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A Note

From the Editor

Welcome to our October/November edition.

October has inspired poets, writers and musicians for centuries. It is the month of warm colours, reds, golds, browns all around us in our gardens, parks, commons and countryside radiant and inviting us to feast our eyes.

October is also pumpkin festival time, with farms, historical houses and parks across England opening their doors for day and nighttime fun for all ages. You can pick your own pumpkins, carve them or eat lots of delicious treats made from them whilst enjoying fresh air and beautiful scenery.

November 5th is Bonfire Night, which offers the chance of an evening out with convivial company, enjoying hot baked potatoes, a warming drink of mulled cider or a hot chocolate, and some cinder toffee. Most towns and villages, sports clubs, and community centres offer spectacular organised events, often raising money for good causes, and allowing spectators to watch a fantastic firework display in safety.

Stonesthrow Directories celebrate 15th anniversary this November. It has been our mission to bring together our community and businesses serving it. We love receiving your feedback on articles, listings and features you read in every edition. We like to think that printed 'coffee table magazines' are a trusted source of local news, events and business listings. You're more likely to find a truly local tradesman or service here than online, where the whole world competes for your attention all at once. So we ask you to keep supporting our local business by taking the time to share your thoughts and feedback with us, by calling the services your see in Stonesthrow Directories and mentioning where you found their number, by choosing to book and shop local where possible.

Here are the dates for your calendar: 25th October - Daylight Saving Time Starts; 31st October - Halloween; 5th November - Guy Fawkes Day; 8th November - Remembrance Sunday.

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

Yours, Stonesthrow Publications.

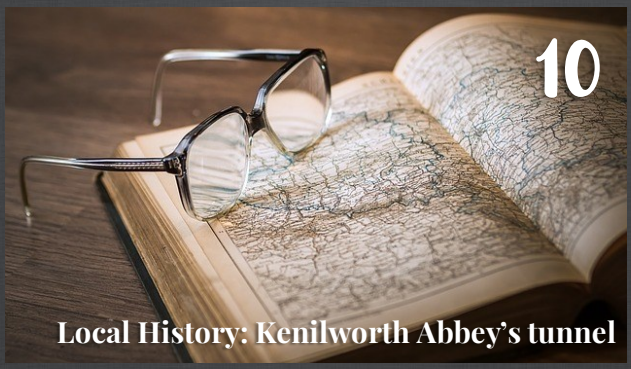
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Remember, Remember the 5th of November



Catholicism in England was heavily repressed under Queen Elizabeth I, particularly after the pope excommunicated her in 1570. Dozens of priests were put to death while Catholics were not allowed to celebrate their religion. When King James took to the throne in 1603 it was hoped this would change, but in 1604 he publicly condemned Catholicism, calling it a superstition, and called for priests to leave the country. In May 1604 a handful of Catholic dissidents—Guy Fawkes, Robert Catesby, Tom Wintour, Jack Wright and Thomas Percy—met at the Duck and Drake inn in London. Here, Catesby proposed a plan to blow up the Houses of Parliament with gunpowder, which they all supported with an oath. Other conspirators later joined what became known as the Gunpowder Plot. Although Catesby was the ringleader, Fawkes has been the one who gained the most publicity, mainly after spending around ten years fighting for Spain against Protestant rebels in the Spanish-controlled Netherlands. He also asked the King of Spain to help with an English rebellion against James. By 1605 Fawkes was calling himself Guido rather than Guy. Also, by using the alias John Johnson, he served as the caretaker of a cellar below the House of Lords. This was where the plotters stockpiled gunpowder. The plan was that Fawkes would light a fuse on November 5, 1605, during the opening of a new session of Parliament. This would result in the death of James and his eldest son – meanwhile, fellow conspirators would kidnap James' daughter Elizabeth and install her as a puppet queen who would be married off to a Catholic to restore the monarchy in their faith. However, there was an anonymous tip-off and a search party found Fawkes in the cellar late on November 4, next to 36 barrels of gunpowder – and some matches. He was tortured in the Tower of London by order of King James. Fawkes and his surviving co-conspirators were all found guilty of high treason and sentenced to death in January 1606 by hanging.

Soon after the plot was revealed, Londoners celebrated with bonfires and the Parliament designated November 5 as a day of thanksgiving. This has now become a time to set off fireworks, light bonfires and burn effigies. The demands for 'penny for the Guy' come from Fawkes' first name. Little is known about the earliest celebrations however in areas such as Carlisle, Norwich, and Nottingham, local councils provided music and artillery salutes. Canterbury celebrated 5 November 1607 with 106 pounds of gunpowder and 14 pounds of match, and three years later food and drink were provided for local dignitaries, as well as music, explosions, and a parade by the local militia. While the annual rituals are more festive and fun than religious and monarchical, it is ironic that the history and perception of Guy Fawkes himself has taken on new meaning. Rather than being seen as a religious extremist and terrorist he has become known as something of a populist hero. His life has been romanticised in tradition and culture and celebrated globally. Yet had the plot been a success, it would have killed everyone in Parliament, with the neighbouring area being destroyed. Ultimately, Guy Fawkes would have been complicit in one of the biggest terrorist acts in British history.

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

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Local History: Kenilworth Abbey's tunnel

Secret underground passageways are the stuff of adventure and romance and feature in genres as varied as Enid Blyton's Famous Five books, smugglers' tales, and World War II escape stories, notably the real-life mass breakout of 76 Allied prisoners of war from Stalag Luft in March 1944.

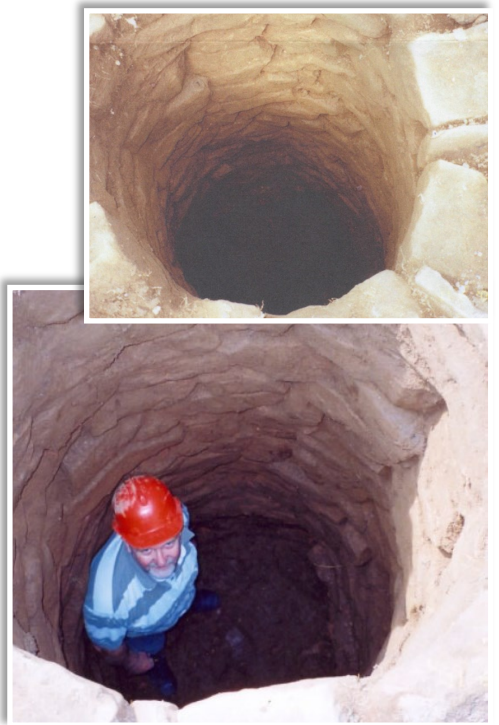
In England there are also many folklore-type tales of ancient tunnels linking the local castle or fortified manor with the parish church or similar building. This is certainly the case with Kenilworth, where there have been many reports over the years of a secret tunnel between the Castle and the town's Augustinian Priory (elevated to Abbey in 1447). The idea plays a key part in the plot of "Gaston de Blondeville", a Gothic novel by Ann Radcliffe set in Kenilworth in the reign of Henry III. Mrs Radcliffe visited Kenilworth Castle in 1802, about the time she was writing "Gaston de Blondeville", so it is possible that she heard about the tunnel firsthand from local people.

The story of an underground link between Castle and Abbey was still circulating in the town in the early 20th century. It seemed to be confirmed when some Kenilworth boys lifted a grille covering a shaft in St. Nicholas' churchyard, entered a tunnel and crawled along it for an unspecified distance. Later the shaft was filled with grass mowings and turf was allowed to grow over the grille. In fact, what the boys had uncovered was not a secret passageway but part of a culvert running from somewhere near Castle Hill across Abbey Fields to what is now St. Nicholas churchyard. It was originally built in the thirteenth century as an aqueduct to supply the canons of Kenilworth Priory with clean water. A charter of Henry III granted them the right to take water from a source in the holding of Edith Lawerthin in the vicinity of Kenilworth Castle and conduct it by any route they chose to the Priory buildings.

In May 2000, following heavy rain, a metre-deep depression appeared in the grass of Abbey Fields. Excavation by Dr Stephen Hill of the University of Warwick revealed a stone-lined shaft 4 metres deep. At the bottom was an arched culvert, 1 metre wide and 1.4 metres high, running in a direction approximately from Castle Hill towards the Abbey. The shaft was probably built for the purpose of clearing the culvert of silt.

The Kenilworth History and Archaeology Society subsequently commissioned two surveys by the company Stratascan, which used ground penetrating radar to detect anomalies. The results showed that the likely course of the culvert ran from beneath a property on the south side of Castle Hill to beneath the priory church (which was extended over it in the 13th century).

Photographs show that the culvert is beautifully constructed and a fine tribute to the skill of medieval craftsmen. It may not be as romantic as a secret tunnel, but it is a great piece of Kenilworth's history.



Kenilworth History & Archaeology Society

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free things to do in Kenilworth this Autumn

Looking for things to do in and around Kenilworth in October and November?

We've put together a list of free community events to keep you busy. Please check with the event organisers ahead of time to confirm the events details.

Pumpkin Parade

Sunday, October 25 • 11 AM - 1 PM • Wedge, 20a Talisman square, Kenilworth CV8 1JB

It's going to be a pumpkin party! Think pumpkins, coffee, baked goods, community involvement and Pumpkin head photos?! Meet at Wedge at 11am for a coffee and a snack. From there walk down to Abbey Fields for photos — a few candid ones, then a group shot with everyone in their heads. Afterwards it's back to Wedge to warm up. The event is completely free. Coffee and baked goods are available to buy from Wedge. Bring your best pumpkin head. Bring your friends. Let's do something daft together before the cold sets in.

Nature Crafts for Adults

Monday, September 21 • 10:30 AM - 12:30 PM

Kenilworth Library & Information Centre, Smalley Place, Kenilworth CV8 1QG

Spend two hours creating nature inspired arts and crafts. Whilst drinking hot drinks and chatting with friends old and new. Each session we will make a brew, spend some time soaking up the inspiring surroundings then learning a variety of arts and crafts and making something special to take home. No experience needed as all crafts are aimed at beginners. All resources supplied. Refreshments will be provided. This event is organised and lead by: Kirsty Hawkes, Health and Wellbeing Officer: 07587550075; kirsty.hawkes@wkwt.org.uk

Music & Hot Food

Sunday, 29th October, 26th November • 4PM •

The Kenilworth Centre, Abbey End Car Park, Kenilworth, CV8 1QJ

Live music from local performers alongside a hot main dinner and desserts supported by Cook Leamington. Soft drinks are provided, but guests are welcome to bring their own alcoholic beverages. Events are free to attend and everyone is invited. Booking essential. While these community events are completely free, booking is highly recommended to secure your food portion. You can reserve a spot in advance: 01926 885205 / www.kenilworth-tc.gov.uk

Kenilworth Remembrance Service

Sunday, November 8 • 10.54 AM • Kenilworth War Memorial Kenilworth CV8 1LS

The Service is preceded by parades from Upper Rosemary Hill and Talisman Square and followed by dispersal marches on the reverse routes. The service will commence at 10:54 at the Warw Memorial at Abbey Hill and conclude at 11:35.

Abbey Scout Group Christmas Fayre

Saturday, November 28 • 12 - 4PM • Kenilworth Scout Centre, Fishponds Road, Kenilworth CV8 1EY

Festive fun for all the family: local crafts, demonstrations & workshops, homemade treats, Santa's Grotto, games & activities, gift ideas.

Kenilworth High Street Christmas Lights Switch On

Friday, November 7 • 5 - 8PM • High Street (Old Town), Kenilworth, CV8 1NB

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Keeping fit in retirement



Pilates

Joining a Pilates class is a great way to keep active during your retirement years. This form of exercise sees the participants perform particular movements beneficial for the body, from a single leg stretch to rolling like a ball. These moves can be put together to form routines. This kind of activity may help certain kinds of body ailments, and by joining a class with a qualified instructor they will know exactly what moves are suitable and beneficial for you.

Walking

You don't need to make a particular effort to visit the gym or subscribe to a particular fitness class to keep active, as just by stepping outside you can easily go for a walk. Power-walking, where you maintain a brisk pace, helps to increase cardiovascular fitness and over time can even help reduce body weight and reduce the chance of developing Type 2 diabetes. As well as the physical activity, the fresh air and company of a fellow walker are other benefits to this activity.

Dancing

Attending dance lessons weekly is not only great fun, but it also assists in keeping you fit and active. There are a variety of dance classes you can choose to attend. These include those that focus on ballroom dancing, which will cover dances such as the waltz, foxtrot and quickstep, or the faster pace of Latin dancing classes that feature dances such as the cha-cha-cha, samba and jive. This activity is also great for partners or friends to attend together, as it gets the heart beating and laughter flowing.

Gardening

Believe it or not, just going outside into the garden is a brilliant form of regular movement that helps keep you active. All these activities, from weeding your vegetable patch to planting out spring bulbs, mowing the lawn and watering the plot, are beneficial for your health. Creating a vegetable garden not only keeps you on the go but also produces healthy tasty crops to use in the kitchen. If you find you struggle with movement, however, or use a wheelchair, try getting raised beds erected as they offer a much more accessible platform for vegetable gardening with reduced need to bend down to the ground. You can even get your family and friends to get involved with this activity too.

Swimming

Getting into the water at a local swimming pool, or even the ocean, can help keep your muscles moving as you get older. Committing to swimming and going to the pool for regular lengths increases your cardiovascular fitness, but you don't have to take the sport seriously to feel the benefits. You can take the kids and grandchildren along, and you'll find that the continuous movement through the water is beneficial and uplifting for both your physical and mental health. There are even classes for water aerobics that you can attend too.

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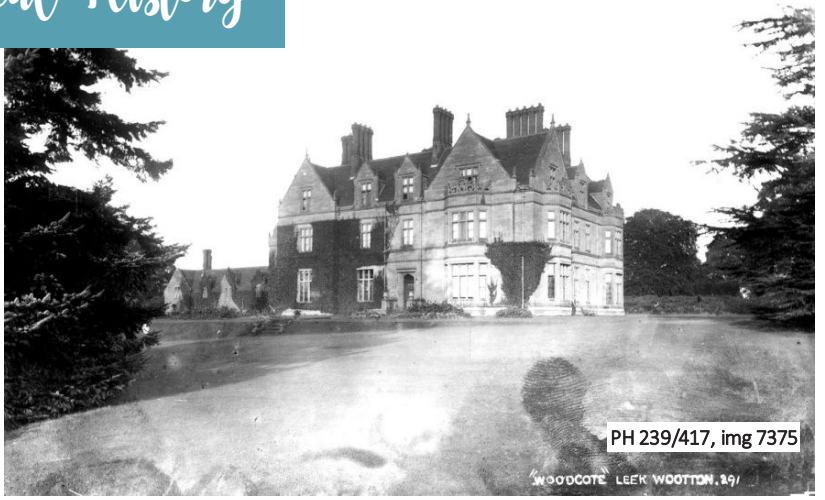
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The Waller Family: a bundle of Joy

Between 1832 to 1843 there was an ongoing correspondence between Anna Jarrett and her brother Wathen Waller. She was the wife of John Jarrett, the owner of broad acres in Somerset and plantations in Jamaica and Wathen was a diplomat serving in Brussels. Their letters1 provide an interesting insight to maternal attitudes to pregnancy and childbirth among the upper classes in the earlier decades of the 19th century. One of the letters, describing Ann's confinement is pictured here, with a transcription available in the pdf document.

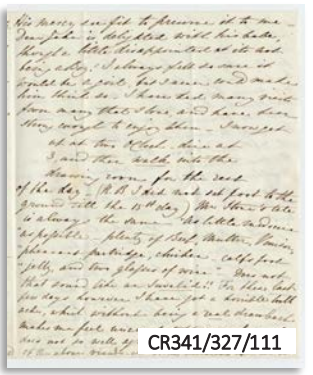
News of pregnancy

In a previous letter2, Anna expresses boundless joy and delight at learning of her pregnancy, an event eagerly awaited during 14 years of marriage. Given that the majority of families in those days were large and that her husband would want an heir to inherit his substantial wealth, this childlessness must have been a great sadness to both. In the event, the birth of a daughter Anna Maria instead of a son was not without some disappointment as the end of the second letter shows : a visitor Sir Charles Clarke was "..rather sharp " with Anna's response to his proposed wager that she would give birth to a son in 12 months' time. Unhappily, she never did have a son, but another daughter named Emily Elizabeth was born in 1840.

The confinement

In the second letter3, a section of which is pictured above, Anna describes her confinement. This term was applied to the birth and the succeeding period of recuperation, usually some 4-6 weeks. It generally ended when the mother was churched and the baby christened, both of which events are mentioned by Anna. During the confinement, Anna comments on how she is treated like an invalid – even writing a long letter is likely to incur a scolding. Many mothers today may be envious of the amount of rest she had!

Or perhaps not – the term, confinement was significant after all. In other respects, her experience was typical of a woman of her social standing. She was attended by a male doctor, Mr Stone, while the great majority of women in the lower classes would have been delivered by midwives.


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Stay healthy during the darker months



As October arrives and the clocks prepare to go back, many people begin to notice the effects of shorter days and longer nights. While autumn and winter have plenty to offer, the change in season can affect everything from our energy levels to our mood. Fortunately, a few simple habits can help keep both body and mind in good shape throughout the darker months.

For many of us, the changing of the clocks marks the point where summer finally feels behind us. The evenings become darker earlier, mornings can feel colder and it is often tempting to spend more time indoors. While that is perfectly natural, maintaining a healthy lifestyle during autumn and winter is just as important as it is during the warmer months.

Sunlight

One of the biggest challenges at this time of year is reduced exposure to sunlight. Sunlight helps our bodies produce vitamin D, which plays an important role in maintaining healthy bones, muscles and immune function. As daylight hours decrease, many people find it harder to get enough naturally.

Spending time outdoors whenever possible can help, and some people may choose to discuss supplements with a healthcare professional if appropriate.

Exercise

Exercise is another key factor. When the weather turns colder, motivation can quickly disappear, particularly when activity remains one of the best ways to support both physical and mental wellbeing. This doesn't have to mean intense gym sessions. A brisk daily walk, swimming, cycling or even gardening can all help keep the body active and the mind refreshed.

Sleep

Sleep can also become more important during the darker months. While some people find themselves naturally wanting to sleep longer, disrupted routines and reduced daylight can affect sleep quality. Sticking to regular bedtimes, limiting screen use before bed and creating a comfortable sleeping environment can all contribute to better rest.

Social

Social activity should not be overlooked either. As evenings become darker, it can be easy to decline invitations and spend more time at home. Yet maintaining contact with friends, family and community groups can have significant benefits for mental wellbeing. Whether it's joining a club, attending local events or simply meeting someone for a coffee, social interaction can help combat feelings of isolation during the winter period.

Nutrition

Finally, nutrition plays a vital role in staying healthy. A balanced diet rich in fruit, vegetables, whole grains and lean proteins helps provide the nutrients the body needs to function effectively. Seasonal favourites such as root vegetables, apples and leafy greens can all be excellent additions to autumn menus.

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Restaurants & Takeaways

Please email any updates to **stpdirectories@hotmail.com**

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

The Creative Café *Café*
15 High Street CV81LY

The Vynes of Kenilworth *Wine bar, European*
16 High Street, Kenilworth, CV81LZ **01926 257690**

Morning Sunshine *Café*
48 The Square CV8 1EB

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

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**

Seasonal Recipe

Butternut Squash Soup & Cheese Toasties

INGREDIENTS:

For the grilled cheese:

4 slices St Pierre Brioche Loaf

2 tbsp butter, softened

1 small garlic clove, crushed

1 tbsp chopped parsley

2 large handfuls grated cheese

For the soup:

1 butternut squash (about 1.5kg)

1 tsp paprika

2 garlic cloves, unpeeled and smashed

Few sprigs fresh thyme

1 tbsp olive oil

Salt and pepper

2 onions, diced

1 large carrot, peeled and chopped

1 stalk celery, sliced

1000ml vegetable stock/bouillon (made with stock/bouillon powder or cube)

4 tbsp light cream

Few extra thyme leaves for garnish

Crushed chili flakes



METHOD

First make the soup. Preheat the oven to 190°C / 170°C fan / Gas Mark 5

Peel, then halve the butternut squash and scoop out the seeds

Wash the seeds, dry on kitchen paper then tip onto a baking tray. Drizzle very sparingly with olive oil and sprinkle with paprika

Chop the butternut squash flesh into roughly 1 inch chunks and tip onto another baking tray together with onion, carrot and celery

Add the smashed garlic and a few whole sprigs of thyme, drizzle with 1 tbsp olive oil and season with a pinch of salt and black pepper

Roast in the oven for 25 minutes at the same time as the squash seeds

When the seeds are toasted and crispy, remove them and set aside

Prepare the grilled cheese toasties. Mix together the softened butter, crushed garlic and parsley then spread over one side of each slice of brioche loaf. Turn two slices over and divide the cheese between them

Top each with another slice of bread, garlic buttered side on the outside (so you have two toasties with garlic butter spread on the outsides). Set the toasties aside

Discard the thyme sprigs and skins from the garlic (but leave the roasted garlic flesh) then tip all the vegetables into a large saucepan

Pour over the stock and bring to a simmer for 10 minutes. Turn off the heat and stir in the cream

Use a stick blender to whizz the soup until smooth.

Heat a large skillet over medium heat and add the toasties

Cook for a couple of minutes then carefully turn over and cook the other sides until golden and the cheese has melted

Serve the soup with a swirl of cream, sprinkling of toasted squash seeds, chili flakes and a few thyme leaves

Cut the grilled cheese toasties in half and serve alongside the soup for dipping in

Bon appétit!

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

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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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 ww.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: Abbey Fields Swimming Pool, Bridge Street, Kenilworth CV8 1TY
We're back! Now Kenilworth's Abbey Fields Swimming Pool complex is open, our club has returned and we have reserved all five lanes of the main pool every Sunday from 8am to 8.55am for our exclusive use. Lengthways swimming with a friendly bunch of over 30 (in age!) swimmers - a great way to start your day and only £15 a month. For more details or arrange for a trial swim, please contact Simon at simonmorton8@yahoo.co.uk or call 01926 856780.

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

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 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
The Kenilworth u3a helps retired people to develop a wide range of interests in a social context. Open meetings begin at 1.45pm, for tea/coffee and a chat, before a topical presentation/talk (2.30pm-3.30pm). On Thursday 15th October successful Author Neil Hanson regales us with the hilarious quirks & foibles of running the highest pub in Britain in the 1970s & 1980s. On Thursday 19th November Robin Leach (local historian and author) has researched for over 40 years, the last 200 years or so of Kenilworth history. Robin's talk will concentrate on the fascinating and complicated story of the Abbey Fields and it's years as the town's park. Kenilworth u3a members free, non-members welcome to attend for £1. For more information please visit: www.kenilworth.u3asite.uk

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 cwicb.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

Fireworks Spectacular

Date: 7th November / Time: 5.30pm / Venue: Kenilworth Castle
All profits from the event will go towards local charities and community projects. Don't miss out - grab your tickets now: www.krt.org.uk/fireworks

Leamington Autumn Market

Date: every Sunday this October / Time: 10AM - 5PM / Venue: Parade, Royal Leamington Spa, CV32 4BL
Get ready to explore 80+ incredible traders, all coming together in one vibrant place! From beautiful handmade arts and crafts to irresistible local produce and sizzling street food, this is autumn shopping at its very best. Expect unique gifts, seasonal treats, and plenty of delicious discoveries along the way, all while supporting brilliant local businesses. It's the perfect autumn day out - don't miss it!

Leamington Christmas Market

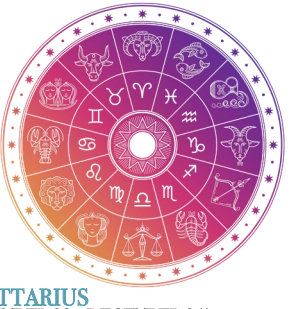
Date: 1st, 22nd November / Time: 10am - 5pm / Venue: Parade, Royal Leamington Spa CV32 4BL
With over 90 incredible traders, you'll discover everything from unique arts & crafts to delicious local produce and mouth-watering street food. Whether you're searching for the perfect gift, a festive treat, or simply want to soak up the magical Christmas atmosphere, there's something for everyone to enjoy. It's the perfect way to kick off your festive season.

Warwick Victorian Evening

Date: 26th November / Time: 3pm - 6pm / Venue: Warwick Town Centre, Market Place, Warwick, CV34 4SA
Wander through the glowing streets of Warwick as twinkling Christmas lights light the way, filling the air with magic and joy. This beloved tradition brings the community together in the most heartwarming way. The highlight of the evening? A special visit from the jolly man himself — Santa Claus! Little ones' faces will light up with wonder at the sight of his iconic red suit and snowy white beard. With FREE entry for all, the Warwick Victorian Evening is a magical night out.

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@stonesthrowpublications.co.uk

Horoscopes: October



ARIES
(MARCH 21 - APRIL 20)
October brings a powerful energy surge as the new moon arrives in your opposite sign on the 10th Vitality will be at its peak, but try to remember to take time out for rest and relaxation. Relationships and partnerships are also in the limelight as the Sun shines brightly in Libra, take care with any disagreements and try to use your intuition before you act.

TAURUS
(APRIL 21 - MAY 21)
October turns the focus to your health and wellbeing; a nutrition and fitness review may well start now as the Libra Sun demands a better balance in your daily life. Venus, your ruler, is intensely emotional in Scorpio in your relationship sector, suggesting that you must dig deep and connect with your most intimate desires and the shadow side of life.

GEMINI
(MAY 22 - JUNE 21)
Important breakthroughs come to the surface during October as your curiosity and creative spark reaches a highpoint. A dynamic Leo Mars, very active in your communication sector, gives you the energy and vitality to push ahead with any business and work matters. Mercury in Scorpio offers the chance for some deep and meaningful conversations.

CANCER
(JUNE 22 - JULY 22)
Domestic issues are one of your top priorities during this month as you strive to create peace and harmony within your home and with your family. The Libra Sun is in an ideal position for any ongoing problems to be ironed out. The powerful Taurus full moon on the 26th is highlighting group activities and new friendships, it's time to enjoy whatever comes your way.

LEO
(JULY 23 - AUGUST 23)
Your interactions are bold and daring during October as action planet Mars continues on its journey through your sign. Creativity is also high on your agenda, bringing you joy and inner happiness doing the things that you love. The Sun, in the sign of the scales mainly strengthens your communicating ability, enhancing your talent to see both sides of any discussion.

VIRGO
(AUGUST 24 - SEPTEMBER 22)
Mercury, your ruler, is powerful and intense in the commanding sign of Scorpio. This is an excellent placement for standing your ground and solving any misunderstandings or disagreements that may have recently cropped up. Financial issues may also be evident, deep thinking and forward planning is essential, particularly around the time of the Taurus full moon on the 26th.

LIBRA
(SEPTEMBER 23 - OCTOBER 23)
It's your birthday month and Venus, your ruling planet, is intense and deeply emotional in the sign of Scorpio. An exciting new romance could be on the horizon as your new moon on the 10th enforces the fact that this is a very important month and some kind of new beginning is inevitable. A brilliant aspect between innovative Uranus and the Libra Sun offers a boost to your courage and self-confidence.

SCORPIO
(OCTOBER 24 - NOVEMBER 22)
Venus, the planet of love, is retrograde in your sign until the 26th. This powerful cycle acts as a cosmic review for your relationships, finances and personal self-worth. Expansive Jupiter joined by dynamic Mars both indicate that new opportunities are on the horizon and any new project that you start now should turn out to be highly successful.

SAGITTARIUS
(NOVEMBER 23 - DECEMBER 21)
During October the balanced Libran Sun illuminates the sector of your chart that governs friendships, groups, idealism and your relationship to the collective. Innovative new people will appear as humanitarian concerns become your driving force. The powerful full moon in Taurus on the 26th offers brilliant opportunities for connecting with new directions within your career.

CAPRICORN
(DECEMBER 22 - JANUARY 20)
This month the radiant Libran Sun illuminates the highest point of your chart, indicating that you are able to find diplomatic solutions to challenging situations, particularly in the workplace. The new moon on the 10th offers a dramatic turning point and the Taurus full moon on the 26th favours intense interactions with others, possibly furthering your career goals.

AQUARIUS
(JANUARY 21 - FEBRUARY 18)
October is a powerful time for you to press on with innovative plans for the future. The radiant Sun in balanced Libra offers you new insight as your focus turns to reassessing your vision and your life goals. Relationship planets Venus and Mars, both in intense Scorpio, suggest that finding balance is a key issue and some deep soul searching may well be needed.

PISCES
(FEBRUARY 19 - MARCH 20)
This month highlights the need for insight, balance and stability concerning your investments, finances and resources. The Libra Sun urges you to take a step back and work out what's best for the future. Love planet Venus in Scorpio until the 26th offers you an excellent opportunity to communicate your innermost needs and wants to those around you.

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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