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A Note

From the Editor

Welcome to our August/September edition.

August is the month to relax, enjoy life and, for once, be a little lazy. In fact, August 10th is National Lazy Day here in the UK when we are encouraged to take life a little easier for one day, to skip cooking and treat ourselves to a meal delivered to our door, to pamper ourselves, perhaps with a spa day or even a relaxing bath to unwind, or to just generally disconnect from modern life by turning off electronic devices and social media to truly relax.

Many of us will enjoy a holiday away this month and those who are staying at home can enjoy the holiday feel in the garden, the park or a local beach. And by staying at home, you can avoid the crowds or traffic and choose to enjoy dining alfresco by way of a picnic or barbecue or sitting outside a delightful local café savouring a fresh scone with some seasonal blackberry jam on top, or in the beer garden of a beloved country pub with a cool drink just enjoying the month.

September is the month when many go back to school, to college, university or work after the long hot lazy days of summer. For those returning to school, this month is a busy one as new classes are attended and new subjects tried for the first time. September 8th is International Literacy Day, and, for young and old, on September 13th Roald Dahl Story Day!

Harvest festivals are taking place in village halls all across the country with gardeners proud to show off the fruit of the hard labour, while visitors can sample delicious afternoon teas, sandwiches, cakes, pastries and a cup of tea or glass of something cold and refreshing. Food festivals are also becoming more popular allowing visitors the chance to enjoy culinary celebrations featuring top chefs, street food and live entertainment.

Here is the date for your calendar:
31st August - Summer Bank Holiday;

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

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

Yours, Stonestrow Publications.

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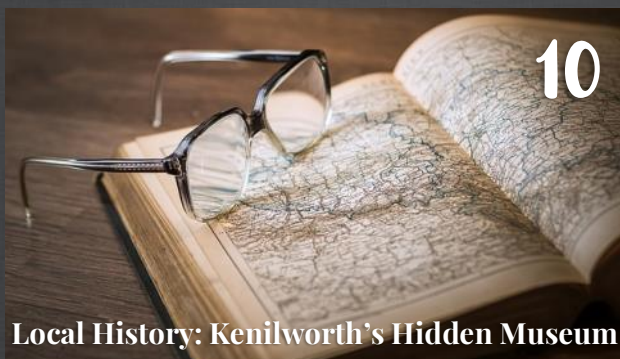
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Local History:



Kenilworth's Hidden Museum

Thousands of people visit Abbey Fields every year to enjoy the park, feed the ducks, visit the playground or explore the Abbey ruins. Yet many don't realise that one of those medieval buildings is open to the public as the Kenilworth Abbey Museum and Heritage Centre.

After a short delay to allow essential improvements to the building's electrical supply, the museum has now reopened for the summer and is ready to welcome visitors once again.

Run entirely by volunteers from the Kenilworth History and Archaeology Society (KHAS), the museum tells the story of Kenilworth from the Bronze Age to the present day. Its displays include archaeological discoveries, local industries, farming, transport, schools, wartime life and the people who have shaped the town over the centuries.

There is something of interest to visitors of all ages. Children can enjoy discovering unusual objects from the past and complete quizzes, while adults often find themselves reminiscing about everyday items they remember from their own childhood.

Downstairs, the display narrates the history of Kenilworth Priory, later to become Kenilworth Abbey, while upstairs showcases local history. Many exhibits and photographs have been donated by local families, making the museum a compelling chronicle of Kenilworth's heritage and community.

The museum occupies one of Kenilworth's most remarkable historic buildings. The Abbey "Barn" is not simply beside the Abbey ruins—it is part of them. Dating from the 14th century, it is one of the few surviving buildings from the medieval Abbey and offers visitors the chance to step inside a genuine piece of Kenilworth's monastic past before exploring the collections.

Entry is free, although donations are always appreciated to help us care for the collections and create new displays. Friendly volunteer stewards are always on hand to answer questions and share stories about Kenilworth's rich and varied history.

The Abbey Museum is open every Sunday and Bank Holiday Monday from 2.30 pm to 4.30 pm between April and September, and also takes part in Heritage Open Days. The Society is also pleased to welcome pre-booked visits from schools, local organisations and community groups.

If it's been a while since your last visit, or maybe you've always wanted to come, why not stop by one Sunday afternoon? It's free to enter, and you'll be greeted with a warm smile. You might just uncover some fascinating gems of Kenilworth's history that you never knew existed!



Kenilworth History & Archaeology Society

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Exercise looks different at every stage of life. The good news? Staying active is not about pushing harder as we age - it is about adapting smarter.

Ageing changes the body, but it does not have to mean slowing down completely. In fact, health experts consistently point to regular movement as one of the biggest factors in maintaining quality of life long-term.

According to NHS guidance, adults should aim for at least 150 minutes of moderate exercise each week, yet millions of Britons still fall short of that target.

The challenge is not necessarily motivation. Often, it is knowing what kind of exercise works best at different stages of life. So let's have a look:

Twenties: Experiment and explore

For many people, their twenties are the decade of physical freedom. Energy levels tend to be higher, recovery is faster, and there is often more opportunity to explore different sports and routines.

It is an ideal time to build healthy habits and discover forms of exercise that are genuinely enjoyable rather than purely functional. Team sports, running clubs, climbing, swimming, cycling and gym-based training all offer both physical and social benefits.

Thirties: Building strength and balance

By the thirties, the body gradually begins to change. Studies suggest adults can start losing muscle mass from around their thirties onward if strength training is neglected. Metabolism may also slow slightly, making movement and recovery increasingly important.

This is why many experts recommend incorporating resistance training into weekly routines, even in small amounts. Strength work supports muscle retention, posture and long-term mobility.



Forties: Investing in future health

The forties are often viewed as a key decade for preventative health. Cardiovascular fitness becomes increasingly important, particularly as risks linked to heart health, weight gain and blood pressure can begin to rise with age. Activities such as brisk walking, jogging, cycling and hiking help support heart health while remaining manageable long-term.

Bone density also becomes a greater consideration, especially for women. Weight-bearing exercise and moderate strength training can help maintain both balance and overall strength later in life.

Fifties: Staying mobile and engaged

By 50, many people begin rethinking fitness less as competition and more as lifestyle. Activities such as tennis, dancing, golf, hiking and swimming can provide both movement and enjoyment, helping exercise remain sustainable and social. Flexibility and mobility also become increasingly important, with Pilates, stretching and yoga helping maintain joint movement and posture.

Sixties and beyond: Movement matters more than ever

Exercise remains hugely important later in life. Research increasingly links regular activity with improved mobility, better mental wellbeing and reduced risk of conditions associated with ageing.

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Q&A with your local councillor

Richard Dickson

What support is available for families struggling with rising living costs?

It is true that, on average, disposable income and household wealth is higher than many parts of Warwickshire. But I know from casework and doorstep chats that there are pockets of financial hardship in the town and in a way these are worse than elsewhere because they're masked by the town's apparent comfort and relative affluence. At Town Council we have continued with an annual grant to support the work done by Citizens Advice helping local residents with issues arising from cost of living problems. At the County Council Lib Dems have also led recent calls for a Cost of Living Summit which had resulted in the crisis and resilience scheme set out at www.costoflivingwarwickshire.co.uk/. At the District Council help can be found at www.warwickdc.gov.uk/info/20845/cost_of_living_support

What is your long-term vision for making fast growing Kenilworth feel like a stronger, more connected community?

When my family came to Kenilworth 35 years ago, and even until recently, Kenilworth was seen as 'the best kept secret in Warwickshire'. What's more local leadership wanted it kept the best secret. Now it's beginning to be seen as a great place to live, learn, work and visit. A place where its people are creative, practically and artistically. A place where we cherish our community, being friendly and supportive to our neighbours and to strangers in equal measure, where people step up to get things done for the better. A place where we celebrate our multiple cultures and value our difference. These are the three elements of the vision for Kenilworth, and it's a journey not a destination.

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

The short answer is not enough. Because the golden rule has been broken by previous leaders. We need to get back to a place where the next generation can be confident of being better off - financially, culturally; educationally; health wise and security-wise - than the previous generation. Thankfully Kenilworth's community groups, who the council support,

do a great job eg at the Kenilworth Centre, the sports clubs, the uniformed organisations and the theatres. The Town Council is also supporting new skateboard facilities at Castle Farm and the creation of a new Kenilworth Youth Council. The latter is especially important because it's young people who'll own it, run it and make it succeed. This is the difference between doing things WITH young people rather than FOR or TO them.

What projects have delivered real improvements for the community in the last two years?

In the past two years, not enough! The new secondary school and the new leisure centre now both more than two years' old. They're valuable additions, but we're still learning how best to maximise their benefit for the community as well as resolve the traffic problems. The new Castle Farm play area has rapidly become a destination of choice and commercially The Dictum of Kenilworth has been a great addition.

What measurable improvements should residents expect in the next 12 months?

Hopefully by the end of summer 2027 there'll be less disruption on Dalehouse Lane from HS2 works and both of the new swimming pools will be proving very attractive for residents and visitors alike. We need to improve the local bus and train services and resolve the road safety issues on Leamington Road. And for families living with Special Educational Needs, completion of the long-delayed new facilities at St John's Primary School will be in sight. Resolving the new Local Plan issues will be vital and the prospects here are looking very challenging. All of these things will require existing and new locally elected representatives to be advocating strongly for Kenilworth as a community. It's a privilege and a serious responsibility to do so.





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Alvis: the car maker that refuses to die

The postman's just been, and in among them is a pile of model cars – I really must stop browsing auction sites! In this set, however, is an Alvis TD21 in metallic blue – it really is lovely.

As ever, that started bringing back memories. I'd always loved the shape of this car since seeing the Coventry Transport Museum's TE21 when they still occupied space in the Herbert Art Gallery (how to age myself!). There weren't many cars there but, to this young child's eyes, the sleek elegance was captivating, and I wanted one.

A proud Coventry manufacturer

I'm not alone in that, of course. Alvis, a proud Coventry manufacturer, had been in the business of producing top quality automobiles since the 1920s, having been formed in 1919. They moved to Holyhead Road, Coventry, and built up an enviable reputation for fast, quality, and stylish tourers. The war saw their factory bombed, but car production resumed after the war. Focus was more on the aircraft and military side of its business however and, after a takeover by Rover in the mid 1960s, car production halted soon after. I remember being driven past Baginton airfield, seeing the famous red triangle Alvis badge on one of the buildings, and wondering if car production would ever start again. Ah, the fantasies of youth... or maybe not.

For this is not the end of the story. In 1968 a management buyout saw a relocation to Kenilworth, along with the complete stock of spares, the car records (all 22,000 of them), and over 50,000 works drawings, technical data sheets and correspondence files. The company was called Red Triangle in honour of that famous Alvis badge, and they ensured support

was forthcoming for Alvis car owners from that point on.

Built in Kenilworth

Furthermore, the Alvis Car Company (sister company to Red Triangle) announced in 2010 that the 4.3 litre model would be resurrected, in a 'continuation' series to note the over 70 year gap between its 'final' production and resurrection. 'New' models have continued aplenty, with the Graber Super Coupe announced just recently, and further models expected.

It seems, then, that I'm not alone in finding that style timeless. While I might have to make do with a model of the car rather than the real thing, the aesthetic still holds, the craftsmanship is still top quality, and it shows that in all manner of ways Coventry and Warwickshire, Britain's motor manufacturing centre for so many years, can still turn out products that are desirable, and show that its heritage has a place in the modern world.

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Thinking of improving your home? Some projects can significantly increase a property's appeal and market value, while others may cost far more than they return.

Before reaching for the toolbox, it pays to know where your money is likely to make the biggest impact.

Property values are influenced by many factors, but well-chosen improvements can make a home more attractive to both buyers and valuers. Whether you're planning to sell soon or simply investing for the future, some upgrades consistently deliver better returns than others.

1. A modern kitchen, for instance, remains one of the strongest investments. Often described as the heart of the home, a bright, practical kitchen can dramatically improve first impressions. This doesn't necessarily mean spending tens of thousands of pounds. New worktops, cabinet doors and lighting can sometimes achieve excellent results without a complete overhaul.

2. Bathrooms are another area buyers scrutinise closely. Fresh tiling, modern fixtures and improved ventilation can transform a tired room into a major selling point. Even relatively modest upgrades can create a more contemporary feel.

3. Energy efficiency has become increasingly important. Better insulation, double glazing, efficient boilers and renewable technologies can help reduce running costs while making a property more appealing to environmentally

conscious buyers. Energy Performance Certificate ratings are attracting more attention than ever before.

4. Kerb appeal should never be overlooked. First impressions matter, and simple improvements such as repainting exterior surfaces, replacing worn fencing, tidying gardens and upgrading pathways can instantly enhance a home's appearance.

5. Additional living space can also add considerable value. Converting a loft, garage or underused room often provides more practical square footage without the cost and disruption of moving house.

6. Gardens deserve attention too. Attractive outdoor spaces became highly desirable in recent years, with buyers increasingly looking for areas suitable for relaxing, entertaining and family life.

Naturally, before undertaking any major project, seek professional advice and obtain multiple quotations. Local builders, tradespeople and property experts can often identify the improvements most likely to deliver value in your particular area, and when it comes to making changes that truly add up, it's often worth getting the professionals in rather than trying to remodel things yourself.

Ultimately, when planned carefully, home improvements can enhance both daily life and long-term financial prospects, whether you're staying put or looking to cash in.

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Restaurants & Takeaways

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Le Raj Spice <i>Bangladeshi, Indian</i>	01926 859 774	Alfie Grimshaw <i>Fish & Chips</i>	01926 855 326
85-87 Abbey End CV8 1QJ		94 Priory Road CV8 1LQ	
Sunam Balti House <i>Balti</i>	01926 863 073	Chips & Fishes <i>Fish & Chips</i>	
57 Abbey End CV8 1QJ		82 Roseland Road CV8 1GB	01926 853 782
Greens <i>Gastro Pub, British</i>	01926 512 529	Hong Kong Garden <i>Chinese Takeaway</i>	
33 Abbey End CV8 1QJ		6, Oaks Precinct, Caesar Rd CV8 1DP	01926 512 640
Forrest Coffee House <i>Café</i>	07792 474026	The Queen & Castle <i>Gastro Pub, English</i>	01926 852 661
1 The Square CV8 1EF		Castle Green CV8 1ND	
Coffee on the Corner <i>Café</i>	07415 650314	Harringtons On The Hill <i>Gastro Pub, European</i>	01926 852 074
16 Warwick Rd, Kenilworth CV8 1HE		42 Castle Hill CV8 1NB	
Thai Kitchen <i>Thai</i>	01926 853 963	Time for Tea <i>Café</i>	01926 957 991
43 Station Rd CV8 1JD		40 Castle Hill CV8 1NB	
Ego <i>Mediterranean</i>	01926 864 463	Clarendon Arms <i>Gastro Pub</i>	01926 852 017
29 The Square CV8 1EF		44 Castle Hill CV8 1NB	
Nur Nur Paradise <i>Thai</i>	01926 962 804	The Abbey Field <i>Gastropub</i>	
11 Warwick Rd CV8 1HD		Clarendon House Hotel, 6 High St, CV8 1LZ	01926 515 450
The Rocking Horse Coffee Shop <i>Café</i>	01926 856 413	The Famous Virgins & Castle <i>British</i>	01926 853 737
22 Talisman Square CV8 1JB		7 High Street CV8 1LY	
My Creek Station <i>Coffee Shop, Greek</i>		Kenilworth Cantonese <i>Chinese Takeaway</i>	01926 863 390
6 Miller Court, Station Rd CV8 1JD		2 High Street CV8 1LZ	
Ale Rooms <i>Bar</i>	01926 854585	The Cross <i>British</i>	01926 853 840
7 Smalley Place CV8 1QG		16 New Street CV8 2EZ	
Sonali <i>Indian Takeaway</i>	01926 856300	School Lane Fish & Chip Shop <i>Fish & Chips</i>	01926 859 490
33 Warwick Road CV8 1HN		101 School Lane CV8 1GT	
Indian Edge <i>Indian</i>	01926 850 100	The Royal Oak Pub <i>British</i>	01926 856906
50 Warwick Rd CV8 1HH		36 New Street CV8 2EZ	
Raffles Restaurant <i>Malaysian</i>	01926 864300	Engine <i>Pub</i>	01926 853 341
149 Warwick Road CV8 1HY		8 Mill End CV8 2HP	
The Green Man <i>Gastro Pub, British</i>	01926 863 061	The Wyandotte Inn <i>Pub</i>	01926 856 167
168 Warwick Road CV8 1HS		4 Stoneleigh Road CV8 2GD	
The Ark <i>Indian</i>	01926 857 373	The Tiltyard <i>British</i>	01926 851 523
29 The Square, CV8 1EF		25 Leyes Lane CV8 2DE	
Tai Pan <i>Chinese Takeaway</i>	01926 512 904	Domino's Pizza <i>Pizza Takeaway</i>	01926 856 888
96 Warwick Road CV8 1HL		37 Leyes Lane CV8 1DE	
The Full House <i>Chinese</i>	01926 864 028	The Clock Tower <i>Café</i>	01926 855 957
86 Warwick Road CV8 1HL		212 Abbey End, Kenilworth CV8 1ED	
Bear & Ragged Staff <i>Gastro Pub, British</i>	01926 857 980	La Ari <i>Italian Deli & Café</i>	07392 339579
68 Warwick Rd CV8 1HH		4 Warwick Road CV8 1HB	
Mulan <i>Chinese</i>	01926 851 108	Ardens <i>Café</i>	02476 422 422
78 Priory Rd CV8 1LQ		17 Talisman Square CV8 1JB	
Raku 57 <i>Japanese Restaurant</i>	01926 699 573	Amante Del Cibo <i>Pizza</i>	07514 133 944
57 Warwick Road CV8 1HN		72 Whitemoor Road CV8 2BP	
The Creative Café <i>Café</i>		The Station House <i>Bar</i>	01926 852 300
15 High Street CV8 1LY		48 Station Road CV8 1JD	
The Vynes of Kenilworth <i>Wine bar, European</i>	01926 257690	Charlotte's <i>French Café</i>	01926 895120
16 High Street, Kenilworth, CV8 1LZ		18-20 Warwick Rd CV8 1HE	
Morning Sunshine <i>Café</i>		Starlight Kebab <i>Turkish</i>	01926 290 755
48 The Square CV8 1EB		72 Warwick Rd CV8 1HH	
The Pitt Stop <i>Mobile Baked Potato</i>	07450 962 224	Fossato Lounge <i>Café Bar</i>	
Station Road CV8 1JD		1 Abbey End CV8 1QH	
Captain's Chippy <i>Fish & Chips</i>	01926 893251		
68 Whitemoor Rd CV8 2BP			

Roasted Duck Breast with Plum Sauce

INGREDIENTS:

2 Duck Breasts
1 Sprig of Thyme
1 Star Anise
25g Butter

PLUM SAUCE

1 Shallot, finely chopped
1 tbsp Olive Oil
250g Dark Red Plums, halved, stoned and cut into small wedges
50g Demerara Sugar
50ml Red Wine
300ml Beef Stock

METHOD

Step 1

For the sauce, fry the shallot in the oil for 5 mins or until softened but not coloured. Add the plums and sugar, stirring for a few mins until the sugar has dissolved. Add the red wine and stock, then simmer for about 15 mins, stirring occasionally, until softened and slightly thickened. Keep warm or leave at room temperature for up to a day before reheating to serve.

Step 2

Meanwhile, heat the oven to 180C/ 160C fan/gas 4. Score the skin of the duck breasts with a sharp knife and season well with salt and pepper. Heat a non-stick frying pan and place the duck breasts in, skin-side down. Fry for 6-7 mins, then turn and add the thyme, star anise and butter. Allow this to melt, basting the duck with the juices, then transfer everything to a small roasting tin and finish in the oven for 5-6 mins for pink or 10-12 mins for well done.

Step 3

When the duck is ready, baste again with the juices, then rest for 5 mins while you finish everything else.

Step 4

To serve, thinly slice each duck breast on a chopping board. Arrange on each plate along with a spoon of the Creamed potatoes, some of the plum sauce and the Buttered spinach.

RECIPE TIPS

Creamed Potatoes

Quarter 450g Maris Piper potatoes and boil in salted water for 20-25 mins until cooked. Drain well, return to pan and mash, gradually adding 50g butter, 50ml double cream and 50ml milk as you do. Season.

Buttered Spinach

Wash 250g spinach leaves in a colander. Throw into a big pan with a knob of butter and some seasoning, then wilt for 1 min, stirring.



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

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Town Clerk Miss Maggie Field	01926 859 155
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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

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The Kenilworth Centre	01926 855 205
Kenilworth Library	0300 555 8171
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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 www.kenilworthartsociety.weebly.com kenilworthartsociety@gmail.com; 01926 855470

Kenilworth History and Archaeology Society

Date: second Monday of each month / Time: 7.45pm / Venue: Senior Citizens' Club, Abbey End, Kenilworth CV8 1QJ
We hold nine Open Meetings per year with guest speakers on a range of historical subjects, non-members are welcome for a donation of £2. We also hold three members only meetings per year. Full details of our programme and how to join the society can be found on our website www.khas.co.uk and on our Facebook page. The ethos of the society is to research the history of the town and make the results available to its residents.

Warwickshire Vision Support Centre

Date: 2nd Friday of each month / Time: 9.30am - 11.30am / Venue: Kenilworth Senior Citizens Club, Abbey End CV8 1LG
Warwickshire Vision Support are a local charity that supports people living with sight loss in Warwickshire. [www.warwickshire.vision/](http://www.warwickshire.vision/enquiries@warwickshire.vision/) enquiries@warwickshire.vision / 01926 411331

Rapport Social Group

Rapport is a non profit making, social group for unattached adults age 50+ on their own and would like to meet new friends. We have a varied monthly programme of hosted events, including coffee mornings, lunches and evening meals, cinema, theatre and National Trust visits, day trips, walks and pub nights. For more information contact Jenny Brown on 07725 094123

Coventry And Warwickshire Retired Engineers

Date: third Thursday of most months / Time: 10:30 -11AM / Venue: Dunchurch Village Hall CV22 6PN
All events are open to the general public. www.retiredengineers.net 01926 490 456

A Walking Football Group

We meet twice a week, Tuesdays 11.00am and Thursdays 13.15pm at a superb local venue near Warwick University, for exercise, recreation, socializing and a laugh on an outside astro turf

pitch. All Adults welcome. For further info contact 07941491488.

Men Walking and Talking

Date: every Thursday / Time: 7pm / Venue: Abbey Fields Car Park
A weekly walking group has been launched in Kenilworth aimed at supporting men's mental health. Set up by local resident Mark Taylor, the group was started earlier this year as the tenth branch of the Men Walking and Talking Group - which was launched during the pandemic. To join please visit their Facebook page: Men Walking and Talking or contact Mark: menwalkingandtalking@outlook.com

Independent South Warwickshire NHS Retirement Fellowship

Date: every 2nd Wednesday / Time: 10am - 12pm / Venue: All Saints Church Hall, All Saints Road, Warwick CV34 5NJ
We have speakers, trips out, quizzes and much more, why not give us a try. Contact Jackie Shaw 01926 492361.

Kenilworth Over 30 Swimming Club

Date: Every Sunday / Time: 8am - 8.55am / Venue: Newbold Comyn, Newbold Terrace East, Leamington Spa, CV32 4EW
We swim at Newbold Comyn whilst the Abbey Fields facility is being rebuilt. Only two members in each of the reserved four lanes to date - new members are welcome (£12.50 a month subscription) a great way to start your day! Please contact Simon: simonmorton8@yahoo.co.uk for more details or a trial swim.

Coventry And Warwickshire Schools Liaison Community

We have speakers on many hot topics and careers. Also activity kits we lend to schools and clubs, all free of charge. www.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 Probud Club No 2

Date: 2nd Tuesday of the month / Time: 10.30am / Venue: Clarendon Arms, 44 Castle Hill CV34 1NB Kenilworth Probud Club No 2. Is a club for retired and semi-retired men. Just come along or email: KPC2Contact@gmail.com Web: www.kenilworthprobud2.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 17th September Explorer Harry Wilson takes us on an interesting journey into North India & Western Tibet, with some amazing photos. On 15th October Successful Author Neil Hanson regales us with the hilarious quirks & foibles of running the highest pub in Britain in the 1970s & 1980s. 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 cwib.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

SummerFest

Date: 9th August / Time: 10am - 5am / Venue: Parade, Royal Leamington Spa, Warwickshire, CV32 4BL
Step into our mini pop-up beach, complete with buckets, spades, and sand for the little ones, creating the ultimate family-friendly vibe. Treat yourself to delicious ice creams, sweet treats, and summer snacks while exploring a host of sea-themed activities and entertainment designed to delight visitors of all ages. From live performances to interactive attractions, there's something for everyone. At the heart of the festival, discover a giant artisan market showcasing the best local makers, artists, and producers. Browse unique handcrafted gifts, captivating arts and crafts, and indulge in fresh, locally sourced produce celebrating the very best of the season.

The BIG Summer Market

Date: 31st August / Time: 11am - 4pm / Venue: Warwick Town Centre, Market Place, Warwick, CV34 4SA
We're excited to showcase a fantastic mix of arts, crafts, and locally-produced goodies - from handmade treasures to unique artwork, there's something special for everyone. Discover the talents of our local artisans and take home a one-of-a-kind find. Hungry? Our street food area has you covered! Savour a mouthwatering range of flavours - from spicy Indian street food to indulgent desserts. Fun for the little ones! Enjoy face painting and rides. There's so much to keep the kids entertained.

Leamington Food and Drink Festival

Date: 12th, 13th September / 10am - 6pm / Venue: Pump Room Gardens, Leamington Spa
The popular Leamington Food and Drink Festival is back. Come and enjoy a tasty treat or watch some cookery demonstrations at the Leamington Food and Drink Festival, along with live music and an array of stalls, it makes a great day 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@stonestrowpublications.co.uk

Horoscopes: August



ARIES

(MARCH 21 - APRIL 20)

Warrior planet Mars, your ruler, is strong in Gemini in your communication area, indicating that some ingenious and inspirational ideas are coming your way. Be prepared, your life could take on a totally different path. The powerful Leo solar eclipse on the 12th highlights all aspects of your relationships, Leo is the sign of love affairs and extreme joy – be open to some wonderful experiences!

TAURUS

(APRIL 21 - MAY 21)

August is a power packed month as dynamic Mars in Gemini stirs up your financial sector; you'll have the courage to make some major changes and possibly take some risks that will put you in a much better position. The Leo eclipse on the 12th falls in your home and family sector, be prepared as the cosmos is suggesting some radical transformation concerning family members.

GEMINI

(MAY 22 - JUNE 21)

Power packed Mars remains in your sign until the 11th, make the most of this auspicious time by restructuring the way you plan and think and be sure to remain open to exciting opportunities that will present themselves. The powerful Leo new moon eclipse on the 12th offers some excellent creative ideas, take time to think things through and plan your future.

CANCER

(JUNE 22 - JULY 22)

During August the radiant Leo Sun suggests that creative money making schemes are at an all-time high, particularly around the Leo new moon eclipse on the 12th. Venus arrives in Libra on the 7th energising your home and family sector with practical and creative new concepts. Mars arrives in your sign on the 11th, this unique energy leaves you feeling successful and prosperous.

LEO

(JULY 23 - AUGUST 23)

August is always your special time and this year Jupiter and the solar eclipse both work together as a cosmic power boost making it especially action packed. Your energy and enthusiasm will be at an all-time high as new friendships and group endeavours are particularly favoured. The new moon on the 28th offers a turning point, encouraging you to take up the challenge on an important project

VIRGO

(AUGUST 24 - SEPTEMBER 22)

August offers a radical shake up in all matters concerning your goals, ambition and career prospects. Dynamic Mars and radical Uranus are suggesting that exciting new beginnings are evident. Venus arrives in your money sector on the 7th, indicating that some financial issues will come to the surface and need some careful consideration - and a practical solution!

LIBRA

(SEPTEMBER 23 - OCTOBER 23)

August draws you toward faraway travel, adventure and higher learning. Action planet Mars and radical Uranus in restless Gemini ensure that some exciting changes are about to take place. Jupiter in Leo and the powerful solar eclipse in courageous Leo on the 12th both point you in the direction of some exciting new friendships and group endeavours.

SCORPIO

(OCTOBER 24 - NOVEMBER 22)

The powerful Leo Solar eclipse and expansive Jupiter are highlighting your ambition and career sector, flagging up some important challenges that will need your undivided attention. Adjustments will need to be made so that you can move forward positively. Venus arrives in Libra on the 7th offering favourable new insight around any decisions that need to be made.

SAGITTARIUS

(NOVEMBER 23 - DECEMBER 21)

August is an optimistic time for Sagittarians as positive planetary activity is at its height. Abundant Jupiter, your ruler, is courageous and optimistic in Leo and the powerful solar eclipse on the 12th brings many things to a conclusion. Power planet Mars arrives in Cancer on the 11th, indicating that a financial issue will surface and offer the potential for positive change.

CAPRICORN

(DECEMBER 22 - JANUARY 20)

August brings some important personal issues to your attention as Mercury in your opposite sign of Cancer requests that you face facts both personally and professionally. Life seems to get much easier after love planet Venus arrives in Libra around the 7th and your intuition should flow nicely, particularly around the time of the Leo solar eclipse on the 12th.

AQUARIUS

(JANUARY 21 - FEBRUARY 18)

August is an important month for Aquarians, expansive Jupiter and the powerful solar eclipse are both in your opposite sign of Leo. All your relationships come to the forefront during this month as a variety of issues demand your attention. Uranus, your ruler, might be stirring up some trouble and you'll need to keep a clear head to avoid any arguments.

PISCES

(FEBRUARY 19 - MARCH 20)

Expansive Jupiter and the powerful Leo Sun light up your work sector as you start to explore some creative new ways of structuring your day and improving your earning potential. The new moon eclipse in your sign on the 28th emphasises your need to use your intuitive gifts. Mercury in sentimental Cancer suggests that good communication is vital, as any decisions made now will need your full attention.

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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