

STONESTHROW DIRECTORY

Merry
Christmas

BRIGHTEN UP THIS CHRISTMAS FOR AN OLDER PERSON P.32

USEFUL LOCAL TELEPHONE NUMBERS / ARTICLES / HOROSCOPES

WHAT'S ON / LOCAL RESTAURANTS & TAKEAWAYS

MONEY SAVING AT CHRISTMAS P.28

KENILWORTH

DECEMBER / JANUARY 2022-2023

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A NOTE FROM THE EDITOR

Hello and welcome to our December/January edition of Stonestrow Directory.

With Christmas rapidly approaching, I'm sure I'm not alone in keeping my fingers crossed and hoping for this year's celebrations to be somewhat close to "normal". Spending time with family is our number one priority, so hopefully your big gatherings are back on the cards after a two-year hiatus. I've noticed that it looks like "business as usual" for the organisers of the numerous Christmas markets, school fairs, Santa's grottos, pantos, and musical concerts in our region – if our magazines' What's On pages are anything to go by! It appears that we're craving some hopeful pragmatism, and we want to find ways to make this a Christmas to remember despite the hardships going on around us. So I'm urging all our readers and customers to do two things this year: 1. Shop local as much as you can. Almost half of small business owners say that if everyone in their local community spent just £5 extra per week with small businesses it would help them to stay open in the long term. 2. Look out for our elderly and most vulnerable neighbours, who can find it difficult to get out to the shops or to keep their house adequately heated during the colder months, and just check that they are OK.

Here are the dates for your calendar:

25th of December - Christmas Day (Bank Holiday);

26th of December - Boxing Day (Bank Holiday);

27th of December - Substitute Bank Holiday for Christmas Day;

1st of January - New Year's Day (Bank Holiday);

2nd of January - New Year's Day observed (Bank Holiday).

However you celebrate the festive season, we wish joy and peace to all our readers from everyone here at Stonestrow Directories.

Until next time, Merry Christmas & Happy New Year!

Yours, Stonestrow Directories

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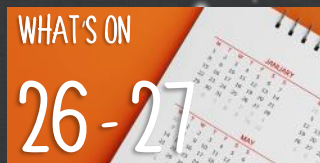
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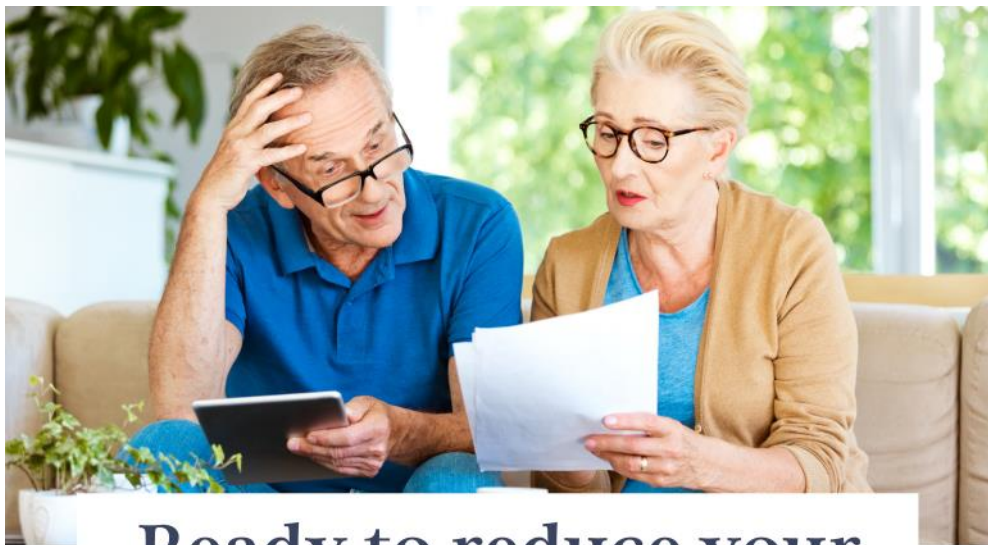

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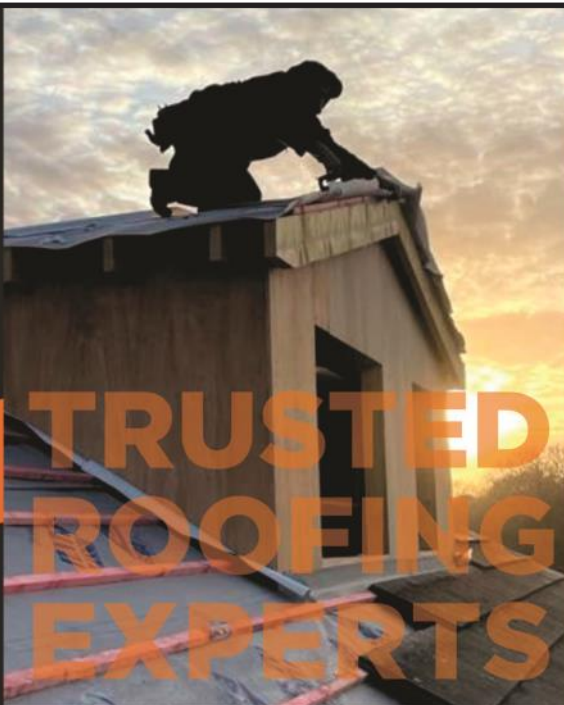
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1 The Square CV8 1EF		Castle Green CV8 1ND	
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49 Abbey End CV8 1QJ		42 Castle Hill CV8 1NB	
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Coventry University Hospital 02476 964000
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WHAT'S 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

Kenilworth Art Society

Date: every 3rd and 4th Wednesdays of the month / Time: 7.30pm / Venue: TBC

This is a friendly local group; beginners and experienced artists, watercolour, acrylic, pastels, etc New members welcome, to share and learn, meetings Wednesdays pm and some Saturdays. Keeping art alive with a programme of optional activities. For information visit our website www.kenilworthartsociety.uk or contact us: Tel: 01926855470 Email: carole.fenn@icloud.com

Kenilworth History and Archaeology Society

Date: second Monday of each month / Time: 7.45pm / Venue: Senior Citizens' Club, Abbey End, Kenilworth CV8 1QJ

We hold nine Open Meetings per year with guest speakers on a range of historical subjects, non-members are welcome for a donation of £2. We also hold three members only meetings per year. Full details of our programme and how to join the society can be found on our website www.khas.co.uk and on our Facebook page. The ethos of the society is to research the history of the town and make the results available to its residents.

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/ Email: enquiries@warwickshire.vision Phone: 01926 411331

Kenilworth Senior Citizens Activities Club

Date: every Tuesday / Time: 1.30pm - 3.30pm /

Venue: Newbold Comyn Leisure Centre, Newbold Terrace E, Leamington Spa CV32 4EW Because of the ongoing building work taking place at our usual venue of Castle Farm Leisure Centre, we are currently meeting at the Newbold Comyn Leisure Centre in Leamington. We are a small friendly group who play Table Tennis and Short Mat Bowling. We also usually organise a Summer Outing and a Christmas Lunch for our Members. We would love to welcome new members from Kenilworth, Warwick or Leamington and the surrounding areas to join us for fun and friendship on Tuesday afternoons. There is plenty of free parking at Newbold Comyn.

Kenilworth Senior Citizens Activities Club

Date: every Thursday / Time: 12pm - 4.30pm /

Venue: top of the Abbey End car park in Kenilworth

Over 60? Come and join this friendly group of seniors. We meet weekly on Thursdays for bingo, race days and various activities, day trips and meals. Enquiries to 01926 512024 / 07568572769

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

Men Walking and Talking

Date: every Thursday / Time: 7pm / Venue: Abbey Fields Car Park

A weekly walking group has been launched in Kenilworth aimed at supporting men's mental health. Set up by local resident Mark Taylor, the group was started earlier this year as the tenth branch of the Men Walking and Talking Group - which was launched during the pandemic. Mark explained: "In early 2020 I had my own mental health struggles and with professional help and the support of good friends, I was able to deal with it and came out the other side mentally stronger and felt really good about things. So, this is just a case of I'd like to do something to

give back. It is such a simple thing to set up a walking group, offer an outlet and see who turns up. I can be an ear for people, and just there to be spoken to. We all know what us blokes are like, not asking for help, and that is the main ethos of the group really”.

Christmas Card Delivery Service

4th Kenilworth (St Nicholas) Scout Group is pleased to advise that we are running the Christmas Card Delivery Service 2022. The cost per card is less than half the cost of a 2nd class stamp, only 30p per card. Christmas Card Delivery Service for Kenilworth, Leek Wootton, Hill Wootton, Stoneleigh & Ashow Collections in Kenilworth from late November at: Kenilworth Books, GDT Automobiles, Steve Crowe Butchers, Farthing Gallery & Tearoom, Leyes Lane Pharmacy + All Saints Church, Leek Wootton and Village clubs in Stoneleigh & Ashow. Last collection date from these points is Friday 16th December. Also in Talisman Square, Kenilworth on Saturday 3rd, 10th & 17th December 9.30am – 3.30pm. Delivery from Sunday 18th December.

Christmas Family Workshop

Date: 15th of December / Time: 3.30pm - 5pm / Venue: Hill Close Gardens Trust, Bread and Meat Close, Warwick, CV34 6HF
Festive arts and crafts to make your Christmas sparkle! For more information please call: 01926 493339

Kenilworth Over 30 Swimming Club

Date: Every Sunday / Time: 8am - 8.55am / Venue: Newbold Comyn, Newbold Terrace East, Leamington Spa, CV32 4EW
We swim at Newbold Comyn whilst the Abbey Fields facility is being rebuilt. Only two members in each of the reserved four lanes to date - new members very welcome (£12.50 a month subscription) a great way to start your day! Please contact Simon Morton (simonmorton8@yahoo.co.uk) for more details or a trial swim.

Warwick Memory Singers

Date: Wednesdays / Time: 1pm - 2.30pm / Venue: All Saints Church, Vicarage Fields, Warwick, CV34 5NL
Open to anyone living with dementia or other neurological condition, accompanied by their carer. Led by specially-trained musicians, our weekly sessions can help build new friendships and boost confidence, enabling people to feel more positive and supported. £5 per week, carers go free. First Session free! To book a place or for further information, please contact Sarah Riddell: sriddell@armonico.org.uk or call 07722 632242

Kenilworth Lions Duck Race

Date: 26th of December / Time: 11.45am - 1pm / Venue: Abbey Fields, Kenilworth
The Kenilworth Lions Duck Race is back! An unusual ritual takes place starting at the Ford in Kenilworth; at 11:45am 18 Corporate Ducks will be launched into Finham Brook, followed at noon by 1,500 little ducklings. After a bracing swim of 200 metres the ducks cross the finishing line in the Town's Abbey Fields. The first four finishers capture prizes of £100, £75, £50 and £25 respectively. This annual event has been running for over twenty five years and now attracts thousands of visitors, from far and wide. Over the years we have raised over £80,000 to help those in need.

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MONEY SAVING AT CHRISTMAS

UK inflation reached 11.1% in October 2022, marking a 41-year high. Rising costs from rent and mortgages, and from energy to food, means it is harder than ever for many of us to make the ends meet. Here are some tips that will help you save money and still enjoy the festivities this Christmas.

PRESENTS

BARGAIN-HUNT: Perfectly good quality items can be found in some charity shops and websites that sell second-hand goods (Facebook Marketplace, eBay, Depop, Vinted etc.). You can also sell some of your own items to raise money for Christmas. You may be able to get something you need, *for free*, from certain local community group such as Acts of Kindness Chiltern And Surrounding or Next Door.

SECRET SANTA: Instead of buying and receiving many presents from family and friends, a Secret Santa scheme organises the family and friends to exchange presents in a way that everyone only has to buy one gift. You can make it a fun family game by guessing the identity of everyone's Secret Santa after the presents are exchanged. Other variations of the arrangement, like White Elephant, can also turn the gift-exchange event into a party game.

GET CREATIVE: Homemade gifts can be personalised easily, and they are always more special than the ones bought from the high-street. Inspiration and tutorials for DIY presents such as gingerbread Christmas ornaments, citrus marmalade, scented salt scrubs, hand warmers, pin cousins, etc., can be found on websites like Pinterest, YouTube and TikTok. Many of the DIY items can be made within a couple of hours at home, without special tools or professional skills.

Another creative gift idea is hand-written

vouchers to provide quality time or services to your family and friends. For example, you could offer to cook a special meal, organise a movie night, build a compost bin or garden shed, or arrange a winter woodland walk.

THE GIFT WRAPS

CREATIVE WRAPPING: Instead of wrapping the presents, decorate the box that comes with them. You could use pictures/photos from old fashion magazines, comic books or newspaper. Leftover fabric: It requires no tape (tie it with ribbon) and can be re-used again and again.

GIFT BAGS: Collect and save gift bags that have been given to you previously - usually, they can be re-used several times.

RECYCLABLE BROWN PARCEL PAPER: They are comparable in price to the shiny modern wrapping papers, which often contain plastic and are non-recyclable. You could use a sprig of holly or pine cones to decorate the parcel paper, which will add Christmas feel!

XMAS TREE

ROOTED TREE IN A POT: You can move the potted tree outdoors after Christmas and care for it. You can then re-use the tree for many successive Christmas celebrations!

ARTIFICIAL TREE: Look for a second-hand one in charity shops, Facebook groups or Freecycle-type groups, it would be less expensive than a new one. It will also keep another tree out of landfill!

A CUT TREE: Make sure it is sustainably sourced (The Forestry Commission, FSC), and dispose of it responsibly (make wood chippings or compost). Most councils offer free disposal.

Remember, every little helps - even if you only opt for one of these ideas.

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HOROSCOPES: DECEMBER / JANUARY

ARIES MARCH 21 - APRIL 20

The Sun, Venus and Mercury are all shining favourable light on the sector of your chart concerned with the higher mind, further education and travel. Under current trends, you should be making some exciting plans for a very bright 2023, particularly as abundant Jupiter arrives in your sign on the 21st. The powerful Gemini full moon on the 8th puts you in a talkative mood and turns your attention to inspirational thinking. 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

Venus in Sagittarius challenges assertive Mars in your monetary sector this month, suggesting that you might be inclined to make some impulsive decisions around your finances, best to get some solid advice and maybe wait until Mars goes direct in January. The powerful Jupiter Neptune conjunction in Pisces offers inspiration and the possibility of a mystical experience. 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

The high energy planet Mars is still retrograde in your sign illuminating the fact that your projects are not going according to plan. It's time to review your impulsive nature and take stock, listen to close friends as they can offer you fresh insight to do things differently. The auspicious Jupiter and Neptune combination in Pisces suggests heightened insight and intuition. 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

The Sun and Mercury both illuminate your health and wellbeing area, suggesting that your vitality is high and you could be feeling more robust than usual. December is the perfect time to forge ahead with a personal ambition and bring a long term project to a close. Love planet Venus in adventurous Sagittarius until the 10th indicates that a new romance may be on the horizon. 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

The Sun, Venus and Mercury are travelling through adventurous Sagittarius and all three are offering you a new sense of direction where love and creativity are concerned. Your future plans with a possible new partnership look exciting, so don't be afraid to take the initiative. The Capricorn new moon on the 23rd looks auspicious, turning your attention to an exciting practical plan. 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

Venus and Mercury in fiery Sagittarius continue to highlight the domestic sector of your chart, suggesting a dynamic month where you can make the most of your self-confidence and creative ability to make positive changes within your home. Mystical Neptune and abundant Jupiter traveling together in Pisces ensure that prospects are looking rather good for harmonious relationships. 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

Venus, your ruling planet, is in adventurous and intuitive Sagittarius until the 10th, this cycle suggests that communication is your top priority and any exchange of ideas may bring huge rewards. Normally energetic Mars is retrograde in Gemini, try to stay patient and tolerant as you'll need to find some new solutions to old problems. Be alert to new opportunities after the new moon on the 23rd. 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

The Sun, Venus, and Mercury are all highlighting the financial area of your chart, be sure to make the most of your profound and analytical intellect as you make some important decisions for the future. Beneficial Jupiter coupled with mystical Neptune in Pisces both illuminate the love sector of your chart, enabling you to make some positive romantic choices. 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

This month is all about putting yourself first and fully recognising your potential. Major change is now coming your way and new beginnings are eminent. Mercury and Venus both energise your sign until the second week of December, use this time to really focus on those all-important future plans. Be sure to stand your ground, and be ready to achieve whatever you set your heart on. 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 month starts with a powerful combination of the moon, Neptune and Jupiter together in mystical Pisces in the communication sector of your chart. This potent energy heightens your intuition and suggests exciting new beginnings. You may feel the need to break free from old ways of doing things, it's important to keep an open mind as you can now learn a great deal from those around you. 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

The Sun, Venus and Mercury in Sagittarius are powerful in the area of your chart concerned with community spirit and humanitarian goals. Your vitality should be high and your big ideas could lead to remarkable results, so be sure to make your thinking optimistic and forward-looking. The Gemini full moon on the 8th is particularly auspicious and highlights your creative aspirations. 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

A positive start to the month seems to be assured with the connection of the moon, Neptune and Jupiter in your sign. If your ambition has been lacking lately, don't worry, it's all change now as the Sun in fiery Sagittarius lights up the highest point in your chart. You need to speak your mind about certain issues that have been troubling you for a while, take advantage of the practical Capricorn new moon on the 23rd. 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!

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HELP MAKE THIS CHRISTMAS A LITTLE BRIGHTER

FOR A LONELY OLDER PERSON



As so many song lyrics tell us, Christmas should be “the most wonderful time of the year”. For many people this is true, but this month we’d like to give some thought to those who might not enjoy this time of year, especially the elderly. The charity Age UK found that 1.4 million older people across the UK are expecting to feel lonely at Christmas.

“The COVID-19 pandemic has had a huge impact on the nation’s mental health, and older people have been hit hardest in terms of mortality and have often found the restrictions and lockdowns very isolating and hard to bear. The Charity’s new survey shows that nearly a million older people don’t have anyone to celebrate the festive period with this year, and when it comes to spending Christmas alone this year, around 675,000 over-65s are feeling fed up about this, around 625,000 are feeling depressed, around 400,000 feel forgotten and around 250,000 feel anxious”

So what can we do to help?

December is a busy time for everybody, but there are small things we can all do to help.

ARRANGE A VISIT

Do you have family members or neighbours who will be alone? Can you offer them a seat at your Christmas table? Or can you pop in and visit at some point during the day? If not Christmas day, then around the Christmas period and let that person know when they can expect you so they have something to look forward to. Even a cup of tea with a mince pie and a chat can have a positive impact.

TAKE THE TIME TO CALL

If you can’t physically be with a family member,

then call them instead. A simple phone call can make all of the difference. In fact recent analysis also found “that a phone call from a loved one is the best Christmas present many older people feel they can receive, so Age UK is encouraging everyone to make the effort to phone an older friend over the Christmas season, so they know they are not forgotten”.

HELP WITH THEIR SHOPPING

Pop around to your elderly neighbour and ask if you can take them out to the shops so that they can buy food or to get out of the house. Being alone can be a long day, with little to do.

HELP WITH CHRISTMAS DECORATIONS

Many people living alone don’t bother to decorate the house and it can make a big difference and help lift their mood. Buy your neighbour a small tree and decorate it for them. Don’t forget to let them know you will also take it away, so that they don’t need to worry about the cleaning up.

ATTEND A CHRISTMAS EVENT AT A LOCAL COMMUNITY CENTRE OR CHURCH

Charities such as Community Christmas and Contact the Elderly, help volunteers to organise events and tea parties.

OFFER TO DRIVE AN ELDERLY NEIGHBOUR TO AN EVENT

Encourage someone you know to get out and about to events over the festive season. By offering to drive them, it might be the nudge they need to overcome any anxiety, especially on Christmas Day when transport is limited.

Source: Age UK

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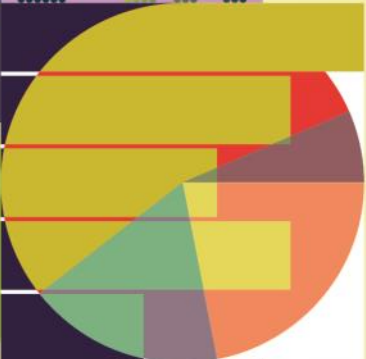
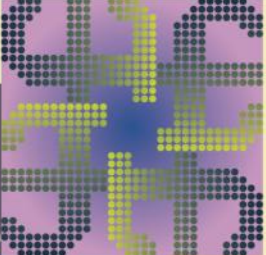
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