

STONESTHROW DIRECTORY



TIPS TO REDUCE CONDENSATION IN YOUR HOME P.23

USEFUL LOCAL TELEPHONE NUMBERS / ARTICLES / HOROSCOPES

WHAT'S ON / LOCAL RESTAURANTS & TAKEAWAYS

HOW TO TALK TO SOMEONE WITH DEMENTIA P.25



WARWICK

FEBRUARY / MARCH 2023

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A NOTE

FROM THE EDITOR

Hello and welcome to our February/March edition of Stonesthrow Directory.

After the New Year celebrations and settling back into a routine, February brings a sense of optimism in the air, that Spring is just around the corner, everything will get brighter and warmer, and we can embrace life again feeling refreshed and re-invigorated.

A few things to celebrate and to look forward to in the next couple of months: Valentine's Day, Half Term, Random Acts of Kindness Day (17th of February), Pancake Day (21st of February), St Patrick's Day, Mother's Day, etc. When deciding how to celebrate, what gifts to get your loved ones, please do choose local where possible: our shops, restaurants and other businesses are all heavily relying on your support, especially in times like these, when costs of simply running a business is at all times high.

It may feel cold, wet and miserable at the moment, but our advertisers are here to bring comfort, improvement and joy to each and every household: we bring local trades, businesses and services closer to you, so you never have to get overwhelmed looking through millions of online listings.

Please do remember to mention Stonesthrow Directories each time you call our advertisers, so we may continue to fill up these magazines with trusted local businesses.

As always, we have prepared a list of local news and events (see p.18-19), a couple of good read articles, listings of your local restaurants & takeaways, useful local telephone numbers: it's all in one handy guide, brought to you by a local resident.

Here are the dates for your calendar:

14th of February - Valentine's Day;
19th of March - Mother's Day;
26th of March - Daylight Saving Time starts.

However you spend the next couple of months, keep your heart and your business local.

Yours, Stonesthrow Publications.

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

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

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

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

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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

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

GENERAL

Tourist Information Centre	01926 492212
Citizen's Advice Bureau	01926457900
Samaritans	116123
Local Trading Standards	01926 414040
The Family Information Service	01926742274
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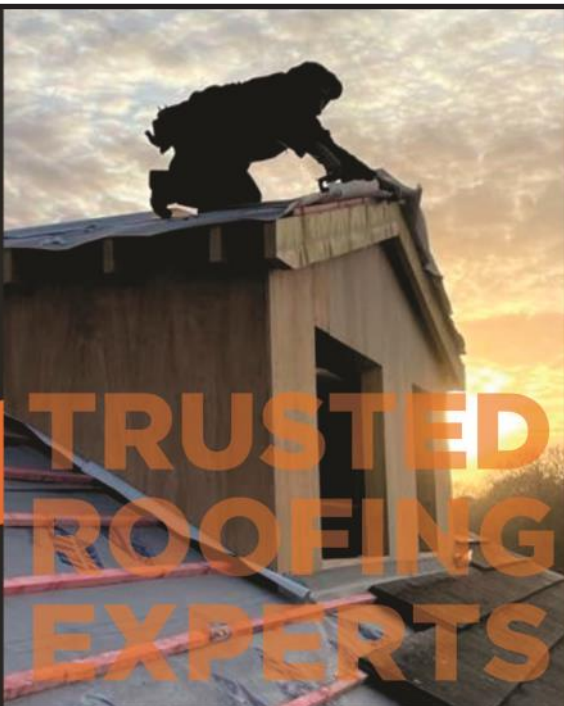
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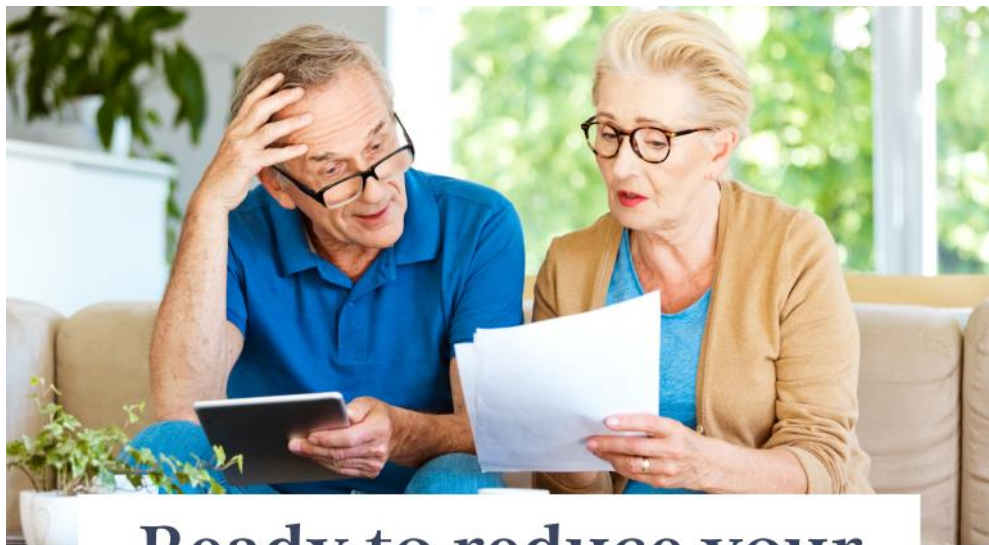
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Date: every Saturday / Time: 9am - 3pm /
Venue: Warwick Town Centre, Market Place,
Warwick, CV34 4SA

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 discrimi-
nation. 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 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: 25th of February / Time: 2pm / Venue:
Zoom

'D-Day failure? 1/Suffolks and the drive to Caen'
by Adrian Roberts: examining the role of a single
British battalion on D-Day and its attempt to
capture a key German position; what did this
action show about the problems encountered on
6th June and was it an important factor in the
British failure to take Caen? These will be on
Zoom until further notice. To receive an invite,
contact the Secretary by email on
rrfwarwickfriends@outlook.com, about a
fortnight before. All talks begin at 2pm and last
about an hour.

Saturday Talks in support of the Fusilier Museum

Date: 25th of February / Time: 2pm / Venue:
Zoom

'Monty in Italy' by Zita Fletcher: an examination
of F.M. Montgomery 's battles in Italy, the hard
fighting, the struggles with military
administration and leadership experiences.
These will be on Zoom until further notice. To
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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/

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 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.

Coombe Abbey Artisan Market

Date: 12th of March / Time: 10am - 4pm / Venue:
Coombe Abbey Park, Brinklow Road, Binley,
Coventry, CV3 2AB

Coombe Abbey will be the home to a monthly, artisan market offering a wide range of arts, crafts & local produce.

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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:KSENIA@STONESTHROWPUBLICATIONS.CO.UK)



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HOROSCOPES: FEBRUARY / MARCH

ARIES MARCH 21 - APRIL 20

Pioneering Mars in Gemini remains strong in your communication area all through February, suggesting that some excellent opportunities for innovative new ventures will be coming your way very soon. Love planet Venus arrives in your sign on the 20th, your social life should be on a roll now; there is much to be gained from group encounters and new friendships. March will be a rather introspective month for normally bold and dynamic Aries. The powerful combination of the Sun, Jupiter and Neptune in the deeply intuitive sign on Pisces will probably cause you to reassess many things in your life. Mercury arrives in your sign 27th bringing some tough choices your way.

TAURUS APRIL 21 - MAY 21

Strong Aquarian energy is at the highpoint of your chart, indicating that now is the time for keeping an open mind on all your potential goals, including the previously dismissed ones. Venus, your ruling your ruling planet is in Pisces until the 19th, romantic matters are now also on a high – this could be a good time for taking time out with a partner to explore the world. March is all about finding a much gentler way of life, particularly if things have been rather hectic during the last year. The Sun, Jupiter and Neptune are joined in spiritually minded Pisces and encourage you to tune in and connect with your life purpose. Creativity is highlighted and this is the year to find your deepest passion.

GEMINI MAY 22 - JUNE 21

Aquarian energy during February suggests that the pull to broaden your horizons and take up new lines of study becomes stronger than ever. Action planet Mars remains in your sign all month, this placement is quick and changeable, not so good for making long lasting decisions. The spiritual Pisces new moon on the 20th suggests a more intuitive approach to most things. March is a powerful career month with the emphasis on you reaching your goals, whatever they might be. Optimistic Jupiter in mystical Pisces highlights your soul journey and the many things that still have to be accomplished. Venus and Mars both arrive in innovative Aquarius on the 6th, enabling you to get those new plans underway.

CANCER JUNE 22 - JULY 22

Finances, resources and investments are all under review this month as the independent minded Aquarian Sun illuminates this area of your chart. Take time out to make new plans concerning your career prospects, the time could soon be right to take the plunge and begin a brand new project. The powerful Leo full moon on the 5th offers a turning point – expect a creative development. March: Finances and resources are in the spotlight this month as Mercury and Saturn ask you to begin a through reassessment. Keep yourself focussed as you now have the power to be very persuasive in any negotiations. Jupiter in Pisces offers great intuition, use it wisely and this should turn out to be a profitable and productive month.

LEO JULY 23 - AUGUST 23

The radiant Aquarian Sun and task master Saturn both occupy your opposite sign during February. This powerful energy is emphasising the fact that you might need to address any difficulties in your relationships. The full moon in your sign on the 5th throws some light on an issue that's been troubling you for a while, good communication helps as a creative solution comes into view. March suggests that health and lifestyle balance will be top priorities for you this month. The Pisces new moon on the 2nd offers great insight and your renewed confidence enables you to push any new ideas forward. Jupiter and Neptune are strong in Pisces and this combination indicates a marvellous energy boost.

VIRGO AUGUST 24 - SEPTEMBER 22

Mighty planet Jupiter, newly arrived in Aries, offers the potential for some big changes to your finances and resources; be on the lookout for some important new information related to better your financial plans. Planetary trends suggest that this is also a good time for restructuring a nutritional review, particularly around the new moon in your opposite sign on the 20th. March: The full moon in your sign on the 18th helps you to apply your energies to constructive pursuits. The Sun, Jupiter and Neptune are all prominent around this time and highlight inspirational and intuitive experiences. New and exciting ideas to push you forwards occur at the spring equinox on the 20th.

LIBRA SEPTEMBER 23 - OCTOBER 23

Some new and exciting creative opportunities are suggested during February as the Sun and Saturn both occupy this important area of your chart. Innovative new ideas can flourish and with Saturn's disciplined and practical outlook. They can be long lasting. Romantic encounters are also in strong force, particularly around the 20th as Venus arrives in Passionate Aries. March: The month's events hinge around Venus, your ruling planet, arriving in the most creative area of your chart on the 6th. Be sure to talk to partners and colleagues about the bigger issues and dig deep to unearth new truths. The Equinox on the 20th shows that freedom and individuality are more important than ever before.

SCORPIO OCTOBER 24 - NOVEMBER 22

The radiant Sun and stern Saturn in Aquarius are collectively illuminating your home and family life. Radical change could now be on the horizon, particularly around the Pisces new moon on the 20th. Mercury arrives in Aquarius on the 11th, good communication is essential as you look at new and innovate ways for moving forward, try to act with caution and deliberation. March: This month's planetary activity turns your attention to communicating trust and intuition, by doing this you'll benefit most from a harmonious atmosphere. Venus and March enter your domestic area on the 6th, you can use your organisational skills to perform everyday jobs and plan your schedule in a more efficient way.

SAGITTARIUS NOVEMBER 23 - DECEMBER 21

February's powerful Leo full moon on the 5th highlights travel and all forms of further study. Pull out all the stops and get busy with major initiatives; your strong intuition now may prove to be spot on. Action planet Mars continues on through your opposite sign, enhancing your organisational skills and offering you the chance to view decisions in a very different light. March is dominated by a restructuring of your personal finances and earning capacity. As both Venus and Mars arrive in Aquarius on the 6th you'll find that if you stick to your plans you have a really good chance of succeeding. The Virgo full moon on the 18th suggests that a long term creative project can finally get underway.

CAPRICORN DECEMBER 22 - JANUARY 20

Communication planet Mercury remains in your sign until the 10th, it's a good time for initiating any sort of practical change. Transformational Pluto is now in the last degrees of your sign suggesting there are many loose ends to tie up before you embark on an entirely new life journey. The Pisces new moon on the 20th offers a creative new way of getting your message across. March indicates that finances and resources are in the spotlight, challenges and change are on offer and you'll need to make some important decisions. The intuitive energy of Jupiter and Neptune in Pisces can assist you when looking at your choices. The spring Equinox on the 20th will reveal more about changes of the inevitable kind, particularly on the home front.

AQUARIUS JANUARY 21 - FEBRUARY 18

February is your birthday month, Expansive planet Jupiter is strong and courageous in fiery Aries, indicating that you can communicate better now and get your ideas across to others – you have a store of mental energy which should be applied to good ideas. The Pisces new moon on the 20th highlights finances, use your analytical abilities and problem-solving skills to make important changes. March is a very important month as both Mars and Venus arrive in your sign on the 6th, indicating innovative insight and big changes in the pace of your life. The Sun, Jupiter and Neptune in mystical Pisces offer Inspirational energy and a renewed interest in anything spiritual or creative.

PISCES FEBRUARY 19 - MARCH 20

Power planet Mars in Gemini is strong in your domestic area this month; you should feel the urge to push ahead and review home and family matters with new found confidence and courage. Venus in your sign ensures that you are attractive to others and the new moon in your sign on the 20th enhances your intuitive ability, tuning in and trusting this will make the way ahead look so much clearer. March: The powerful full moon in your opposite sign of Virgo on the 18th brings much needed clarity and focus into many areas of your life. This is a time for illuminating new beginnings, particularly where love and romance are concerned. Venus and Mars both arrive in analytical Aquarius on the 6th, it's time to be decisive!

Christine Chalklin, Inspirational Astrologer and Life Coach.

Take a refreshing new look at the year ahead by booking an astrological reading now - Consultations are available on Skype, Zoom, WhatsApp or telephone. Mobile: 07813 483549 | www.restyleyourlife.co.uk | christine_chalklin@hotmail.com

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TIPS TO REDUCE CONDENSATION IN YOUR HOME

Condensation forms when warm air collides with cold surfaces, or when there's too much humidity in your home and creates water which collects as droplets on a cold surface when humid air is in contact with it. This is especially common in winter, when your central heating system comes on in the cooler hours of the mornings and evenings. While condensation itself isn't a problem, if you do not treat it, it can cause damp patches to form where mould can grow and this can be bad for your health, as well as damaging the fabric of your home.

USE PAN LIDS WHEN COOKING

Cover your pans with a lid when cooking ensure to reduce moisture being created from the water boiling. Also, ensure you are using an extractor hood if you have one above the cooker. Remember, don't turn off your extractor fan as soon as you finish cooking as the moisture can still be in the air even after you have finished, instead leave it on afterwards for a few minutes to help to clear the humid air.

CLOSE KITCHEN & BATHROOM DOORS

Bathrooms and kitchens are the worst culprits for creating condensation on windows throughout your home. When cooking food, boiling the kettle, or taking a bath or shower, ensure that your kitchen or bathroom door is kept closed to prevent the moisture in the air from going into colder rooms which will cause condensation to form if it touches a cold surface.

DRY CLOTHES OUTDOORS

Whenever possible, try to dry your clothes outdoors to prevent excess moisture from building up in your property. If you are unable to dry your clothes outdoor then keep them in a bathroom with the door closed and windows open until the clothes are fully dry.

TURN ON YOUR EXTRACTOR FAN WHEN USING SHOWER

Similar to when cooking in the kitchen, when you are taking a shower or having a bath ensure that you turn on your extractor fan to remove the steam and moisture that is created when running warm water in a cold environment. This will help reduce the amount of condensation that appears on your bathroom windows and walls.

ENSURE WASHING MACHINE IS CORRECTLY VENTED

If you have a washing machine or tumble dryer in your property, ensure that it is vented correctly. From just one load of washing two litres of water is emitted into the air, this effect is only magnified if the machine is fitted in a kitchen as cooking will only add to the condensation.



MOVE FURNITURE AWAY FROM EXTERNAL WALLS

For the same reason as above, make sure that your furniture is at least 50mm away from the surrounding walls to improve the air circulation around the property. Try to ensure that wardrobes are placed against internal walls in your bedroom as these will be less cold than external walls and less likely to cause damp and mould problems.

OPEN WINDOWS WHEN WEATHER OUTSIDE IS WARMER

If you use a room on a regular basis, such as a living room and the weather is not cold outside, open a window slightly to improve the ventilation in the room. Breathing is one of the main causes of condensation so this will help to improve the ventilation in your property.

WIPE DOWN COLD SURFACES

If you don't have an extractor fan in your bathroom or kitchen then make sure that you wipe down any cold surfaces when you have been cooking or taking a shower to remove any moisture that may have settled on the surface. This excess moisture in the air sits on the surface and will quickly turn to mould if left untreated.

ENSURE YOUR PROPERTY HAS ADEQUATE HEATING

Ensuring an adequate amount of heating in your property will improve the internal temperature of surfaces in the house and reduce the likelihood of condensation. Also, make sure your home is energy efficient by ensuring you have insulated walls and double-glazed windows installed so the heat doesn't escape from the property.

DON'T OVERFILL WARDROBES & CUPBOARDS

Do not overfill your wardrobes or kitchen cupboards. A lack of ventilation and air moisture trapped in warm overfilled cupboards can become a breeding ground for mould as the air cannot circulate freely inside. You may notice a musty smell or find that clothes have a damp feeling to them which is a sure sign that the cupboard is overfilled.

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& TAKEAWAYS

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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*
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01926 410590

Market Place Pantry *Café*
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01926 492171

Micatto *Italian*
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01926 411755

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01926 494303

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01926 941006

Coffee#1 Warwick *Café*
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01926 419187

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15 Smith St, CV34 4JA
01926 494904

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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

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01926 494938

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01926 493832

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10 TIPS

FOR COMMUNICATING WITH SOMEONE WITH DEMENTIA

It's hard to live with someone who has dementia. It can be difficult not to become upset with the disturbed communication and the emotions that the person will be feeling which may not be relevant to the reality. It can make family and caregivers feel stressed, anxious, irritated and utterly helpless.

Everyone's experience of the disease is different but repeating stories, not being able to think of the right words, losing track of thoughts, losing their way or forgetting where the rooms around them are situated, speaking less or speaking in another language are not uncommon.

However, even though the person affected by dementia may not be able to clearly express it, they are often still experiencing feelings and emotions that can confuse and upset them deeply.

Here are 10 tips on how to effectively communicate with someone who has moderate to severe dementia.

1. Dementia worsens progressively. People with dementia find it difficult to make sense of others and to communicate effectively. It is crucial to show empathy, patience and understanding.

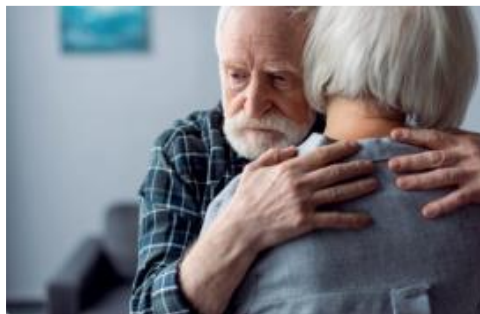
2. Avoid distractions and noise. Speak in a normal tone of voice at a normal volume. In order to be able to share moments that matter, a quiet environment will enable the person with dementia to focus their mental energy. It'll also assist them in staying calm.

3. Refrain from 'babytalk' or speaking in frustrated and agitated ways. Avoid criticising or correcting, and repeat what they said if something needs to be clarified.

4. Refer to people by their names. For example: "Hi Dad. It's me, Louise" rather than "Hi. It's me" or assuming that they already know the names of the people around them.

5. Keep conversation simple. Over complicating it by going off at tangents will only upset them because they will rapidly become confused and tired. You'll need to ensure you have enough time to spend with them, if you feel rushed or stressed, so will they. Take some time to calm down.

6. Body language is important. Stay calm and smile. Position yourself where the person can see you as clearly as possible, sitting rather than standing over them. When dementia becomes



very advanced, non-verbal communication may be the only option available and people with Alzheimers can understand kind touch, laughter and smiles. How you say something is often more important than what you say. Focus on feelings rather than facts.

7. It is very likely that your loved one will be 'stuck in the past' during conversation; a scenario from their days as a youngster, or something that happened last week. They are unaware of the time difference at that moment so don't try to correct them. Instead, listen, don't argue. They'll be far happier chatting away and reminiscing is really important.

8. Don't be personally offended if the person who has dementia uses bad or aggressive language or becomes paranoid or accusatory - it is so upsetting. But remember that deep down they're not feeling or understanding what they are doing.

9. Understand there will be good days and bad days. Moments when they have clarity and moments when their mind is muddled. Make the most of 'good' days and find ways to adapt on 'bad' ones.

10. Do not talk about your loved one like they are not in the room. Always assume he or she can understand what you are saying and include the person in conversations with others. It helps to keep their sense of identity and feel they are valued, reducing feelings of isolation.

PLACES TO ACCESS HELP:

NHS <https://www.nhs.uk>

ALZHEIMERS SOCIETY www.alzheimers.org.uk/

DEMANTIA UK www.dementiauk.org/

AGE UK www.ageuk.org.uk/

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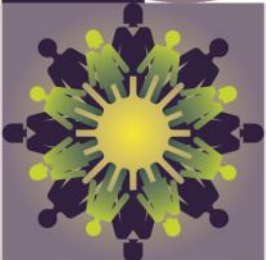


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