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## A NOTE FROM THE EDITOR

Welcome to the October/November Edition.

October is the perfect month to head out for a day trip to a local beauty spot, to the park, to a wood, or forest or to a stately home. The air is crisp and clean and the sunlight inspiring as the vistas invite us to sit a while and take in the beauty around us.

'Remember, remember the fifth of November' is something all children learn at school. It commemorates an assassination attempt on King James I by Guy Fawkes who planned to blow up the Houses of Parliament with barrels of gunpowder. So, around the country on the fifth an effigy of Fawkes is burned on bonfires whilst spectators enjoy fireworks and eating baked potatoes and traditional toffees.

On Remembrance Day we remember all those who gave their lives to secure the freedoms from tyranny that we continue to enjoy. Many of us have relatives who fought in the First or Second World War or subsequent conflicts and at this time of year we take the time to think about their sacrifice.

Although the days might be getting shorter and the weather colder, wetter and more changeable there is plenty going on this Autumn.

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

make sure you are seen and recognised by local residents who receive, read, retain and reference Stonesthrow Directories.

Here are some dates for your calendar: 26th October - Daylight Saving Time ends; 31st October -Halloween; 5th November - Guys Fawkes Day; 9th November -Remembrance Day.

As always, we ask you to please remember to mention Stonesthrow Directories when calling our Advertisers.

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

Yours, Stonesthrow Publications.

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## **Misty Double Glazing?**

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

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

The Misty to Clear website allows total transparency of the customer experience. You can log into the website and view work that I have carried out. You can also leave feedback on social media. Therefore I give a 5 year guarantee on all new double glazed units fitted by Misty to Clear.

This is a genuine guarantee which does not come as an extra to my price.

I started Misty to Clear mindful that the cost of repairs is probably key to most people's budget when using tradesmen to do work on their behalf in their homes.

I offer a lower cost service to both old and new customers as I operate directly for the customer with no additional hidden charges or insurance costs to you the customer.

So my Company name is Misty to Clear where I can offer steamed up window glass replacement and fix broken handles, hinges, seals, window locks and door locks.

I also change glass in Velux windows too.



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Make this Halloween one to remember with these brilliant events potentially be hosted in your community... and if they're not, how about doing it yourself!

TRICK OR TREAT TRAIL It is not unusual now for local businesses to club together for a Halloween Trail, whereby children follow a map collecting sweets and clues on the way.

If there isn't a trail in your area, why not suggest one to your neighbours - a great way to create community spirit and bring joy to your little monsters.

**CHARITY EVENT** Find or host a charity event with a spooky twist. This could include a haunted fun run, a bake sale featuring Halloween treats, or even a fancy-dress ball.

Encourage participants to donate to a local cause while enjoying the festivities... this is also a great excuse to bust out that mummy costume you've been working on!

**ESCAPE ROOMS** Most local Escape Rooms will have a dedicated Halloween experience where Participants can work together to solve puzzles, unlock secrets and 'escape' before time runs out.

You can also create your own room at home, choosing themes like haunted mansions, cursed libraries or abandoned laboratories.

A DEADLY DINNER Host a murder mystery dinner with a Halloween twist. Design a script featuring eerie characters and invite participants to dress up and solve the mystery. Either do this at home with your friends, or create a community event

at your local hall.

**GHOST TOUR** If your town boasts historic sites or heritage landmarks, Halloween is the perfect time to explore their spooky stories. Organise guided ghost tours, sharing local legends and mysteries. This idea combines education with entertainment, making it an excellent option for all ages.

**PUMPKIN PICKING** Following in the footsteps of our American friends, pumpkin patches have been popping everywhere.

A brilliant day out for the kids, these events allow you pick your own pumpkin, indulge in some spooky crafts and enjoy festive seasonal such as toasted marshmallows and pumpkin spiced lattes.

SILENT DISCO So as not to wake the dead, dance with headphones on your head. That's right, silent discos are not only an easy and affordable way to take a party anywhere, they also won't annoy the local terrors (like moody Martin who lives upstairs).

**HALLOWEEN BINGO** Bingo nights are brilliant fun for all and can easily be adapted for certain times of year. Dress up, drink blood red punch and work your voodoo to win the top prize.

**ZOMBLE PUB (RAWL** True, some town centres seem to host a zombie pub crawl every weekend, but this one is strictly for Halloween.

Gather your mates, dress like the undead, visit all your favourite pubs (the older and spookier the better), and forgo eating brains for quaffing delicious IPAs and ales. Terrifyingly good fun.

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Warwick Hospital	01926 495321
Hampton Magna Surgery	01926 403800
St. Michael's Hospital	01926 406789
Priory Medical Centre	01926 293711
Claverdon Surgery	01926 842205
Nuffield Hospital	01926 427971
Coventry University Hospital	02476 964000
NHS Direct	111
Emergency Vets	01926 400255
Cruse Bereavement Care	0808 8081677
POLICE	

### POLICE

Non-Emergency Police Enquiries	101
Warwickshire Police	01926 415000
Leamington Police Station	01926 451111
Crimestoppers	0800 555111

## UTILITIES

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Warwickshire Fire & Rescue	01926 423231
Electricity Power Loss	0800 6783105
Transco Gas Leak	0800 111999
Severn Trent Water	0800 7834444
BT Fault Line	0800 800151
Emergency Drainage	01926 315485
Floodline	0845 9881188
RSPCA	0300 1234999

## LEISURE & SPORTS

St. Nicholas Park	01926 495353
Newbold Community Centre	01926 882083
Warwick Library	0300 5558171
Warwick School Sports Centre	01926 776466
Warwick University Sport	02476 523011
TRAVEL	

Chiltern Railways	0345 6005165
National Rail Enquiries	03457 484950
West Midlands Trains	0333 3110039
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National Express	08705 808080
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## **GENERAL**

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Tourist Information Centre	01926 492212
Citizen's Advice Bureau	01926 457900
Samaritans	116123
Local Trading Standards	01926 414040
The Family Information Service	01926 742274
Crematorium	01926 651 418
Social Services	01926 410 410
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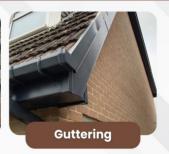
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## WHAT'S ON LOCALLY

### Warwick Market

Date: every Saturday / Time: 9am - 3pm / Venue: Warwick Town Centre, Market Place, Warwick, CV34 4SA

Warwick Market is a great opportunity to shop in a vibrant open-air setting, surrounded by many independent shops & cafes. On our Market, you will find variety and value, sold by new and experienced traders. You'll find stalls selling everything from fresh fruit and vegetables, plants and cut flowers, to fresh baking, fish and clothing, to gifts, & food specialities...

## Recycle your old glasses

Date: every 3rd Saturday / Venue: Warwick Saturday Market

Warwick Lions would like to say a big thank you to all the people who have kindly donated old and broken spectacles to our stall at the Warwick Saturday Market. The glasses are cleaned & refurbished then sent to eye camps in Africa, India & Eastern Europe. We aim to collect redundant glasses on our stall every third Saturday.

## Independent South Warwickshire NHS Retirement Fellowship

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

## Stratford upon Avon Guild of Weavers, Spinners & Dyers

Date: 3rd Saturday of the month / Time: 10am - 3pm / Venue: Stratford Methodist Church Hall, Old Town CV37 6BG

A friendly group, beginners welcome. Talks, workshops. See: www.wsdstratford.blogspot.com Or: www.wsdstratford@gmail.com

## Warwickshire Vision Support Centre

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

Warwickshire Vision Support are a local charity that supports people living with sight loss in Warwickshire. Web: www.warwickshire.vision/Email: enquiries@warwickshire.vision Phone: 01926 411331

### 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.schoolsliaisoncommunity.net/CWSLC.htm 01926 490 456

## 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 very welcome (£12.50 a month subscription) a great way to start your day! Please contact Simon Morton simonmorton8@yahoo.co.uk for more details or a trial swim.

## 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!

## Scarecrow competition & pumpkin carving

Date: 25th October / Time: 10am - 3.30pm /

Venue: Guy's Cliffe Garden

Bring your own scarecrow, and place it in our beautiful garden. Prizes for the best design, most creative costume and most lifelike scarecrow. Children must be accompanied by an adult. Book your tickets: www. guyscliffewalledgarden.org.uk

## Trick or Treat Twilight Market

Date: 31st October / Time: 3-8pm / Venue: Warwick

Town Centre, Market Place, Warwick, CV34 4SA Expect a fang-tastic selection of arts, crafts, and local produce – with traders dressed in their Halloween best! Plus, enjoy a cauldron of spinetingling activities for all ages! For more details please visit: www.cjseventswarwickshire.co.uk

## Warwick Town Bonfire

Date: 1st November / Time: 5pm - 7.30pm /

Venue: Warwick Racecourse

join thousands of locals and visitors for an unforgettable evening as the giant bonfire lights up the night, followed by a spectacular fireworks display that will dazzle the Warwickshire skies. There will be live music, bars and food and drink outlets available. Book tickets: www.theiockevclub.co.uk

## Remembrance Sunday

Date: 9th November / Time: 10.50am / Venue:

Warwick War Memorial

Remembering fallen heroes with wreath laying, 2 minutes silence at 11am.

### Victorian Evening

Date: 27th November / Time: 3pm - 9pm / Venue: Market Place. Warwick. CV34 4SA

Warwick comes alive with festive magic at the Victorian Evening, blending timeless charm with Christmas cheer. Stroll through the beautifully lit streets, where twinkling lights and joyful music fill the air. It's a heartwarming tradition that brings everyone together to celebrate the season. Children will be thrilled to see Father Christmas, and there's plenty of fun to be had with a traditional carousel, vintage traction engines, and dazzling fire spinners lighting up the night. And of course, no festive evening is complete without delicious treats like mulled wine, sweet goods, and much more. With free entry for all, it's the perfect way to wrap up warm, gather your loved ones, and step into Christmas. Lights switch on at 7pm.

### Leamington Market

Date: every Friday / Time: 10am - 4pm / Venue: Holly Walk, Leamington Spa CV32 4LY Holly Walk is set to host a brand new weekly market in the heart of Leamington Spa! Taking place every Friday, the market will showcase a fantastic range of local produce – from fresh fruit & veg to handmade artisan goods. It's the perfect way to shop local, discover something new, and support the amazing independent businesses in our community. Proudly in partnership with Warwick District Council.

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

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### ARIES

## (MARCH 21 - APRIL 20)

The Libra Sun and communicative Mercury both occupy a pivotal sector of your chart, suggesting that some exciting developments appear to be up for grabs during the first half of this month. The powerful Libra new moon on the 21st challenges you to up your game and reach out to take some risks, but be sure to weight up both sides of any disagreement before making a final decision.

## **TAURUS**

### (APRIL 21 - MAY 21)

Your financial situation, earning potential and your values are all your top priorities this month as dynamic Mars in Scorpio challenges you to review these areas of your life. The Sun and Mercury, both in balanced Libra, suggest the possibility of some kind of future joint venture. Venus, your ruling planet, moves from Virgo to Libra on the 14th, indicating that some practical decisions may have to be made before then.

## **GEMINI**

### (MAY 22 - JUNE 21)

Love and romance are in the spotlight during October as the Sun and communicative Mercury stir up any issues concerning your relationships. Mercury, your ruler, joins Mars in Scorpio on the 7th, finding balance is a key issue this month and some deep soul searching may well be needed. It may be best to think carefully and weigh all your options before you express your opinion.

### CANCER

## (JUNE 22 - JULY 22)

Home and family are your top priorities this month, particularly after the 14th as Venus joins the Sun in Libra, the sign of the scales. Jupiter is positive in your sign and the powerful Libra new moon on the 21st highlights a brilliant new beginning and gives you the opportunity to speak your mind as your thinking becomes much clearer and you prepare to forge ahead with an important decision.

## (JULY 23 - AUGUST 23)

With the assistance of the radiant Sun and quick thinking Mercury, both in the sign of the scales, October is looking very positive for all levels of communication and negotiations. Your mind should be open but focussed in order to expand your knowledge. Action planet Mars in Scorpio is stirring up the domestic area of your chart, you may need to attend to some emotional intensity concerning important family matters this month.

### VIRCO

## (AUGUST 24 - SEPTEMBER 22)

Exciting new beginnings are evident as the month commences, the Libra Sun shines brightly on your financial situation and with the assistance of business minded Mercury some pre-planned changes can now be given the go ahead. A positive Libra new moon on the 21st brings your attention to what is really important and helps you to ignore or dismiss what is no longer valid in your life.

### I IRR

## (SEPTEMBER 23 - OCTOBER 23)

This month's planetary activity turns your attention to your love life. Relationships and romance are highlighted, particularly after Venus, your ruling planet, arrives in your sign on the 14th. Your powers of communication should be at a highpoint, assisting with any important decisions that need to be made. Your new moon on the 21st gives you a strong boost to achieving your goals.

### **SCORPIO**

## (OCTOBER 24 - NOVEMBER 22)

The Libran Sun and communicative Mercury start the month in the most introspective part of your chart, indicating that you need to take care of your physical health as your vitality may not be at its best. Power planet Pluto, your ruler, turns direct on the 14th and offers you the chance to reconnect with your determination and courage and clear the path for innovative new projects.

## SAGITTARIUS

## (NOVEMBER 23 - DECEMBER 21)

Venus shines brightly at the highest point of your chart until the 14th, be sure to use this time wisely for connecting with new directions and challenges within your career. Abundant Jupiter, your ruler, offers opportunities in your financial area. It is vital that you steer your energy towards realistic targets that can be completed with hard work and determination.

## CAPRICORN

## (DECEMBER 22 - JANUARY 20)

Jupiter is strong in your opposite sign this month, indicating that love and romance are both important themes. There is also a challenge to your work and career situation as the radiant Libra Sun and business minded Mercury both illuminate the highpoint of your chart. Try not to give in to unnecessary self-criticism, as your task this month is to balance logic with imagination. Opportunities arrive after the Libra new moon on the 21st.

## AOUARIUS

### (JANUARY 21 - FEBRUARY 18)

Planetary patterns are urging you to take up a new form of study that can eventually lead to enhanced wisdom and spiritual growth. Venus arrives in Libra on the 14th, indicating that a balanced view is now required to push you forward and achieve your dreams. The powerful full moon in fiery Aries on the 7th brings with it a new dynamic, stirring up your appetite for new beginnings.

### PISCES

### (FEBRUARY 19 - MARCH 20)

An exciting creative opportunity appears to be up for grabs during October as the full moon in Aries on the 7th is activated by abundant Jupiter in Cancer. This powerful energy challenges you to up your game and reach out to take some risks. Action planet Mars remains in powerful Scorpio all month, indicating that some exciting travel plans are coming your way.

Christine Chalklin, Inspirational Astrologer and Life Coach.
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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

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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

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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

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32 Smith St. CV34 4HS

01926 400086

Il Piccolinos Italian 31 Smith St, CV34 4JA 01926 491020

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Rivercross Indian 204 Emscote Rd, CV34 5QT 01926 734086

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## FIND SEVEN DIFFERENCES BETWEEN THESE TWO PICTURES





Why didn't the skeleton go to the Halloween party?

Because he had no 'body' to go with.

What do ghosts wear when their eyesight is bad? *Spooktacles.* 



## FIND ALL THE SPOOKY WORDS HIDDEN IN THE GRID

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BOO CAT GHOST PUMPKIN SCARY SKELETON SPIDER SWEETS TREAT TRICK WITCH WIZARD

## SOLUTIONS:



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Whether alone, accompanied by your dog, or within a group, a country walk is good for mind, body and soul.

So shop locally to get the equipment and provisions you need and get exploring, because the great outdoors really is... great!

## WHY WAIK

Much is made of the benefits walking brings, and there is a reason for that.

Firstly, it's free, which means anyone can do it. It's also low impact, so doesn't put a huge strain on your bones or muscles, making it ideal for those who aren't in peak fitness or have mild mobility issues.

Of course, we all know walking can improve mental health, and if combined with a social aspect (like within a walking group), can really provide simple pleasure and joy.

Other health wins include strengthening the cardiovascular system, significantly reducing the risk of serious conditions, including heart disease and strokes.

Plus, as winter unfolds, the risk of colds and flu intensifies, so engaging in regular walking activities strengthens and invigorates your immune system, transforming it into a formidable defence against these seasonal adversaries.

Finally, as a natural weight-bearing exercise, walking plays a crucial role in maintaining bone health.

## GETTING STARTED

To embark on your walking journey, equip

yourself with snug shoes for foot comfort and don appropriate warm clothing to shield against the brisk winter temperatures.

Lightweight waterproofs are handy in case of a shower, and a water bottle for hydration is key, along with a couple of healthy snack bars if you're planning on going a few miles.

Keep motivated by using a pedometer (most smartphones have these inbuilt) and ensure you have access to either a map, guidebook or a GPS app that doesn't require phone signal.

Treats and a water bowl will be key if you're taking a furry friend, and if you're grappling with a long-term condition, the CSP (Chartered Society of Physiotherapists) website offers insightful advice on aligning activity with your needs.

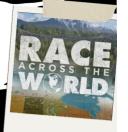
## MAKE IT FUN

Though solitude can be a positive aspect of walking for some, for others the activity can be a fantastic way to meet new friends. Unlike cycling clubs or sports teams, walking is an activity those who are less athletic can enjoy while also allowing for conversation and connection on the way. So check out local noticeboards or online resources to find suitable groups aimed at your ability, age bracket, fitness level or similar interests.

Finally, planned walking outings often end on, or have in the middle, a trip to the pub for food and drinks. This allows you to replenish those calories you've lost, slake your thirst, and properly get to know your new buddies. Now that's an exercise regime few can sniff at!



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Volunteer Chris tells us about his role as a friend to a child in need of friendship due to the difficult circumstances he has grown up in.

I first met Luke when he was 10 years old. I remember the impression of a quiet boy that really needed to be liked. He was sensitive, intuitive and in those early years would often give me pictures that he had drawn for me when I picked him up each week. He enjoyed physical activities, we played football and tag in the park, went swimming, cycling and walking. He also liked to talk and I would ensure that either during or around these activities we always had time for conversation.

I focused on being a friend and not a parent, but I would often steer our conversations towards what type of person he wanted to be and whether he had been heading towards or away from being that person in the past week. In his early teenage years, he would often skulk out of his home with his hood pulled over his face and grunt at my questions as we drove to our activity

destination and as we unloaded bikes from the car or set off on our walk he would open up, and our conversations would often be quite serious about his feelings, how he should react in some of the different situations that he was encountering.

that week. But by the time we arrived at our

I always enjoyed our conversations, although I often felt that he did not listen or rejected some of what I suggested. But then I would hear my words repeated back to me, often weeks later, or he would describe to me how he had changed his behaviour or tried something that I had suggested instead of just thumping someone.

Friendships have to finish on the younger friends 17th birthday. I always expected it to finish earlier than that - hanging around with a 60 year old man is not very cool for a teenage boy. Our friendship just seemed to get stronger and stronger and I will keep in contact with him.

I have a new young friend now. He is 7 years old and a very different character to Luke. I am both excited and nervous as I set out on this completely new adventure with my new friend. Chris

If you would like to find out more about volunteering for the Friendship Project for Children then give us a call on 07516 527714 www.friendshipproject.co.uk/





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