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# A Note

## From the Editor

Welcome to our April/May edition.

April is the month of warm spring sunshine, Easter holidays where families and friends gather, chocolate eggs, hot cross buns, long walks, spring flowers and St George's Day.

Egg hunts have been a beloved tradition in England since the reign of Queen Victoria and generations of children have delighted in the thrill of running around a garden or park in the hope that they might discover a treasured prize. Many stately homes are holding spring events this year which promise to be wonderful days out.

Spring gifts don't just have to be for children, adults will enjoy receiving some artisanal chocolates or treats, a bunch of flowers or spring plant or even the invitation for a walk to a local coffee shop for a friendly catch up.

May is a wonderfully comforting warm and sunny month here in England, and with the mild, light evenings many of us are dusting off our barbecues, strolling to the pub or local restaurant for a delicious meal or picnicking in the park and watching the birds nesting in trees that are fast filling with leaf. Nature is in full force now; spring flowers are in bloom and many of us are enjoying the feeling of a new start that fills us with optimism for the months ahead.

May is a very English month. There is nothing quite so English as listening to the thwack of leather on willow and polite clapping as local teams play a game of cricket before retiring to the clubhouse for tea or watching skilled crown green bowlers pit their skills against an opposing team in gentle but determined competition. All around mowers hum as lawns are trimmed, and radios play timeless Motown classics reminding us how lovely the month of May is.

Here are some dates for your calendar:  
3rd April - Good Friday (Bank Holiday);  
5th April - Easter Sunday; 6th April -  
Easter Monday (Bank Holiday); 23rd  
April - St. George's Day; 4th May - Early  
May Bank Holiday; 25th May - Spring  
Bank Holiday.

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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# Dementia Care focus

*With good advice, careful consideration and a person-centred approach choosing the right care for someone with dementia can help them live well.*

With almost a million people living with dementia in the UK, and that set to increase by around forty per cent by 2030 the condition is often referred to as the UK's biggest health and social care crisis. But with good care people suffering from dementia can live good lives.

## DEMENTIA

Dementia is a syndrome, a group of related symptoms, and it is mainly associated with the decline of certain brain functions which include memory loss, but also includes thinking speed, mood, movement, understanding and others. Alzheimer's disease is one of the most common types of dementia along with vascular dementia but there are numerous others.

## UNDERSTANDING THEIR NEEDS

Many people who suffer from dementia have complex needs, which range from the need to feel safe, to the need to take medication properly and regularly to the need to maintain their dignity and to maintain their selfhood. Any dementia care needs to focus on meeting these needs and any other needs that are specific to the individual.

## RESEARCH CARE OPTIONS

When considering care options family members need to undertake extensive research into what help is available. This can begin with support to live at home through to living in a care or nursing home. If you have been helping someone live independently or semi independently but as symptoms have worsened a needs assessment will be required from social services. Your local GP is a good place to begin this process and seek advice, guidance and support.

## EVALUATE FACILITIES AND SERVICES

Dementia sufferers have extensive needs but there is help out there. Care homes are assessed by the Care Quality Commission and the most recent report is a good place for families to access an initial assessment.



## LOCATION AND FACILITIES

The location of a care facility can have an impact on the ability of someone with dementia to live well, and being close to friends and family can have a massive impact on their health. However, because dementia requires higher levels of specialist care whether there is an appropriate care or nursing home with the facilities to care for people is also an important factor.

## CONSIDER COST AND FUNDING

The cost of caring for someone with dementia can be considerably higher than for those without it. There should be 24-hour cover, with specific trained staff who understand dementia and can create and implement a care plan to help your loved ones live well and be happy. This specialist care makes dementia care cost relatively high. There is financial assistance out there, but this is often means tested. Your local GP will be able to offer advice and put you in touch with care specialists to allow informed decision making.

Choosing the right care for your loved one involves many factors but if they are able, it should involve the person with dementia as much as possible so they can live their best life.



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# Spring energy dip



*Spring – it's the season that's meant to reinvigorate, revive... the time of the year when we come out of our collective shells and feel, well... better!*

*So what is the disconnect of the spring energy gap? And how can we find a way past it?*

## THE PROBLEM

The clocks have changed, daylight returns, gardens come back to life; yet for many people, April brings a surprising dip in energy rather than a lift. Tiredness lingers, motivation drops, and bodies feel heavier than they should after winter. It's a quiet contradiction that leaves many wondering why they feel flat just as the year seems to be waking up.

This disconnect has a name: the spring energy gap.

## THE BACKGROUND

It happens because our bodies don't switch seasons as quickly as the calendar does. After months of lower daylight, reduced movement and disrupted routines, many people emerge from winter running on depleted physical and mental reserves. Immune systems have worked harder, sleep patterns have drifted, and daily movement has often become more limited... all of which combine to leave energy stores low.

Vitamin D levels are one factor. Sunlight is our primary source of vitamin D, and by the end of winter, levels are often at their lowest. Low vitamin D has been linked to fatigue, low mood, muscle weakness and increased susceptibility to illness, and these are all common complaints in early spring.

Sleep is another hidden contributor. Brighter mornings and later evenings can quietly disrupt sleep cycles, particularly after the clocks change. People may go to bed at the same time but fall

into lighter, less restorative sleep, creating a cumulative energy drain that builds across weeks.

Movement also plays a role. Winter habits tend to involve more sitting and less spontaneous activity. Even those who exercise regularly may still experience stiffness, slower circulation and reduced flexibility after months of lower overall movement.

There is also mental fatigue to consider. Winter brings a steady background load of stress - shorter days, financial pressures, seasonal illness and social slowdown. By April, this low-grade strain hasn't yet lifted, even though the weather has improved.

## THE SOLUTION

The solution isn't a dramatic reset. In fact, extreme changes can deepen fatigue rather than resolve it. What works best are gentle, consistent adjustments. Morning daylight exposure – even 10 minutes outdoors – helps reset internal body clocks.

In addition, light daily movement improves circulation and joint comfort; while regular mealtimes support stable energy levels.

Hydration improves focus and reduces headaches while, finally, earlier bedtimes can repair sleep quality after the clock change.

Ultimately, the spring energy gap isn't a failure of motivation – it's a natural seasonal transition. Once bodies catch up with the calendar, energy usually returns quietly and steadily... often without people realising exactly when it happened.

Ultimately, April isn't about pushing harder - it's about allowing your body to rejoin the year at its own pace.

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# Affordable Luxury: Rethinking the Garden Room

Creating more space at home doesn't have to mean a costly extension. Across the West Midlands, garden rooms are becoming a smarter, more cost-effective way to add space, giving you something practical, flexible, and built to last.

## What Does 'Affordable' Really Mean?

When it comes to garden rooms, 'affordable' is often misunderstood, and many focus on the lowest upfront price. While a poorly built garden room may save you money initially, without proper insulation, professional installation or durable construction, it can become costly to maintain and repair, or even unusable in winter. Affordability is about long-term value, investing in a space you can use year-round, for years to come.

## An Easier Way to Create Space

Compared to traditional brick and mortar extensions, garden rooms are a hassle-free way to create extra space. Installation is faster, disruption is minimal, and the result is a room that can be used for work, hobbies or relaxation, just steps from home. From home offices and gyms to creative studios or entertainment spaces, garden cabins are being designed around how people actually live.

## Affordable Luxury, Without Compromise

For those looking to keep the cost of their garden room down, **Cabin Master's Studio Range** offers the solution. With set sizes and specifications, these ready-to-use buildings remove the need for a full bespoke design, helping to keep your new studio budget-friendly.



What doesn't change is the quality. The studio range is built with the same high standards and materials as bespoke cabins, **installed in as little as three days**. With prices starting from **£12,500**, it's an affordable way to create a luxury space.

## Designed Around You

Of course, **bespoke garden rooms** are an option for those wanting complete flexibility. From layout and glazing to internal paint colours and premium cladding options, a tailored design allows homeowners to create a space that fits their exact needs, whether for work, relaxation, or a bit of both.

## Built for Everyday Living

Modern garden rooms aren't just an add-on anymore. With full insulation and professional installation, they're designed to be used every day, in every season, just like any other room in your home. Done properly, a garden room doesn't just give you more space, it gives you a better way to use it.

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# How to save your pet from loneliness



Is your pet lonely? Find out by exploring the subtle signs that a lot of us miss.

They're fed, walked, stroked and adored, so how could your pet possibly be lonely?!

In truth, loneliness in pets is one of the most common and misunderstood behavioural issues vets and trainers see, and it often hides in plain sight.

Part of that is because it doesn't present itself in the same way as it does for us humans – after all, loneliness doesn't look like your dog staring sadly out of the window all day!

Instead, it looks like 'naughty' behaviour. It looks like a suddenly chewed shoe, an accident on the carpet, a cat that's gone aloof, or a dog that won't settle even after a walk.

Animals are social creatures. They are wired for routine, stimulation and company, and after a long winter of darker evenings, cancelled walks and shorter days, many pets quietly slip into emotional hibernation.

Come spring, that bottled-up restlessness starts to show. So with that in mind, here are the signs most owners miss:

- following you from room to room
- whining
- pacing or excessive grooming
- sudden clinginess or, conversely, withdrawal
- destructive behaviour that comes out of nowhere
- oversleeping

- loss of interest in toys
- increased barking or vocalising

As discussed, this isn't naughtiness, it's communication.

The good news is, the fix doesn't need to be dramatic, and it certainly doesn't need to involve guilt.

Start with stimulation, not miles. Ten minutes of sniffing, training games, puzzle feeders or gentle agility work can tire a dog out more effectively than a long walk.

For cats, rotating toys weekly and introducing short, high-energy play bursts can completely change their mood.

Next, change the day, not just the evening. Many pets are alone for long stretches while we're at work. Local dog walkers, pet day-care centres and home-visit sitters can transform behaviour with just one or two mid-day interactions a week. It's often cheaper than repairing skirting boards!

Finally, add social variety. Dogs benefit hugely from regular contact with other dogs, even quiet ones. Cats may prefer human interaction, but they still thrive on predictable routines and gentle novelty such as a new perch, a different window view, a heated mat, or a feeder that makes them think.

Ultimately, loneliness in pets doesn't mean you've failed. It means your animal is asking for something, and usually it's not more treats! Instead, it's connection, stimulation, rhythm and reassurance.



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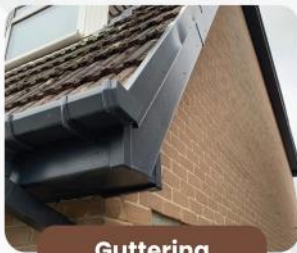
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# April Gardening Jobs

*April is a busy one out in the garden as gardeners sow, plant and prepare their plots in preparation for summer.*

*Perhaps the busiest month in the garden, April is a delight to behold as the vegetable plot begins to take shape, the flower garden has fresh blooms and lawns are a beautiful baize inviting workers to stop a while and smell the early flowering roses like the tough but stunning *Rosa rugosa*.*

## VEGETABLES

If you have been forcing some delicious rhubarb there should be plenty of sweet pink stems to harvest this month, and your late winter crops of leeks, spring greens, kale and broccoli should still be providing a lot for the dinner table. And, towards the end of the month early potatoes will be succulent and delicious eaten on their own with just a little butter.

This month you can begin sowing outdoors in earnest, including peas and broad beans, spring onions, beetroot and carrots. But make sure you don't risk sharing these precious seeds with the birds! Cover them with sticks, twigs or by making use of cuttings from blackberry bushes. Fine netting is probably the best thing to use to keep your plants safe, but you could try items like hanging foil and old CDs to scare birds away. Feeding the birds their favourite food might also help to reduce their interest in your tender plants.

Frosts are not unheard of in April so keep an eye on the forecast and make sure you have cloches and fleeces ready to protect tender shoots. Also, protect early potato shoots by regularly hoeing up soil.

## FLOWERS

Because spring weather and temperatures can veer unpredictably from cold and wet, to an early heatwave as in April 2025, only hardy annuals should be sown directly into the soil outside. These include cornflowers and poppies, fragrant sweet peas and sunflowers. Half-hardy annuals such as cosmos and tobacco plants should not be risked outside and only planted inside, or under glass this month. They can be transplanted outside later.

## LAWN

Lawns are growing fast and will need feeding this month. Choose a feed product with a high nitrogen content as this will encourage plenty of green growth – there are numerous dedicated spring and summer granular feeds will have the right nutrient balance for your spring lawn. Wait to feed until you have mowed the lawn a few times and after you have done your thorough spring moss raking.

## OTHER WORK

As well as plants, weeds are also growing fast this month, so regular hoeing is required to keep on top of the problem in the vegetable and flower garden. Mulching can reduce weed growth and helps to keep moisture in the soil as the sun gets stronger and the temperatures rise.

If not already done, April is a good time to check, repair or replace any parts of your water retention system, check gutters and water butts, or consider investing in upgrading your system, to make the most of any April showers!



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## Kenilworth Showroom

53, Abbey End  
Kenilworth CV8 1QJ  
Tel: 01926 359096

## Coventry Showroom

Pilot Trade Centre, Pilot Close,  
Coventry CV3 4RS  
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# Restaurants & Takeaways

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

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

## Blueberry Cinnamon Breakfast Swirls

### INGREDIENTS:

#### For the dough

420g Strong white flour, plus extra for dusting  
 4 tbsp caster sugar  
 2 tsp Dried fast-action yeast  
 100ml Milk  
 40g Butter, plus extra for greasing  
 Oil, for greasing

#### For the filling

150g Blueberries, halved  
 Zest of an orange  
 1 tsp ground cinnamon  
 Nutmeg  
 4 tbsp brown sugar

#### To finish

1 Beaten egg  
 70g Icing sugar  
 1–2 tbsp lemon juice or water  
 Fresh whole blueberries, to decorate

### METHOD

**Dough:** Pour the milk and 100ml water into a saucepan with the butter. Heat gently until the butter is melted. Leave to cool until it's lukewarm.

Place the flour, sugar, and yeast into a bowl (or the bowl of an electric mixer fitted with a dough hook). Make a well in the centre. Pour the milky mixture into the well. Either mix with your hands or in the mixer on the slow setting with the dough hook. Knead for about 5 minutes, or until a smooth dough has formed.

Oil a large bowl and place the dough inside. Cover with cling film and leave to rise in a warm place for about 2 hours. When the dough has doubled in size, place on a lightly floured surface and knead for a second time by hand for a few minutes. Butter a 23cm/9in round springform tin.

Roll the dough out to a rectangle. Scatter the orange zest, ground cinnamon, nutmeg, and brown sugar over the dough, then top with the blueberries. Strating from the long side, roll up the dough as though you were making a Swiss roll. Slice into 9 swirls using a sharp knife. Place the swirls gently into the buttered tin, eight around the edge and one in the middle, cut-side up.

Brush with oil, cover with clingfilm and place in a warm place to rise for about 30 minutes this time, or until doubled in size again.

Preheat the oven to 200C/180C Fan/Gas 6.

Brush the top of the buns with beaten egg and bake for 20–25 minutes, or until golden-brown and cooked through. Place on a wire rack to cool.

Mix the icing sugar and lemon juice in a bowl until the consistency is suitable for drizzling. Drizzle over the swirls. Scatter over the fresh blueberries and enjoy.



# Useful Local Telephone Numbers

## HELPLINES & HOTLINES

Victim Support Warwick	01926 682 689
Samaritans	0845 790 9090
Consumer Advice	0845 4040 506
Citizens Advice Bureau	01926 457 900
RSPCA	07867 743827 / 0300 1234 999

## MEDICAL

Warwick Hospital	01926 495321
Coventry University Hospital	02476 964000
Pennington Dental Kenilworth	01926 678332
NHS Advice Line / Out of Hours Dental Advice	111
Emergency Vets	01926 421465

## UTILITIES

Electricity Power Loss	0800 328 1111
Severn Trent Water	0800 783 4444
Transco Gas Leak	0800 111 999
BT Fault Line	0800 800151

## KENILWORTH TOWN COUNCIL

Town Clerk Miss Maggie Field	01926 859 155
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## TRAVEL

Chiltern Railways	0345 600 516
National Rail Enquiries	03457 48 49 50
West Midlands Trains	0333 311 0039
Bus Travel Line	0871 2002233
Coventry Airport	02476 308601
Birmingham Int' Airport	0871 222 0072

## POLICE

Warwickshire Police	01926 415000
West Midlands Police	0345 1135000
Police Control Room	01926 851 111 Or 101
Warwickshire Fire & Rescue	01926 423231
Crimestoppers	0800 555 111

## LEISURE & SPORTS

The Kenilworth Centre	01926 855 205
Kenilworth Library	0300 555 8171
KMAT Leisure	01926 859 421
Castle Farm Leisure Centre	01926 245 862

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# 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](http://www.kenilworthartsociety.weebly.com) [kenilworthartsociety@gmail.com](mailto: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](http://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/](http://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](http://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](mailto: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](mailto:simonmorton8@yahoo.co.uk) for more details or a trial swim.

## **Coventry And Warwickshire Schools Liaison Community**

We have speakers on many hot topics and careers. Also activity kits we lend to schools and clubs, all free of charge. [www.schoolsliasoncommunity.net/CWSLC.htm](http://www.schoolsliasoncommunity.net/CWSLC.htm) 01926 490 456

## **Repair Café**

Date: every 3rd Saturday of the month / Time: 2-5pm / Venue: Abbey Hill United Reformed Church, Abbey Hill CV8 1LW

Repair not replace. If you can carry it or pedal it, we'll have a look at it. Repairs and advice are free, but card or cash donations are welcome. Last repair taken at 4.30pm. For more information please visit: [www.repaircafe-kenilworth.org](http://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](http://www.wsdstratford.blogspot.com) Or email: [wsdstratford@gmail.com](mailto: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](http://badvibrations.org.uk); Email: [badvken@gmail.com](mailto:badvken@gmail.com); Phone 07778 791365

### **The Kenilworth Walking Women**

Date: every Tuesday / Time: 7pm / Venue: Abbey Fields Car Park

It's a wonderful opportunity to get some regular exercise, get to know some other women from Kenilworth, but in a safe walking group. See Facebook group page for details and updates.

### **Kenilworth Probus Club No 2**

Date: 2nd Tuesday of the month / Time: 10.30am / Venue: Clarendon Arms, 44 Castle Hill, Kenilworth CV34 1NB

Kenilworth Probus Club No 2. Is a club for retired and semi-retired men. Just come along or email: [KPC2Contact@gmail.com](mailto:KPC2Contact@gmail.com)  
Web: [www.kenilworthprobus2.org.uk](http://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](http://www.kenilworthlionsclub.co.uk)

### **Board Game Hub**

Date: 3rd Sunday of every month / Time: 3-5pm / Venue: the Kenilworth Centre

Stuck in the house all day avoiding the cold? Why not join us for board game hub? Bring a game, play a game, enjoy and cup of tea and a slice of cake.

### **Kenilworth Flower Club**

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

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

### **Kenilworth U3A Open Meetings**

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

We are retired people who enjoy developing our wide range of interests in a social context. Starting at 1.45 pm for a cup of tea and a chat before hearing a speaker (2.30 – 3.30 pm). On Thursday, 16th April Christine Green will describe her life working as a graphic designer behind the scenes at the BBC. On Thursday, 21st May Max Keene will ask if Lord Horatio Nelson is 'England's Greatest Hero'. Members free; non-members welcome for £1. For more information, visit [www.kenilworth.u3asite.uk](http://www.kenilworth.u3asite.uk)

### **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](mailto:enquiries@warwickshire.vision)

### **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. Come along, bring a friend, and enjoy the vibrant market atmosphere!

### **KenFest**

Date: 1-3rd May / Time: all day / Venue: Kenilworth RFC

Extensive range of drinks for all tastes, 20 live music acts, children's entertainment, street food village. For details and tickets please visit [www.kenfest.co.uk](http://www.kenfest.co.uk)

### **Free Bowls Coaching**

Date: 5th May / Time: 6pm / Venue: Lillington

Bowling Club, Lime Avenue, Leamington Spa, CV32DB

### **Bowls Big Weekend Event**

Date: 25th May / Time: 10am - 4pm / Venue:

Lillington Bowling Club, Lime Avenue, Leamington Spa, CV32DB

Lillington Bowling Club welcomes new bowlers of all ages to try a friendly and social sport which can be enjoyed by all abilities. Why not come along with flat soled shoes and let us introduce you to bowls on our super green. For further information, book a slot for either event or make enquiries visit our website: [www.lillingtonbc.co.uk](http://www.lillingtonbc.co.uk) or call Chris on 01926 881229 or John on 07956 487378

### **Warwick Food Festival**

Date: 24th-25th May / Time: 11am - 5pm / Venue:

St. Nicholas Park, Warwick, Warwickshire, CV34 4QY

Warwick Food Festival returns for two full days of incredible food, drink, and family-friendly entertainment. Featuring over 70 traders, the festival offers a mouth-watering selection of street food, sweet treats, and refreshing drinks, alongside exciting new flavours to discover. Visitors can also enjoy live music, children's rides, face painting, and plenty of activities for all ages, making it the perfect weekend destination for families, friends, and food lovers alike.

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

# Horoscopes: April



## ARIES

(MARCH 21 - APRIL 20)

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

## TAURUS

(APRIL 21 - MAY 21)

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

## GEMINI

(MAY 22 - JUNE 21)

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

## CANCER

(JUNE 22 - JULY 22)

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

## LEO

(JULY 23 - AUGUST 23)

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

## VIRGO

(AUGUST 24 - SEPTEMBER 22)

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

## LIBRA

(SEPTEMBER 23 - OCTOBER 23)

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

## SCORPIO

(OCTOBER 24 - NOVEMBER 22)

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

## SAGITTARIUS

(NOVEMBER 23 - DECEMBER 21)

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

## CAPRICORN

(DECEMBER 22 - JANUARY 20)

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

## AQUARIUS

(JANUARY 21 - FEBRUARY 18)

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

## PISCES

(FEBRUARY 19 - MARCH 20)

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

*Christine Chalkin, 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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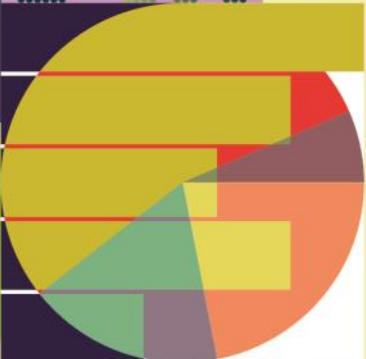
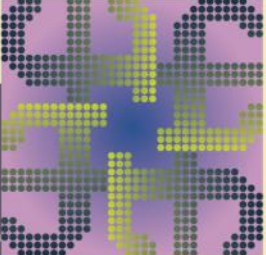
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