrepair.co.uk](http://www.leathercleaningandrepair.co.uk)**





**Local**   
**Reliable**   
**Trusted**



## CROWN Driveways & Patios

Limited time offer: Winter Discounts

- Patios
- Driveways
- Tarmac
- Block Paving
- Resin Drives
- Entrance Pattern
- Drainage
- Wall & Steps
- Fencing & Gates
- Landscaping



Call us for a FREE,  
NO OBLIGATION Quotation:

**0121 746 3028**

**07786 300 839**

Serving Warwick & surrounding areas

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

Pension  
**TRANSFER**  
Gold Standard



Chartered



# JAMIESON CHRISTIE

## CHARTERED FINANCIAL PLANNERS

### TIME FOR A CHANGE?

Talk to us about a review of your previously transferred pension benefits plus

- Retirement planning and pension consolidation
- Tax efficient investing including business sales and inheritance
- Socially responsible investing for growth and/or income
- Inheritance tax and estate planning

**Contact us to learn how we can help.**

Head Office: Regent House, 430-432 Kenilworth Road,

Balsall Common CV7 7DN

Telephone 01676 532210 / 03300 505040

mail@jamiesonchristie.com / www.jamiesonchristie.com

Serving our clients nationwide with offices in London, East Midlands and Staffordshire.

Authorised and regulated by the Financial Conduct Authority.

**Tailored financial planning.**

**For now, for the future.**



Google  
Customer Reviews