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A NOTE FROM THE EDITOR

Welcome to our October/November edition of the Stonesthrow Directory. Even though the days are shorter and darker, there are plenty of celebrations to put some sparkle into your evenings this Autumn.

Halloween revelries have grown over the years and now most children enjoy pumpkin carving, decorating the house, dressing up in costumes, and 'trick or treating'. Be sure to stock up on treats to avoid any pranks.

There may be some early Bonfire Night celebrations, with places celebrating before the traditional 5th of November. Look out for local community gatherings and enjoy the fireworks, food, and fun in your neighbourhood. Check pages 26-27 for the listings of events taking place locally.

Don't forget to put your clocks back on Sunday 29th October, and enjoy that extra hour of sleep that comes once a year.

The second Sunday in November is always Remembrance Sunday, a day to honour those members of the armed forces who lost their lives in the line of duty. A two-minute silence is observed at 11 a.m. at events across the country.

November is a month-long charity event, when men grow moustaches to raise awareness of male health issues. Since 2016, this event has raised over £25 million towards men's health and wellness initiatives.

By the end of November Christmas markets will start to appear in local towns, putting us in the mood for another festive season.

As always, we ask you to mention Stonesthrow Directories when calling our advertisers, so we can bring even more special offers from local trades directly to you.

Here are a few of dates for your calendar:

29th October - Daylight Saving Time ends; 31st October - Halloween;
5th November - Guy Fawkes Day;
12th November - Remembrance Sunday.

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

Yours, Stonesthrow Publications.

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5 FACTORS TO CONSIDER FOR YOUR KITCHEN DESIGN

Are you planning to pursue a kitchen renovation project?

The first thing to do is to create a kitchen design. That is because kitchen design is a bit tricky. As much as possible, you want to strike a balance between aesthetics and functionality. While you want your kitchen to look visually enticing to boost the appetite, you also want to make sure that it's conducive for cooking and food preparation.

When planning for the kitchen design, here are some of the key factors to consider:

1. Layout

The initial step to take is to set the kitchen layout before you even get into every detail. This entails considering where to position the kitchen main parts and components—the kitchen sink, countertop, fridge, table, and chairs. Make sure the whole layout looks structured and streamlined. You don't want to have your layout cluttered and hope everything is in perfect order. By doing so, you can ensure the functionality and efficiency of your kitchen construction.

2. Storage

After the layout, kitchen storage plays a crucial part. As there are many kitchenware involved and food items to store, you want to utilise and make ample space. For instance, you may want to consider overhead cabinets, more drawers, or enough shelves for your kitchen. When it comes to storage, your goal is to reduce the clutter in your kitchen. You also want to foster a safe environment that's ideal for food preparation and cooking.

3. Lighting

The kitchen lighting shouldn't also be neglected as it is what creates the perfect ambience for your kitchen. With the right lighting, it will set the mood of your kitchen. Apart from this, the variety of light sources in your kitchen will help you cook and prepare food safely.

There are many lighting options to consider for your kitchen. For instance, you may want to incorporate ambient lighting for the entire room or add pendants for lighting enhancement.

4. Flooring

The kitchen flooring is one part that shouldn't be taken for granted. This is because improper flooring can compromise the safety of the entire household. As a rule of thumb, go for lighter and safer types of flooring materials. Light materials can create a light, airy space for your kitchen. They will also allow you to see spills and potential hazards on the floor. After all, when it comes to cooking, safety is a top priority.

5. Ventilation

While you're at it, you have to consider as well the proper ventilation. Ventilation ensures the right circulation of air in your kitchen. It is vital when you cook or prepare food and is all the more crucial when maintaining the smell of your kitchen. Of course, you don't want the smell of the chicken curry to stay there for so long. As a recommendation, opt for a quality range hood with a powerful extractor for your kitchen's ventilation.

Conclusion

As far as the kitchen design is concerned, you want it to be visually appealing and highly functional at the same time. For this reason, consider the five crucial factors outlined above—layout, storage, lighting, flooring, and ventilation. All these can enhance the kitchen's overall look and make every part practically useful.

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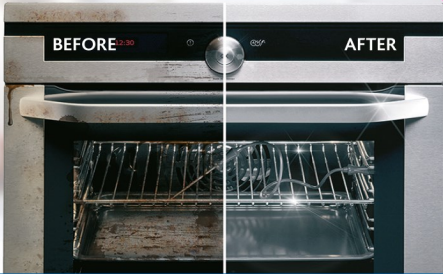
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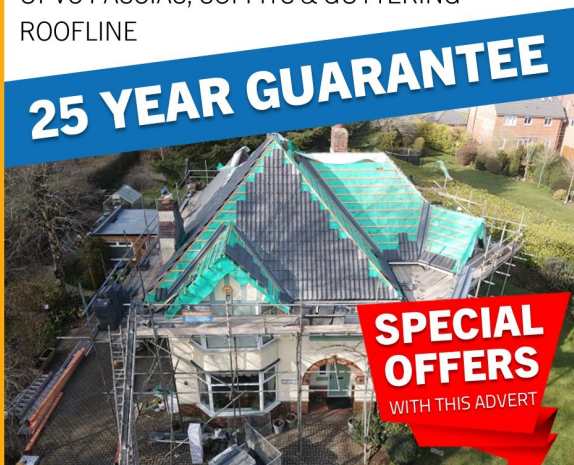


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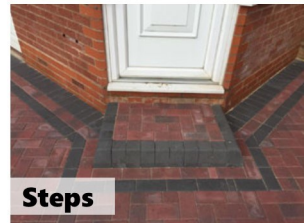
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Arden's Coffee Shop			01926 515 450
17 Talisman Close CV8 1JB	01926 512 345	The Famous Virgins & Castle <i>British</i>	
The Rocking Horse Coffee Shop <i>Café</i>		7 High Street CV8 1LY	01926 853 737
22 Talisman Square CV8 1JB	01926 856 413	Kenilworth Cantonese <i>Chinese Takeaway</i>	
The Modern Kitchen <i>Coffee Shop</i>		2 High Street CV8 1LZ	01926 863 390
6 Miller Court, Station Rd CV8 1JD	07525 719528	The Cross <i>British</i>	
Ale Rooms <i>Bar</i>		16 New Street CV8 2EZ	01926 853 840
7 Smalley Place CV8 1QG	01926 854585	School Lane Fish & Chip Shop <i>Fish & Chips</i>	
Sonali <i>Indian Takeaway</i>		101 School Lane CV8 1GT	01926 859 490
33 Warwick Road CV8 1HN	01926 856300	The Royal Oak Pub <i>British</i>	
Indian Edge <i>Indian</i>		36 New Street CV8 2EZ	01926 856906
50 Warwick Rd CV8 1HH	01926 850 100	Engine <i>Pub</i>	
Raffles Restaurant <i>British</i>		8 Mill End CV8 2HP	01926 853341
149 Warwick Road CV8 1HY	01926 864300	The Wyandotte Inn <i>Pub</i>	
The Green Man <i>Gastro Pub, British</i>		4 Stoneleigh Road CV8 2GD	01926 856167
168 Warwick Road CV8 1HS	01926 863 061	The Tiltyard <i>British</i>	
Indian Ark <i>Indian</i>		25 Leyes Lane CV8 2DE	01926 851 523
101-103 Warwick Road CV8 1HP	01926 857 373	Domino's Pizza <i>Pizza Takeaway</i>	
Tai Pan <i>Chinese Takeaway</i>		37 Leyes Lane CV8 1DE	01926 856 888
96 Warwick Road CV8 1HL	01926 512 904	The Kenilworth <i>Cocktail Lounge Bar</i>	
The Full House <i>Chinese</i>		61 Warwick Road CV8 1HN	01926 779 473
86 Warwick Road CV8 1HL	01926 864 028	The Clock Tower <i>Café</i>	
Bear & Ragged Staff <i>Gastro Pub, British</i>		212 Abbey End, Kenilworth CV8 1ED	01926 855 957
68 Warwick Rd CV8 1HH	01926 857 980	Delightful Desserts <i>Dessert Parlour</i>	
Mulan <i>Chinese</i>		43 Warwick Road CV8 1HN	01926 353 637
78 Priory Rd CV8 1LQ	01926 851 108	Friends Kenilworth <i>Fish and Chips</i>	
Raku 57 <i>Japanese Restaurant</i>		72 Warwick Road CV8 1HH	01926 734 487
57 Warwick Road CV8 1HN	01926 699 573	La Ari Italian <i>Deli & Café</i>	
The Farthing Gallery & Tearoom <i>Café</i>		4 Warwick Road CV8 1HB	07392 339579
15 High Street CV81LY	01926 513244		
The Butcher's Bistro <i>Wine bar, European</i>			
16 High Street, Kenilworth, CV81LZ	01926 257690		

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USEFUL LOCAL TELEPHONE NUMBERS

HELPLINES & HOTLINES

Victim Support Warwick	01926 682 689
Samaritans	0845 790 9090
Consumer Advice	0845 4040 506
Citizens Advice Bureau	01926 457 900
RSPCA	07867 743827 / 0300 1234 999

MEDICAL

Warwick Hospital	01926 495321
Coventry University Hospital	02476 964000
Pennington Dental Kenilworth	01926 678332
NHS Advice Line / Out of Hours Dental Advice 111	
Emergency Vets	01926 421465

UTILITIES

Electricity Power Loss	0800 328 1111
Severn Trent Water	0800 783 4444
Transco Gas Leak	0800 111 999
BT Fault Line	0800 800151

KENILWORTH TOWN COUNCIL

Town Clerk Miss Maggie Field	01926 859 155
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TRAVEL

Chiltern Railways	0345 600 516
National Rail Enquiries	03457 48 49 50
West Midlands Trains	0333 311 0039
Bus Travel Line	0871 2002233
Coventry Airport	02476 308601
Birmingham Int' Airport	0871 222 0072

POLICE

Warwickshire Police	01926 415000
West Midlands Police	0345 1135000
Police Control Room	01926 851 111 Or 101
Warwickshire Fire & Rescue	01926 423231
Crimestoppers	0800 555 111

LEISURE & SPORTS

The Kenilworth Centre	01926 855 205
Kenilworth Library	0300 555 8171
Meadows Community Sports Centre	01926 857 613

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WHAT'S ON LOCALLY

Kenilworth Market

Date: every Thursday / Time: 9am - 3pm /
Venue: Abbey End, Kenilworth
Kenilworth market is a great opportunity to shop in a vibrant open-air setting. You will find variety and value, sold by new and experienced traders. Choose from stalls selling everything from fresh fruit and vegetables, plants, fresh baking, fish and clothing, to gifts & food specialities.

Recycle your old glasses

Date: every 3rd Saturday / Venue: Warwick Saturday Market
Warwick Lions would like to say a big thank you to all the people who have kindly donated old and broken spectacles to our stall at the Warwick Saturday Market. The glasses are cleaned & refurbished then sent to eye camps in Africa, India & Eastern Europe. We aim to collect redundant glasses on our stall every third Saturday.

Kenilworth Art Society

Date: every 3rd and 4th Wednesdays of the month / Time: 7.30pm / Venue: Kenilworth School, Leyes Lane
This is a friendly local group; beginners and experienced artists, watercolour, acrylic, pastels, etc New members welcome, to share and learn, meetings Wednesdays pm and some Saturdays. Keeping art alive with a programme of optional activities. For information visit our website www.kenilworthartsociety.weebly.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 Comyn Leisure Centre, Newbold Terrace E, Leamington Spa CV32 4EW
Because of the ongoing building work taking place at our usual venue of Castle Farm Leisure Centre, we are currently meeting at the Newbold Comyn Leisure Centre in Leamington. We are a small friendly group who play Table Tennis and Short Mat Bowling. We also usually organise a Summer Outing and a Christmas Lunch for our Members. We would love to welcome new members from Kenilworth, Warwick or Leamington and the surrounding areas to join us for fun and friendship on Tuesday afternoons. There is plenty of free parking at Newbold Comyn.

Rapport Social Group

Rapport is a non profit making, social group for unattached adults age 50+ on their own and would like to meet new friends. We have a varied monthly programme of hosted events, including coffee mornings, lunches and evening meals, cinema, theatre and National Trust visits, day trips, walks and pub nights. For more information contact Jenny Brown on 07725 094123

Men Walking and Talking

Date: every Thursday / Time: 7pm / Venue: Abbey Fields Car Park
A weekly walking group has been launched in Kenilworth aimed at supporting men's mental health. Set up by local resident Mark Taylor, the group was started earlier this year as the tenth branch of the Men Walking and Talking Group - which was launched during the pandemic. 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 Comyn, Newbold Terrace East, Leamington Spa, CV32 4EW

We swim at Newbold Comyn whilst the Abbey Fields facility is being rebuilt. Only two members in each of the reserved four lanes to date - new members very welcome (£12.50 a month subscription) a great way to start your day! Please contact Simon Morton: simonmorton8@yahoo.co.uk for more details or a trial swim.

Warwick Memory Singers

Date: Wednesdays / Time: 1pm - 2.30pm /

Venue: All Saints Church, Vicarage Fields, Warwick, CV34 5NL

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

Kenilworth 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

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, Leyes 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 Castle and Halloween Half Term

Date: 27th October - 3rd November / Time: 10am - 5pm / Venue: Kenilworth Castle and Elizabethan Garden

Gather your little monsters for a ghoulishly good day out at Kenilworth Castle this half term. Follow the trail to solve creepy clues and gather round to listen to spooky stories.

Kenilworth u3a Meetings

Time: 2.30pm / Venue: Kenilworth Methodist

Church, Priory Road, Kenilworth CV8 1LQ

Join us for a tea/coffee and a chat from 1.45 pm Members free - Visitors £1. 19th October: Ship Wrecked in the Antarctic in the 21st Century on a Cruise! A true story. 16th November: The Hugely Huggable History of the Teddy Bear.

Kenilworth Round Table Fireworks Extravaganza

Date: 4th November / Time: 5.30 - 8.30pm /

Venue: Kenilworth Castle and Elizabethan Garden The annual Fireworks Gala at Kenilworth Castle is Kenilworth Round Table's main public event of the year.

Our display is always a firm favourite in the town's calendar. We raise tens of thousands of pounds for local good causes too – all the funds from the night go straight back in to the community. This is set against the wonderful panorama of Kenilworth Castle, which is floodlit in a mass of colour for the evening and accompanied by great music. As well as the entertainment, there is a wide range of food and warming drinks available from a number of stalls. Tickets can be purchased on www.eventbrite.co.uk

Kenilworth Old Town (High Street) Christmas Light Switch On

Date: 24th November / Time: 5-8pm / Venue:

High Street, Kenilworth, CV8 1LY

A traditional lights switch on with entertainment, food and drink and children's rides. Come and join the celebrations when the lights on High Street Kenilworth will be switched on. The events starts at 5pm and throughout the evening there will be music, food and drink vendors and children's entertainment. The lights will be switched on at 6pm and the event finishes at 8pm.

Kenilworth Warwick Road Christmas Light Switch On

Date: 26th November / Time: 3 - 7pm / Venue:

Warwick Road, Kenilworth, CV8 1QG

Christmas begins in Kenilworth! Fun for all the family is available on Warwick Road on Sunday 26 November. The event gets underway at 1pm with a Christmas market for you to browse and buy, and fun fair rides available to keep the kids entertained. At 4pm the entertainment starts with performances on the main stage. The lights will be switched on at 6pm and the event finishes at 7pm.

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@stonestrowpublications.co.uk

HOROSCOPES: OCTOBER / NOVEMBER

ARIES MARCH 21 - APRIL 20

The Libra Sun and dynamic Mars both occupy a pivotal sector of your chart, suggesting that some exciting developments appear to be up for grabs during the first half of this month. The powerful Libra new moon on the 14th challenges you to up your game and reach out to take some risks, but be sure to weight up both sides of any disagreement before making a final decision. Resources and finances are in the spotlight during November as the Scorpio Sun and Mars both encourage an all-important review. Scorpio Mars demands action and offers you the courage and determination to make some important changes. The practical Taurus full moon on the 19th suggests refreshing change.

TAURUS APRIL 21 - MAY 21

Your financial situation, earning potential and your values are all your top priorities this month as the Moon, Jupiter and Uranus all occupy this important area of your birth map. The Sun and Mars both in balanced Libra suggest the possibility of some kind of future joint venture. Venus, your ruling planet, moves from Leo to Virgo on the 9th indicating that some practical decisions may have to be made. The transformational Scorpio Sun and dynamic Mars both shine a strong and guiding light on all your relationships and partnerships during November. This is the perfect time to make some dramatic changes as you communicate your values and your worth to all those in your circle.

GEMINI MAY 22 - JUNE 21

Love and romance are in the spotlight during October as the Sun and energetic Mars stir up any issues concerning your relationships. Communicative Mercury, your ruler, arrives in Libra on the 5th, finding balance is a key issue this month and some deep soul searching may well be needed; it may be best to think carefully and weigh all options before you express your opinion. The work and wellbeing angle of your chart is strongly emphasised during November as daily routines, wellbeing and general health become your top priorities. Mercury, your ruler, moves into determined Scorpio on the 6th suggesting that you can now be unwavering in your decisions.

CANCER JUNE 22 - JULY 22

Home and family are your top priorities this month, particularly after the 5th as Mercury joins the Sun and Mars in Libra, the sign of the scales. The powerful Libra new moon on the 14th highlights a brilliant new beginning and gives you the opportunity to speak your mind as your thinking becomes much clearer and you prepare to forge ahead with an important decision. November suggests that love and romance are in the spotlight as the Sun and dynamic Mars fire up this sector of your chart. Whatever happens on the relationship front, it's going to be a fun month and the way forward becomes much clearer around the full moon on the 19th.

LEO JULY 23 - AUGUST 23

With the assistance of the radiant Sun and dynamic Mars, both in the sign of the scales, October is looking very positive for all levels of communication and negotiations. Your mind should be open but focussed in order to expand your knowledge. Expansive Jupiter is also in a pivotal position to enhance your creativity, optimism and good luck, particularly in your career endeavours. Your home and family are high on the agenda during November as the Sun and Mars shine brightly in your domestic sector. Abundant Jupiter also lends a helping hand and ensures that things go your way, providing you use your intuition when dealing with any difficult issues.

VIRGO AUGUST 24 - SEPTEMBER 22

Exciting new beginnings are evident as the month commences, the Libra Sun shines brightly on your financial situation and with the assistance of dynamic Mars, some pre-planned changes can now be given the go ahead. A positive Libra new moon on the 14th brings your attention to what is really important and helps you to ignore or dismiss what is no longer valid. November shines the light on all forms of thinking and communication, particularly after the 6th as Mercury in Scorpio gives you the courage to express opinions that you are normally reluctant to voice. Your mind is sharply focussed, particularly around the Taurus full moon on the 19th.

LIBRA SEPTEMBER 23 - OCTOBER 23

As Venus, your ruling planet, moves from Leo into Virgo on the 9th plans around finances might take on a more practical role. Your intuition should be at a highpoint assisting with any important decisions that now need to be made. Creative planning is necessary as you consider new and exciting ways to get your message across. Your new moon on the 14th gives a strong boost to achieving goals. November welcomes your ruling planet to the careful and practical sign of Capricorn. The urge for adventure and risk taking must now make way for more serious plans concerning your future. Successful interaction and new projects are the main themes to keep you occupied.

SCORPIO OCTOBER 24 - NOVEMBER 22

The Libran Sun and dynamic Mars start the month in the most introspective part of your chart indicating that you need to take care of your physical health as your vitality may not be at its best. All change on the 12th as Mars, your ruling planet, powers into your sign offering you the chance to reconnect with your determination and courage and clearing the path for innovative new projects. November is your birthday month and it offers the start of a new cycle of transformation and personal growth. Dynamic Mars stays in your sign all month, ensuring the perfect opportunity to be more assertive as you step up into a more important role. The full moon in your opposite sign on the 19th suggests a lucky breakthrough.

SAGITTARIUS NOVEMBER 23 - DECEMBER 21

Venus arrives at the highest point of your chart on the 9th, emphasising your need for new directions and challenges in your career. Abundant Jupiter, your ruler, offers opportunities that you hadn't thought of, but be sure to steer your energy towards realistic targets that can be completed with hard work and determination. The Libra new moon on the 14th suggests an important breakthrough. November starts off super charged as Jupiter positively aligns with Mercury and highlights all forms of communication. Some important work related issues come to the surface and you may need to renegotiate how you are valued. With renewed confidence your long held dreams and aspirations can finally take shape.

CAPRICORN DECEMBER 22 - JANUARY 20

Jupiter and Uranus are strong in your chart this month indicating that love and romance are both important themes. There is also a challenge to your work and career situation as the Sun and Mars both illuminate this area of your life. Try not to give into unnecessary self-criticism, as your task this month is to balance logic with imagination. Opportunities arrive after the Libra new moon on the 14th. The Sun and dynamic Mars are both extremely powerful during November stirring up anything to do with friendships and group endeavours. Romance is also favoured as love planet Venus arrives in your sign on the 6th, increasing the chances of a meeting with someone new.

AQUARIUS JANUARY 21 - FEBRUARY 18

Planetary patterns are urging you to take up a new form of study that can eventually lead to enhanced wisdom and spiritual growth. Venus arrives in Virgo on the 9th indicating that your finances and resources are also due a review. The powerful full moon in Taurus on the 28th brings up issues around your home and family, new projects that require your concentration and endurance could begin now. November could turn out to be quite a testing time on the home front as stern Saturn challenges individualistic Uranus and brings up issues concerning your personal freedom. Take heart, Jupiter is in your sign and can give you the required insight to solve any immediate problems.

PISCES FEBRUARY 19 - MARCH 20

An exciting creative opportunity appears to be up for grabs during October as the communication area of your chart is activated by abundant Jupiter and innovative Uranus. This powerful energy challenges you to up your game and reach out to take some risks. Mars arriving in Scorpio on the 12th could bring some important news, suggesting that your luck is changing. November highlights study and spiritual growth as the intense Scorpio Sun and enthusiastic Mars both urge you to open your mind and explore subjects that you have been thinking about for a long time. Be sure to stay wide awake and attentive to any new opportunities that may suddenly appear.

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

SAVE THE PLANET

LIGHT POLLUTION



England's flying insect population has declined by 65% in the last 20 years. Their rate of loss is 8x faster than bird and animal loss. Without any doubt, we need our insect population... to sustain life for us all on this planet.

Why is this happening? Loss of habitat due to building and farming practices, changing temperatures, pesticide use, to name but a few of the challenges the insects face. After reviewing over 150 scientific studies, scientists concluded that there is yet another important but overlooked factor in the insect population apocalypse. Light, when it should be dark.

Two thirds of invertebrates are partially or wholly most active at night. We usually do not notice them. But, whilst we are tucked up in bed or glued to one of our many screens, these insects are busy working on essential tasks, pollinating our crops, flowers and fruits, recycling nutrients, controlling pests, and of course they themselves act as food for other creatures...all part of the eco system to which we belong! These insects we rarely see, are as vital to our future survival as the daytime insects we all recognise, they are the unseen night shift heroes of the planet!

Since life began to evolve, plants and creatures, including humans, have responded to light and dark appearing at habitual times in a 24-hour period. However, artificial light at night disrupts these "circadian rhythms".

Many insects are attracted to light. Scientists believe that insects are drawn to light instinctively because they use it as a guide, relying on the sun, moon and stars to find their way about. These are their signposts. Artificial light confuses them, they can often be seen

circling around a light at night. By morning, at least a third of these insects will be dead, through utter exhaustion, overheating, dehydration, or loss of navigation skills so they cannot find their way home.

Buglife say that light pollution has been shown to reduce nocturnal pollinator visits to flowers by around 62% in some areas, caterpillar populations have been found to be in decline by around 52% near to street lighting, dung beetles are found to become disorientated, insect reproduction and hatching cycles may be affected.

"The evidence that light pollution has profound and serious impacts on our ecosystem is overwhelmingly strong. It is imperative that substantial steps are taken to make the environment safer for insects." (Matt Shardlow, BUGLIFE)

We can play our part!

Only use outside lights that are essential. Draw the blinds. Try to use motion sensor solar lights, so the light is only on for a short time. Direct lights away from wild areas.

Place lights as low as possible and point them downwards.

Choose low intensity, dim lighting, warmer hues, warm white, yellow or amber. These are somewhat less likely to affect wildlife. Ask your council to consider switching off lights at a time after midnight, this has been found to help insect life.

Let's "nurture the night shift", every light turned down or off helps!

Written by Kate Southworth

Kids Page

FIND 10 SPIDERS IN THE WITCH'S NOOK

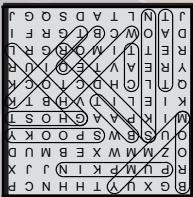


Find all the creepy words in the letter grid

Bat
Boo
Broom
Cat
Ghost
Ghoul
Mummy

Pumpkin
skeleton
Spider
spooky
Treat
Trick
Witch

B	G	X	U	Y	T	H	H	N	C	P
R	P	U	M	P	K	I	N	J	J	X
O	Z	M	M	W	X	E	B	M	U	D
O	U	S	B	W	S	P	O	O	K	Y
M	I	K	P	A	A	G	H	O	S	T
K	I	E	L	I	T	V	H	B	T	K
Q	T	L	C	H	D	C	T	O	C	K
Y	R	E	A	V	T	E	O	I	U	R
R	E	T	T	I	M	O	R	G	R	L
D	A	O	W	C	B	T	G	R	F	I
J	T	N	L	T	A	D	S	Q	G	J



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8 ENERGY EFFICIENT HOME UPGRADES

TO REDUCE BILLS & ADD VALUE

With energy costs going through the roof, there's no better time to think about energy efficient upgrades to shrink your bills and add some serious value. And when you sell, you'll be ahead of the game with a higher energy performance rating.

It's worth calling your energy supplier or local authority to see if you're eligible for any Government grants. Whether you're rocking an apartment or a barn, these 8 energy efficient upgrades will cut your carbon footprint, reduce your bills and add value.

1. Let there be LED: Say goodbye to those old incandescent bulbs that get fiery hot and hello to cool LEDs! The initial outlay may make you wince but they use 90% less energy and last up to 15 times longer.

2. Seal the Deal: Draughty windows and doors are like energy vampires. Seal any gaps and cracks around doors, windows and other openings to keep the cold air out and the warm air in. Don't forget the loft hatch, letter box and keyholes.

3. Insulation Is King: Speaking of warmth, proper insulation is a game-changer. From your loft, roof, floors and walls to your pipes, good insulation traps heat where it should be—inside, helping to keep your home warm in winter, cool in summer, reduce heat loss and lower costs.

4. Upgrade Windows & Doors: If your windows and doors have seen better days, it could be time to upgrade. Choose high energy efficiency ratings, double or triple glazing and draught proofing to keep the cold out and the cosy in, enhancing your homes' kerb appeal at the same time.

5. Solar Panel Power: Investing in solar panels is a long-term eco option you won't see the benefit of right away. But not only will you generate your own clean energy, you could even sell some back to the grid. A sure win-win!

6. Go Appliance Shopping: When your old appliances pack up and it's time to replace them, opt for A rated appliances. These reduce the amount of electricity for everyday tasks, such as cooking, washing and drying without sacrificing performance.

7. Low-Flow Love: Bathrooms are a major source of water usage. Swap out those old inefficient showerheads and taps for low-flow alternatives. You'll not only save water but money too.

8. Upgrade that Boiler: Is your boiler over 10 years old? It might be time to swap it for a more energy-efficient model. The Government's Boiler Upgrade Scheme provides vouchers of up to £5k for low income households to replace their old gas boilers with more efficient ones.

As well as these upgrades, why not check with your energy supplier if you're on the best-value energy tariff?

You could also try a comparison service from Money Saving Expert or Which to help you choose the right tariff.

Whether you try one upgrade or go all in, your home and bank balance will thank you!

Written by Caroline Buist: www.abovebeyondva.co.uk

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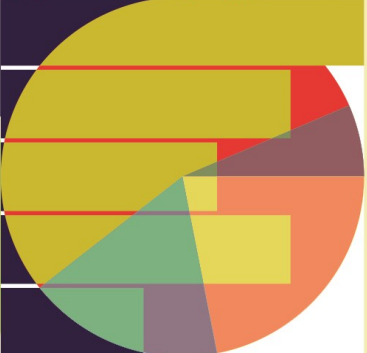
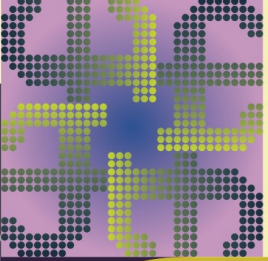
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