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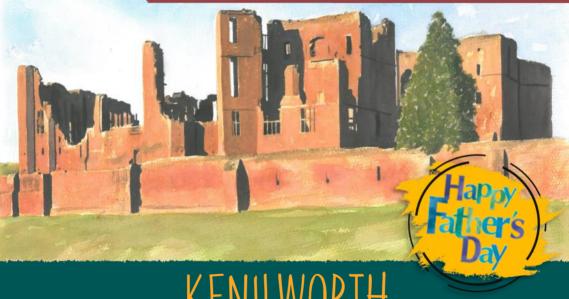
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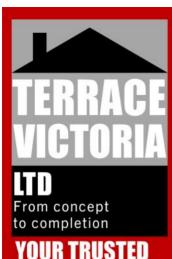




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A NOTE FROM THE EDITOR

Here comes the Summer! Yes, June is the official start of Summer, and the solstice on Wednesday 21st June is the longest day, when the Earth tilts on its axis closest to the Sun. This year, that happens at precisely 3.57pm, which could be a great titbit of information for a quiz night! This month we're also celebrating Father's Day – it's on the third Sunday of the month, which this year is 18th June. This could be a wonderful opportunity to treat our dads and commemorate the loving memories of those no longer with us. July is Independent Retail Month. celebrating all the fantastic independent businesses in our community - many of whom are featured within these very pages. So get out there and explore all the wonderful goods and services they have got to offer – they'll be very appreciative of your support. As always, we have prepared a couple of interesting reads for you, as well as useful listings of local telephone numbers, local restaurants and takeaways. Please do keep your copy of this directory until the next edition is delivered, so your helpful local trades and services' contact details are never too far away. Our advertisers have prepared special offers and discounts exclusive to the readers of Stonesthrow Directory. Please remember to mention our magazines when you call our advertisers, so we can bring even more trusted local talent to you.

Here are a few dates for your calendar:

18th of June—Father's Day
21st of June—Summer Solstice

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

Yours, Stonesthrow Publications.

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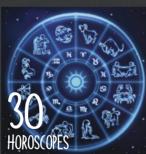




















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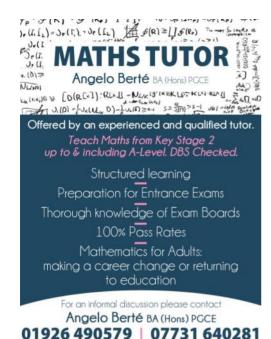


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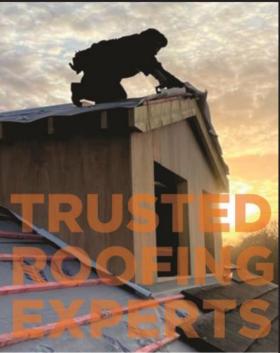
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CONSERVATORIES

KEEPING COOL THIS SUMMER

During the summer, people want to make the most of their conservatories, the sunniest part of the home. However, if you have an older conservatory, you may find that it is several degrees warmer than outside during the hottest part of the day. If it was originally constructed using glass panels or polycarbonate, these materials are now outdated and inefficient. Replacing your conservatory roof is not a cheap process, you will need to do some serious research. Make sure you contact a company who specialise in this type of refurbishment, and get a few quotes before you decide on a contractor. In the meantime, here are a few suggestions about how you can make your conservatory a 'cool' environment and enjoy it during the summer months.

Open windows and doors during sunny days to increase the circulation of fresh air. This may seem obvious, but a lot of people don't like 'drafts' and will insist on keeping doors and windows locked tight. As long as you are in the house and keeping an eye on any possible intruders, allowing air to circulate will help cool the room during the hottest part of the day.

Vents could be installed to help control the amount of air coming into the room without leaving your home vulnerable to intruders.

Blinds can keep out direct sunlight, this brings the interior temperature to a more manageable range. Internal blinds fit between the glass panels

of the double glazing, so they never get dirty or pucker. If you can invest in something that can be adjusted throughout the day, then you'll have some control over the amount of sun you allow into the room. These can also be a stylish addition to your home, giving you an opportunity to update your décor and refresh the look of your conservatory.

Adding some cooling film to your windows can be

a cost effective solution, prices start at around £20 per metre. Applying a thin layer of specialist film will reflect up to 80% of the sun's heat and harmful UV rays too. The application is quite difficult, due to the height of the conservatory, so make sure you hire a professional for the job. A ceiling fan is a great way to circulate the air without compromising security. However, you may not be able to attach a fan to the roof of your conservatory very easily. Any kind of fan will do the job of moving the still air, whether it's a desk fan or freestanding.

Making your conservatory look a little jungle themed is not just an interior decor statement, plants will absorb excess moisture and reduce humidity. Using a range of sizes and species will add interest to your space and add a little shade. Finally, make sure your conservatory furniture is light, avoid leather seats and opt for lighter fabric soft furnishings. You could always add an ice bucket full of refreshing drinks, just to keep yourself cool too.



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We all accumulate stuff over time, everyday items, occasional bits, practical things, and sentimental objects, all of these things gather in our homes and take up space. Sometimes you have to take stock and think about whether you need it all.

Start with a plan, this will prevent the whole process from becoming overwhelming. If you identify which areas you want to tackle and break them down into smaller spaces, it will seem far less daunting. For example, you might want to declutter your bedroom, so break it down into smaller tasks to sort out, such as; under the bed, the wardrobe, a chest of drawers, and manage to do one at a time.

Set a time limit. You may find it easier to allot time on a regular basis, fifteen minutes a day or an hour a week, or you may want to tackle a room in a day. If you have broken down areas into smaller tasks, you can spread your decluttering project over weeks or even months, rather than trying to get everything done in a hurry. By completing one section at a time, you can move at your own pace. Get organised before you start to clear the junk. Some objects may be worth selling, and some you may want to donate or give away, and a proportion of it may need to be thrown away or recycled. Have boxes or bin bags clearly labelled for each category; donation, recycle, sell, give to family, etc. If you have all of these boxes and bags

ready, it will save time and stop any procrastination. Now take each object, one at a time, and consider how you'd like to dispose of it. Be honest. It's important to really think about what value an item holds for you. Is it useful? Is it beautiful? Is it sentimental? Consider whether or not you use these items, or might need them in the future. If you haven't used something for over a year, think about why and whether it has a place in your life. If you're not sure, store an item for six months, if you don't miss it during that time, then you can get rid of it.

Maximise storage space. Once you've decluttered, it's important to keep your home clutter-free in the future. Think about how you can store items neatly and maximise any space you have. Invest in storage solutions that suit your needs; shelving, drawers, baskets, stacking boxes, under-bed storage, and closet organisers, all help keep items in order and easily accessible. Make sure everything has a designated place, this will help you stay organised and also make it easier to find everything.

Maintain your space to prevent clutter from building up again. Regularly assess your living situation, to make sure it's still working for you. Take a few minutes each day to put things back in their place, and make it a habit to declutter on a regular basis, whether it's every month or every season.

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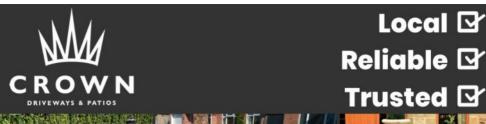
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This is a friendly local group; beginners and experienced artists, watercolour, acrylic, pastels. etc New members welcome, to share and learn. meetings Wednesdays pm and some Saturdays. Keeping art alive with a programme of optional activities. For information visit our website www.kenilworthartsocietv.weeblv.com 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 Comvn 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 Comvn.

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: Abbev 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. To join please visit their Facebook page: Men Walking and Talking or contact Mark: menwalkingandtalking@outlook.com

A Walking Football Group

We meet twice a week, Tuesdays 11.00am and Thursdays 13.15pm at a superb local venue near Warwick University, for exercise, recreation, socializing and a laugh on an outside astro turf pitch. All Adults welcome. For further info contact 07941491488.

Independent South Warwickshire NHS Retirement Fellowship

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

We have speakers, trips out, quizzes and much more, why not give us a try. Cotact Membership Secretary Jackie Shaw 01926 492361.

Kenilworth Over 30 Swimming Club

Date: Every Sunday / Time: 8am - 8.55am / Venue: Newbold Comvn. Newbold Terrace East. Leamington Spa, CV32 4EW

We swim at Newbold Comvn whilst the Abbev 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 Probus Club No 2

Date: 2nd Thursday of the month / Time: 10.30am / Venue: Clarendon Arms, 44 Castle Hill, Kenilworth CV34 1NB

Kenilworth Probus Club No 2. Is a club for retired and semi-retired men. Just come along or email: contact@kenilworthprobus2.org.uk Web: www.kenilworthprobus2.org.uk Our next speakers are: 13th June: Ray Sheppard 'The Genius of Rowland Hill'; 11th July: Trevor Langley 'Hidden Depths'.

Bad Vibrations Community Choir

No musical experience, ability (or even an audition) is needed to join our friendly and inclusive group. We sing for the joy of singing on the 1st /3rd / 5th Tuesdays from 6.30 - 8pm in Kenilworth School Upper Hall, Leves Lane, when our choir rehearses a varied repertoire with instruction from a talented and professional choir master. Alternatively, on 2nd/4th Tuesday from 7 - 8pm in the Lower Hall, we have a Singalong, no choirmaster, just singing to great tracks from the last 50 years For information: advken@gmail.com or call 07778 791365. Or just come for a FREE trial session.

Kenilworth u3a Meetings

Date: 15th of June / Time: 2.30pm / Venue: Kenilworth Methodist Church, Priory Road CV8 1LQ

The Wright Brothers to Concorde in 63 years -Crikey! Come and hear the story of that incredible technological, economic and social development. Date: 20th of July / Time: 2.30pm / Venue: same

The Wicked Wit of Alan Bennett - Come and hear if you agree that Bennett is one of Britain's undisputed national treasures and one of the greatest living Yorkshiremen! Members free. Visitors £1.

Kenilworth Lions Grand Show

Date: 10th of June / Time: 12.30pm - 9.30pm /

Venue: Abbey Fields

A free village fete and in the arena various displays take place between 12.30hrs and 17.00hrs, including, in the past, a cavalcade of Motor Trikes, a Brass Band, Falconry Display, and occasionally, ferret racing, a dog's show and dancing displays. The arena is fenced off by steel stakes and orange plastic fencing. Surrounding the Arena are market type stalls used by local charities and similar organisations to raise funds there are also trade stands – all are provided by the bodies concerned – the Lions only hire out the pitches. In the evening with live bands playing from 18.30hrs to 21.30hrs. Blues Extra and Chain of Fools

Kenilworth Carnival

Date: 24th & 25th of June / Time: 3pm - 10pm / Venue: Forrest Road. Kenilworth

Kenilworth Carnival Weekend raises funds for local charities while bringing the town together to share in a day of family fun. This year the Procession takes place on Saturday 24th June and leaves Forrest Road Kenilworth at 3pm. With a full line up of entertainment, live bands at 5pm & 8pm, stalls, food, licensed bar, and a funfair in Abbev Fields till 10pm. After our successful events over the past few years, we will be once again holding picnic in the park on the Sunday 25th June with Dinosaurs, entertainment, live bands, food, bar, stalls, Kenilworth Car Show & Bob Wilson's Fun Fair from 12.30pm till 6pm. For more details visit: www.kenilworthcarnival.co.uk

Kenilworth Food Festival

Date: 30th of July / Time: 10am—5pm / Venue: Kenilworth Town Centre, Abbey End CV8 1QJ Hungry? You will be, when you see what we have on offer at this year's food festival. There will be a massive selection of tastebud teasing treats for you to get your teeth into. We'll be bringing some of the best local, and national food and drink to the town for one our festivals. Not only will you be spoilt for culinary choices, but you'll also have some incredible live music to listen to whilst you eniov the delicacies on offer. Be there or be hungry!

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

HOROSCOPES: JUNE / JULY

It's all change for new beginnings in June as the powerful energy of expansive Jupiter links up with Mars, your ruler. The Sun is in inquisitive Gemini, suggesting that some exciting and innovative communication is about to appear on your horizon. Venus in Taurus illuminates your money sector, suggesting that this could turn out to be financially lucrative month. July continues the powerful theme of dynamic Mars and expansive Jupiter in your sign, Mars remains in Aries until the 5th. Try not to be too impatient, use this month wisely to review your energy levels, particularly where friendships are concerned. With Venus in chatty Gemini until the 18th, your communication skills remain at their best.

TAURUS APRIL 21 - MAY 21

This month gives you the opportunity to make some important changes in your financial dealings, with the Gemini Sun strong in your chart you could pick up some really good ideas about making and managing your money in a more profitable way. The Cancer new moon on the 29th offers a breakthrough in all area of communication, particularly where your family in concerned. During July your communication skills are positively highlighted as the radiant Sun and Mercury in Cancer suggest encouraging energy for intuitive and original new ways of thinking. The new moon in creative Léo on the 28th brings a new project into focus, your vitality is high and some help may arrive from unexpected quarters.

GEMINI MAY 22 - JUNE 21

June suggests that the coming together of courageous Mars and expansive Jupiter in a pivotal position in your chart offer an entirely new way of working with friends, colleagues and group led enterprises. You should be feeling energetic as these planets open up your intuition and bring you some amazing insights. The peaceful new moon in Cancer on the 29th looks encouraging. July brings a different kind of energy to the forefront, Venus is in your sign and the way you communicate comes into focus. The Sun and Mercury ask that you look at the way you value yourself and examine creative new ways of increasing your earning potential. Now is the perfect time to reach out and be hold

CANCER JUNE 22 - JULY 22

Your goals and ambitions are in the spotlight this month as expansive Jupiter and courageous Mars align in dynamic Aries. The full moon in optimistic Sagittarius is on the 14th, this powerful energy is also very encouraging for challenging you to embark on an exciting new journey as you are drawn to learn new things and go to places where you have never been before. July is your birthday month, the Sun shines brightly and is joined by communicative Mercury on the 5th. Love planet Venus also arrives in your sign on the 18th, illuminating all things to do with love and partnerships The new moon in creative Leo on the 28th marks a turning point and you'll feel a strong drive to improve your life on many different levels.

The Strong Gemini energy plus the dynamic combination of Jupiter and Mars in Aries are pushing you to explore new and exciting horizons. Venus energy in practical Taurus should ensure a stable career month, leaving you lots of time for social activity. As a creative sign, you'll find wonderful new ways of connecting with others and bringing them joy and encouragement. July might turn out to be a rather introspective month on some levels. The sensitive Cancerian Sun and Mercury will have you reconsidering some plans that you have recently made and the chances are that you may also have to rethink a career move. The powerful new moon in your sign on the 28th offers up an opportunity to push your creative ideas forward.

VIRGO AUGUST 24 - SEPTEMBER 22

June puts your resources and financial goals into the spotlight. Jupiter and Mars are stirring up this sector of your chart, and you'll need to use your new found confidence and positive thinking to get the very best out of any negotiations. Venus in Taurus offers practical insight, particularly around the 11th as she connects with innovative Uranus. July suggests that your career goals are high on the agenda as Venus and Mercury in Gemini ensure that your negotiation and communication skills are at their finest. A relationship that has been on hold can be reviewed and there is opportunity to advance in a positive way. The Capricorn full moon on the 13th indicates that it's time to put something firmly behind you

LIBRA SEPTEMBER 23 - OCTOBER 23

June puts the emphasis on your relationships with others, Mars and Jupiter are strong together, encouraging you to be more optimistic and courageous particularly when fighting for high ideals and extensive goals. Venus in Taurus in your money area could suggest a positive financial breakthrough. An exciting adventure is about to begin, take each opportunity as it comes. July: The Gemini Sun and business minded Mercury occupy the highest point of your chart, emphasising your goals and the importance of planning ahead and making long lasting changes. Venus, your ruling planet, is friendly and playful in Gemini, ideal for making plans for a romantic getaway. The Capricorn full moon on the 13th brings a domestic matter to the forefront.

SCORPIO OCTOBER 24 - NOVEMBER 22

June shines the spotlight on your health and wellbeing, Jupiter and Mars in fiery Aries are offering extra vitality for your daily activities. Love planet Venus remains in steady Taurus until the 23rd, an excellent position for all things to do with romance and positive relationships. The Cancer new moon on the 29th is important, be alert to a sudden swing in fortune. July: Dynamic Mars arrives in your opposite sign of Taurus on the 5th, emphasising the importance of staying focussed on the task at hand. Pluto and Mars put a strong and challenging planetary emphasis on the way you communicate the plans around your career and your future. The favourable new moon in courageous Leo on the 28th enables you to go after what you want.

SAGITTARIUS NOVEMBER 23 - DECEMBER 21

Love and romance are hot topics for you this month as dynamic Mars and expansive Jupiter light up this area of your chart. The powerful full moon in your sign on the 14th offers a breakthrough and suggests that some important questions are about to come to the surface. Intuitively you know that now is the time to discover inspirational new ways forward. July: The full moon in down to éarth Capricorn on the 13th puts your finances firmly in the picture, expansive Jupiter is strong in Aries suggesting there are some excellent opportunities for you to be successful and increase your earning potential. Mars enters practical Taurus on the 5th, further indicating that this is the perfect time for you to be much clearer about where you are heading.

CAPRICORN DECEMBER 22 - JANUARY 20

This month puts your home and family life into the spotlight as the powerful energy of Mars and Jupiter in Aries suggest the possibility of radical change. You'll be feeling assertive and direct about the things that you want, but take care not to be too overbearing as although you may need to be upfront and honest, this combination can come across as impatient and pushy. July: The radiant Sun and communicative Mércury are both illuminating the relationship area of your chart, prompting you to go after what you truly desire. The love planet Venus is chatty and flirty in Gemini until the 18th and energetic Mars in practical Taurus is assisting with an important issue that comes to the forefront around the courageous Leo new moon on the 28th.

AQUARÍUS JANUARY 21 - FEBRUARY 18

Communication is at its height for you this month, indicating that you will have the courage to be assertive and direct in situations where you have held back up to now. Mercury goes direct on the 3rd, suggesting new and valuable insight on a project that you have been working on. The Cancer new moon on the 29th offers a positive new dimension to your life. July: Energy packed Mars is strong in the communication area of your chart during the first week of this month, continuing to put you in a good position to demand something that you have been going after for some time. Love planet Venus in Gemini is flirtatious and playful and brings a welcome boost to your dealings with partners and loved ones. The Leo new moon on the 28th is perfect for romance.

PISCES FEBRUARY 19 - MARCH 20

June is an energetic month for you as self-motivated Mars together with expansive Jupiter power their way through fiery Aries. All things to do with how you value yourself will come to light as you gain more confidence in becoming truly authentic. The powerful Sagittarian full moon on the 14th offers a challenge, now is the perfect time to broaden horizons and connect with others. July: New encounters, love and romance are all in the spotlight for July as planetary trends suggest that a deeply rewarding time is coming your way. The Sun encourages you to enjoy the lighter side of life as some positive opportunities arrive from unexpected directions. The Leo new moon on the 28th assists your creative ambitions - new beginnings are ready for take-off.

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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