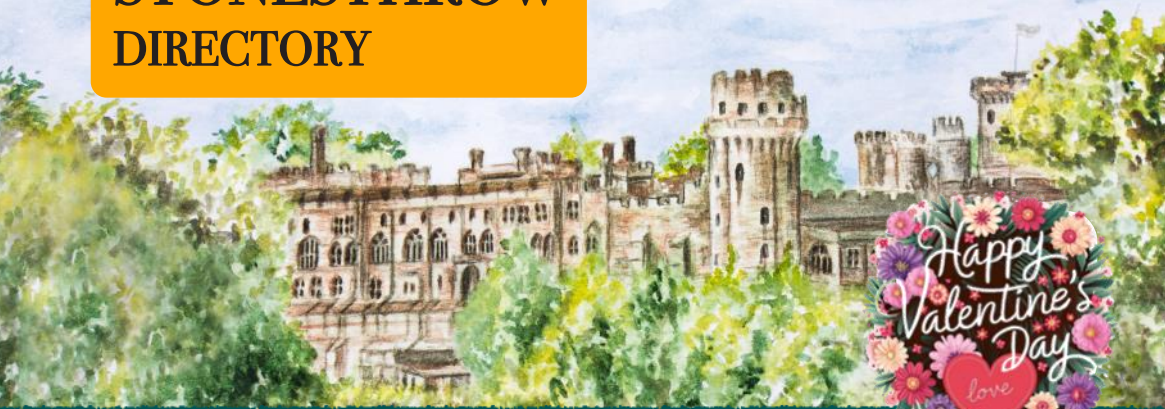


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# A Note

## From the Editor

Welcome to our February/March Edition.

February is the month of love. It is the shortest month of the year, but the days are getting longer. It is also the month of beautiful flowers.

The last of the snowdrops glisten in gardens, verges and parks. There are plenty of snowdrop festivals around the country where you can enjoy the wonderful floral delights. Red rose is perhaps the most well-known February flower because of Valentine's Day. But Valentine's Day is not just for couples, single people can also enjoy and celebrate it too. For many February 14th is the day of treating yourself, so why not book in and enjoy a pamper session at a spa, delight in some retail therapy, enjoy a movie marathon. Or why not perform a random act of kindness, write a letter to someone you haven't heard from for a while, pay for a stranger's cup of coffee, smile at bar staff and waiters, ask if the bus or taxi driver is having a nice day.

This year Mother's Day falls on Sunday 15th March. On this day many of us will treat our mums to a lovely card and perhaps a bouquet of flowers, some will make them breakfast in bed, treat them to a special lunch out or afternoon tea. But one priceless gift to mums is the gift of time, spending quality time together enjoying each other's company makes for memories that last a lifetime. A home cooked Sunday lunch is a special treat and shows you love your mum. And a walk in the Spring sunshine lets us catch up and share the important things in our lives.

Getting out and about is what early Spring is all about, out into the countryside, or parks, to a historic site or to the beach, and at the end of this month the clocks are put forward one hour, so the evenings get lighter giving us more leisure time outside!

Here are some dates for your calendar: 14th February - Valentine's Day; 17th February - Pancake Day; 15th March - Mother's Day; 17th March - St. Patrick's Day; 29th March - Daylight Saving Time starts.

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

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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Nuffield Hospital	01926 427971
Coventry University Hospital	02476 964000
NHS Direct	111
Emergency Vets	01926 400255
Cruse Bereavement Care	0808 8081677

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Warwickshire Police	01926 415000
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Electricity Power Loss	0800 6783105
Transco Gas Leak	0800 111999
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BT Fault Line	0800 800151
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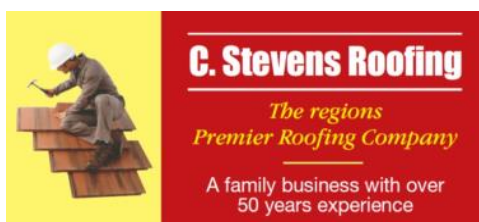
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# Valentine's Day: Date Ideas



*February 14<sup>th</sup> may be the most romantic day of the year, but spending time with your other half ought to be a priority year-round.*

*Here are a few ways to make the special person in your life feel extra-special.*

## CLASSIC DATES

Sometimes you just want to keep it simple. Enjoy a hearty meal in a traditional country pub, for example, or exhibit your cool, nerdy side by watching an independent film at that local cinema which has a bar and posh crisps.

For those feeling really high-brow, why not treat your beloved to a play or musical or simply take a romantic walk in a beautiful park, because feeling comfortable enough to silently stroll is the ultimate couple goal.

## DARING DATES

If things have become a little stale, why not try an escape room challenge (working together to solve puzzles and escape before time runs out), or go on a ghost tour. Adrenaline junkies can try go-karting (because a little racing competition is healthy for a couple), let loose at a trampoline park, or hit the ropes together by indoor climbing - the ultimate trust challenge to prove true love!

## QUIRKY DATES

If dinner dates seem expensive and dull, check out a comedy night instead, because laughter is

vital for a good relationship.

Alternatively, you could get creative at a pottery or painting café, check out an art gallery, have a game of miniature golf, or visit that food market you've always wanted to go to. Exploring and discovering the world with the one you love is a wonderful way to reinforce that special bond.

## OUTDOOR DATES

Get a little wild with your sweetheart. Take a beach walk at sunset, pack a hamper with favourite treats and a bottle of wine, to be enjoyed in the wilderness, stay out late and look up at the stars.

Do something crazy like a hot air balloon ride, or go on a good old-fashioned pub crawl, by foot or by bike, because there is nothing more romantic than the birds and the bees.

## STAY HOME

Finally, whether everywhere is booked up or you simply can't be bothered to leave the house, you can still have a super romantic evening. Maybe you could cook a meal together, have a home spa night with facemasks, massages and a relaxing bath, watch the most romantic films on earth – e.g. Casablanca, True Romance, Titanic – play video, card or board games for some light-hearted fun. Ultimately, love is whatever you want it to be.



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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](http://www.wsdstratford.blogspot.com)  
Or: [www.wsdstratford@gmail.com](mailto: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/](http://www.warwickshire.vision/)  
Email: [enquiries@warwickshire.vision](mailto: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](mailto:skm9inver@aol.com) or Jenny Mikulsky: [jenwren200@gmail.com](mailto: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/](http://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](mailto: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](http://www.schoolsliaisoncommunity.net/CWSLC.htm)  
01926 490 456

## Warwick Woodloes Townswomen's Guild

Date: 1st Wednesday of the month between February and December / Time 7.30pm - 9.15pm / Venue: Woodloes community centre, Deansway, Woodloes Park

Cost £3 for visitors. 40 pence for refreshments. We meet for friendship, fun evenings, and guest speakers, days out etc. 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](http://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!

## 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.

## Kenilworth Valentines Market 2026

Date: 14th February / Time: 10am - 4pm / Venue: Abbey End, Kenilworth, CV8 1QJ

Join us for a romantic shopping experience filled with unique gifts, handmade crafts, artisan treats, and beautiful flowers – perfect for spoiling someone special (or yourself!). What to expect: Gorgeous handcrafted jewellery and personalised gifts; Delicious sweet treats and chocolates. Artisan homeware and décor; Local Produce. Supporting local businesses has never been sweeter!

## Local Vocals Community Singing Group

Date: 16th February / Time: 11am - 12noon / Venue: Oakley Grange Care Home, Cox Gardens CV34 7AT  
Join us at our free and friendly monthly community singing group in collaboration with Armonico Consort which takes place on the third Monday of the month.

## Discover the world of Bugs & Bees

Date: 18-19th February / Time: 10am - 2pm / Venue: Market Hall Museum, Warwick  
Free but donations welcome (suggested £3)  
Prebook a Bug handling slot with Zoolab, drop in for Bug Crafts and a Bug Hunt.

## Beer Festival

Date: 20-21st February / Time: 12noon - 10pm / Venue: The Lord Leycester, 60 High Street, Warwick CV34 4BH  
The Lord Leycester Beer Festival is as much about community and preservation as it is about beer, cider and prosecco. Enjoy your drinks under centuries-old timbers in the Great Hall, a location that's hosted celebrations since the 16th Century. Whether you love beer, history, or just a great atmosphere, this festival has something special for everyone. Featuring 20 beers & ales, 8 ciders and Prosecco bar. Tickets are £8, please book yours: [www.warwickbeerfestival.com](http://www.warwickbeerfestival.com)

## Covent Garden Quarter Market

Date: 22nd February, 29th March / Time: 10am - 4pm / Venue: Covent Garden Quarter, Warwick Street, Leamington Spa, CV32 5JX  
On the last Sunday of every month Covent Garden Quarter bursts into life with colour, creativity, and community spirit! With up to 60 incredible independent businesses, you'll find a wonderful mix of artisan crafts, unique gifts, and delicious local produce. Discover. Shop. Support local.

## Repair Café

Date: 28th February, 28th March / Time: 10am - 2pm / Venue: The Court House Jury Street  
Bring your broken item for our volunteers to mend. Free, donations welcome. Café for refreshments.

## Easter Fest 2026

Date: 6th March / Time: 10am - 4pm / Venue: The Parade, Leamington Spa, CV32 4AT  
Get ready for a cracking time at this year's Easter Fest! We've got an egg-cellent line-up of stalls, family fun and entertainment that'll keep you hopping with excitement! With a fantastic variety of stalls, Easter Fest 2026 has something for everyone! Whether you're a foodie searching for delicious treats or a shopaholic on the hunt for unique finds, our range of traders are sure to satisfy your cravings.

## St Patrick's Day Celebrations

Date: 17th March / Time: 3 - 4.30pm / Venue: Grange Care Home, Cox Gardens CV34 7AT  
Join us as we celebrate St Patrick's day! We'll be entertained by Ceilidh band Stone The Crows whilst we sample some traditional Irish food and drink.

*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](mailto:info@stonesthrowpublications.co.uk)*

# Cracking Easter fun

*Easter has a habit of sneaking up on families. One minute it's spring term, the next it's chocolate overload and two weeks to fill. But with a little planning and a willingness to get out and about, Easter can become one of the most enjoyable, sociable breaks of the year for children. Here are six ways to make it memorable in 2026.*

## GO BEYOND THE BACK GARDEN EGG HUNT

Traditional egg hunts are still a hit, but many families are now opting for organised community versions. Parks, farms, heritage sites and local attractions often run Easter trails with clues, activities and prizes. These events add structure, variety and a sense of occasion, as well as giving children something to talk about afterwards.

## TRY A CHURCH OR COMMUNITY EASTER EVENT

Even for families who aren't regularly religious, Easter events hosted by churches can be welcoming, creative and child-friendly. Many offer craft sessions, storytelling, music or child-focused services that explain the Easter story in an accessible way. For our young stars, it adds meaning and a sense of tradition to the holiday.

## MAKE A DAY OF A SPRING OUTING

It doesn't all have to be about chocolate! Easter is one of the first chances of the year to properly enjoy being outdoors again. Zoos, wildlife parks, gardens and countryside attractions often programme special Easter activities. A simple day out – perhaps factoring in a picnic, walk or nature trail – can feel like a proper seasonal marker for children.

## GET INVOLVED IN SOMETHING HANDS-ON

Children remember what they do more than what they're given. Craft workshops, baking sessions, pottery painting or farm experiences give

kids something tactile and creative to focus on. Many local venues run short Easter holiday workshops designed specifically for younger age groups.

## CREATE A MINI EASTER TRADITION

Not everything has to be an event. Families are increasingly creating their own small Easter rituals: a special breakfast, a spring walk on Easter morning, decorating eggs together, or visiting the same café or park each year. It's these repeated moments that can often provoke the most meaningful memories.

## BALANCE TREATS WITH TIME TOGETHER

Chocolate is part of Easter, but so is shared time. Board games, film afternoons, outdoor play or helping to cook a meal together all help children associate Easter with connection, not just consumption.

*Ultimately, Easter doesn't need to be expensive or over-planned. At its best, it's social, seasonal and shared - a chance to slow down, step outside, and give children experiences that feel joyful, grounding and just a little bit special.*







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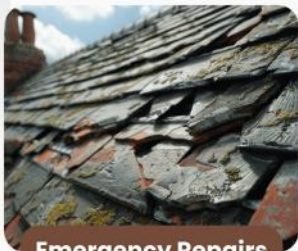
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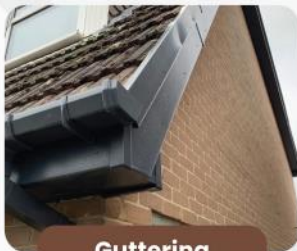
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# Horoscopes: February



## ARIES

(MARCH 21 - APRIL 20)

Five planets are occupying a pivotal point of your chart this month, all indicate that this the perfect time to make a go of anything that you are ready to change. Stay alert to any opportunities that come your way. The spectacular Saturn Neptune conjunction in your sign on the 20th truly represents dynamic new beginning. Success comes through community projects.

## TAURUS

(APRIL 21 - MAY 21)

February opens up some brilliant opportunities and ideas for you to further your career and status. The Aquarian new moon and the start of the Fire Horse year on the 17th are particularly auspicious. The cosmic message this month encourages you to trust in your intuition and have the courage to leave the past behind and welcome any innovative and creative change that comes your way.

## GEMINI

(MAY 22 - JUNE 21)

February suggests that your plans for further education and travel will need some reviewing. Take some time to really examine how you feel about where your life is right now, your heart may tell you that you are ready for some major adventures. The pioneering Aquarian new moon and the start of the auspicious Fire Horse year on the 17th both ensure positive outcomes.

## CANCER

(JUNE 22 - JULY 22)

The first part of February offers you a great deal of energy as the accumulation of planets in your financial and resource sector invite a review. The auspicious Leo full moon on the 1st suggest some creative solutions will suddenly appear out of nowhere. Saturn and Neptune arriving at the highest point of your solar chart on the 20th indicate major change on the career and status front.

## LEO

(JULY 23 - AUGUST 23)

The Sun and Pluto are strong in your opposite sign during February, and the new moon in your sign on the 1st suggests that this is a great month for making those creative changes that you have been pondering over for some time. The Aquarian new moon and the start of the Fire Horse year on the 17th offers dynamic planetary energy for drive and vitality to follow your passion.

## VIRGO

(AUGUST 24 - SEPTEMBER 22)

February offers some big changes in the health and fitness sector of your chart; be on the lookout for some important new information related to your plans. The Aquarian new moon on the 17th is a turning point helping you to reach a positive outcome, perhaps it's time to stand on your own feet and make your own decisions - be mindful and trust your intuition.

## LIBRA

(SEPTEMBER 23 - OCTOBER 23)

New and exciting creative opportunities are suggested during February as five planets occupy this pivotal sector of your chart. Romantic encounters are also in strong focus, particularly around the time of the powerful Aquarian new moon on the 17th. The dynamic Fire Horse year begins and partnerships could take on a much more passionate aspect.

## SCORPIO

(OCTOBER 24 - NOVEMBER 22)

February shines a spotlight on your domestic area and puts you in a rather assertive mood as you strive to take on a more independent approach to your work life balance. The Saturn Neptune conjunction highlights how you operate, suggesting that renewed insight helps you to remain positive. The Aquarian new moon on the 17th offers some radical change.

## SAGITTARIUS

(NOVEMBER 23 - DECEMBER 21)

Five planets in your communication sector all suggest an active and very positive start to this month. With your enhanced resourcefulness it's a good time to make some major decisions concerning your goals for 2026. The exciting Aquarian new moon on the 17th highlights all types of communication and gives you extra powers of persuasion and insight.

## CAPRICORN

(DECEMBER 22 - JANUARY 20)

Five planets in Aquarius in your financial area ensure that this could be a breakthrough month. Your practical organisational skills will help define and manifest a positive way forward. Confident thinking is the answer and the exciting Aquarian new moon and the start of the Chinese New Year on the 17th looks set to bring some great opportunities your way.

## AQUARIUS

(JANUARY 21 - FEBRUARY 18)

February is your birthday month and the favourable and dynamic new moon in your sign on the 17th ensures that positive change is not far off. The year of the Fire Horse is also offering exciting new beginnings. This is truly an inspirational month, bursting with new ideas and the opportunity to act on them. Your intuitive nature should ensure that you make the right decisions.

## PISCES

(FEBRUARY 19 - MARCH 20)

Saturn and Neptune both leave your sign for good this month signalling that exciting new beginnings are eminent. Lucky Jupiter shines brightly in Cancer, highlighting love, romance and renewed connections. Your powers of communication are looking favourable, pushing you to take full advantage of this chance to usher in a whole new era of confidence and success.

*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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64 Hardwick Field Lane CV34 6LN  
**01926 402860**

**The Racehorse** *Gastropub*  
34 Stratford Rd CV34 6AS  
**01926496705**

**Shakespeare Fish Bar** *Fish & Chips*  
28 Shakespeare Avenue CV34 6JR  
**01926 257003**

**Panda House** *Chinese Takeaway*  
36 Shakespeare Avenue CV34 6JR  
**01926 741004**

**The Chip Shed** *Fish & Chips*  
24 West Street CV34 6AN  
**01926 498014**

**PawPaw** *Chinese Takeaway*  
40 West Street CV34 6AN  
**01926 492886**

**The Globe** *Hotel Restaurant*  
10 Theatre Street CV34 4DP  
**01926 479100**

**The Rose & Crown** *Gastropub*  
30 Market Place CV34 4SH  
**01926 411117**

**The Eagle** *Bar*  
3 The Holloway CV34 4SJ  
**07765 896155**

**Market Place Pantry** *Café*  
26 Market Place CV34 4SJ  
**01926 400580**

**The Thomas Lloyd** *Pub*  
3-7 Market Place CV34 4SA  
**01926 475690**

**The Square Warwick** *Bar*  
9A Market Place CV34 4SA  
**01926 730550**

**Tilted Wig** *Gastropub*  
11 Market Place CV34 4SA  
**01926400110**

**The Tuckery** *Café*  
21 Market Place CV34 4SA  
**01926 492171**

**Wylie's Tearoom** *Tea Room*  
66A Market Place CV34 4SD  
**01926 490448**

**Dough and Brew** *Pizza*  
45 Brook Street CV34 4BL  
**01926 401111**

**Apple Tree Tearooms** *Tea Room*  
5A Old Square, CV34 4RA  
**01926 289365**

**Bread & Co** *Café*  
60 Smith Street CV34 4HU  
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**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*  
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**Coffee#1** *Warwick Café*  
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**Il Piccolinos** *Italian*  
31 Smith St, CV34 4JA  
**01926 491020**

**The Roebuck Inn** *Pub*  
57 Smith St, CV34 4HU  
**01926 494900**

**The Antelope Inn** *Pub*  
93 Sailsford, CV34 4TU  
**07852787692**

**The New Bowling**  
**Green Pub**  
13 St Nicholas Church St, CV34 4JD  
**01926411470**

**Domino's Pizza** *Pizza*  
21 St Johns, Coventry Rd, CV34 4NE  
**01926 411003**

**The Oak Pub**  
27 Coten End, CV34 4NT  
**01926 493774**

**Pastelaria Portuguesa** *Bakery / Café*  
57 Coten End, CV34 4NU  
**01926 475871**

**The Black Pug** *Pub*  
69 Coten End, CV34 4NU  
**01926 730496**

**The Railway Inn** *Pub*  
55 Guy St, CV34 4LW  
**07852787692**

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27 Lakin Rd, CV34 5BU  
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**The Elephant & Castle** *Pub*  
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**The Saxon Mill** *Gastro Pub*  
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**01926 492255**

**The Old Post Office** *Pub*  
12 West Street CV34 6AN  
**07717140834**

**Chopsticks** *Chinese*  
19-21 Smith Street CV34 4JA  
**01926 479188**

**St. John's Fish Bar** *Fish & Chips*  
31 St Johns CV34 4NE  
**01926 493727**

**Great Wall** *Chinese Takeaway*  
65 Coten End CV34 4NU  
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# The Colour of Money

The paint colours that help sell your house... versus the ones that probably don't!

The world of estate agency is a useful guide in how to present a house at its most desirable. Flowers, mood lighting, elegant, classic décor and the smell of freshly baked cookies wafting through. In other words, home. So, if you're wanting to sell a property that requires a lick of paint, think carefully about the palette.

## THE BEST

### Neutral tones

Shades such as white, beige, light grey and taupe are universally appealing. They make spaces look larger, brighter, and allow potential buyers to envision their own furniture and style in the home. This is the no-brainer option, offering maximum neutrality to spark their imagination. However, this can feel ubiquitous in a flooded market.

### Soft blues

Light blue tones, especially in bathrooms and bedrooms, are calming, often associated with cleanliness and tranquillity. The key is to keep it subtle and avoiding anything too kitsch such as maritime themes and seashell toilet seats.

### Greens

Subtle greens essentially bring the outside in. This is particularly effective in urban areas where nature is scarce, and a rich olive shade or leafy hue can create a calming atmosphere. You can also add plants to offer that living element of colour.

### Off-White

While you don't want to be that person obsessing between 'polar bear' and 'frost', off-white shades really do add warmth without being too imposing, creating a homely yet stylish mood. It's also worth investing in good quality paint with a high percentage of pigments and binders for key areas such as hallways and lounges.

## THE WORST

### Bold or dark colours

Deep reds, purples and dark browns can make rooms feel small, gloomy or overly personalised, which may turn off buyers. The key is to create a sunny, calm and welcoming space.

### Bright colours

Vivid oranges, yellows or greens might overpower a space and make it difficult for viewers to imagine the home as their own. Also, buyers may be reluctant to pay the maximum for somewhere they need to do a costly repaint job, so tone it down.

### Unusual colours

Strong pinks, bright blues or quirky accent walls can be a distraction and very off-putting for the average buyer. Remember, the point is not to present your personality, it's to appeal to the broadest market possible. So back off and embrace your most conventional side, because you can unleash the real you onto your next home.

### Black

Why not just leave the chalk body outline and pentagram drawing on the floor? In other words, no. Just no.



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### INGREDIENTS:

#### Ginger chicken

500g chicken, cut into small bite-sized chunks

Thum-sized piece of ginger, grated

3 spring onions, thinly sliced

Zest and juice of 1-2 limes

2 tbsps brown sugar

1 - 1/2 tsp salt

1 tbsp olive oil or avocado oil

2 - 3 cloves garlic, minced

50g chopped roasted peanuts (dry roasted are great)

20g coriander

Pak choi

#### Coconut Rice

250-300g Jasmine rice

1 tin coconut milk

### METHOD

In an oven-proof dish (either non-metallic or stainless steel), mix the chicken with the ginger, half the spring onions, lime zest, brown sugar, salt, and oil. Marinate for 2 hours.

#### For fluffy coconut rice

Wash the rice until the water is quite clear, to remove the starch. This is important because coconut milk is thicker than water, so without washing, the rice will be gluey. Then let the rice soak for an hour.

Preheat the oven to 200°C/ 180°C fan / Gas 4. In a large oven proof saucepan combine the can of coconut milk with a can of water and bring the mixture to the boil. Then add the rice. Cover with foil and bake, for 40 minutes. Oven-cooking allows the rice to steam without scorching the base of the pot. After 40 minutes, remove the pan from the oven and leave to rest for 15 minutes. The rice will absorb any remaining moisture and become fluffy.

#### The ginger chicken

Heat a large frying pan or wok to medium-high heat. Add the marinated chicken to the pan (split it into 2-3 batches depending on the size of your wok). Don't stir the chicken too much, to allow it to develop a caramelised surface.

When all the chicken is cooked and caramelised, reduce the heat slightly and add the peanuts and garlic. Sauté for 3-5 minutes until the garlic is fragrant.

Add the coriander, the remainder of the spring onions, and the pak choi. Squeeze lime juice into the pan and season with more salt and pepper as needed.



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