

# STONESTHROW DIRECTORY



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OCTOBER / NOVEMBER 2023

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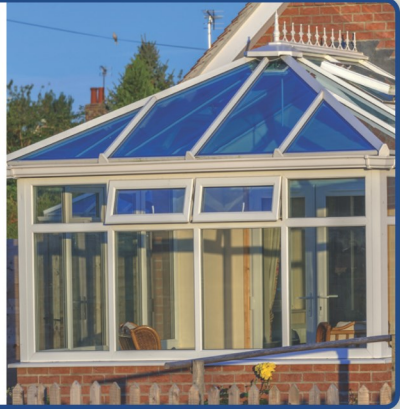
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# A NOTE FROM THE EDITOR

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 18-19 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:

29<sup>th</sup> October - Daylight Saving Time ends; 31<sup>st</sup> October - Halloween; 5<sup>th</sup> November - Guy Fawkes Day; 12<sup>th</sup> 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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**Stonesthrow**  
Publications

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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	01926 457900
Samaritans	116123
Local Trading Standards	01926 414040
The Family Information Service	01926 742274
Crematorium	01926 651418
Social Services	01926 410410
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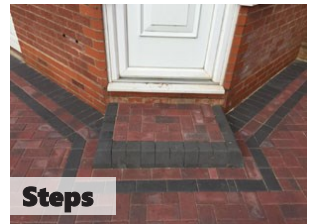
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# 8 ENERGY EFFICIENT HOME UPGRADES

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](http://www.abovebeyondva.co.uk)*



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# WHAT'S ON LOCALLY

## **Warwick Market**

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](http://www.wsdstratford.blogspot.com) Or:  
[www.wsdstratford@gmail.com](mailto: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/](http://www.warwickshire.vision/)  
Email: [enquiries@warwickshire.vision](mailto: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/](http://www.milvertonfolkdancegroup.org.uk/)

## **Warwick Memory Singers**

Date: Wednesday / 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](mailto:sriddell@armonico.org.uk) or call 07722 632242

## **The Arts Society, Royal Leamington Spa**

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from traditional to modern art-forms. For further details please visit our website at: [www.tasrls.org.uk](http://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](mailto: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.

### **Thrift Shop**

Date: 1st Saturday of each month / Time: 10am - 12pm / Venue: Warwick Methodist Church Community Centre, Barrack Street CV34 4TH  
Good quality second hand clothes at bargain prices, typically £1 to £5. Refreshments also available.

### **Saturday talks in support of Fuseliers Museum**

These will be on Zoom. To receive an invite, contact the Secretary by email on [rffwarwickfriends@outlook.com](mailto:rffwarwickfriends@outlook.com), about a fortnight before. All talks begin at 14.00 hours UK time and last about an hour.

28th October: 'Dunkirk' by Major David Seeney: looking at the evacuation of the B.E.F. at Dunkirk in 1940, the role of Montgomery and the massacre at Wormhoudt of men of the Royal Warwickshire Regiment and other units.

25th November: '1/Warwicks from the Marne to the Aisne in 1914' by Jonathan Davy: looking at the part the Warwicks played during the First Battle of the Marne and asking if the Allies squandered a golden opportunity to defeat the Germans in September 1914.

### **Warwick Mop**

Date: 13-14th, 20-21st October  
Come along and enjoy the thrills and spills of the family fun fair in the town centre.

### **St John's Haunted House**

Date: 28th - 31st October / Venue: St. John's

House, Warwick CV34 4NF

Get spooked at St John's for a Haunted House experience, suitable for children and their grown-ups, plus enjoy crafts and activities. Tickets are £12 children, £6 adults. Children under 2 are free. Spaces are limited so book soon at [warwickshire.gov.uk/heritageboxoffice](http://warwickshire.gov.uk/heritageboxoffice)

### **Market Hall Museum**

Date: 1st November / Time: 10am-1pm / Venue: Market Hall Museum, Market Place CV34 4SA  
Calling all Arty Tots and their families. It's time to light up the skies, ready for Bonfire Night. You can create 'Bonfire Night' inspired crafts to decorate your home and dazzle your family and friends. Let's all SPARKLE! £3 per child, no need to book just drop in. Suitable for under 5s, older siblings welcome.

### **Warwick Town Bonfire Night**

Date: 4th November / Time: 5pm / Venue: Warwick Racecourse  
Ticket only event. Gates Open at 17:00  
Two Fireworks Display's (a small one around 18:00, followed by the main display around 18:40). Free Parking, Bars open and variety of hot food stalls and entertainment. Also available - Book a 2 course buffet meal along with the show, (limited spaces).

### **Royal Leamington Spa's Big Lights Switch On**

Date: 19th November / Time: 2 - 6pm / Venue: The Parade, Leamington Spa, CV32 4AT  
As we celebrate Diwali, Guru Nanak Dev Ji's Gurburab and start the countdown to Christmas, come and enjoy a packed programme of entertainment for all the family! Bumper yuletide market. Fairground rides. Local artists performing on the stage. Lights will be switched on at 5.30pm, arrive at 5.15pm to see the line-up of people switching on the lights.

### **Victorian Evening**

Date: 23rd November / Time: 3-9pm / Venue: Market Place, Warwick, CV34 4SA  
Step back in time and join us for a Victorian market with themed rides and fun for all the family. Lights will be switched on at 7pm. Market Place - Main event area with stage, ride and entertainers. Brook Street - Market stalls, Fire Spinner and Punch & Judy shows. Surrounding streets - Stalls, rides and entertainers. St Mary's Church - Christmas Tree Display of over 50 trees and short Carol Service. Market Hall Museum - Craft Market, kids craft activities, outdoor café selling mince pies and mulled wine.

*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](mailto:info@stonestrowpublications.co.uk)*

# 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*





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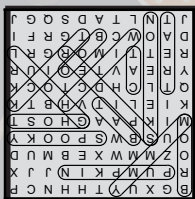


Find all the creepy words in the letter grid

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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## 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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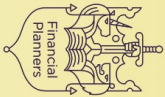
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