

PARISH MAGAZINE ONLINE

St Chad's



**Your magazine featuring news and views from within
Bishop's Tachbrook Parish.**

What's in this month's magazine

Start here Precis of what you'll find in the magazine are shown on this page. Click on the title (underlined) to go to the article.

Parish Council News

This month's news from the Parish Council. Advance notice of the referendum on the Neighbourhood Development Plan. Keep up to date with what's being done in your name.



Nature Page Woodpeckers, Tawny Owls and the wonderful world of local nature



Green fingers Vegetable growing in July—tips and hints. Watch out for blossom end rot!



On a priest, a churchyard and a fete

The Parochial Church Council share news on a new priest, churchyard upkeep and the return of the fete.



Tachbrook Residents Action on Climate Change—TRACC

News of ideas to green the parish.



WI an update of the amazingly active world of the WI.



Poetry please A range of wonderful verse spread through the magazine



Leamington's lost stations

The third instalment of Peter Lister's history of the birth and subsequent death of some of Leamington's lost railway stations.



Hedgehog art trail

News of a super artistic opportunity



Adverts Many of our loyal advertisers will be going through a hard time at present, please use them in preference to those who don't advertise with us. Click on the links below to see who can provide you with a service:

Looking for a job? Ashorne Hill are recruiting

On a priest, a churchyard and a fete

By Maralyn Brown, St Chad's PCC

As an update to our efforts to recruit a priest-in-charge of St. Chad's we can report that an interview took place on 17th June in the church and it went very well. The candidate now has to be interviewed by Bishop John of the Coventry Diocese and we await news from that event.

Some of you will have noticed the improved appearance of the churchyard over the past week. In the lower churchyard the heaps of soil have been levelled out and grass seed put down. The back hedge has also been trimmed back to allow the mower to manoeuvre between the rows more easily. There are still two dead trees to be removed by the fence which we hope will be done shortly. Anyone who can spare an hour or so to help maintain the appearance of the churchyard would be very welcome. A little help would make a big difference.

Hopefully the lifting of restrictions on 19th July paves the way for the Fete to take place on Saturday, 4th September,

in the afternoon, in the St Chad's Centre and surrounds. It will be smaller scale than usual taking account of still being careful because of COVID but please note the date. It would be good to have support for a village event.



NEW CONTACT DETAILS

For Marriages, Baptisms and Funerals and general enquiries please :

e-mail stchadsbt@gmail.com

Phone: **07999127260**

Our Church Warden: Rod Smith can be reached on 612242

CYCLE OF PRAYER

Praying for our Community

In April we are praying for those living in:

Kingsley Road
Lancaster Way
Laertes Grove
Launce Grove
Lisle Gardens

If there is something or someone you would like us to pray for please let a member of the congregation know.

Poetry please

River Avon by Walter Savage Landor

Avon! why runnest thou away so fast?
Rest thee before that Chance! where repose
The bones of him whose spirit moves the world.
I have beheld thy birthplace, I have seen
Thy tiny ripples where they played amid
The golden cups and ever-waving blades.
I have seen mighty rivers, I have seen
Padus, recovered from his firey wound,
And Tiber, prouder than them all to bear
Upon his tawny bosom men who crusht
The world they trod on, heeding not the cries
Of culprit kings and nations many-tongued.
What are to me these rivers, once adorn'd
With crowns they would not wear but swept away?
Worthier art thou of worship, and I bend
My knees upon thy bank, and call thy name,
And hear, or think I hear, thy voice reply.

*There is a memorial to the poet in St Chads. He lived in the village as a boy in the 1770's
in Savages House thought to be the Manor House.*

Community Cafe

Unfortunately due to Covid guidance and rising infection rates in Warwick District the café will not reopen on 7th July.

We have discussed this at length and feel we don't have enough volunteers to ensure the safe environment that everyone deserves. We still hope to reopen at some point this summer.



Parish Council News

By Matt Greene

Whilst the recent spike in Covid cases remains of concern; hopefully the link between infections and hospitalisations has been broken through significant vaccine uptake and we can continue to travel towards “the new normal”.

June brought our second face-to-face meeting with strict Covid procedures in place in the hall at Heathcote Primary School. Both the hall at the St. Chad's Centre and the hall at Heathcote Primary School have been risk assessed by the clerk and the management of both venues. If you wish to attend one of our meetings but are concerned, risk assessments are available from the clerk.

Sadly, having taken advice from Warwick District Council, we had to regretfully ask the WI to delay their annual cake stall on the Village Green. Whilst we understand that alternative arrangements may have been made, we hope to see this much loved event return to its rightful home when the restrictions are lifted.

Cllr. Keith Wellsted was applauded at our meeting for finally securing a date for the Neighbourhood Plan referendum; 30th September. He will now be arranging posters, leaflets, etc. to ensure that residents are aware and vote on 30th. Please put the date in your diary.

Cllr. Lesley Keung has agreed a

portfolio of Health and Wellbeing for humans and animals. Lesley is passionate about Oakley Wood and I'm sure she will be a strong advocate for moving forward with our desire to see a path from the village all the way to the wood.

Our District and County Councillors are liaising to try and arrange for the vegetation obstructing Oakley Wood Road cycleway to be cleared. They appreciate that this is a very well used path and it needs urgent attention. We have also asked if it could be added to a schedule for attention earlier next year to ensure we don't have this issue again.

The vegetation at the entrance to the Meadow should have been cut back by now. We are hoping that our Working Party will be able to meet shortly to tackle other areas in the parish. Our grass contractor and his assistants are doing a wonderful job. The reseeding on the village green (enclosing the new pathways) looks very good thanks to the watering it received earlier this year from our contractor.

Thanks to County Cllr. Jan Matecki and Cllr. Leigh Carter the chevrons on Oakley Wood Road have been replaced. Let's hope this solves the issue of cars leaving the road and crossing the cycleway.

OWR2 scheme works are scheduled for 12th July. Seven Acre Close safety audit

has been completed and work will commence on the traffic calming measures in Spring 2022.

Councillors have received a request for a 30mph speed limit on Oakley Wood Road past Oakley Meadows. At the planning stage of this development the Parish Council asked if this could be actioned. County Highways said due to the rural nature of the road this was not possible. Instead the road was widened to accommodate the traffic from the new development. Following a discussion at our meeting councillors have agreed to approach County Highways for consideration of a 40mph speed limit past Oakley Meadows as the Parish Council does not believe motorists will abide by a 30mph speed limit due to the design of the road.

Having had roadworks outside my house for the last few weeks, I'm acutely aware that there are lots of road closures due to water and resurfacing works in our area - please keep an eye on Facebook and the websites for details.

Cllr. Sean Deely understands we might be seeing the planning applications for the Country Park and School in September. At the moment the County Council is suggesting the northern part of the Country Park will be opened first, possibly late 2022 or early 2023 with the school following in September 2023 - the Parish Council continue to push for the date to be sooner.

Cllr. Drew has produced a 'recycling

guide' with the help of Warwick District Council. This should be available on the website shortly. Martin Drew and Cllr. Wellsted are trying to organise a repair shop. If you want to be involved please contact Martin or the clerk.

If you drive to the play area on the Meadow please ensure that you do not block access to the Meadow. The gate is the access for emergency services and it must remain clear at all times. We are in the process of installing signage to reinforce this. Dogs are not permitted in the play area. The play area is registered with Warwick District Council as a 'no dogs zone'. Signage will be produced shortly.

Pruning of trees on the Meadow will take place on 7th and 8th July so please be careful. The trees on the Sports and Social Club driveway are scheduled for the crowns to be lifted to enable lorries to pass safely. Tree work will also be taking place next to the play area.

Phase II of the equipment to be installed in the play area will be started on 5th July and could take 4 weeks. The contractor will try to keep, as much as possible, of the existing play area open. Please be patient as safety is our, and their, main consideration. We have all worked together to try and get this sorted before the main month of the summer holidays. Whilst the contractors are on site they will be fixing the surfacing around the trampoline and the

movement of the swings along the rail. The xylophone beater should also be re-attached. Thank you to the Play Area Working Party for noticing this and keeping the beater safe.

The surfacing on the outdoor gym equipment was delayed due to a miscalculation error by the supplier. This has been rectified and we are waiting for a date. In the meantime the BMX track repairs should have taken place.

Our internal auditor has reviewed the Parish Council's accounts up to March 2021. The report is on our website. The Annual Return for 2020/21 has been approved by council and can be viewed on our website. If you wish to

view the accounts or have any questions please do not hesitate to contact the clerk.

The Brownies and Rainbows were allocated £500 each from the Parish Council community funding pot. We look forward to hearing how they spend the money.

Councillors will hold a meeting towards the end of July (date tbc) and then there will be no Parish Council meeting until we return to the second Thursday of the month in September. We wish everyone an enjoyable summer and hope that our residents get the chance to take a break!

Bishop's Tachbrook Neighbourhood Development Plan (BTNDP)

The BTNDP has been through two formal consultation processes and has been assessed by an independent planning inspector.

The BTNDP now has to be approved, through referendum, by registered voters in the parish. The date for the referendum will be

Thursday 30th September 2021.

The question on the ballot paper will be:

"Do you want Warwick District Council to use the Neighbourhood Plan for Bishop's Tachbrook to help it decide planning applications in the neighbourhood area?"

You will be able to answer YES or NO. This is not a consultation where comments can be considered it is a strict decision on whether, on balance, you think the BTNDP will, or will not, be a useful addition to the planning process as it applies to the parish.

To view the plan go to:

<https://bishopstachbrook.com/parish-council/local-initiatives/neighbourhood-plan/>

For more information on Neighbourhood Plans go to the Warwick District Council website,

https://www.warwickdc.gov.uk/info/20444/neighbourhood_plans

Poetry Please

Sea song by James Kirkup

Sea-shell, sea shell,
Murmuring sand,
Murmuring sand.

Sea-shell, sea shell,
Far-away land,
Far-away land.

Sea-shell, sea shell,
Sing in my hand,
Sing in my hand.

Sea-shell, sea shell,
I'll understand,
You'll understand

Poetry Please

The ant and the Elephant by

Spike Milligan

Said a tiny Ant
To the Elephant
"Mind how you tread in this
clearing!"

But alas! Cruel fate!
She was crushed by the weight
Of an Elephant, hard of hearing

LATERAL FLOW TESTS

You can now participate in the national programme, there are a number of options for testing which make it really easy for you to organise:

Order tests to be delivered to home from <https://www.nhs.uk/conditions/coronavirus-covid-19/testing/>

Make an appointment at your local test centre - <https://maps.test-and-trace.nhs.uk/>

Collect tests from participating pharmacies - <https://maps.test-and-trace.nhs.uk/>

Please make sure you check opening times and collection times of individual sites or pharmacies, but once you have your home tests you will find simple guidance to help you carry them out effectively and instructions for what to do next, including where to record your results.

This is important even if you have had both vaccinations as you may still get the virus and spread it (including to those who are yet to have the vaccine) and equally it helps with the identification of new strains and how they are working.

TRACC time

By Martin Drew

Repair Café

To learn more about setting up and running the BT Repair Café, Keith Wellsted and I visited Bar Zero, Barford earlier this month. Started in 2018, Bar Zero has proved a resounding success. Even the isolation of Covid lockdowns was just a temporary setback as Bar Zero went online. Naturally this is not as good as meeting face to face which was restarted 6/6/2021. The skilled repairers at Bar Zero mend a wide range of items from toasters to lawn mowers, bicycles to broken furniture. We asked members how they got started and recruited their team. It turned out that most of the repairers were long-term residents who knew each other and spread the word amongst their friends. Posters in the local shop, publicity on local social media and spreading the word in the pubs and clubs quickly attracted a steady flow of customers.

As attempts via articles in the Parish magazine and on BT Facebook have failed to generate interest in setting up a BT Repair Café, we will follow Bar Zero's example. It will start with a poster campaign displayed, hopefully, in the Shop, Social Club, the Leopard and St Chad's Centre. In addition we will contact members of groups, societies and sports teams and generally ask people to put word about.

The planned visit to the Sydni Centre, Repair Shop has again been postponed owing to the latest Government restrictions. It is hoped they will start at the beginning of August. Meanwhile it will be full steam ahead getting BT's Repair Café up and running.

Online Recycling Guide



Good news from Becky Davies, WDC Recycling officer, she has come up trumps in providing digital artwork for the dos and don'ts of recycling. What's more the designer has produced an illustration for a logo I suggested that we hope will become the instantly recognisable link for the Guide and by changing the line it is ideal for linking a whole range of BT green projects.

Just as a reminder, the full recycling guide will be posted on the BT website. Following a suggestion by Craig Brewster to boost public awareness, there will be a series of teaser questions about recycling on

the BT Facebook social media.

In future, confusion or any problems about recycling can be quickly answered so we can do our bit to keep our big home healthy.

Re-wilding and Carbon Capture

We are awaiting Dan Loveard of Warwickshire Wild Trust to come back with his proposals for green carbon capture and increasing bio diversity through planting schemes on the parish's green spaces. We will keep you posted as it is intended to consult on to get residents' views on the proposals.

Email: TRACC@bishopstachbrook.com

BISHOPS TACHBROOK HEDGEHOG ART TRAIL 17th July - 1st August

After the success of the Fairy Trail, I'm organising a similar one. This time the theme is hedgehog art.



Create a hedgehog display in your front garden, a single hedgehog model or a whole family! Or it could be a painting/picture in your window instead as long as it can be seen from the pavement. Feel free to add other animals/flowers/accessories as long as a hedgehog is there somewhere! Big or small, anything you like!

If you would like to take part please let me know your address so I can add you to a list and hopefully produce a trail map. Give your hedgehog(s) a name and let me know that too.

The trail is for all ages, anyone in the village can take part so tell your friends and neighbours and ask them to contact me with their details.

I will be asking those walking the trail for donations of pennies or pounds for local Hedgehog rescue.

Have fun with your creations, so many materials to work with on this one! 🦔

Nicola Hayward

Text or WhatsApp, please don't call me! 07956 051206 or contact me on Facebook messenger.

The Railway Stations of Leamington Spa

By Peter Lister



Part 3 – Leamington Avenue Station

The opening of the Great Western Railway (GWR) station in Leamington Spa in 1852 next to the London & North Western Railway (LNWR) line provided the spur to the latter company in a decision to establish its own station in a more convenient place to serve the town. And so, in 1854, it opened a small timber framed and clad station off Avenue Road and located adjacent to the 1852 GWR station. Initially called **Leamington Priors**, it soon became **Leamington (Avenue) Station**. It was to be a further six years before this was upgraded to a more substantial and grand building of brick at a cost equivalent today of some £551k.

The building was described as being in the 'Italian' style and the booking hall was notable for its ornamental tiles, made by Mann and Co of London. A timber rail bridge that took the line across the Bath Street/High Street crossroads (alongside the GWR bridge) was replaced in 1883 by a metal structure, more suitable to take the heavier weight of trains by that time.

Although the LNWR line was a loop from Coventry to Rugby via Leamington Spa, it effectively operated as two branch lines. Leamington (Avenue) was the terminus for the Coventry to Leamington services whilst Warwick (Milverton) was the terminus for the Rugby to Leamington/Warwick services.



The line to Rugby was notable in the 1930s for the use of Armstrong Siddeley railcars which had Michelin pneumatic tyres. The concept of petrol motorised railcars had been developed at the beginning of the 19th century in France and pioneered by Daimler and Michelin. A few were trialled in this country in the 1910s but Armstrong Siddeley developed an experimental model that operated on the Leamington/Nuneaton service in the 1930s. They must have been a very novel experience to passengers in what was still very much the age of steam trains. A very unusual feature that can be seen in the accompanying photo is the 'conning tower' on top of the unit where the driver sat and from which he was able to control it in whatever direction it moved. Because of their tyres, they were quiet and popular with passengers. The rail company did have concerns that rail track workers might be at risk in not hearing their quiet approach. However, the main reason for their demise in Britain was probably the build-up to the Second World War. As war clouds gathered, industry, including Armstrong Siddeley, was gearing up to

rearmament and other war production and such projects were very much pushed into the background and so the railcar, and its 'quietness', were quietly forgotten.

The passenger service on the line to Rugby ceased in 1959 (some years before the Beeching axe fell) but the service to Coventry from the Avenue Station continued until given the Beeching coup de gras in 1965. With the closure of freight traffic on the line between Leamington (Avenue) and Rugby, British Rail demolished the station and removed the track, including the demolition of the old LNWR bridge on the Bath Street/High Street junction in 1968.



The demolition of the Avenue Station and the bridge brings me to the end of my story of the history of the railway stations of Leamington Spa. Of four different stations, only one has survived to serve the town. Considering the ruthless axing of stations and smaller lines carried out in the 1960s following Dr. Beeching's report, we can be thankful that we still have an excellent rail service for Leamington Spa.



Growing tips

By greenfingers

Sowing & Planting in July

- Sow spring cabbage, turnips, Oriental vegetables, chicory, fennel, and autumn/winter salads.
- Carrots can still be sown, but beware of carrot fly when thinning existing seedlings.
- Last chance to sow French beans and runner beans (south of England only).
- Plant out leeks and brassicas for a winter supply, if not yet done.

General care

- Ensure all vegetables get a regular, consistent supply of water. This will aid healthy development, and help to avoid diseases, disorders and bolting.
- Continue to hoe off weeds in dry weather. Done in wet weather, the weeds are liable to re-root.
- Don't forget to stop cordon tomatoes by removing the main shoot. Look for the leaf that's above the fourth truss (set of developing fruit) and cut it off here. This should ensure that all the fruits ripen by the end of the season. Bush tomatoes can be left to their own devices.
- Climbing beans may also need stopping, to maximise cropping on existing sideshoots. Stop them when they reach the tops of their supports.
- Beans need sufficient watering to help the seed pods set.
- Check climbing vegetables are securely tied to supports.

Problems

- Check plants regularly for aphids.
- Watch out for potato blight and tomato blight.
- Look out for asparagus beetle.
- Keep an early eye out for the sunken brown patches of blossom end rot on tomatoes.

WI

By Anne Allen

Another month has passed us by. Time seems to be flying past and I don't know where it has gone or what I have done

Wi had an interesting zoom last month. Julie Earl from Appoint Us Services gave us an informative talk on the services that might be available to us. For a small fee, she or a member of her staff are able to offer advice, companionship, trips out etc. In fact anything except for personal care. Do Google them for more information.

It was decided that the first official WI meeting since March 2020 is to be a picnic on the school field, with

members bringing their own food and drink plus a chair. Please keep your fingers crossed for warm weather. I know that Alcester WI organised a similar event in the local park and it poured so much they gave up and went home. Surely Bishop's Tachbrook is going to be lucky maybe I'll pack my mac with my sandwiches. This event is really just for WI but if you have a burning desire to join us please give me a ring.

Warwickshire Federation has been providing various zooms over the last month. I myself have only enjoyed the Pendle Witches. This was given by Simon Entwistle a local tour guide , who not only knew his facts but was



so full of enthusiasm, you sat enthralled. An hour went much to quickly.

Using zoom prompted me to live stream a couple of shows. Unfortunately my tablet decided to play up the night we were about to watch David Jason, Stephanie Cole and Anton Lesser in A Cold Supper Behind Harrods but watched it on my phone. We were better prepared for the Three Musketeers. This was an animated audio production starring Robert Lindsay (he was a bit of a diva) it was a spoof and so funny. If WI hadn't pushed us into using zoom I would never have felt brave enough to try live streaming.

Warwickshire federation are continuing to put on zoom talks. Next month we can enjoy TV Production Design, the author Graham Sloper will be Telling Tales by reading some of his short stories, there will also be summer Makes and Bakes, Poetry mornings a fused glass demonstration and a book club. Actual future events are Stand Up Paddle Boarding , (very difficult to zoom)our Grand Day Out to Windsor, Lunch with Richard Coles and Willow Workshops . The federation has continued to work hard on our behalf. So to has the National Federation. They recently held the National AGM

again via zoom. Unfortunately I wasn't able to join in. The speakers included the Countess of Wessex, Dame Cressida Dick, and Rt. Hon the Baroness Hale of Richmond . Warwickshire member Lynne Stubbins has been National Chairman for the last three years and we all wish her well in her retirement. Warwickshire is again in the limelight with Jeryl Stone becoming National Treasurer. Many congratulations to her too.

I'm sorry we were unable to hold our cake stall, Boris changed the dates and the Parish Council asked us to delay it. Watch out for information about it happening at a later date. .

Many thanks for the parcels of stamps, bras, unwanted and broken jewellery, old phones, cameras, and glasses or should I say spectacles. All will go to the appropriate collection points as things get easier.

As I said earlier WI is restarting to meet in person if you would like to come along and meet us either give me a call or just turn up at the school hall at 7:45pm on the first Thursday of each month , after August, you can also find us on Facebook

Anne Allen 4244135 or 07929 356701

Nature Page

By Steve Harvey

Well, I think I mentioned in May that there was a chance of hearing a Cuckoo at that time of year and said good luck with that. Now I can go years between hearing them but, low and behold, soon after mid-May at 5.40am I heard one! It called its strange echoey 'cuckoo' in the still morning air, only four times but that will do for me.

In mid-June I heard it again. Five calls this time in the early morning. It may be years until I hear to again but it's better than nothing!

Back in the cottage now scribbling away and I can make out the calls of the young Tawny Owls in the spinney out the front. Since records began, or should I say, since I first noticed a couple of years back, the pair of Tawney's have had two youngsters. This year its three owlets out there. One night the three baby. Owls sat in the Cedar tree and called all night long, (not the Lionel Richie hit), they didn't stop calling to their parents for food and to stay in contact with each other. Can't blame them really. On one evening all three moved from tree to tree, from spinney, along the gardens



STAYING CLOSE

and to the tall trees near the end of our garden. There they took turns in calling as light faded on deep dark blue. A parent arrived from the parkland with a furry food parcel, either a mouse or a vole and one baby got lucky. As they gain confidence they'll move more into the park each night then start to learn just how to catch that food.

The hot weather in June made many a Frog dash to the very wild pond for sanctuary. Frogs of all ages and sizes arrived. We had our own 'Frog Fest'. When it cooled down in the evenings they would venture out into the slightly overgrown, I mean well stocked, garden. Moths fluttered around the flowers as Bats flitted about overhead hoping to catch one.

The Fox family seems to be still loosely hanging out together. I saw a cub suckle from its mother last month.

By now they are both almost her size and often squabbling with each other. Nice to see them emerge from the shadows for a sniff about.

The Blue Tits left the nest box without me seeing them go. There's a couple of baby Goldfinches here each day. Not many yet.

The male Great Spotted Woodpecker arrives to the bird table several times a day. Its developed a technique for gathering sunflower hearts. It uses the tip of its substantial beak to start filling, then it turns its head to one side to carefully fill the sides of the beak so it has maximum load when it takes off to return to its young. I now have several Jackdaws, a male Blackbird, a Collard Dove and a limping Pheasant that recognise and approach me for dietary supplements. Every little helps and its a privilege to be trusted by them.



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Bishops Tachbrook Sports & Social Club Entertainments

July

10th July - Twisted Minds

Local Leamington band Twisted Minds will be here again playing the best of rock from the 60's through to present day, a fantastic night not to be missed.

17th July - Skittles Night

Skittles Night A game of skill for the whole Family using our very own skittle alley, prizes for the winning team / person.

The fun starts at 8pm.

31st July - Quiz Night

Pit your wits against the Judge and his mind boggling Quiz designed to outsmart even the best quiz specialists, prizes for every team

Function Room Free To Hire
(T's & C's apply)

Bishops Tachbrook Sports & Social Club Function room is available for Parties, Christening's Weddings and Funerals; we offer a personal service and buffets if required.

Contact Us



www.bishopstachbrookclub.co.uk



01926 421621/07855709051



enquiries@bishopstachbrookclub.co.uk



bishopstachbrookclub



St Chad's Centre Schedule

Monday	Activity	Contact
10.00-11.00	Tai Chi – All Classes are for beginners but are suitable for anyone. Classes have a maximum of 10 Students to ensure social distancing and are COVID Compliant. First class is free, so no reason not to find if Tai Chi is right for "you"	Peter Fletcher 07487 685679
16.30-17.45	Martial Arts Class. Children/Beginners up to age 11	Andy Shaw – andy@linkcube.co.uk
17.45-19.00	Martial Arts Class. Over 12 years and adults	Andy Shaw – andy@linkcube.co.uk
19.30-20.30	Tai Chi details as above.	Peter Fletcher 07487 685679
Tuesday	Activity	Contact
9.15-12.30	<p>ADVENTURE BABIES</p> <p>Take your little ones on a Sensory Story-telling Adventure every Tuesday at St Chad's Centre, as we bring brilliant books to life with puppets, props, bubbles and sensory activities.</p> <p>Mini Adventurers (0-18 months) 9.15am - 10.00am</p> <p>Diddy Adventurers (0-12 months) 10.30am - 11.15am</p> <p>Mini Adventurers (0-18 months) 11.45am - 12.30am</p> <p>Booking essential please visit www.adventurebabies.co.uk/ warwickshireandcoventry to secure your place or contact lindsey@adventurebabies.co.uk</p>	<p>lindsey@adventurebabies.co.uk</p> <p>or visit:</p> <p>www.adventurebabies.co.uk/ warwickshireandcoventry</p>

Tuesday	Activity	Contact
16.45-18.30	<p>ATOMIC DANCE</p> <p>Acrobatic Arts 1</p> <p>4.30pm-5.15pm - Ages 5+</p> <p>Learn the foundations of dance technique and acro movement. In this beginner class, students will develop skills such as forwards and backward rolls, cartwheels and bridges in a fun, friendly environment.</p> <p>£18 per month.</p> <p>Acrobatic Arts 2</p> <p>5.20pm-6.20pm - Ages 7+</p> <p>A more challenging acro class for children who have previous acro or dance experience. Learn how to safely execute skills such as handstands, backbends and walkovers alongside improving dance technique.</p> <p>£21.50 per month</p>	<p>Contact Ellie Rowe 07392 348155 or ellie@atomicdance.co.uk</p>
19.00-20.00	<p>YOGA WITH AMANDA</p> <p>Supporting Health & Wellbeing</p> <p>Yoga classes with Amanda</p> <p>Specialising in yoga for beginners. Sedentary workers, and mums.</p> <p>£5.00 per person</p> <p>Classes are limited to 11 people</p> <p>Please bring your own mat / block</p> <p>I ask that attendees wear masks when not on their mat.</p>	<p>www.lifewithamandaj.com</p>

Wednesday	Activity	Contact
10.00-11.00	<p>Tai Chi - All Classes are for beginners but are suitable for anyone. Classes have a maximum of 10 Students to ensure social distancing and are COVID Compliant. First class is free, so no reason not to find if Tai Chi is right for "you"</p>	Peter Fletcher 07487 685679
18.00-19.00	<p>YOGA CLASS with Amanda</p> <p>Supporting Health & Wellbeing</p> <p>Specialising in yoga for beginners. Sedentary workers, and mums.</p> <p>£5.00 per person</p> <p>Classes are limited to 11 people</p> <p>Please bring your own mat / block</p> <p>I ask that attendees wear masks when not on their mat.</p>	www.lifewithamandaj.com
19.30-20.30	Tai Chi info as above.	Peter Fletcher 07487 685679
Thursday	Activity	Contact
9.30-10.30	<p>New Pilates class with Karren Starts 1 July</p> <p>Pilates aims to strengthen the body in an even way, with particular emphasis on core strength to improve general fitness and wellbeing.</p> <p>Pilates can improve posture, muscle tone, balance and joint mobility as well as relieve stress and tension. Pilates has something to offer people of all ages and levels of ability and fitness</p> <p>Karren has been teaching fitness classes for 22 years and specialising in Pilates for the last 12.</p>	<p>Karren 07595 524124</p> <p>Bodycisefitness.co.uk</p>

Thursday	Activity	Contact
11.15-12.15	<p>ATOMIC DANCE</p> <p>Little Stars Mini Mix</p> <p>11.15am-12.15pm - Ages 2-4</p> <p>1 hour of dance and gymnastics fun for your little one! Using props, music and equipment, watch your child discover their love for dance whilst improving in coordination, strength and confidence.</p> <p>£6 per week paid termly - Fully booked, join our waiting list for possible additional classes...</p>	<p>Contact Ellie Rowe 07392 348155 or ellie@atomicdance.co.uk</p>
16.00-17.45	<p>ATOMIC DANCE</p> <p>Little Stars Ballet and Musical Theatre (combined class)</p> <p>4pm-4.45pm</p> <p>A 45 minute class exploring IDTA ballet and Musical Theatre for dancers aged 2-5. Dancers skip, gallop and twirl through the foundation's good dance technique alongside developing imagination and confidence</p> <p>£14.50 per month</p> <p>Junior Combo</p> <p>4.45pm-5.45pm</p> <p>A class exploring a combination of dance styles for students aged 5+ that want to do it all! Ballet, Jazz, Street, Lyrical, Acro-gymnastics and Musical Theatre to name a few... Students will get to try a variety of styles whilst improving their dance technique, strength and flexibility.</p> <p>£21.50 per month</p>	<p>Contact Ellie Rowe 07392 348155 or ellie@atomicdance.co.uk</p>

Friday	Activity	Contact
10.00-11.00	Tai Chi - All Classes are for beginners but are suitable for anyone. Classes have a maximum of 10 Students to ensure social distancing and are COVID Compliant. First class is free, so no reason not to find if Tai Chi is right for "you"	Peter Fletcher 07487 685679

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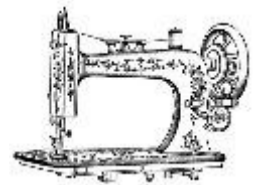
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