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

DO I NEED A GARDEN DESIGNER P.10



WARWICK

APRIL / MAY 2025

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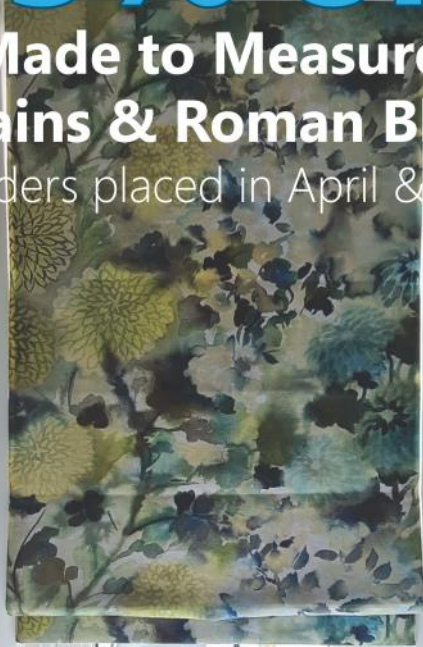
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A NOTE

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 Stonestrow Directories.

Dates for your calendar:

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

Please remember to mention Stonestrow 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, Stonestrow Publications.

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



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HENLEY IN ARDEN ARTS4ALL

JULY 13TH - 20TH 2025

This year's event boasts a stellar lineup, including a comedy finale featuring Hal Cruttenden, star of the Royal Variety Performance and Live at the Apollo, with a special preview of his 2025 tour (Sunday, July 20th). This stand-up comedy finale promises a night of laughter whilst Beyond the Barricade

fresh from a Birmingham Symphony Hall performance and ongoing UK tour head for town on Monday 14th July following the opening event (Sunday 13th July) which welcomes back Henley favourite Christine Bovill in Coming Home following it's successful Edinburgh Fringe run.

The iconic Kate Bush Songbook - Currently touring the UK hits town on Friday 18th July and Sarah-Louise Young (Saturday, July 19th) brings her brand new interactive karaoke night to Henley in I Am Your Tribute, described as a "joyously immersive experience" (****The Stage) and a highlight of the Edinburgh Fringe.

Challenging content includes The Windrush Secret (Thursday, July 17th) A powerful and thought-provoking performance tackling the racism surrounding the Windrush Scandal and praised as 'outstanding (New York Stage Review) and 'a show that pulls no punches' (The Guardian). This double with I Am the Greatest which takes us into the psyche of an individual who has endured 25 years of the painful effects of the Zuc, introducing us to a unique interpretation of mental health and a society plagued by a lack of essential support due to government bungling.

On a lighter note, in Catch Your

Breath (Wednesday, July 16th) NHS anaesthetist, comedian and author Ed Patrick brings his unique brand of humour to the Memorial Hall – 'Brilliantly Funny' – Matt Lucas. On Tuesday 15th July in a piece written special for Arts4All by Henley School Head of Drama, Steve Eagles, we see his students perform the somewhat 'spooky'

Thirsfield which is followed by Edinburgh Fringe regular Caroline Burns Cooke in Gruoch The Lady Macbeth.

The Elves and the Showmaker & Wind in the Willows as Saturday, July 19th matinee performances introduce children from 3 to 11 to the joys of live performance and Ralph Allin returns with

his quartet for a Sunday lunchtime jazz session. Laurence Marshall, the event organiser, highlights the festival's accessibility and quality, stating that it offers "top quality theatre... without the hassle of driving into one of the larger metropolises such as Stratford-upon-Avon or Birmingham and having to run to catch the last train home!" He emphasises the convenience of the location, within walking distance of Henley's High Street, and the boost it provides to local businesses. The calibre of the performances, he suggests, is comparable to those seen at the RSC, The Hippodrome or The Alexandra Theatre without the hassle and a load more intimacy!



For full programme, tickets and the chance to snap up one of the limited money-saving Season Tickets visit:

www.henleyarts4all.co.uk

HENLEY IN ARDEN ARTS4ALL 2025

Sunday 13th July 7.00 p.m. **CHRISTINE BOVILL - COMING HOME**
Her Voice is something that will stay with you for the rest of your life The Times

Monday 14th 8.00 p.m. **JULY BEYOND THE BARRICADE**
Join us for a night of music from past principle performers from Les Misérables

Thursday 15th July 7.00 p.m. **THIRSFIELD A NEW PLAY BY HENLEY SCHOOL**

Thursday 15th July 8.00 p.m. **GRUOCH - THE LADY MACBETH BY CAROLINE BURNS COOKE**

Wednesday 16th July 7.30 p.m. **ED PATRICK - CATCH YOR BREATH**
The secret life of a Sleepless Anaesthetist

Thursday 17th July 7.00 p.m. & 8.30 p.m. **WINDRUSH SECRET & I AM THE GREATEST**
Incredible double bill from Rodreguez King-Dorset

Friday 18th July 7.00 pm **THE KATE BUSH SONGBOOK CLOUDBUSTING**
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Saturday 19th July 11.30 am **THE ELVES & THE SHOEMAKER**

Saturday 19th July 1.30 **THE WIND IN THE WILLOWS**

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AndyE 230 / 31 Jan 2024

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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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The Foundation is seeking sponsors to help cover the mounting costs of organising our Fun Run. We have three sponsorship packages that cost just £1000, £1500 or £2500.



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Coventry University Hospital	02476 964000
NHS Direct	111
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Cruse Bereavement Care	0808 8081677

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KIDS PAGE



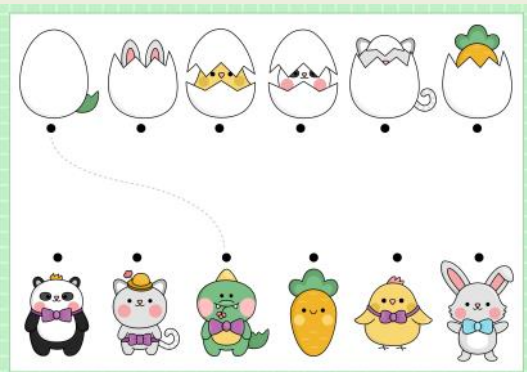
The word 'egg' is very different in other languages.
Can you find all the different version in our letter grid?



- 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

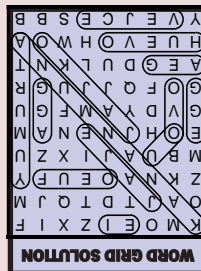
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Recycle your old glasses

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

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

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: 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 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.

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 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

Workshop Wednesdays

Date: every Wednesday during term time / Time: 1.30pm - 4pm / Venue: Warwick Arts Centre
Our weekly artist-led workshops allow you to get hands on with creativity, meet new people, and take some time for yourself to unwind. Drop in to learn a new creative skill, and experience clay, printmaking, music, and more! Entry is free, donations gratefully accepted. No need to book, just drop in!

Charity fundraising golf day and evening dinner dance

Date: 11th April / Venue: Belfry Resort
The Lily Mae Foundation, a local Charity, supporting parents & families after the death of a baby, is holding its annual Golf Day and Evening Dinner Dance. GOLFERS: the cost for a team of 4 is £600, which includes a day on the Brabazon Course and entry to our evening dinner dance. NOT A GOLFER: join us for the dinner dance for £60 per person, to include a three course dinner, Take That Tribute band and disco. For further information and to book your places, please visit: www.lilymaefoundation.org/events and scroll down to Golf Day.

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

Beer, Gin & Cider Festival

Date: 17th May / Time: 12pm - 7pm / Venue: St.John's House
An afternoon in the historic house and garden celebrating local brewers & distillers. Including live musicfree family fun area, lawn games and the chance for a free tour of St John's House & schoolroom. Tickets £5 per adult, children free. Book at www.warwickshire.gov.uk/heritageboxoffice

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: info@stonesthrowpublications.co.uk

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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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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RESTAURANTS & TAKEAWAYS

Please send
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to this list to
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hotmail.com](mailto:stpdirectories@hotmail.com)

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 **01926411470**

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



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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.

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 are 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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Rob Bullock
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What's On

APRIL & MAY

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

FRIDAY 11TH 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 23RD 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 29TH 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 8TH 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 1ST AND 3RD OF THE MONTH

Dementia Cinema Club, offering a safe, social and supportive environment for your loved ones with refreshments.

A warm welcome awaits

To reserve your place please contact Justine
on **01926 953 894** or email: oakley.haa@cinnamoncc.com

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