

STONESTHROW DIRECTORY



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WARWICK

AUGUST / SEPTEMBER 2023

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WEALTH MANAGEMENT



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A NOTE FROM THE EDITOR

Welcome to the August/September edition of your favourite local magazine – hot off the press for the height of the Summer holidays! It's the perfect time to get into the great outdoors and enjoy the warm weather because not only is it fun, it's good for your health, too. And we're not just talking fresh air! Did you know that in the UK the sun is only strong enough from early April to the end of September to make vitamin D? Vital for healthy bones, teeth and muscles, it's created in your body when the sun's ultraviolet rays penetrate your skin. However, there's a balancing act between getting enough exposure to shore up your reserves of this fat-storable vitamin and not burning. So do slap on the sunscreen or cover up before your skin starts to go red, and you'll be able to enjoy the sun and its health benefits safely!

Whether you're spending time on holiday in the UK or abroad, or simply making the most of the long days and warm evenings, enjoy the last month of Summer – it's a valuable breathing space before the kids go back to school and the autumn rolls around again.

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's a date for your calendar:
28th of August - Summer Bank Holiday

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

Yours, Stonesthrow Publications.

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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.

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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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MEDICAL

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

POLICE

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

UTILITIES

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

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 |
| Crematorium | 01926 651418 |
| Social Services | 01926410410 |
| Tax Credit Helpline | 0845 3003900 |

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MORTGAGE CRUNCH

EVERYTHING YOU NEED TO KNOW



The phrase ‘mortgage crunch’ has become part of our everyday vernacular, it’s on the TV, radio and websites, but what does it mean and how long could it last?

We had previously heard the term ‘credit crunch’ used to define a period of time when loans were more expensive to take out. The media have used the phrase ‘mortgage crunch’ because the impact has been mainly focused on mortgage rates. Obtaining a mortgage has become more difficult for borrowers due to tightening lending standards. It has previously led to a decrease in the availability of credit for homebuyers and eventually resulted in a decline in house prices.

Some financial experts are saying that this is the most difficult period for homeowners since the 1990s, as most mortgage holders have accrued a higher amount of debt and they earn comparatively lower incomes in relation to their monthly outgoings.

We are currently in this financial situation because the Bank of England has raised interest rates in an attempt to curb prolonged inflation. This had led to huge increases in the price of everyday items, most noticeably for food. By raising interest rates, the bank makes it more expensive for people to borrow money and encourages them to save. If the general population spends less, this will help lower prices and therefore lower inflation. This has also caused mortgage rates to rise, becoming more expensive than they have been for many

years.

Initially, experts predicted that inflation would fall during 2023 and the mortgage rates would fall with it. Everyone expected this period of financial hardship to be comparatively short-lived. However, high inflation has been prolonged and consequently, most people think that mortgage rates should peak in 2024 and the mortgage crunch will continue for much longer than originally predicted.

Households already struggling with the cost of living crisis are facing a possible further financial squeeze on their household budgets. The current bank rate has risen twelve times in a row and now stands at 5%. If you have a variable mortgage rate, the amount you pay will rise and fall with the bank rate. Anyone with a fixed-term mortgage that is due to end, needs to contact a professional mortgage broker as soon as possible, in order to secure the best rate for their new mortgage. If rates are set to increase, it would be wise to fix it at the best possible rate before they get any higher.

Of course, nobody can accurately predict what is going to happen with the mortgage market over the next few years, but tying down a fixed rate will mean that you will know with certainty how much you have to pay out each month, and that it won’t change if things get worse.

If you are suffering any financial hardship or difficulty, contact a regulated financial advisor and get the best advice possible before making decisions that could affect your home ownership.

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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 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 website: 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

The Arts Society, Royal Leamington Spa

Knowledgeable lecturers entertain the audience once a month on a variety of topics, ranging

from traditional to modern art-forms. For further details please visit our website at: www.tasrls.org.uk

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 Woodloes Townswomen's Guild

Date: 1st Wednesday of the month / Time: 19.30pm - 21.15pm / Venue: Woodloes community centre, Deansway, Woodloes Park
Cost: £3 for visitors. We meet for friendship, fun evenings and guest speakers, days out etc. you are assured of a very warm welcome. 7th June meeting will be a fashion show held by NV HER at Nelson Club in Warwick. Tickets £10 to raise funds for Myton Hospice and Townswomen's Guild. For more information contact Sarah on 07984 235005.

Warwick Classic Car Show

Date: 13th August / Time: 9am - 4pm / Venue: Market Place, Warwick, CV34 4SA
Meander some time away on a relaxing Sunday, in the tranquil setting of Warwick Market Place, among many fine examples of classic and retro vehicles. Some food concessions will also be on site. Cost: free.

Warwick Horticultural & Allotment Society Annual Show 2023

Date: 27th August
Annual Warwick event aimed at promoting horticulture in the town and county of Warwick. In addition to the judged exhibits, craft stalls and refreshments will be available.

Moonlit Cinema: Jurassic Park

Date: 8th September / Time: 7.30pm - 10pm / Venue: Mill Gardens, Leamington Spa
A perfect way to spend Friday night under the stars watching Jurassic Park on the Big Screen. Bring friends, family, sit back and let us take care of everything. There will be alcoholic and non-alcoholic drinks provided. You are welcome to bring a picnic or order a takeaway straight to the park.

Leamington Food and Drink Festival

Date: 9th, 10th September / Time: 10am - 6pm / Venue: Pump Room Gardens, Leamington Spa
The Leamington Food and Drink Festival is back at the Pump Room Gardens. There will be food and

drink vendors and live cookery demonstrations. For more information please visit www.leamingtonfoodfestival.co.uk

Moonlit Cinema: Bridesmaids

Date: 9th September / Time: 7.30pm - 10pm / Venue: Mill Gardens, Leamington Spa
A perfect way to spend Saturday night under the stars watching Jurassic Park on the Big Screen. Bring friends, family, sit back and let us take care of everything. There will be alcoholic and non-alcoholic drinks provided. You are welcome to bring a picnic or order a takeaway straight to the park.

Leamington Autumn Market

Date 1st October / Time: 10am - 5pm / Venue: Parade, Royal Leamington Spa, Warwickshire, CV32 4BL
This spectacular event features over 60 artisans, crafters, and local producers, all coming together to showcase their incredible creations and products. Alongside the incredible arts and crafts, Leamington Autumn Markets offer an exceptional selection of street food.

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: info@stonestrowpublications.co.uk

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STRUGGLING WITH MOBILITY ISSUES?



If you are struggling with mobility issues, there are several options that may help you.

The first port of call should be your local GP. You need to be honest and discuss your concerns regarding your physical and mental health with your family doctor before things become overwhelming. They can refer you to an occupational therapist for further assessment if needed.

If you need temporary support, to recuperate from illness or surgery, you could employ some help for all the difficult tasks around the home. If you require personal care, companies offer services that can assist you in your day-to-day living and ensure that you maintain your independence until you are able to look after yourself again. You may need a more permanent form of help, but care in your own home is usually preferable to moving into a care facility. Occupational therapists can assess your needs and provide strategies to enhance your mobility and maintain your independence. They can offer advice about approaching daily activities, recommend assistive devices and suggest modifications to make your home or work environment more accessible.

If your current living arrangements are not suitable for your mobility needs, contact your local council's social services or adult social care department. They can provide information on available services in your area and assess your needs. They may be able to offer accessible housing options and help with home adaptations or equipment.

If you require adaptations to your home to improve mobility, you may be eligible for a

Disabled Facilities Grant. These grants are provided by the local council and can help you fund modifications around your home that will make life easier. Contact your local council's housing department to find out more about the application process. You can also get support from organizations and charities that focus on supporting individuals with mobility issues. The Disabled Living Foundation and Mobility Trust and Age UK may all be able to offer free advice.

You may be eligible to qualify for disability benefits in the UK like a Personal Independence Payment (PIP) or Disability Living Allowance (DLA). These benefits can provide a little financial support to help you pay for any additional costs associated with mobility issues. There's a wealth of information on the government's website. Benefits - GOV.UK (www.gov.uk)

Your doctor or an occupational therapist may suggest using mobility aids. There various aids available to help individuals with limited mobility, everything from walking sticks to frames, wheelchairs and mobility scooters. Charities or local mobility aid providers can help you explore these options.

Your community may have an Independent Living Centre (ILC) which will provide information and advice on various aspects of independent living. These centres often have demonstration areas with equipment, so that you can try out different aids before making a decision to buy anything. It is essential to consult with relevant authorities and healthcare professionals to determine the best options for your specific needs. They will guide you through the process and help you find the appropriate assistance.





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HOROSCOPES: AUGUST / SEPTEMBER

ARIES MARCH 21- APRIL 20

Dynamic Mars, your ruler, remains in industrious Virgo all month, although August is traditionally a holiday month, prepare to focus your attention on practical projects as a completely new way of working comes to your attention. Your creative abilities are at their height as the Leo Sun and Venus suggest positive results. Energetic Mars, your ruling planet, is in Gemini all month giving your vitality and your self-confidence an extra boost. All forms of communication can be looked at in a different light. Adjustments to your health and wellbeing are also favoured as the full moon in intuitive Pisces on the 18th gives you a chance to tune into your inner needs.

TAURUS APRIL 21- MAY 21

August is an important month as the radiant Sun and Venus both occupy the fiery and extrovert sign of Leo, suggesting that your creativity is strong and a generous and carefree mood is yours. Abundant Jupiter and maverick planet Uranus are strong in your sign, if you have any radical changes in mind, this is the month to get them up and running. The Sun illuminates the love sector of your chart this month, pushing you to be open and honest about your relationships and all things to do with your romantic encounters. Venus enters practical Virgo on the 4th highlighting your creativity and suggesting that a new project could now get underway. The Pisces full moon on the 10th offers an intuitive boost.

GEMINI MAY 22- JUNE 21

As the Sun and Venus pass through the communication sector of your chart during August you'll be looking at restructuring the way you think and how to expand your horizons. Important opportunities are coming your way and some significant decisions may need to be taken. Try to get your plans in order before Mercury, your ruler, goes into the retrograde phase on the 24th. Warrior planet Mars is in your sign all month giving your vitality a welcome boost. Take care that you don't scatter your energy and try to remain focused on important projects. September is positive for sorting through domestic issues and any space clearing that needs doing is favoured. The Libra new moon on the 25th favours all things romantic.

CANCER JUNE 22- JULY 22

During August the Sun and Venus suggest that money making schemes are coming to the forefront, if you use this powerful energy wisely it should leave you feeling successful and prosperous all month. The powerful Leo new moon on the 16th raises your confidence and offers up opportunities for you to profit from your natural diplomatic skills. Venus changes sign on the 4th, by arriving in Virgo she suggests that you make a very practical review of an important relationship and make any necessary changes. Interesting developments begin to emerge as dynamic Mars in Gemini encourages you to make some innovative new business plans and really tune into your intuition.

LEO JULY 23- AUGUST 23

This month starts with a challenging full moon in your opposite sign of Aquarius; the opportunity for dramatic change is all around you and some of your previous ideas may need reviewing. Love planet Venus is retrograde in your sign all month, indicating that you need to be flexible in your relationships. Be sure to use your intuition to make any necessary changes. The love planet Venus leaves your sign on the 4th, suggesting that now is the time to take a more serious approach to where you are in an important relationship. Mars is energetic and curious in Gemini, encouraging you to join up with a new circle of friends and be open to some exciting opportunities.

VIRGO AUGUST 24- SEPTEMBER 22

August looks like a rather changeable month as Mercury and Mars both occupy your sign and the Sun and retrograde Venus also suggests that it's time to take a break and tune into your inner needs. A new phase of action begins after the 28th as Mars arrives in Libra, maximising your potential for an ambitious new joint venture. It's your birthday month and as dynamic Mars in Gemini illuminates the high point of your chart your attention turns to your ambition and to reaching your goals. Use this time to be bold and confident and make some solid plans for your future. Creativity is highlighted and good communication is the key for providing new solutions and innovations.

LIBRA SEPTEMBER 23- OCTOBER 23

August continues with the emphasis on friends and social life, just perfect for the holiday season. Love planet Venus in Leo enhances the Sun's vitality and gives you good insight where communication is concerned. The energy shifts as dynamic Mars arrives in your sign on the 28th, use your intuition to get to the heart of anything that has been bothering you. Mercury, the sign of commerce and communication, goes in to the retrograde phase in your sign on the 10th. This is not the best month to stride forward with new plans, better to use this time wisely for balanced communication and assessing any new business ideas. The new moon in your sign on the 25th offers excellent opportunities for new beginnings.

SCORPIO OCTOBER 24- NOVEMBER 22

Venus increases the Sun's powerful and creative influence during August, suggesting that it's time to ask yourself two important questions - where do you shine, and what makes you feel really happy and fulfilled? Energy planet Mars arriving in Libra on the 28th highlights your need to find a better balance and take more time out for yourself. Energetic Mars is illuminating the finance and resource sector of your chart, Mars in Gemini can offer many ideas and make you feel rather scattered. Do what you can to focus on the best possible outcomes. The Pisces full moon on the 10th stimulates your intuitive side and gives you the opportunity to see new ways forward based on faith and trust.

SAGITTARIUS NOVEMBER 23- DECEMBER 21

August is an important month as positive planetary activity is at its height. Abundant Jupiter and maverick planet Uranus are both in strong placement. Be sure to push yourself forward and make the most of a surge of self-confidence to lift your profile. The Sun and Venus both in Leo, suggesting a new and exciting career opportunity. Your goals and ambitions are the focus for this month as the radiant Sun highlights your career potential. Important plans should be completed before Mercury goes retrograde on the 10th. The Pisces new moon, also on the 10th, sets the pace for positive new areas of development within your home, your awareness and intuition should be at their peak.

CAPRICORN DECEMBER 22- JANUARY 20

August brings some important financial issues to your attention; although the Sun and retrograde Venus are in optimistic Leo, facing facts professionally or personally will eventually make life so much easier for you. Dynamic Mars changes sign on the 28th, indicating that it's good time to be ready to embrace new career opportunities. Your health and wellbeing are big in focus during September as energetic Mars illuminates this area of your life demanding that you make some changes. Certain decisions that you have been putting off for a while will need your full attention now. The radiant Sun shines in in Virgo giving you the opportunity to broaden your horizons and plan some further study.

AQUARIUS JANUARY 21- FEBRUARY 18

Relationships come to the forefront during August as a long term partnership demands your attention. The Sun and Venus are both in fiery Leo, indicating that passion, joy and creativity are more important than ever. The full moon in your sign on the 1st suggests that the opportunity for change is strong this month, but it may be best to keep your options open. This month puts love and happiness firmly in the spotlight, as energetic Mars travels through curious and playful Gemini all month. This looks exciting and could well clear the way for some new and exciting romantic encounters. The Pisces full moon on the 10th challenges you on a financial decision that needs investigation, for the best results trust your inner wisdom.

PISCES FEBRUARY 19- MARCH 20

Embrace the powerful and fiery Leo new moon on the 16th as trends favour risk taking and forging ahead. Mars and Mercury are busy in practical Virgo, suggesting that you can be confident enough to forge ahead with the creative changes that have been on your mind. The Pisces full moon in your sign on the 31st offers deeper insight into a relationship issue. This month's powerful full moon in your sign on the 10th turns your attention to how you appear and come across to others. You may be seeking a completely new image and are keen to develop your mystical and creative side. Love planet Venus arrives in practical Virgo on the 4th, suggesting that you need to review any interactions that are not working.

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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01926 730496

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01926 499968

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01926 734086

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01926 495666

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01926 403933

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01926 492255

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12 West Street CV34 6AN
07717140834

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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

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46B Saltisford CV34 4TD
01926 491010

Apple Tree Tearooms *Tea Room*

5A Old Square, CV34 4RA
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5 REASONS TO VOLUNTEER WITH THE FRIENDSHIP PROJECT, WARWICKSHIRE

The Friendship Project is a longstanding Warwickshire-wide charity based on the 'Big Brothers Big Sisters' model that matches children and young people (who are in need, for a variety of reasons) with volunteers, for friendship and fun.

In a goal-orientated world obsessed with financial achievement and status, it's important to remember true success is not measured solely by your bank statement. Volunteering as an older friend in The Friendship Project, Warwickshire allows individuals to contribute their time, skills, and life experiences to uplift and support the younger generation. Let's explore why volunteering as an older friend is a meaningful way to invest in your community and create a lasting impact.

1. SHARING WISDOM AND LIFE EXPERIENCES

We're sure you possess a wealth of knowledge acquired through your personal and professional journeys. By volunteering as an older friend, you have the opportunity to share these valuable life lessons with young individuals who may lack guidance or role models.

2. FOSTERING PERSONAL GROWTH AND DEVELOPMENT

Volunteering as an older friend can be a transformative experience. It offers a chance to step away from your daily pressures and engage in meaningful, human connections. By dedicating your time and energy to The Friendship Project Warwickshire, you will develop empathy, patience, and interpersonal skills that are essential in both personal and professional relationships.

3. STRENGTHENING THE COMMUNITY

A thriving community is built on the foundation of its members supporting and uplifting one another. By volunteering as an Older Friend, you

will help foster a sense of belonging and support, particularly for younger individuals who may be facing adversity or challenges. The ripple effect of these actions can extend far beyond the immediate impact, creating a more harmonious and resilient society.

4. INSPIRING OTHERS TO GIVE BACK

By actively participating in the Friendship Project Warwickshire as an Older Friend, you will become a role model, showcasing the importance of giving back and engaging with the community. You will inspire a culture of giving back, creating a positive domino effect that can bring about substantial change within society.

5. HAVING FUN!

Our Older Friends tell us that they have so much fun spending time with their Younger Friends.

One Older Friend told us that volunteering with The Friendship Project has given them "the opportunity to keep in touch with my 'childish' side, have great fun and increase my self-esteem at the same time."

Volunteering as an older friend in the Friendship Project Warwickshire provides volunteers with a meaningful avenue to give back to their community. By sharing your wisdom, fostering personal growth, strengthening the community, and inspiring others, you could make a lasting impact on the lives of young individuals.

The Friendship Project, Warwickshire was established in 1986, is registered Charity Number 517684

Written By Volunteer with The Friendship Project in Rugby, Sue Parker Roberts

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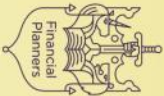
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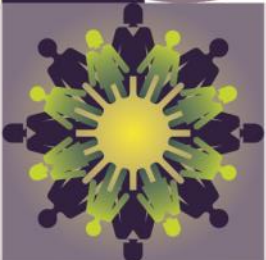


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