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A Note

From the Editor

Welcome to our June/July edition.

Summer is here, and windows are being thrown open wide to let in the sweet smells of blooming planters, hanging baskets, flower gardens, and wild flower meadows.

June is the first month of summer, and the month where many of us choose to get out and about, locally, nationally and abroad, for a leisurely afternoon walk through the park to a café and the reward of tea and toasted teacake. Or a weekend away, making the most of the daylight which extends almost to bedtime. Or a vacation in the UK, Europe or further afield before the holiday season gets too busy.

A break for many is energetic - cycling, hiking, climbing or experiencing new activities - or it can be a chance to lounge by a pool or on the beach enjoying a tall drink and a good book or two. This year many people will choose to get creative and test their imaginations and learn new skills like coastal sketching, enjoying painting sessions in a local park, pottery for beginners, or a creative writing or poetry workshop to unleash their inner Brontë or Wordsworth.

Many of us are enjoying our lovely surroundings this Summer bringing home to us how important the environment is. Plastic Free July www.plasticfreejuly.org/ is a very worthwhile campaign that supports the idea of being more sustainable in our daily lives for the good of our planet. Many ideas are free or low cost and just involve being a little more mindful, but some ideas can save us money whilst at the same time helping make a difference. Reusable cups can save on plastic and many café's offer discounts if you use them; and reusable bags have really caught on in the past few years and save thousands of plastic carrier bags going into landfill.

Here are some dates for your calendar:
21st June: Father's Day; 21st June: Summer Solstice.

As always, we ask you to please remember to mention Stonestrow Directories when calling our Advertisers, so we can keep bringing even more trusted local professionals and quality local stories to your door every other month.

However you chose to spend the next couple of months - please remember to keep your heart and your business local.

Yours, Stonestrow Publications.

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Stonestrow
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Local History: Kenilworth's Abbey



When you think about Kenilworth history, your first thought is probably the formidable castle, built by Sir Geoffrey de Clinton in the reign of Henry 1st.

Did you know that de Clinton also founded a priory in 1119? It followed the Rule of St Augustine and was dedicated to St Mary the Virgin. It was home to canons, who were ordained priests who travelled to local communities offering services and prayers, even as far as Whitnash. They were known as Black Canons because of the black robes they wore.

Over the centuries, the priory grew until, in 1447, it was unusually raised to Abbey status by the Pope. It became the most magnificent abbey in Warwickshire, save for the priory at Coventry, and at one time held 50 canons, along with a Prior, an Abbot and many lay-people to look after them and their land. The abbey was surrounded by a high outer wall, encompassing the entire Abbey Fields that we know today. There would have been fish ponds, a mill, orchards and pastures with a brew house, forge, as well as providing accommodation for travellers and alms for the poor. The Abbey Church, not to be mistaken for the existing parish church of St Nicholas, was 282 feet long,

stretching from the West door, some of which is still recognisable, to the Chancel. With King Henry VIII and the Dissolution, the Abbey closed its doors in 1538, the Abbot and canons were sent away and the buildings were dismantled, taken by locals or fell into disrepair. Little is now visible except some low stone walls, a building that houses the Abbey Museum and the Gatehouse. It is difficult to imagine how big and splendid the Abbey would have been. However, a new app has been created called Kenilworth Revealed which allows you to see, through a free app, what it may have looked like in 1500. The Kenilworth History and Archaeology Society, with the Town Council, are providing free guided tours of the abbey ruins, using the KR app, on Sunday afternoons from 2.30pm throughout the summer, starting from the Abbey Museum.

Kenilworth has a lot more history than the castle and abbey and there is plenty more to explore and discover. Visit: www.khas.co.uk

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Ask your local councillor: **Richard Dickson**

Q: *Kenilworth depends heavily on volunteers and local charities — what more can the council do to support them financially and practically?*

A: One of the main reasons Kenilworth is a great place to live, learn, work and visit is the tangible sense of community. There's lots of community groups bringing people together in the arts, business, care, education, faith, health and sports sectors. The main thing the local councils could do is to take community groups seriously and always treat them with respect, working WITH them as partners, not doing things FOR them in some benevolent way nor arrogantly doing things TO them. The new Civil Society Covenant will help if councils are brave enough to adopt it. More council funding would help all groups, but it needs to be committed over several years, not just an annual grant, so that community groups can plan sustainably. Councils should also focus more on the lasting impact achieved by the joint action of community groups not just on individual activity numbers. Finally, I'd like to see councils finding ways to support new groups led by new residents so that community life in the town stays fresh, vibrant and relevant.

Q: *What more is being done to support young people in Kenilworth outside school hours?*

A: The short answer is not enough. Because the golden rule has been broken by previous leaders. We need to get back to a place where the next generation can be confident of being better off - financially, culturally; educationally; healthwise and security-wise - than the previous generation. Thankfully Kenilworth's community groups, with the council support, do a great job eg at the Kenilworth Centre, the sports clubs, the uniformed organisations and the theatres. The Town Council is also supporting new skateboard facilities at Castle Farm and the creation of a new Kenilworth Youth Council. The latter is especially important because it's young people who'll own it, run it and make it

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Heading away with your pet this Summer?



The number of UK households owning pets has risen sharply over the past decade, and travel decisions increasingly include animals. Around 35% of UK dog owners report taking their pets on holiday at least once a year, and why not... no separation anxiety, no kennel fees, and wonderful shared experiences! Yet the decision is not purely emotional. It requires assessment of stress, safety and practicality.

The good news is that dogs are generally the most travel-adaptable pets. Many cope well with car journeys if accustomed gradually. However, long-distance travel can cause motion sickness, dehydration and anxiety.

Veterinary guidance suggests breaks every two hours during road trips, constant access to water, and, of course, they should never be left unattended in vehicles, even briefly. Temperatures inside cars can rise above 40°C within 20 minutes, even on mild days.

Accommodation suitability matters. Not all 'pet-friendly' listings provide secure gardens or appropriate space; while noise levels, unfamiliar environments and disrupted routines can elevate stress hormones in animals. Research into canine behaviour shows cortisol levels spike during major routine changes, yet on the whole, your four-legged friend should be happy to share in car and holiday adventures.

Air travel, however, introduces significantly more complexity. While small pets may travel

Cats are typically less suited to travel. Territorial by nature, they often experience significant stress outside familiar surroundings. Short car trips can be manageable; extended holidays are more disruptive.

Rabbits, birds and small mammals require even more caution. Environmental stability is critical for these species. Temperature changes, noise and handling can quickly impact health.

Financial cost is also a factor. Pet passports, vaccinations, travel crates and pet-friendly accommodation premiums add up, with UK pet insurance rarely covering travel-related incidents unless specified.

Ultimately, travelling with pets can be rewarding, particularly for active dog owners planning UK-based holidays, yet animal welfare must be the sole decider when it comes to making a decision. The question is less "can we take them?" and more "should we?".

Naturally, if you do decide to leave your pet at home, there are a number of solutions. Alternatives such as professional pet sitters or trusted home boarding often provide lower stress for the animal, with in-home pet sitting maintaining routine and environment stability.

in-cabin on select routes, most fly in cargo holds. The British Veterinary Association advises careful consideration due to temperature fluctuations and stress exposure. For many pets, especially older animals, air travel may not be advisable.

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3.15pm Jurassic Earth

3.30pm TBC

4.30pm Kenilworth Carnival The Grand Draw
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Captain's Chippy *Fish & Chips*

68 Whitemoor Rd CV8 2BP **01926 893251**

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**

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 Whitemoor 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

Starlight Kebab *Turkish*

72 Warwick Rd CV8 1HH **01926 895120**

Fossato Lounge *Café Bar*

1 Abbey End CV8 1QH **01926 290 755**

Rhubarb Crumble Cake

INGREDIENTS:

Crumble top:

260g plain flour
1 tsp baking powder
300g soft light brown sugar
1 tsp ground cinnamon
1/2 tsp ground nutmeg
1/2 tsp salt
170g unsalted butter

Cake:

260g plain flour
70g wholewheat flour
2 tsp baking powder
1 1/2 tsps. ground ginger
1/2 tsp salt
300g light soft brown sugar
170g unsalted butter, softened.
2 tsps. vanilla paste
4 eggs at room temperature
225ml buttermilk or natural yoghurt
400g Rhubarb, cut into 1.5-2cm chunks.

METHOD

Crumble Topping: Melt the butter in a saucepan. In a bowl sift together the flour, cinnamon, nutmeg, baking powder and salt. Stir through the sugar then add the melted butter and mix together with a spoon until it clumps together and becomes crumbly. Set aside.

Cake: Preheat the oven to 180C / 160 fan Gas mark 4. Line a 13x9-inch pan with greaseproof paper so the paper overhangs the sides of the pan.

Sift together the flours, salt, baking powder and ground ginger, adding the bran from the wholewheat flour.

Place the brown sugar, softened butter, and vanilla in the bowl of a stand mixer and beat on medium speed until fluffy and pale.

Add the eggs, one at a time, beating after each addition until well combined.

Fold in one third of the flour mixture gently. Add half of the buttermilk and mix until just combined. Add the next third of the flour mixture and fold in. Add the remaining buttermilk, mix it in then add the remaining third of the flour and fold until just combined. Finally mix everything together gently for another 30 seconds to make a smooth batter.

Place the batter in the pan and spread evenly.

Sprinkle half the rhubarb over the top of the batter, then spread two thirds of the crumb mixture, then the remaining rhubarb followed by the rest of the crumb mixture.

Place the pan so that the top is level with the centre of the oven and bake for 40-45 minutes. You don't need a thermometer to check if it's done but it does make things easier. The temperature of the cake in the centre should be about 95C when it's cooked. Remove from the oven and cool in the pan for 30 minutes. Use the excess greaseproof paper to remove the cake from the pan.

Allow the cake to cool completely. Sprinkle with icing sugar, cut into squares, and serve with thick yogurt or creme fraiche.



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
KMAT Leisure	01926 859 421
Castle Farm Leisure Centre	01926 245 862

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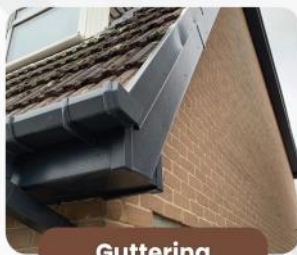
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What's On

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 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 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 / 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

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 01926 490 456

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.

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

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 for more details or a trial swim.

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

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

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

Bad Vibrations Community Choir

Date: Tuesday evenings / Venue: United Reformed Church, Kenilworth CV8 1LW

You don't need any musical experience, ability or an audition to join our friendly and inclusive group. Our choristers are taught a varied, modern repertoire by a talented Musical Director. At the

same venue we also run a group who just sing along to great tracks from the last 50 years. COME FOR A FREE TRIAL SESSION of each type of meeting. For detailed times and more information see badvibrations.org.uk; Email: badvken@gmail.com Phone 07778 791365

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 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

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.

Kenilworth Flower Club

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

Flower Demonstrators. For more details please contact Diane Cahill on 01926 853907

Kenilworth U3A Open Meetings

Date: third Thursday of each month / Time: 1.45pm / Venue: Kenilworth Methodist Church, Priory Road, CV8 1LQ

We are retired people who enjoy developing our wide range of interests in a social context. Starting at 1.45 pm for a cup of tea and a chat before hearing a speaker (2.30 – 3.30 pm).

Kenilworth Menopause Group

Date: 2nd Monday of the month / Time: 7-8pm / Venue: Kenilworth Centre

Peer support for anyone experiencing symptoms of perimenopause or menopause. We listen, respect confidences, and share useful information.

Email cwibc.kw.socialprescribing@nhs.net for more information and to get on the mailing list.

Kenilworth Vision Support Centre

Date: 2nd Tuesday of every month / Time: 2-4pm / Venue: Kenilworth Methodist Church, Priory Road, CV8 1LQ

Our Vision Support Centres were established to meet the needs of people living with sight loss for local access to equipment and information in the community. Tea, coffee and biscuits are served and a

minimum donation of £2 towards the centre operating costs is requested at our welcome desk on arrival. If you need further information, call 01926 411331 or email enquiries@warwickshire.vision

Kenilworth Rambling Club

Relax and enjoy the health benefits of a 5-7 mile leisurely Sunday morning walk in the Warwickshire countryside followed by an optional lunch in a country pub. A warm and friendly welcome is guaranteed. Try before you buy! The first two walks are free, then it's currently £10 a year. For further details please email Christine: mailchristine.beddows@gmail.com

The Kenilworth Show

Date: 6th June / Time: 9am - 5.30pm / Venue: Stoneleigh Park Estate

The Kenilworth Show is a much-loved annual event attracting around 10,000–12,000 visitors, celebrating agriculture, rural life, local businesses and the wider community. Tickets can be purchased via the official website: www.kenilworthshow.co.uk/buytickets

Kenilworth Lions Grand Show

Date: 13th June / Time: 12.30pm - 5pm / Venue: Abbey Fields

The event is an opportunity for the Lions to thank the town for the support given throughout the year. The Show offers free admission and will consist of various stalls enabling a large number of local organisations to raise much needed funds for their own local charitable causes. There will be food and drink providers along with entertainment from the music stage, interspersed with a number of arena events. For more information please visit the Kenilworth Lions Website.

Teddy Bears Picnic

Date: 20th June / Time: 2pm - 5pm / Venue: Abbey Fields, Forrest Road, Kenilworth
Pack up your picnic, bring your favourite teddy, and enjoy a lovely afternoon in the park.

Kenilworth Carnival

Date: 27th, 28th June / Time: varied / Venue: Abbey Fields, Forrest Road, Kenilworth

The Procession takes place on Saturday and leaves Forrest Road Kenilworth at 3pm. Followed by a full line up of entertainment, live bands from 4pm stalls, food, licensed bar, and a funfair in Abbey Fields, Forrest Road till 10pm. FunDay on Sunday will include entertainment, live bands, food, bar, stalls, Dinosaur's from Jurassic Earth & Bob Wilson's Fun Fair from 12.30pm till 6pm The Grand Prize Draw will take place on Sunday 4.30pm.

Kenilworth Food Festival

Date: 26th July / Time: 11am - 5pm / Venue: Abbey Fields

Be there or be hungry! This year's Food Festival is a feast for all your senses – packed with flavour, fun, and festivities.

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@stoneshrowpublications.co.uk

Horoscopes: June



ARIES

(MARCH 21 – APRIL 20)

Venus has arrived at the financial angle of your chart and is shining a powerful light on how you make your money; your earning ability is ripe for change, be sure to take advantage of a brilliant opportunity to meet new people who can influence your progress and success. The powerful new moon in your sign on the 17th suggests that bold decisions have the potential to bring positive results.

TAURUS

(APRIL 21 – MAY 21)

The dynamic energy of Venus in your sign, plus revolutionary Uranus coming to the end of your sign, have the potential to make April the most important month of the year. This is your cue to shift gear and turn up the pace in all areas of your life. Lucky planet Jupiter shines a beneficial light on positive communication, suggesting the opportunity for you to welcome in a new sense of confidence and joy.

GEMINI

(MAY 22 – JUNE 21)

Your career and some new and exciting connections are in the spotlight this month as these two areas of your chart are dominant. Jupiter, planet of expansion and growth is now gathering speed offering challenge and change in all directions. Saturn and Neptune, both in fiery Aries suggest a new passion for life as you find yourself driven to make improvements that broaden your horizons on a grand scale.

CANCER

(JUNE 22 – JULY 22)

Mercury and Mars both in intuitive Pisces, occupy the sector of your chart concerned with your higher mind and travel. You'll be feeling energetic about making some exciting plans for the future. Abundant Jupiter is now moving direct in your sign and shining a helpful light by empowering you to make the right decisions. The powerful Aries new moon on the 17th offers the opportunity for a change of direction.

LEO

(JULY 23 – AUGUST 23)

The powerful new moon in fiery Aries on the 17th offers you an opportunity to make some outstanding business connections, particularly where foreign travel is concerned. A possible career change comes to light and some brilliant prospects are up for grabs. Venus illuminates the highest point of your chart, be sure use your intuition and focus on turning exciting ideas into long term projects.

VIRGO

(AUGUST 24 – SEPTEMBER 22)

Relationships and partnerships are on your agenda this month. You'll certainly be feeling the need for tenderness and soft words as communicative Mercury, your ruler, occupies this area of your chart. The powerful Aries new moon on the 17th pushes you to see a completely different view point in significant areas of your life, a new beginning is looming, particularly concerning finances, investments and shared resources.

LIBRA

(SEPTEMBER 23 – OCTOBER 23)

April presents a powerful blend of opportunities and challenges for you as the cosmic energies are urging you to find a better balance in all aspects of your life. Saturn, Neptune and the radiant Sun are in your opposite sign, and the Aries new moon on the 17th brings up some important and lasting decisions that will need to be made. Venus arriving in Gemini on the 24th offers a positive breakthrough.

SCORPIO

(OCTOBER 24 – NOVEMBER 22)

This month, you are encouraged to review all aspects of your working life by delving deep into your work life balance. The emphasis on the powerful Aries energy is urging you to seek new directions as you move into a new phase of inner transformation. Trusting your inner strength and resolve will hold you in good stead for the important changes that are to come. Venus, in your opposite sign of Taurus until the 24th helps you to stay grounded.

SAGITTARIUS

(NOVEMBER 23 – DECEMBER 21)

Your health, daily rituals and wellbeing are your main focus this month as abundant Venus in down to earth Taurus assists you with inevitable change. As a free spirit, you know that adjustments and transformation are part of life and as your vision of the future becomes clearer you'll feel more confident and ready for anything that comes your way. Dynamic Mars arrives in your love and romance area on the 10th, be ready for surprises!

CAPRICORN

(DECEMBER 22 – JANUARY 20)

Your home and family are in the spotlight this month illuminating some issues that need addressing. Mercury in Pisces suggests that deeper healing is possible with the added potential for successful communication. Get ready to release your inhibitions and embrace a new way of living as the new moon in dynamic Aries on the 17th offers you an energy boost, enabling some major shifts to take place.

AQUARIUS

(JANUARY 21 – FEBRUARY 18)

Passionate communication is high on the agenda for Aquarians this month as this sector of your chart fills up with dynamic Aries energy. Mars arrives in this sign on the 10th followed by the powerful new moon on the 17th. Uranus, your ruler, is also on the move arriving in Gemini on the 26th. The cosmic message is indicating a month of breakthroughs enabling you to expect the unexpected and push forward.

PISCES

(FEBRUARY 19 – MARCH 20)

The creative and inspirational influence of communicative Mercury and dynamic Mars both in your sign until mid-month indicate that sharing your ideas should be your main focus, even if you feel a little shy about opening up to strangers. The powerful Aries new moon on the 17th will no doubt shake things up as cosmic alignments indicate some valuable new insight are yours for the taking, as long as you embrace an entirely new perspective.

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 Zoom, WhatsApp or telephone.

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   Care Quality Commission



Families can soon benefit from Everyone Active's award-winning Learn to Swim Programme at Abbey Fields Swimming Pool in Kenilworth.

Excitement is building as the redevelopment of the swimming pool at Abbey Fields nears completion ahead of its opening date in July 2026.

The brand-new facility will offer a wider range of water-based activities for the community and features park views, two indoor pools and fun water features to engage young children and parents.

Fully accessible changing facilities will also be available, alongside two state-of-the-art Poolpod lifts which are designed to offer wheelchair users or people with limited mobility a comfortable, safe way to enter and leave the pool.



The Swim England accredited swimming lessons at the facility – which is run by Everyone Active in partnership with Warwick District Council – will help children to have fun and stay active over the summer.

The programme offers lessons for all ages and abilities, and includes free access to public swimming sessions for those enrolled. All swimming teachers are Swim England Level 2, or equivalent, qualified.



To find out more or enquire, visit:
www.everyoneactive.com/swimlessons



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