

STONESTHROW DIRECTORY



FREE BEE-FRIENDLY FLOWER SEEDS P.19

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USEFUL LOCAL TELEPHONE NUMBERS / ARTICLES / HOROSCOPES

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WARWICK

APRIL / MAY 2024

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WEALTH MANAGEMENT



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A NOTE FROM THE EDITOR

Welcome to our Spring 2024 Edition!

April usually starts with pranks and jokes on the 1st of the month, known as April Fool's Day. Although the origins of the day are not entirely known, one of the first references to 'Fooles Holy Day' was recorded by John Aubrey in 1698 when people were tricked into visiting the Tower of London to "see the lions washed".

This year we have two Bank Holidays in May, so make sure you get out and about in your local community and enjoy every minute.

Sunday, the 5th of May is World Laughter Day. The fun began in Mumbai back in 1998, when Dr Madan Kataria held the first event. Apparently, the body doesn't know the difference between real and fake laughter and there are numerous benefits to your physical and mental health. What better way to celebrate the merry month of May!

May is also National Walking Month. Living Streets promote walking for health and well-being across the UK. Their website contains useful tips to help you fit in twenty minutes of walking a day during this celebratory month. National Walking Month (livingstreets.org.uk)

Now is the time to plan all your spring and summer activities and ensure you get the most out of any free time. Be prepared for good weather and bad, so you can thoroughly enjoy either scenario.

As always, we have prepared a few interesting reads for you to enjoy, as well as special offers and discounts generously provided by our advertisers, exclusive to this magazine's readers. Your mentioning of Stonesthrow Directories when claiming the offers would not only redeem them, but also enable us to introduce you to even more local trades and services.

Please keep this directory until the next one arrives and make the most of its features and listings!

A few dates for your calendar:

6th of May - Early May Bank Holiday;
27th of May - Spring Bank Holiday.

However you decide to spend next couple of months - keep your heart and your business local.

Yours, Stonesthrow Publications.

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CONTENTS IN THIS ISSUE



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Misty Double Glazing?

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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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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Shutters can provide an extra layer of insulation, blocking out heat in the summer and retaining warmth in the winter months. This can contribute to better energy efficiency in your home by reducing your consumption and lowering utility bills throughout the year.

You can easily control the amount of sunlight when you have shutters installed, and this will help preserve your interior décor, protecting walls, furniture, and floors from any sun damage. Shutters will block out harmful UV rays that can cause your belongings to fade over time. You can easily adjust the angle of slats to let in as much or as little light as you like and tailor it to your preference. This helps you create a living space that is lit to suit your own comfort level. Shutters can also help you control the amount of visibility in your own home. They can be adjusted to maintain absolute privacy in areas of the home where this is essential, such as the bedroom and bathroom.

Good quality shutters come in a range of hard-wearing finishes that can provide a sharp contrast or blend in with your decoration. They can be made of wood, vinyl, or a variety of other materials and they are far more durable than other window dressings. Their sturdiness makes them a better long-term investment for your home as they are much less likely to become damaged or wear out easily.

Shutters are so much easier to clean and maintain than other window coverings. Regular dusting and an occasional wipe-down of the surface is enough to keep them looking as good as new. This kind of low-maintenance home improvement can be a real time saver and make your household so much more appealing to any potential buyers. If you decide to sell your home, well-maintained shutters will add to the curb appeal of your house. Features like window shutters enhance the aesthetics and functionality of your property and could potentially increase the resale value of your home.

Whilst window shutters may be a higher upfront cost than curtains or blinds, many homeowners find that the long-term benefits make them a worthwhile investment. Saving money on energy bills and increasing the value of your home can justify any initial outlay. They are an excellent addition to your home and can last up to twenty years if properly maintained.

By Emma Russell



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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 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. Contact Jenny Brown on 07725094123

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

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.

Kenilworth Over 30 Swimming Club

Date: Every Sunday / Time: 8am - 8.55am /
Venue: Newbold Comyn, Newbold Terrace East,
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We swim at Newbold Comyn whilst the Abbey
Fields facility is being rebuilt. Only two members
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simonmorton8@yahoo.co.uk for more details or
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Warwick Woodloes Townswomen's Guild

Date: 1st Wednesday of the month between
February and December / Time 7.30pm -
9.15pm / Venue: Woodloes community centre,
Deansway, Woodloes Park

Cost £3 for visitors. 40 pence for refreshments.
We meet for friendship, fun evenings, and guest
speakers, days out etc. You are assured of a very
warm welcome. For more information contact
Sarah on 07984 235005.

Lillington Bowling Club Spring events 2024: Free Bowls Coaching

Date: 6th May / Time: 6pm / Venue: Lillington
Bowling Club, Lime Avenue, Leamington Spa,
CV32DB

Bowls Big Weekend Event

Date: 26th May / Time: 10am - 4pm / Venue:
Lillington Bowling Club, Lime Avenue, Leamington
Spa, CV32DB

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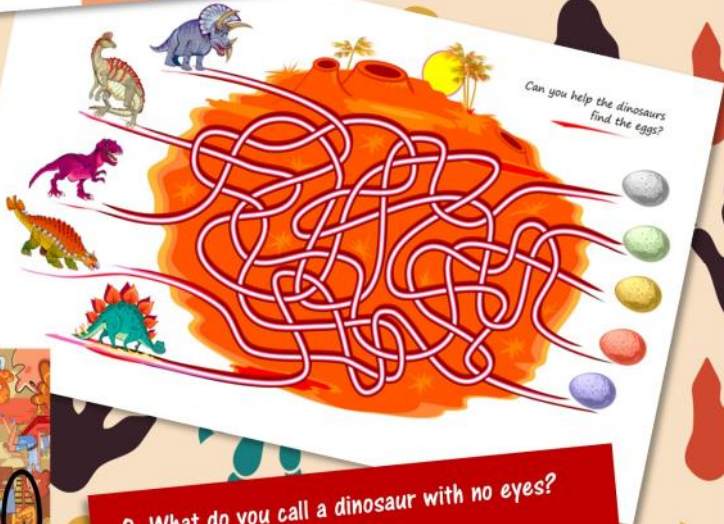
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Kids' Page

Find 12 objects in the picture

- 1 
- 2 
- 3 
- 4 
- 5 
- 6 
- 7 
- 8 
- 9 
- 10 
- 11 
- 12 



Find the objects answers

Q. What do you call a dinosaur with no eyes?
 A. A Doyouthinkhesaurus!

HOROSCOPES: APRIL / MAY

ARIES (MARCH 21 - APRIL 20)

Jupiter and Uranus join together at the financial angle of your chart by shining a powerful light on how you earn your money; your earning ability is ripe for change; be sure to take advantage of a brilliant opportunity to meet new people who can influence your progress and success. The powerful new moon solar eclipse on the 8th suggests that intuitive decisions will bring positive results. The Taurus Sun starts the month with a powerful connection to maverick planet Uranus; this exceptional combination illuminates the way you value yourself and how you come across to others. Expansive Jupiter leaves your sign on the 16th indicating that a financial overview is long overdue. Venus in chatty Gemini until the 7th assists with communicating your ideas.

TAURUS (APRIL 21 - MAY 21)

The dynamic energy of expansive Jupiter and revolutionary Uranus makes April the most important month of the year; this is your cue to shift gear and turn up the pace in all areas of your life. Sudden opportunities for totally new directions will become possible as you welcome in a new sense of confidence and joy. Banish negative thought, trust your intuition and go with your heart's desire. The Sun is in your sign and starts the month in powerful aspect to the rebel planet Uranus; this month will not be dull and you'll start to see plenty of unexpected change coming your way. Expansive Jupiter arrives in Taurus on the 17th for a one year stay, this is your time to expand your consciousness, assess your goals and reach for whatever you want.

GEMINI (MAY 22 - JUNE 21)

Your career and new and exciting connections are in the spotlight this month as these two areas of your chart are dominant. The powerful connection the maverick planet Uranus and expansive Jupiter offer challenge and change in all directions. The Sun and Mercury, both in fiery Aries suggest a new passion for life as you find yourself driven to make improvements that broaden your horizons on a grand scale. Dynamic Mars in sensitive Cancer is stirring up the financial area of your chart, use your intuition to make some necessary changes, you'll be well rewarded as new opportunities open up. Mercury, your ruler, turns direct on the 15th indicating that plans and practical matters will start to flow again. Results look encouraging, particularly around the powerful Taurus new moon on the 19th.

CANCER (JUNE 22 - JULY 22)

Mars, Saturn, Venus and Neptune in intuitive Pisces all occupy the sector of your chart concerned with further education, your higher mind and travel. You'll be feeling energetic about making plans for the future, but be sure to proceed with caution as all might not be as it seems. Abundant Jupiter connecting with Uranus on the 20th shines a helpful light by empowering you to make the right decisions. Energetic Mars is active in your sign until 21st, this transit offers you the courage, self-confidence and determination to stand firm on a recent issue. The Sun and maverick Uranus illuminate the social area of your chart indicating a strong prospect of making new friendships and renewing some old ones. The Taurus new moon on the 19th is particularly rewarding and presents a unique opportunity for you.

LEO (JULY 23 - AUGUST 23)

The powerful new moon solar eclipse in fiery Aries on the 8th offers an opportunity to make outstanding business connections, networking and career change should be high on your agenda this month. The meeting of innovative Uranus and expansive Jupiter on the 20th indicate some brilliant prospects are up for grabs. Be sure use your intuition and focus on turning exciting ideas into long term projects. The Sun, your ruler, is close to the maverick planet Uranus at the highest point of your chart. This powerful alignment illuminates the way for bigger and brighter career prospects; be bold, you need to believe in yourself and claim what is rightfully yours. Jupiter, in Aries until the 16th, promotes keeping your mind open and researching any subject that comes to your attention.

VIRGO (AUGUST 24 - SEPTEMBER 22)

Relationships and partnerships are the focus for you this month. You'll certainly be feeling the need for tenderness and love as four planets occupy this sector of your chart. The new moon solar eclipse on the 8th pushes you to see a completely different view point in many areas of your life. This month, concentrate on nurturing your inner peace and trusting your ability to adapt to whatever challenges may arise. This month brings a sense of adventure and exciting new possibilities as the Sun and the unpredictable planet Uranus offer unique and brilliant opportunities to broaden your horizons. Your ruling planet, communicative Mercury, turns direct on the 15th ensuring that your plans can now move forward and confirming that you get the very best out of your social endeavours.

LIBRA (SEPTEMBER 23 - OCTOBER 23)

April presents a harmonious blend of opportunities and challenges for you as the cosmic energies are urging you to find a better balance in all aspects of your life. The Solar eclipse in your opposite sign on the 8th is of special importance and some important and lasting decisions will need to be made. The stunning Jupiter /Uranus alignment on the 20th could bring a financial surprise your way. The new moon in Taurus on the 19th illuminates some of the important decisions that you have taken in recent months. Plans concerning joint resources look favourable and success looks almost certain. Venus arrives at the highpoint of your chart on the 8th, joining action planet Mars and indicating that improved communications can make a powerful impact on others.

SCORPIO (OCTOBER 24 - NOVEMBER 22)

This month, you are encouraged to delve deep into your emotions and embrace the process of inner transformation. Trusting your inner strength and resolve will hold you in good stead for what's to come. The powerful connection of Jupiter and Uranus on the 20th in your opposite sign ensures that exciting change is on offer. Go with your gut feeling, as a new passion for life emerges. Your opposite sign of Taurus is crowded with the Sun, Uranus and Mercury as this important month gets underway. Relationships become more important than ever and in due course you will determine who you really are, what matters most and what your ultimate goal is. Mars reaches the highpoint of your chart on the 21st, Leo energy is emphasised and creative ideas should be flowing.

SAGITTARIUS (NOVEMBER 23 - DECEMBER 21)

Your health, daily rituals and well-being are your main focus this month as the ground-breaking conjunction of Uranus and Jupiter on the 20th stir up this sector of your chart. As a free spirit, you know that change is inevitable and as your vision of the future becomes clearer you'll feel more confident and ready for anything that comes your way. The Scorpio full moon on the 23rd offers insight and heightened intuition. Jupiter, your ruler, changes signs on the 17th, illuminating your work routines, health and fitness. Jupiter is all about expanding and broadening horizons, now is the perfect time to let go of outmoded ideas and discover inspirational new ways forward in these areas. The new moon in Taurus on the 19th offers new beginnings and will certainly be an important turning point.

CAPRICORN (DECEMBER 22 - JANUARY 20)

This is a potent month for Capricorns as the major conjunction of expansive Jupiter and revolutionary Uranus takes place in the sector of your chart concerned with romance, pleasure, creativity and pleasure. Get ready to release your inhibitions and embrace a new way of living as this combination gives you great courage and desire to overcome any habit patterns that no longer serve you. Action planet Mars is in your opposite sign of Cancer until the 20th and love planet Venus arrives on the 8th, paving the way for lots of positive change concerning your home and family life. The Sun and the maverick planet Uranus are working together in Taurus, setting the scene for the winds of change to blow away any cobwebs in your social and romantic life.

AQUARIUS (JANUARY 21 - FEBRUARY 18)

Uranus is your planetary ruler and the meeting with expansive Jupiter on the 20th indicates that this is a month of breakthroughs for you - expect the unexpected! Your home and family are in the spotlight, illuminating some issues that need addressing. Deeper healing is possible with the added potential for successful communication. This month offers you an energy boost, enabling some major shifts to take place. Action planet Mars is travelling through a pivotal area of your chart until the 20th, this is a powerful opportunity for reviewing your health and fitness goals and for clearing out anything that is not essential to your wellbeing. Jupiter, in Aries until the 16th, highlights all areas of communication, suggesting that a dynamic phase of change and self-determination is about to begin.

PISCES (FEBRUARY 19 - MARCH 20)

The creative and inspirational influence of expansive Jupiter and innovative Uranus are strong in your communication sector, particularly at the time of the conjunction on the 20th. Sharing your ideas should be your main focus, even if you feel a little shy about opening up to strangers. The cosmic alignments indicate some valuable new insight are yours for the taking, as long as you embrace an entirely new perspective. Communication and new ideas are highlighted this month as the Sun joins forces with maverick planet Uranus, offering innovative new ways to enhance your life. How you relate to others is also about to be challenged and a new plan of action is on the horizon. The powerful Taurus new moon on the 19th suggests that after a delay or setback, a new beginning is now possible.

Christine Chalkin, 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.
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TRADITIONAL ART OF BREWING

People have been enjoying beer for thousands of years. Proof has been found that the ancient Sumerians of Mesopotamia, brewed beer as far back as 4000BC.

During the Middle Ages in Europe, brewing beer became a significant industry. Monks brewed beer in monasteries as a way of supporting themselves and also enjoying the odd tittle for sustenance. Germans take their beer very seriously, and people were using all sorts of substitutes and shortcuts to produce a brew. Things changed when the German Beer Purity Law, *Reinheitsgebot*, was enforced in Bavaria in 1516. This regulation limited the ingredients to only water, barley, hops, and yeast, ensuring the quality of the beer and its ingredients. This set of strict rules could be classed as one of the first-ever food safety regulations.

The Industrial Revolution brought larger-scale breweries with more commercial operations but in recent years, small-scale breweries have thrived by creating artisan beers. Craft breweries continue to grow and experiment with new techniques, and modern brewing incorporates a wide variety of flavours and finishes to suit all tastes.

The traditional art of brewing beer has evolved over the centuries, but some things have remained the same. Here is a brief outline of the process involved in brewing traditional beer.

First of all, you need grains, usually barley. These grains go through a malting process where they are soaked in water to initiate germination then dried and roasted to create a deep flavour and

stop germination. Brewing begins with the mashing process, when the crushed malted grains are placed in a vessel called a mash tun and hot water is added to create a porridge-like mixture. Water is the primary component of beer, and the source of the water greatly influences the flavour profile of the finished beer. The hot water activates enzymes in the malt mash and they break down into fermentable sugars.

The next step in the process is called lautering when the liquid is drained from the mash. This liquid 'wort' is transferred to a kettle and boiled with hops to add flavour, aroma and bitterness. Boiling removes any bad microorganisms and sterilizes the wort. The liquid is cooled and transferred into a fermentation vessel and yeast is added to ferment the sugars and produce alcohol. Carbon dioxide is a natural byproduct of the process. Fermentation can take days or weeks, depending on the type of beer and the yeast that's used.

After the primary fermentation process, the beer may go through a period of conditioning to develop the flavours and allow the yeast to settle out of suspension. It can sometimes go through a secondary fermentation process. It's then filtered to remove any final sediment and packaged into bottles, cans or barrels.

Beer is more than a beverage. Throughout history, beer has played a significant cultural, economic and social role in societies all around the world, and will probably do for years to come.

By Emma Russell

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Shakespeare Fish Bar *Fish & Chips*

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01926 257003

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36 Shakespeare Avenue CV34 6JR
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01926 401111

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01926 402061

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01926 941006

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01926 419187

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01926 491020

Love Bread & Co *Café*

60 Smith St, CV34 4HU
01926 493089

The Roebuck Inn *Pub*

57 Smith St, CV34 4HU
01926 494900

The New Bowling Green *Pub*

13 St Nicholas Church St, CV34 4JD
01926 411470

Domino's Pizza *Pizza*

21 St Johns, Coventry Rd, CV34 4NE
01926 411003

The Oak *Pub*

27 Coten End, CV34 4NT
01926 493774

Pastelaria Portuguesa *Bakery / Café*

57 Coten End, CV34 4NU
01926 475871

The Black Pug *Pub*

69 Coten End, CV34 4NU
01926 730496

The Railway Inn *Pub*

55 Guy St, CV34 4LW
01926 493725

The Wild Boar *Pub*

27 Lakin Rd, CV34 5BU
01926 499968

The Elephant & Castle *Pub*

105 Emscote Rd, CV34 5QY
01926 774078

Rivercross *Indian*

204 Emscote Rd, CV34 5QT
01926 734086

The Cape Of Good Hope *Gastropub*

66 Lower Cape, CV34 5DP
01926 498138

Woodloes Park Fish Saloon

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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

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31 St Johns CV34 4NE
01926 493727

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APRIL

STRESS AWARENESS MONTH



April is Stress Awareness Month – here are some top tips for beating stress.

Stress Awareness Month has been held every April since 1992 to increase public awareness about both the causes and cures for our modern stress epidemic. Here are some top tips for beating stress.

Modern life can be stressful, and stress can impact our lives in lots of ways. Many aspects of life can cause stress, but this April help is available to help you manage your mental health and wellbeing.

TAKE BREAKS From watching, reading, or listening to news stories, including those on social media. Of course, it is good to be informed but hearing about a traumatic event constantly can be upsetting and it can cause you stress. So why not consider limiting news to just a couple of times a day. Why not think about disconnecting from your phone, tv, and computer screens for a while. You might notice the difference quickly.

TAKE CARE Of yourself. It might seem simple. But by taking care of yourself - eating healthily, getting some exercise, getting plenty of sleep, and giving yourself a break if you feel agitated you can improve your ability to deal with stress. Make time to unwind. Try to do some other

activities you enjoy. Watch your favourite comedy or comedian, or why not go and see them live. Laughter is a great way of de-stressing.

TAKE CARE OF YOUR BODY AND MIND Mindfulness is good for reducing your stress levels. By learning to breathe properly and perhaps doing some simple yoga exercises or stretching exercises you can improve your overall health.

TAKE A LOOK AT YOUR DIET Why not try and eat healthy, well-balanced meals? Perhaps eat more fruit, vegetables and wholegrains. Porridge is a cheap and delicious breakfast. It provides slow-release energy so keeps you going for longer. Add some fruit, it can be fresh, frozen, tinned or dried, for the best meal to start your day.

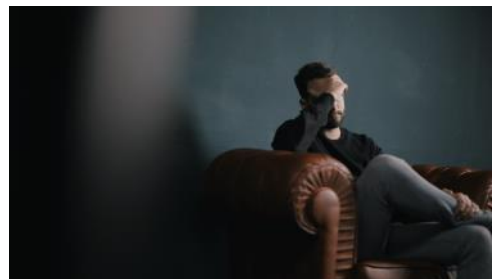
Consider eating less red meat. Even if you don't want to become a vegetarian why not try having easier digestible alternatives (chicken or fish). It can make a big difference.

AVOID EXCESSIVE ALCOHOL AND TOBACCO Although alcohol and tobacco can give you an instant boost, they have negative health impacts and exacerbate stress. Why not challenge yourself to cut out some cigarettes or have a word with your GP about the nicotine replacement options? What about having some dry days each week? Why not try non-alcoholic drinks, they taste the same but are alcohol free?

TALK TO OTHERS What did our parents always tell us? A problem shared is a problem halved. There is something in this. Why not take the time to talk with people you trust about your concerns and how you are feeling? Share your problems with a parent, friend, counsellor, doctor, or pastor.

These are just six top tips for beating stress. You don't have to use all of them, pick and choose which suit you, your lifestyle and circumstances.

Rob Bullock <https://robbullockauthor.blogspot.com>



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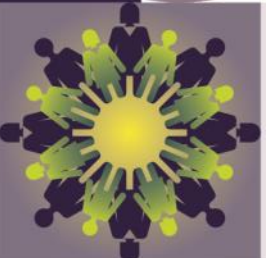
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