

# STONESTHROW DIRECTORY



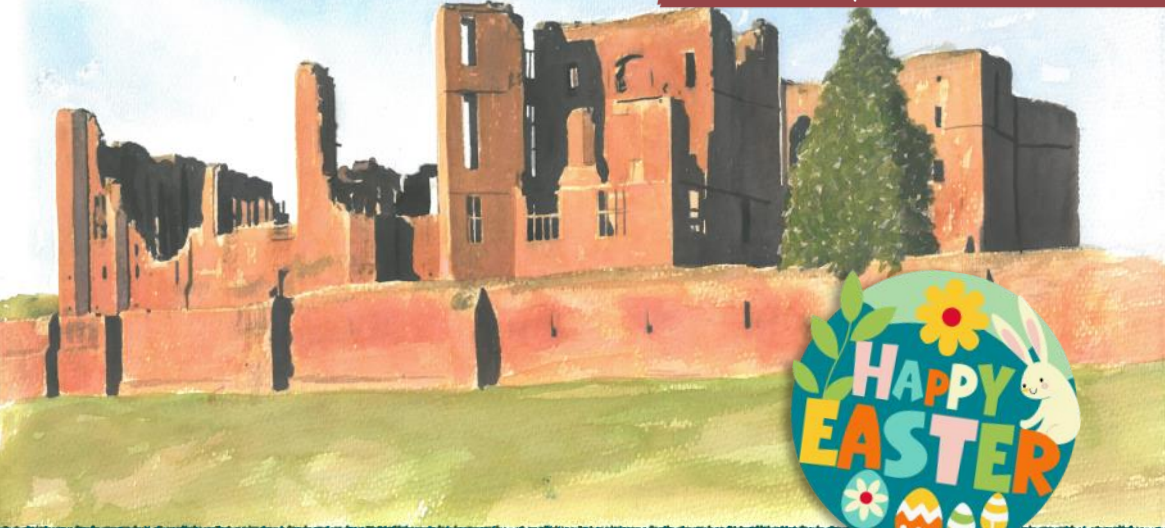
FREE BEE-FRIENDLY FLOWER SEEDS P.14

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

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## KENILWORTH

APRIL / MAY 2025

JAMIESON CHRISTIE  
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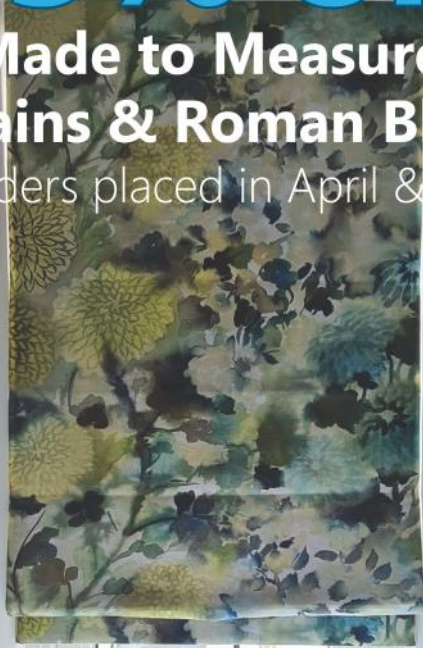
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# A NOTE

## FROM THE EDITOR

Welcome to our festive April/May Edition.

As the warmth of Spring settles in, we're reminded of the beauty and growth happening all around us. April and May bring a sense of renewal, and it's the perfect time to celebrate the stories that make our community so special. Let us focus on the vibrant energy that fills our village as we head into the Summer months.

From local festivals to exciting outdoor activities, the next two months are the perfect time to get outside, soak up the sunshine, and explore everything our area has to offer. Many local gardeners and green-fingered enthusiasts are transforming their front gardens into stunning green spaces-ideal inspiration for your own Spring planting!

As always, we have prepared a few interesting reads for you to enjoy: from tips on how to save the planet one garden at a time to an article about investment ideas to dementia.

If you would like to promote a business locally - we would love to help by bringing a wealth of knowledge and experience in connecting businesses with local communities, creating eye-catching adverts and making sure each door gets a copy of their directory full of local talent. Give us a call or email for a friendly chat. We are a small local business too, we only thrive if your business thrives, so we do our best to make sure you are seen and recognised by local residents who receive, read, retain and reference Stonesthrow Directories.

### Dates for your calendar:

18<sup>th</sup> April - Good Friday (Bank Holiday); 20<sup>th</sup> April - Easter Sunday; 21<sup>st</sup> April - Easter Monday (Bank Holiday); 5<sup>th</sup> May - Early May Bank Holiday; 26<sup>th</sup> May - Spring Bank Holiday.

Please remember to mention Stonesthrow Directories when calling our Advertisers, so we can build on the portfolio of ultra local trades and services, news, events and clubs in one handy guide delivered straight to everyone's door.

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

Yours, Stonesthrow Publications.

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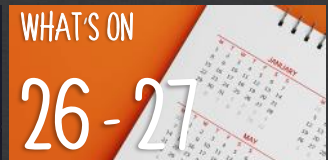
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THIS MAGAZINE IS FULLY RECYCLABLE. PLEASE KEEP UNTIL THE NEXT COPY ARRIVES IN 2 MONTHS TIME



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

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.

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# DEMENTIA CARE FOCUS

WITH GOOD ADVICE, CAREFUL CONSIDERATION AND A PERSON-CENTRED APPROACH CHOOSING THE RIGHT CARE FOR SOMEONE WITH DEMENTIA CAN HELP THEM LIVE WELL.



With almost a million people living with dementia in the UK, and that set to increase by around forty per cent by 2030 the condition is often referred to as the UK's biggest health and social care crisis. But with good care people suffering from dementia can live good lives.

**DEMENTIA** Dementia is a syndrome, a group of related symptoms, and it is mainly associated with the decline of certain brain functions which include memory loss, but also includes thinking speed, mood, movement, understanding and others. Alzheimer's disease is one of the most common types of dementia along with vascular dementia but there are numerous others.

**UNDERSTANDING THEIR NEEDS** Many people who suffer from dementia have complex needs, which range from the need to feel safe, to the need to take medication properly and regularly to the need to maintain their dignity and to maintain their selfhood. Any dementia care needs to focus on meeting these needs and any other needs that are specific to the individual.

**RESEARCH CARE OPTIONS** When considering care options family members need to undertake extensive research into what help is available. This can begin with support to live at home through to living in a care or nursing home. If you have been helping someone live independently or semi independently but as symptoms have worsened a needs assessment will be required from social services. Your local GP is a good place to begin this process and seek advice, guidance and support.

## EVALUATE FACILITIES AND SERVICES

Dementia sufferers have extensive needs but there is help out there. Care homes as assessed by the Care Quality Commission and the most recent report is a good place for families to access an initial assessment.

**LOCATION AND FACILITIES** The location of a care facility can have an impact on the ability of someone with dementia to live well, and being close to friends and family can have a massive impact on their health. However, because dementia requires higher levels of specialist care whether there is an appropriate care or nursing home with the facilities to care for people is also an important factor.

**CONSIDER COST AND FUNDING** The cost of caring for someone with dementia can be considerably higher than for those without it. There should be 24-hour cover, with specific trained staff who understand dementia and can create and implement a care plan to help your loved ones live well and be happy. This specialist care makes dementia care cost relatively high. There is financial assistance out there, but this is often means tested. Your local GP will be able to offer advice and put you in touch with care specialists to allow informed decision making.

Choosing the right care for your loved one involves many factors but if they are able, it should involve the person with dementia as much as possible so they can live their best life.



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# What's On

APRIL & MAY

Join us at Oakley Grange for our fabulous community events this Spring.

## FRIDAY 11<sup>TH</sup> APRIL FROM 2PM

Fun for all the family with our Easter bonnet competition, Easter egg hunt, Gin Bar and entertainment at our Easter Fayre.

## WEDNESDAY 23<sup>RD</sup> APRIL AT 2:30PM

Cognitive Health coach Lindsey Byrne talks about how to improve your brain health and memory, prevent dementia and Alzheimer's, and stay sharp and productive throughout your life.

## TUESDAY 29<sup>TH</sup> APRIL AT 10:30AM

Join the team from the Hearing Care Partnership on how to help cope in noisy situations and how hearing health and brain health go hand in hand.

## THURSDAY 8<sup>TH</sup> MAY FROM 11AM

Join local Antique dealer Steven B Bruce for Oakley's very own Antique Roadshow! Steven's career spans 50 years and his specialist knowledge acquired includes silver, wine and spirits, stamps and coins, 19th-century paintings and Worcester porcelain (1755 - 1930).

Bring your own family heirlooms to be valued by Steven accompanied by a talk and refreshments.

## DEMENTIA CINEMA CLUB THE 1<sup>ST</sup> AND 3<sup>RD</sup> OF THE MONTH

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Andy E 230 / 31 Jun 2024



## CAN YOUR BUSINESS SUPPORT A LOCAL COMMUNITY FUN RUN?

The 11th Balsall Common Fun Run takes place on Sunday 14th September 2025.

This Annual fundraising event is organised by The Lily Mae Foundation, a local charity that supports bereaved parents and families who have tragically lost a baby.

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### FROM SMALL PAINT JOBS TO LARGE HOME RESTORATIONS

- I provide professional painting and decorating services to domestic and commercial customers.
- Light restoration & hand painting of furniture such as chest of drawers, wardrobes, kitchens etc.
- Exterior & Interior work undertaken

For a FREE, NO OBLIGATION quote contact Sam Holt:

**07856 762 879**

**SJ\_HOLT@HOTMAIL.CO.UK**

**WWW.SJHOLTDECORATORS.CO.UK**

@sjholtdecorators

# DO I NEED A DESIGNER FOR MY GARDEN



*Spring is the perfect time to think about revamping of your outside space, but it can be a massive undertaking so why not use a professional.*

We have all looked out at our gardens and wished it could be transformed into an outside space that we can be proud of and spend quality time in. Knowing what plants are suited to your garden, what to plant where and how to incorporate features could take you months, cost a fortune and still not meet your expectations, but by using a professional garden designer your dreams could become reality. Here is why it makes sense to hire a professional.

## **Dreams can become reality**

From the moment you contact a garden design service and then sit down with them you are making your dreams a reality. With extensive training they can create designs based upon what you have always wanted, what plants you love, what you intend to use your outside space for, and if you have green fingers or not, as this will determine the level of upkeep and maintenance.

## **Working to scale**

Many of our gardens do not have outside space the size of Blenheim Palace, so working out how features can sit with planting schemes and lawned areas, paths, borders and seating areas or garden buildings is near impossible to the amateur gardener, but a professional garden designer using their expert eye can imagine exactly what you want, making suggestions you had never even considered. Many design

services use 3D design software to make the garden come to life even before a spade has hit the ground. And professionals have a good understanding of local planning laws and how best not to upset your neighbours.

## **Bringing house and garden together**

A professional garden design service can make your outside space into another room, and effortlessly blend outside and in, creating a relaxed lifestyle. And by doing this they offer a truly bespoke service creating a garden that is unique to your property.

## **Managing budgets and increasing house value**

Believe it or not, using a professional garden design service can save you money in the long term. It does this by knowing exactly what is required, knowing what lasts and minimising overspend. A professional garden designer will be able to offer you the choice of materials and plants that you possibly haven't even heard of, and they know where to source these at the best possible price. Also, a professionally designed garden could add anywhere from 10 to 15% to the value of your house.

## **Creating something to be cherished**


A professionally designed garden is an asset to your home, only maturing and improving over time as plants bed down and nature takes residence in your outside space. Your new garden is designed to be an extension of your personality and lifestyle, encouraging you to grow into the space and spend happy hours in it creating cherished memories with your loved ones and friends.



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paul@completelandscape.co.uk

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WWW.SJHOLTDECORATORS.CO.UK

# RESTAURANTS & TAKEAWAYS

**The Almanack** *Gastro Pub, British*  
Abbey End CV8 1QJ **01926 353 637**

**Le Raj Spice** *Bangladeshi, Indian*  
85-87 Abbey End CV8 1QJ **01926 859 774**

**Sunam Balti House** *Balti*  
57 Abbey End CV8 1QJ **01926 863 073**

**Lil Greens** *Gastro Pub, British*  
33 Abbey End CV8 1QJ **01926 512 529**

**Forrest Coffee House** *Café*  
1 The Square CV8 1EF **07792 474026**

**Coffee on the Corner** *Café*  
16 Warwick Rd, Kenilworth CV8 1HE **07415 650314**

**Thai Kitchen** *Thai*  
43 Station Rd CV8 1JD **01926 853 963**

**Ego Mediterranean**  
29 The Square CV8 1EF **01926 864 463**

**Nur Nur Paradise** *Thai*  
11 Warwick Rd CV8 1HD **01926 962 804**

**The Rocking Horse Coffee Shop** *Café*  
22 Talisman Square CV8 1JB **01926 856 413**

**My Greek Station** *Coffee Shop, Greek*  
6 Miller Court, Station Rd CV8 1JD

**Ale Rooms** *Bar*  
7 Smalley Place CV8 1QG **01926 854585**

**Sonali** *Indian Takeaway*  
33 Warwick Road CV8 1HN **01926 856300**

**Indian Edge** *Indian*  
50 Warwick Rd CV8 1HH **01926 850 100**

**Raffles Restaurant** *Malaysian*  
149 Warwick Road CV8 1HY **01926 864300**

**The Green Man** *Gastro Pub, British*  
168 Warwick Road CV8 1HS **01926 863 061**

**The Ark** *Indian*  
29 The Square, CV8 1EF **01926 857 373**

**Tai Pan** *Chinese Takeaway*  
96 Warwick Road CV8 1HL **01926 512 904**

**The Full House** *Chinese*  
86 Warwick Road CV8 1HL **01926 864 028**

**Bear & Ragged Staff** *Gastro Pub, British*  
68 Warwick Rd CV8 1HH **01926 857 980**

**Mulan** *Chinese*  
78 Priory Rd CV8 1LQ **01926 851 108**

**Raku 57** *Japanese Restaurant*  
57 Warwick Road CV8 1HN **01926 699 573**

**The Farthing Gallery & Tearoom** *Café*  
15 High Street CV81LY **01926 513244**

**The Butcher's Bistro** *Wine bar, European*  
16 High Street, Kenilworth, CV81LZ **01926 257690**

**Morning Sunshine** *Café*  
36 Castle Hill CV8 1NB **01926 712191**

**Morning Sunshine** *Café*  
48 The Square CV8 1EB

**The Pitt Stop** *Mobile Baked Potato*  
Station Road CV8 1JD **07450 962 224**

**Laurent** *Asian and Steak Fusion Restaurant*  
55 Warwick Road CV8 1HN **01926 289 686**

**Alfie Grimshaw** *Fish & Chips*  
94 Priory Road CV8 1LQ **01926 855 326**

**Chips & Fishes** *Fish & Chips*  
82 Roseland Road CV8 1GB **01926 853 782**

**Hong Kong Garden** *Chinese Takeaway*  
6, Oaks Precinct, Caesar Rd CV8 1DP **01926 512 640**

**The Queen & Castle** *Gastro Pub, English*  
Castle Green CV8 1ND **01926 852 661**

**Harringtons On The Hill** *Gastro Pub, European*  
42 Castle Hill CV8 1NB **01926 852 074**

**Time for Tea** *Café*  
40 Castle Hill CV8 1NB **01926 957 991**

**Clarendon Arms** *Gastro Pub*  
44 Castle Hill CV8 1NB **01926 852 017**

**The Abbey Field** *Gastropub*  
Clarendon House Hotel, 6 High St, CV8 1LZ **01926 515 450**

**The Famous Virgins & Castle** *British*  
7 High Street CV8 1LY **01926 853 737**

**Kenilworth Cantonese** *Chinese Takeaway*  
2 High Street CV8 1LZ **01926 863 390**

**The Cross** *British*  
16 New Street CV8 2EZ **01926 853 840**

**School Lane Fish & Chip Shop** *Fish & Chips*  
101 School Lane CV8 1GT **01926 859 490**

**The Royal Oak Pub** *British*  
36 New Street CV8 2EZ **01926 856906**

**Engine** *Pub*  
8 Mill End CV8 2HP **01926 853 341**

**The Wyandotte Inn** *Pub*  
4 Stoneleigh Road CV8 2GD **01926 856 167**

**The Tiltyard** *British*  
25 Leyes Lane CV8 2DE **01926 851 523**

**Domino's Pizza** *Pizza Takeaway*  
37 Leyes Lane CV8 1DE **01926 856 888**

**The Clock Tower** *Café*  
212 Abbey End, Kenilworth CV8 1ED **01926 855 957**

**Milk & Mocha** *Dessert Parlour*  
43 Warwick Road CV8 1HN **01926 511 444**

**La Ari Italian** *Deli & Café*  
4 Warwick Road CV8 1HB **07392 339579**

**Ardens** *Café*  
17 Talisman Square CV8 1JB **02476 422 422**

**Amante Del Cibo** *Pizza*  
72 Whittemoor Road CV8 2BP **07514 133 944**

**The Station House** *Bar*  
48 Station Road CV8 1JD **01926 852 300**

**Charlotte's** *French Café*  
18-20 Warwick Rd CV8 1HE

**The Turkish Kitchen** *Turkish*  
72 Warwick Rd CV8 1HH

**Fossato Lounge** *Café Bar*  
1 Abbey End CV8 1QH **01926 290 755**

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all updates  
to this list to  
**stdirectories@  
hotmail.com**



# KIDS PAGE



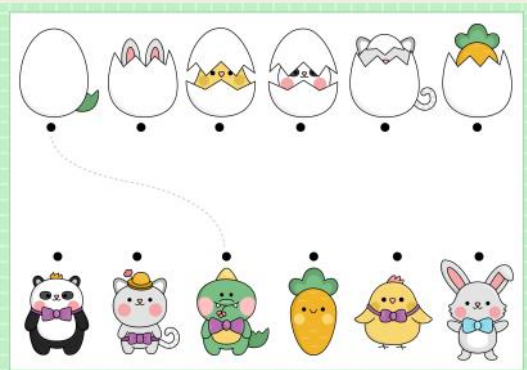
The word 'egg' is very different in other languages.  
Can you find all the different version in our letter grid?



- AEG** Danish
- ÄGG** Swedish
- EGG** English
- EI** Dutch
- HUEVO** Spanish
- JAJE** Croatian
- JAJKO** Polish
- KANANMUNA** Finnish
- OEUF** French
- OU** Romanian
- OVO** Portuguese
- VEJCE** Czech
- YUMURTA** Turkish

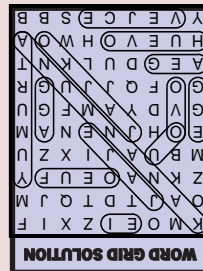
## WHO'S IN THE EGG?

Can you guess? The first one is done for you.



HOW DO DINOSAURS CELEBRATE EASTER?

THEY CAN'T, BECAUSE THEY'RE EGGS-TINCT.



## ANSWERS



# USEFUL LOCAL TELEPHONE NUMBERS

## HELPLINES & HOTLINES

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

## MEDICAL

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

## UTILITIES

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

## KENILWORTH TOWN COUNCIL

Town Clerk Miss Maggie Field	01926 859 155
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## TRAVEL

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

## POLICE

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

## LEISURE & SPORTS

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

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# NO MOW MAY

## SAVE THE PLANET

Since the 1930s, 97% of our wildflower meadows have gone...ploughed up for agriculture, built on as towns and villages expand, with further damage to wildflowers due to the overuse of sprays and fertilisers.

This is a staggering loss of a critical resource which once comfortably fed our pollinating insects.

BUT, what's so important about these pollinating insects that we need to be concerned about their food supplies and their survival?

Because they are critical to our food supplies; one in every three bites of food we eat is pollinated by insects. Pollination is simply the way pollen (male cells), is transferred to the female part of a flower (stigma), which allows fruits to develop. Unless pollinated, plants will not produce fruit, and our food supply is reduced.

How do plants ensure pollination happens? Plants produce pollen, but also nectar, (a sugary energy drink), which most insects rely on. Nectar can be smelt from some distance, so attracts insects, along with brightly coloured and scented flowers. When insects visit a flower, pollen grains stick to their bodies, and when they visit the next flower, pollen will fall off and some will inevitably land on the female part of this flower, (the stigma). This will allow fertilisation to take place and therefore enable the plant to make seeds and fruit, from runner beans, strawberries, apples and nuts, to pumpkins, coffee and cocoa beans.

### NO POLLINATION NO FRUITS.

The loss of wildflower meadows has led to the decline in insect numbers, due to insufficient

food supply. A conservation report into insect decline has shown a 60% reduction in insects in the last 20 years and expresses grave concerns that this decline is continuing. Recent Research (Reading University) has found a 22% reduction in apple crops due to lack of pollinators.

BUT there are over 23 million gardens in the UK, and if we all play our part, we really could halt these falling numbers of insects who provide pollinator services to our gardens and to crops. We can allow space for wildflowers. Insects need food...we can help!

What the Plantlife Charity suggest, is a multi-height lawn.

**A SHORT AREA.** Cut to 2.5 - 5 cm. every 4-6 weeks from May. This allows shorter plants to thrive, such as birds foot trefoil which attracts over 130 species of insect, including some very beautiful butterflies.

**MID LENGTH.** Mow 2-3 times a year and collect the cuttings. This area will allow taller plants to feed other species of insect life.

**LONG LENGTH.** Leave completely uncut all year, this extends the nectar supply into the autumn and provides shelter for many creatures including insects.

N.B. ALWAYS MOW FROM THE CENTRE OF ANY GRASS AREA, SLOWLY MOVING OUT TOWARDS THE EDGES. This allows sheltering creatures to escape into hedges, swish the area with a cane before cutting.

See if you can adopt some of these suggestions, as every bit helps. You understanding how vital your garden can be provides protection of our insect friends and our future.

# WHAT'S ON LOCALLY

## **Kenilworth Market**

Date: every Thursday / Time: 9am - 3pm / Venue: Abbey End, Kenilworth

Kenilworth market is a great opportunity to shop in a vibrant open-air setting. You will find variety and value, sold by new and experienced traders. Choose from stalls selling everything from fresh fruit and vegetables, plants, fresh baking, fish and clothing, to gifts & food specialities.

## **Kenilworth Art Society**

Date: Tuesdays / Time: 7.30 - 9.30 pm / Venue: Venue: Waverley Centre, 65 Waverley, Kenilworth, CV8 1JL

A friendly group, with beginners and experienced artists, using a variety of mediums with a programme of optional activities. New members are welcome, to share and learn. For more information [www.kenilworthartsociety.weebly.com](http://www.kenilworthartsociety.weebly.com) [kenilworthartsociety@gmail.com](mailto:kenilworthartsociety@gmail.com); 01926 855470

## **Kenilworth History and Archaeology Society**

Date: second Monday of each month / Time: 7.45pm / Venue: Senior Citizens' Club, Abbey End, Kenilworth CV8 1QJ

We hold nine Open Meetings per year with guest speakers on a range of historical subjects, non-members are welcome for a donation of £2. We also hold three members only meetings per year. Full details of our programme and how to join the society can be found on our website [www.khas.co.uk](http://www.khas.co.uk) and on our Facebook page. The ethos of the society is to research the history of the town and make the results available to its residents.

## **Warwickshire Vision Support Centre**

Date: 2nd Friday of each month / Time: 9.30am - 11.30am / Venue: Kenilworth Senior Citizens Club, Abbey End CV8 1LG

Warwickshire Vision Support are a local charity that supports people living with sight loss in Warwickshire. [www.warwickshire.vision/enquiries@warwickshire.vision/](http://www.warwickshire.vision/enquiries@warwickshire.vision/) 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

## **Kenilworth u3a Meetings**

Time: 2.30pm / Venue: Kenilworth Methodist Church, Priory Road, Kenilworth CV8 1LQ  
Join us for a tea/coffee and a chat from 1.45 pm  
Members free - Visitors £1.

## **Men Walking and Talking**

Date: every Thursday / Time: 7pm / Venue: Abbey Fields Car Park

A weekly walking group has been launched in Kenilworth aimed at supporting men's mental health. Set up by local resident Mark Taylor, the group was started earlier this year as the tenth branch of the Men Walking and Talking Group - which was launched during the pandemic. To join please visit their Facebook page: Men Walking and Talking or contact Mark: [menwalkingandtalking@outlook.com](mailto:menwalkingandtalking@outlook.com)

## **A Walking Football Group**

We meet twice a week, Tuesdays 11.00am and Thursdays 13.15pm at a superb local venue near Warwick University, for exercise, recreation, socializing and a laugh on an outside astro turf pitch. All Adults welcome. For further info contact 07941491488.

## **Independent South Warwickshire NHS Retirement Fellowship**

Date: every 2nd Wednesday / Time: 10am - 12pm / Venue: All Saints Church Hall, All Saints Road, Warwick CV34 5NJ

We have speakers, trips out, quizzes and much more, why not give us a try. Contact Jackie Shaw 01926 492361.

## **Kenilworth Over 30 Swimming Club**

Date: Every Sunday / Time: 8am - 8.55am / Venue: Newbold Comyn, Newbold Terrace East, Leamington Spa, CV32 4EW

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

## **Coventry And Warwickshire Retired Engineers**

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

## **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

## **Repair Café**

Date: every 3rd Saturday of the month / Time: 2-5pm / Venue: Abbey Hill United Reformed Church, Abbey Hill CV8 1LW  
Repair not replace. If you can carry it or pedal it, we'll have a look at it. Repairs and advice are free, but card or cash donations are welcome. Last repair taken at 4.30pm. For more information please visit: [www.repaircafe-kenilworth.org](http://www.repaircafe-kenilworth.org)

### **Kenilworth Probus Club No 2**

Date: 2nd Tuesday of the month / Time: 10.30am / Venue: Clarendon Arms, 44 Castle Hill, Kenilworth CV34 1NB  
Kenilworth Probus Club No 2. Is a club for retired and semi-retired men. Just come along or email: KPC2Contact@gmail.com  
Web: www.kenilworthprobus2.org.uk

### **Kenilworth Lions Club**

Date: 2nd Monday of the month / Venue: Kenilworth Sports & Social Club  
Throughout the year we support needy causes in the community and with a full social programme, the Club is friendly, rewarding and good fun. To find out more visit: www.kenilworthlionsclub.co.uk

### **Bad Vibrations Community Choir**

Date: 1st, 3rd and 5th Tuesdays / Time: 6.30pm - 8pm / Venue: United Reformed Church, Kenilworth CV8 1LW

Love to Sing? Then come and join us. No musical experience, ability (or even an audition) is needed to join our friendly and inclusive group. We sing for the joy of singing, when our choir rehearse a varied repertoire with instruction from a talented and professional choir master. Alternatively, on 2nd/ 4th Tuesday from 7 - 8pm in the same venue, we have a Singalong; no choir master, just singing to great soundtracks from the last 50 years. For information: www.badvibrations.org.uk; 07778 791365; badvken@gmail.com. Come for a FREE trial session.

### **Board Game Hub**

Date: 3rd Sunday of every month / Time: 3-5pm / Venue: the Kenilworth Centre  
Stuck in the house all day avoiding the cold? Why not join us for board game hub? Bring a game, play a game, enjoy and cup of tea and a slice of cake.

### **The Kenilworth Walking Women**

Date: every Tuesday / Time: 7pm / Venue: Abbey Fields Car Park  
It's a wonderful opportunity to get some regular exercise, get to know some other women from Kenilworth, but in a safe walking group. See Facebook group page for details and updates.

### **Kenilworth Flower Club**

Date: 1st Thursday of each month / Time: 1.30pm / Venue: Kenilworth Methodist Church, Priory Road CV8 1LQ

Flower Demonstrators: May 1st - Andrew Lloyd 'Tis The Merry Month'; June 5th - Clare Bond 'Sustainable Summer'. For more details please contact Diane Cahill on 01926 853907

### **Youth Café**

Date: 4th, 11th of April, every Friday in May / Time: 4pm - 6pm / Venue: St Johns Church, Warwick Road, Kenilworth, CV8 1HY

Every Friday Night during term time we run 'Youth Cafe' a free, welcoming space open to all secondary school and sixth form students. It's a friendly environment where young people can relax, meet new friends, and enjoy a variety of activities, including: Air hockey, pool table, basketball game,

and dartboard; Xbox and table games; Toasties, hot chocolate, and refreshments; A supportive and encouraging team.

### **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. www.wsdstratford.blogspot.com  
Or email: wsdstratford@gmail.com

### **EasterFest**

Date: 21st of April / Time: 10am—4pm / Venue: Parade, Royal Leamington Spa, Warwickshire, CV32 4BL

With a fantastic variety of stalls, Easter Fest 2025 has something for everyone! Whether you're a foodie searching for delicious treats or a shopaholic on the hunt for unique finds, our range of traders is sure to satisfy your cravings. Bring the whole family, grab your Easter bonnets, and head over for a day full of fun and joy!

### **KenFest**

Date: 2-4th May / Time: all day / Venue: Kenilworth Rugby Football Club, Glasshouse Lane, CV8 2AJ  
Kenilworth's Beer and Music Festival is back by popular demand. Sample the very best in local music and enjoy a refreshing beverage with over 50 different beers, ciders, wines and cocktails to choose from! If you're feeling hungry watching your kids jump around on our epic bouncy castles or delighting in supervised activities in our Kids Zone, then treat yourself to a fabulous dish from one of our hand-selected independent food providers.

### **Lillington Bowling Club**

Venue: Lillington Bowling Club, Lime Avenue, Leamington Spa CV3 2DB  
Free Bowls Coaching: Date: 6th May / Time: 6pm  
Bowls Big Weekend Event: Date: 26th May / Time: 10am - 4pm  
Lillington Bowling Club welcomes new bowlers of all ages to try a friendly and social sport which can be enjoyed by all abilities. Why not come along with flat soled shoes and let us introduce you to bowls on our super green. For further information, book a slot for either event or make enquiries visit our website: www.lillingtonbc.co.uk or call Chris on 01926 881229 or John on 07956 487378

### **Warwick Food Festival**

Date: 25th May / Time: 10am - 4pm / Venue: St. Nicholas Park, Warwick CV34 4QY  
With over 80 amazing traders, live entertainment, kids' rides, face painting, and so much more, there's something for everyone to enjoy!

*While we do our best to ensure the accuracy of our listings, events may be postponed or cancelled without notice. Please confirm with the organiser before making any plans for attending events. For your news, events and group meetings to be featured free of charge on our What's On Page please email*

*Ksenia:  
info@stonestrowpublications.co.uk*

# HOROSCOPES

APRIL



## ARIES

**(MARCH 21 - APRIL 20)**

Neptune, planet of idealism and inspiration, has now entered your sign, this important shift offers a great opportunity for you to use your intuition and your creative powers to the full. Your ruler, dynamic Mars, is rather emotional in the watery sign of Cancer and highlights your family and home life this month, try to stay calm and patient should any difficulties arise.

## TAURUS

**(APRIL 21 - MAY 21)**

Venus, your ruler, sheds her bountiful light on your social life this month. New friends and networking opportunities start to appear after the 13th as the love planet goes direct. Dynamic Mars in Cancer, assists with intuitive communication as you recognise that it is time to turn up the pace and be more courageous in getting what you want. The new moon in your sign at the end of the month brings exciting new beginnings.

## GEMINI

**(MAY 22 - JUNE 21)**

Your finances and assets loom large during April as energetic Mars moves through this area of your chart. A reassessment is on the cards as you take stock and review your options. Mars enters Leo on the 18th suggesting a much more creative approach to your business affairs. Mercury, your ruler, is at the highest point of your chart, indicating that a career move is possible.

## CANCER

**(JUNE 22 - JULY 22)**

Your career area is illuminated by the radiant Sun and inspirational planet Neptune. The powerful Aries energy of this month suggests that if you have been wanting to make a change, now might just be the best time. Plans made in the first half of the month can really gather pace after the 16th. The Taurus new moon on the 27th offers new beginnings for group endeavours.

## LEO

**(JULY 23 - AUGUST 23)**

The powerful line up of planets in dynamic Aries shine a spotlight on higher learning and inner growth for you this month. Perfect timing is indicated now as you strive to make sense of situations that have recently arrived in your life. The new moon in Taurus on the 27th is strong at your career highpoint, make the most of favourable opportunities with positive financial rewards.

## VIRGO

**(AUGUST 24 - SEPTEMBER 22)**

Mercury, your ruling planet, arrives in dynamic Aries on the 16th, this important shift has the potential to revitalise your mind and bring clarity to the restructuring of some of your financial issues. It's a good time to capitalise on professional matters as people around you will appear receptive to your plans. The Libra full moon on the 13th illuminates the answer to a problem.

## LIBRA

**(SEPTEMBER 23 - OCTOBER 23)**

Partnerships and relationships are high on your agenda during April as the planetary line up is powerful in Aries, your opposite sign. Some important and lasting decisions may need to be made, but try to remember that Aries is a volatile sign, so be sure to proceed with caution and maybe delay any big decisions until after the Libra full moon on the 13th.

## SCORPIO

**(OCTOBER 24 - NOVEMBER 22)**

The Sun is highlighting your health and wellbeing sector this month, suggesting that some major changes may need to be set in motion. Neptune has just arrived in dynamic Aries and is urging you to look at new ways to feel and look your absolute best. The Taurus new moon on the 27th brings some breakthroughs and exciting opportunities your way.

## SAGITTARIUS

**(NOVEMBER 23 - DECEMBER 21)**

Creative new ways of earning your living are important this month. The power of the Aries Sun and imaginative Neptune both push you forward by opening your mind to trying new things. This month confirms that you can turn dreams into reality, providing that you follow your intuition, your heart and your passion. Your love life also looks exciting, particularly after the 13th.

## CAPRICORN

**(DECEMBER 22 - JANUARY 20)**

Home and family are in the spotlight this month, particularly after the 16th as the Sun and Neptune are joined by communicative Mercury in Aries. Dynamic Mars, in your opposite sign, is challenging you to recognise that many new and innovative ideas are on the horizon. Jupiter in Gemini is beneficial and offers you great courage and desire to push forwards in a totally new direction.

## AQUARIUS

**(JANUARY 21 - FEBRUARY 18)**

Money planet Venus goes direct in your financial sector around the 13th, this should free up any blockages that you may have been experiencing just lately. Bold and courageous ideas should now start to take off. Dynamic Aries energy plays a major part in your future this month and expansive Jupiter in Gemini looks positive for some major shifts to take place.

## PISCES

**(FEBRUARY 19 - MARCH 20)**

Love planet Venus gathers speed and moves direct from the 13th, this should inspire you to make way for more compassion and tenderness in your relationship. Finances are also set to improve this month as the combination of the Sun, Neptune and Mercury (after the 16th) in Aries indicate some new insights are coming to the surface. The practical Taurus new moon on the 27th could turn out to be pivotal.

*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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Whether you're at a point in your life where you can properly build wealth, or perhaps are just able to tuck a little bit away each month for a rainy day, learning the basics of investing is in itself, well... an investment!

## THE WHY

### Wealth building

Investing allows your money to grow over time. By putting your money into assets that generate returns, you can significantly increase your wealth.

### Beat inflation

Inflation erodes the purchasing power of money. Investing in assets that appreciate over time helps to protect and increase the value of your money.

### Future financial security

Investments can provide financial security for future needs such as retirement, education or emergencies.

## THE WHAT

### Stocks and shares

When you buy shares in a company, you become a part-owner and are entitled to a portion of the company's profits, which may be paid out as dividends. Stocks can offer high returns, but they also come with higher risk.

### Bonds

Bonds are loans made to a company or government in exchange for periodic interest payments and the return of the bond's face value when it matures. Bonds are generally considered safer than stocks, but they typically offer lower returns.

### Bricks and mortar

This involves purchasing property to generate rental income or to sell at a higher price in the future. It can provide steady income and potential for capital appreciation.

### Commodities

Commodities are physical goods like gold, oil and agricultural products. Investing in commodities can be a hedge against inflation and can diversify an investment portfolio.

## THE HOW

### Growth investing

Growth investors seek companies that have



strong potential for future growth. They are willing to take on more risk for the possibility of higher returns.

### Value investing

Value investors look for undervalued stocks that are trading below their intrinsic value. They believe these stocks will eventually appreciate in value.

### Income investing

Income investors focus on investments that generate regular income, such as dividends from stocks or interest from bonds.

### Diversification

Diversification involves spreading your investments across different asset classes to reduce risk. A diversified portfolio can help protect against losses in any one investment.

## TOP TIPS

### Set goals

Determine what you want to achieve with your investments. Clear goals will help guide your decisions.

### Budget

Do not invest more than you can afford! Having a budget helps you manage your money effectively and is essential to smart investing.

### Be smart

Learn about different types of investments and investment strategies. There are many resources available, including books, online courses and financial advisors.

### Start small

Begin with a small amount of money and gradually increase your investments as you become more comfortable and knowledgeable.

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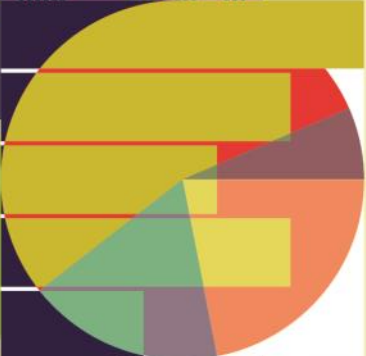
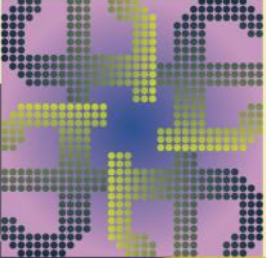
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