

# STONESTHROW DIRECTORY

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a **FAMILY TICKET**  
to  
**WISTOW MAZE**  
p. 10

EXTRA CURRICULUM ACTIVITIES FOR CHILDREN P.20

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WHAT'S ON / LOCAL RESTAURANTS & TAKEAWAYS / KIDS PAGE

ORGAN DONATION WEEK P.23



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AUGUST / SEPTEMBER 2024

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48853

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# A NOTE

## FROM THE EDITOR

Welcome to our August/September Edition!

August in England means that we are right in the middle of the school holidays. The cost of living crisis has made it harder to afford a holiday abroad. Staycations are a fantastic alternative, there's so much to explore in Britain. Camping, glamping, or private home swaps can be an affordable way to visit a place.

Some websites have posted great ideas to keep children entertained. The Parents website has a great list of low-cost activities to try: 24 Cheap and Easy Summer Activities for Kids (parents.com) and the folks at Good Housekeeping Institute have created some brilliant craft projects: 80 Best Activities for Kids 2023 - Fun Things to Do With Kid (goodhousekeeping.com)

September can feel like a new start for adults as well as schoolchildren, so why not take the opportunity to do something new this Autumn? You could spend some time sprucing up your home and preparing for the colder months ahead. There are so many businesses in your local community that could help you complete some of those troublesome tasks, from chimney sweeps to garden clearance, gutter cleaning to roof repair.

If you'd rather give yourself a spruce, you could book a beauty treatment, or visit a health practitioner, or maybe try a new exercise routine. It's a great time to join a club or special interest group that will keep you busy over the winter and introduce you to new people within your community.

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

A date for your calendar:

28th August - Summer Bank Holiday.

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

Yours, Stonestrow Publications.

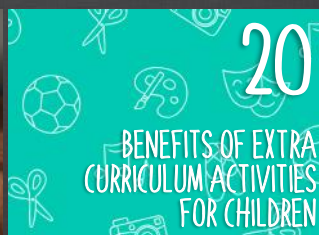
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# Misty Double Glazing?

Hi My name is Dave Millidge, let me introduce my company where I repair windows and replace misted up Double glazed units.

The area that I cover is Coventry and Warwickshire. You may have seen me around in your street or even have family and friends who I have worked for in the past ten years, with over 6,000 satisfied customers during that period. I started Misty to Clear to give customers the best value repairs in the current climate.

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.

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  WistowMaze



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No issues at any time. Good, responsive communication from the office, the various teams on site were polite, friendly and low maintenance, the site was left tidy after each day's work, and most importantly, the job looked great when complete. Thoroughly recommended.

AndyE 230 / 31 Jan 2024

# USEFUL LOCAL TELEPHONE NUMBERS

## 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

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Samaritans	116123
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The Family Information Service	01926 742274
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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. 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 No.2**

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 Membership Secretary 07983211467

## **Milverton Folk Dance Group**

Date: every Thursday / Time: 8pm - 10pm / Venue: Buddbrooke 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: Wednesdays / Time: 1pm - 2.30pm / Venue: All Saints Church, Vicarage Fields 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

## **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.

## **Coventry And Warwickshire Schools Liaison Community**

We have speakers on many hot topics and careers. Also activity kits we lend to schools and clubs, all free of charge. [www.schoolsliasoncommunity.net/CWSLC.htm](http://www.schoolsliasoncommunity.net/CWSLC.htm) 01926 490 456

### **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.

### **Coventry And Warwickshire Retired Engineers**

Date: third Thursday of most months / Time: 10:30 for 11AM / Venue: Dunchurch Village Hall CV22 6PN  
All events are open to the general public.  
www.retiredengineers.net 01926 490 456

### **Warwick Bridge Club**

We are looking for new members. We play twice a week at Hill Close Gardens, Bread and Meat Close (Warwick Race Course) 7pm-10pm Mondays and Thursdays. We are a super friendly club who are fortunate to be able to play in these beautiful surroundings. Just to add we also have a couple of times a year Cheese and Wine evening.  
Contact Ken Mikulsky 07785955805  
skm9inver@aol.com or Jenny Mikulsky jenwren200@gmail.com

### **Leamington Summer Festival**

Date: 11th August / Time: 10am - 5pm / Venue: Parade, Leamington Spa CV32 4BT  
Step into a vibrant world of summer magic as The Parade is transformed into an oasis of fun. Immerse yourself in the pop-up beach, complete with buckets & spades for kids to play with. Satisfy your sweet tooth with an array of delectable ice cream treats, while exploring the sea-themed activities and entertainment that will captivate young and old alike. From interactive games to enchanting performances, there's something to delight every member of the family. The true heart of the festival lies in the giant market, where local artisans and producers showcase their remarkable talents. Discover unique handcrafted treasures, browse an array of captivating arts and crafts, and indulge in the fresh, locally sourced produce that celebrates the very best of the season

### **The Big Summer Market**

Date: 26th August / Time: 10am - 4pm / Venue: Market Place, Warwick  
FREE. Get ready for an exciting day out this August Bank Holiday Monday at The Big Summer Market in Market Square. It's going to be an incredible event, perfect for the whole family to enjoy. For more information visit The Big Summer Market 2024 - Warwick District Council (warwickdc.gov.uk)

### **The Leamington Food & Drink Festival**

Date: 7th, 8th September / Time: 10am - 6pm / Venue: Pump Room Gardens, Royal Leamington Spa, CV32 4AA  
There will be an exciting line up of entertainment

from the bandstand, demonstrations from the Live Cookery Theatre and a host of food and drink exhibitors, with something for everyone!

### **Sausage & Cider Festival**

Date: 14th September / Time: 2pm - 11pm / Venue: St Nicholas Park, Warwick CV34 4QY  
The outdoor Sausage & Cider Festival will be returning to Warwick after a huge sell out in 2023! For details visit: [www.sausageandciderfest.co.uk/warwick](http://www.sausageandciderfest.co.uk/warwick)

### **Saturday Talks in Support of The Fusilier Museum**

Date: 29th September / Time: 2pm / Venue: Zoom  
'From Trenches to Beaches-Brigadiers of the British Army in France and Norway 1940' by Phil McCarty: a popular misconception believes that after two strategic failures in Norway and France in 1940, there was a far-reaching clear out of the officer corps; using the Army's upper middle management (Brigadiers), this talk will show that some officers thrived after 1940 but this was not the case overall!

### **Warwick's first Autumn Food Festival**

Date: 29th September / Time: 10am - 4pm / Venue: Warwick Town Centre, Market Place, Warwick, CV34 4SA  
There'll be a huge selection of your favourite food and drink offerings, with plenty of opportunity to try something new all in Warwick Town Centre. We've got over 50 traders, music beats, kids rides, face painting and more. Get ready to indulge your taste buds and experience the vibrant flavours that Warwick has to offer. This is going to be the most delicious day out you've had all year!

### **Covent Garden Quarter Markets**

Date: 25th August, 29th September / Time: 10am - 4pm / Venue: Covent Garden Quarter, Warwick Street, Leamington Spa, CV32 5JX  
The passionate makers and growers are eager to share their crafts and the local traditions that inspire them, creating a truly immersive and authentic experience. Whether you're here to stock up on the season's finest produce, treat yourself or find that perfect one-of-a-kind item to take home, the Covent Garden Quarter Markets promise to delight and inspire.

### **Warwick Words History Festival**

Date: 30 September - 6 October / Time: Various Times / Venue: Various venues in Warwick Town Centre  
Celebrate historical writing, fact, and fiction, meet the authors, discover and discuss their work. Join us for talks, workshops, walks and much, much more. Special guests include: Terry Deary, Alison Weir, Dan Jones, Nicola Tallis, Max Hastings, Estelle Paranque, James Holland plus many more.

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

# THE BENEFITS OF EXTRA CURRICULUM ACTIVITIES FOR CHILDREN



It is well known that children learn outside school as well as in, making extra-curricular activities vitally important to the future of our children.

Children do not just learn in school. After school clubs and societies as well as groups such as the Scouts, Cubs, Brownies and Guides along with awards such as the Duke of Edinburgh scheme, to name just a few, can help youngsters develop confidence, interpersonal, social and life skills to help them as they progress through life.

**REPORT** An Unequal Playing Field – this government research published in 2019 suggested those who do engage in some sort of extra-curricular activity are better placed to succeed in life than those who don't.

## SOFT SKILLS

One of the main benefits of extra-curricular activities for children is learning what are known as 'soft skills' which are things you can't learn from books, such as good communication skills, making and maintaining friendships, and working well with others. Learning soft skills can set children up for life!

## SOME EXTRA CURRICULAR ACTIVITIES THAT YOUR CHILDREN COULD ENJOY

**PERFORMING ARTS** – as well as helping children bring out their creativity involvement in extra-curricular performing arts have many other benefits including encouraging self-expression and cultural awareness, self-confidence and self-awareness.

**DANCE** – joining a dance club can have many benefits including fitness, balance, coordination, rhythm and core strength but because routines can be complicated children also learn that practice makes perfect! This is a great life lesson!

**SPORTS** – by participating in extra-curricular sport children benefit from an active lifestyle and better mental health, and they also learn the benefit of team

working and how to follow rules thus developing self-discipline. They can also learn the benefits of hard work and dedication.

**TECHNOLOGY** - engaging in coding, gaming or technology clubs is super brain exercise and helps children learn new tech skills that will not only underpin maths and science classes and also many things they do in the future but helps contribute to society's technological development.

**LANGUAGE CLUBS** – learning a language is brilliant exercise for the brain because children learn multiple grammar rules and vocabulary, and this strengthens their memory muscle.

**SCOUTS CUBS BROWNIES AND GUIDES** – these are the ultimate extra-curricular activities and have been around for well over a hundred years. As well as learning many different skills children achieve various challenges that give them a firm foundation for later life.

## HOW TO CHOOSE ACTIVITIES DEPENDING ON THEIR INTEREST

It is best to start extra-curricular activities when children are young, perhaps from the age of five onwards and start small. Why not start with something that interests you as a parent because you might already know people who lead certain activities in your community.

Be guided by your child's interests and don't be afraid to try different things because it might take a little time to find something that your child loves and feels that they are good at.

Extra-curricular activities have a brilliant effect on a child's life learning, helping them grow as people and setting them up for life.

*Rob Bullock*

<https://robbullockauthor.blogspot.com>

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# HOROSCOPES: AUGUST / SEPTEMBER

## ARIES (MARCH 21 - APRIL 20)

Warrior planet Mars, your ruler, is travelling with expansive Jupiter in curious Gemini, they are exactly conjunct on the 14th, highlighting some ingenious and inspirational ideas that could take your life on a totally different path. The Aquarian full moon on the 19th encourages you to work with new business partners as opportunities for new community projects appear on the horizon. September: 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 a power packed month as dynamic Mars joins up with expansive Jupiter in your financial sector; you'll have the courage to make some major changes and possibly take some risks that will put you in a much better position. Be prepared as the cosmos is suggesting radical transformation. Your ruler, the love planet Venus, arrives in Virgo on the 5th illuminating the relationship area of your chart. September: 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)

Power packed Mars and Mighty Jupiter are in your sign all month, the two join forces on the 14th, be prepared and make the most of this fortunate encounter by restructuring the way you plan and think and be sure to remain open to exciting opportunities that are coming your way. September: The courageous Leo new moon on the 4th offers creative new ideas. 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 radiant Leo Sun suggests that creative money making schemes are at an all-time high, particularly around the Leo new moon on the 4th. Venus arrives in Virgo on the 5th energising your communication sector with practical new concepts. The powerful the unique energy of the Aquarian full moon on the 19th should offer insight into some practical new ideas that leave you feeling successful and prosperous. September: 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)

August is your special time as action packed Mars and mighty Jupiter offer a cosmic power boost; your energy and enthusiasm will be at an all-time high. New friendships and group endeavours are particularly favoured. Your powerful new moon on the 4th offers a turning point and the full moon in your opposite sign on the 19th encourages you to take up the challenge on an important project. September: 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 offers a radical shake up in all matters concerning your goals, ambition and career prospects. Lucky Jupiter and Action packed Mars are suggesting that exciting new beginnings are evident. The love planet Venus arrives in your sign on the 5th indicating that some relationship issues will come to the surface and need some careful consideration - and a practical solution! September: 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 draws you toward faraway travel, adventure and higher learning. Action planet Mars and expansive Jupiter in restless Gemini ensure that some radical changes are about to take place. The Sun and Venus in gregarious Leo are favouring some exciting new friendships and group endeavours, and the full moon in innovative Aquarius on the 19th brings your intuition to the forefront. September: 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)

Warrior planet Mars and expansive Jupiter are travelling together in your financial and resource sector, flagging up some challenges that need your attention. Adjustments will need to be made so that you can move forward positively. The Mars/Jupiter conjunction on the 14th offers courage, willpower and positive new insight around any decisions that need to be made. September: 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 optimistic time for Sagittarians as positive planetary activity is at its height. Abundant Jupiter, your ruler, is courageous and optimistic travelling together with dynamic Mars in curious Gemini. Your relationships are in the spotlight this month, the Powerful conjunction on the 14th is particularly auspicious and offers the potential for positive change. September: 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 personal issues to your attention as Stern Saturn, your ruler, makes a challenging aspect to expansive Jupiter in Gemini. Facing facts both personally and professionally will eventually make your life much easier as you progress forwards. Love planet Venus, in Virgo from the 5th, is in positive position, indicating that a new relationship might be on the horizon. 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)

Home and family life come to the forefront during August as a variety of domestic issues demand your attention. Uranus, your ruler, might be stirring up some trouble and you'll need to keep a clear head to avoid any arguments. Venus arrives in your financial sector on the 5th, there could be some lucky breaks coming your way. The full moon in your sign on the 19th is both powerful and illuminating. September 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)

The Leo Sun lights up your work sector as you start to explore some creative new ways of making money. The Aquarian full moon on the 19th emphasises the area of your chart concerned with introspection and intuition. Good communication is now vital as any decisions made now will need your full attention. Planetary energy is positive, suggesting that exciting new opportunities are about to appear. September'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.

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# ORGAN DONATION WEEK

23<sup>RD</sup> TO 29<sup>TH</sup> SEPTEMBER 2024



*This year the NHS Organ Donor Register is 30 years old. Why not get involved and celebrate the amazing gift of life organ donation can give this Organ Donation Week?*

This year Organ Donation Week runs from the 23<sup>rd</sup> to 29<sup>th</sup> September and the goal is to raise awareness by turning buildings around the country pink.

Organ donation is where someone decides to donate an organ either whilst they are alive or after they die. By registering on the NHS Donor Register to donate an organ after you die you take the decision about what happens out of the hands of your loved ones at a time when they are grieving. But there are some organs that you can donate whilst you are alive.

## BECOME A LIVING DONOR

The most donated organs by a living person are a kidney or part of the liver. Each year here in the UK more than a thousand people donate one of their kidneys or part of their liver whilst they are alive. Often the donation is to a friend or family member, but it can be to someone they don't know.

People can also donate parts of bone and amniotic membrane too.

## BLOOD DONATION

At the moment in the UK there is a blood bank emergency with stocks desperately low! Blood donors are urgently needed and in just one hour you could save three lives. Your blood could also be used to make plasma which could save someone's life.

## DONATION AFTER DEATH

Here in the UK most tissue and organ donations occur after someone has died. Even though you might be on the Organ Donation Register loved ones always have the final decision on whether your organs will be donated. But the register tells medical professionals and loved ones what your intentions and wishes were, and this can bring much needed clarity on any decisions.

## OPT OUT

The law here in England states all adults have agreed to be an organ donor when they die unless they are in an excluded group or have specifically recorded a decision not to donate.

## THINK PINK!

Pink is the colour of the organ donation card and this year during Organ Donation Week the public are urged to get involved and light up as many buildings as possible in pink to raise awareness of the life-giving gift of organ donation.

There are many ways to get involved in lighting up pink as many buildings as possible. Do it yourself, if it's your home or business or for any official buildings you could call, email or write them a letter. The organ donation register has some useful tips and suggestions.

Donating an organ is a selfless act that could save a life, possibly a stranger's life, so why not get involved this Organ Donation Week – which runs from Monday 23rd to Sunday 29th September and add your name to the register.

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

# RESTAURANTS & TAKEAWAYS

## Unicorn Warwick *Gastropub*

64 Hardwick Field Lane CV34 6LN  
01926 402860

## The Racehorse *Gastropub*

34 Stratford Rd CV34 6AS  
01926496705

## Shakespeare Fish Bar *Fish & Chips*

28 Shakespeare Avenue CV34 6JR  
01926 257003

## Panda House *Chinese Takeaway*

36 Shakespeare Avenue CV34 6JR  
01926 741004

## The Chip Shed *Fish & Chips*

24 West Street CV34 6AN  
01926 498014

## PawPaw *Chinese Takeaway*

40 West Street CV34 6AN  
01926 492886

## The Globe *Hotel Restaurant*

10 Theatre Street CV34 4DP  
01926 479100

## The Rose & Crown *Gastropub*

30 Market Place CV34 4SH  
01926 411117

## The Eagle *Bar*

3 The Holloway CV34 4SJ  
07765 896155

## Market Place Pantry *Café*

26 Market Place CV34 4SJ  
01926 400580

## The Thomas Lloyd *Pub*

3-7 Market Place CV34 4SA  
01926 475690

## The Square Warwick *Bar*

9A Market Place CV34 4SA  
01926 730550

## Tilted Wig *Gastropub*

11 Market Place CV34 4SA  
01926400110

## The Tuckery *Café*

21 Market Place CV34 4SA  
01926 492171

## Wylie's Tearoom *Tea Room*

66A Market Place CV34 4SD  
01926 490448

## Dough and Brew *Pizza*

45 Brook Street CV34 4BL  
01926 401111

## Apple Tree Tearooms *Tea Room*

5A Old Square, CV34 4RA  
01926 289365

## Bread & Co *Café*

60 Smith Street CV34 4HU  
01926 493089

## Saffron Gold *Indian*

Westgate Close CV34 4DE  
01926 402061

## 7 Square Restaurant *French*

7 Old Square CV34 4RA  
01926 411755

## The Art Kitchen *Thai*

7 Swan Street CV34 4BJ  
01926 494303

## ASK Italian *Italian*

16/18 High Street CV34 4AP  
01926 941006

## Coffee#1 Warwick *Café*

22-24 High Street CV34 4AP  
01926 419187

## Giggling Squid *Thai*

1-3 High Street CV34 4AP  
01926 497542

## Jambavan *Indian*

6 Castle Street CV34 4BP  
01926 496511

## Thomas Oken *Tea Room*

20 Castle Street CV34 4BP  
01926 499307

## Tasca Dali *Spanish*

15 High Street CV34 4AP  
07445 223527

## Aqua Food & Mood *Lebanese*

12-14 Jury St, CV34 4EW  
01926 495491

## Pizza Express *Pizza*

33-35 Jury St, CV34 4EH  
01926 407895

## La Mesa *Fusion*

5B Old Square, CV34 4RA  
07528 080151

## Warwick Spice *Indian &*

*Bangladeshi* 24 Smith St,  
CV34 4HS 01926 491736

## The Pickled Crab *Seafood*

15 Smith St, CV34 4JA  
01926 494904

## The Aubergine *Turkish*

32 Smith St, CV34 4HS  
01926 400086

## Il Piccolinos *Italian*

31 Smith St, CV34 4JA  
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

*Fish & Chips*  
8 Reardon Ct, CV34 5RN  
01926 495666

## Welcome Chinese *Takeaway Chinese*

Reardon Ct, CV34 5RN  
01926 403933

## The Saxon Mill *Gastro Pub*

Coventry Rd, Guys Cliffe, CV34 5YN  
01926 492255

## The Old Post Office *Pub*

12 West Street CV34 6AN  
07717140834

## Chopsticks *Chinese*

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

## Castle Kebab *Kebab Shop*

46B Saltisford CV34 4TD  
01926 491010



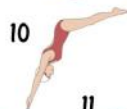
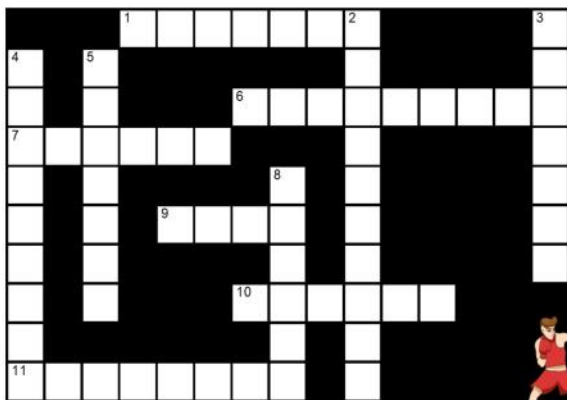
# Kids' Page

Across



Can you solve our Olympic crossword?  
We've given you picture clues

Down



Can you help our intrepid Canoeist navigate the course for a win?



## FUN FACT!

The First Olympic Games took place in 776BC

The original Olympics began as part of an Ancient Greek Festival, which celebrated Zeus, the Greek God of Sky and Weather. The whole competition lasted for up to six months, and included games like wrestling, boxing, long jump, javelin, discus and chariot racing.



Crossword Solution

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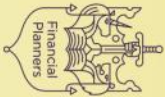
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