

STONESTHROW DIRECTORY

Merry
Christmas

BRIGHTEN UP THIS CHRISTMAS FOR AN OLDER PERSON P.25

USEFUL LOCAL TELEPHONE NUMBERS / ARTICLES / HOROSCOPES

WHAT'S ON / LOCAL RESTAURANTS & TAKEAWAYS

MONEY SAVING AT CHRISTMAS P.20



WARWICK

DECEMBER / JANUARY 2022-2023

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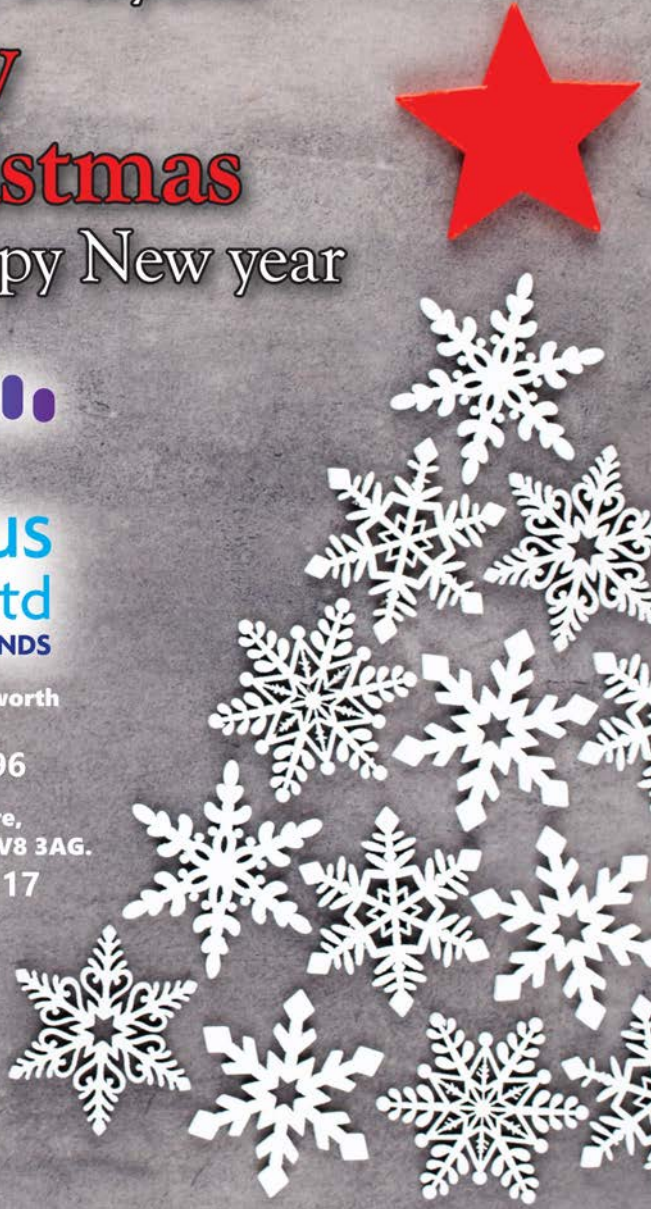
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A NOTE

FROM THE EDITOR

Hello and welcome to our December/January edition of Stonesthrow 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 Stonesthrow Directories.

Until next time, Merry Christmas & Happy New Year!

CONTENTS

IN THIS ISSUE



18-19 WHAT'S ON LOCALLY



12 USEFUL LOCAL TELEPHONE NUMBERS



20 MONEY SAVING AT CHRISTMAS



24 LOCAL RESTAURANTS & TAKEAWAYS



22 HOROSCOPES



25 BRIGHTEN UP THIS CHRISTMAS FOR A LONELY OLDER PERSON



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

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

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

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

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

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.

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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

LEISURE & SPORTS

St. Nicholas Park	01926 495353
Newbold Community Centre	01926 882083
Warwick Library	0300 5558171
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

GENERAL

Tourist Information Centre	01926 492212
Citizen's Advice Bureau	01926457900
Samaritans	116123
Local Trading Standards	01926 414040
The Family Information Service	01926742274
Crematorium	01926 651418
Social Services	01926410410
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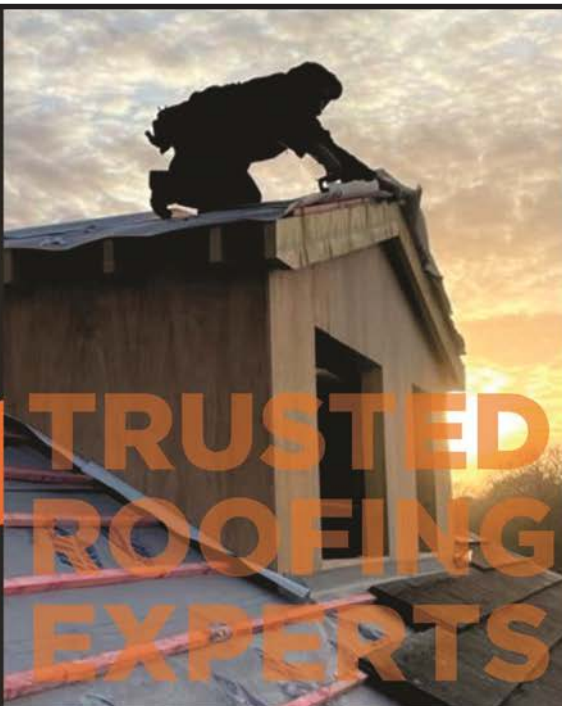
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WHAT'S ON LOCALLY

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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 Or:
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/
Email: 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.

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 web-site: 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 be 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.

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,
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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.

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.

Warwick Memory Singers

Date: Wednesdays / Time: 1pm - 2.30pm /
Venue: All Saints Church, Vicarage Fields,
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*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
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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 corns to decorate the parcel paper, which will add Christmas feel!

CHRISTMAS 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.

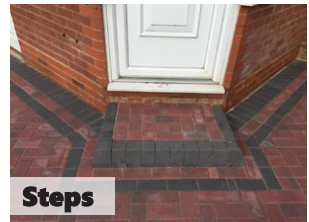
Remember, every little helps - even if you only opt for one of these ideas.

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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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01926 498014

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

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10 Theatre Street CV34 4DP
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30 Market Place CV34 4SH
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26 Market Place CV34 4SJ
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3-7 Market Place CV34 4SA
01926 475690

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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

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07445 223527

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01926 495491

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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

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 and especially with the current uncertainty around COVID restrictions again this year.

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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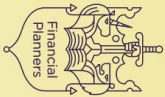


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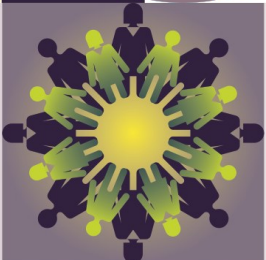


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