

# PARISH MAGAZINE

Issue 3. April 2023 [www.bishopstachbrook.com](http://www.bishopstachbrook.com)

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

A gentle mix of the saintly and the secular



### Free voter ID applications open

With local elections taking place in Warwick District on 4th May, voters will need to show ID at the polling station to receive a ballot paper.

Applications for ID can be submitted through the online portal at [voter-authority-certificate.service.gov.uk](https://voter-authority-certificate.service.gov.uk) or by submitting a paper form to the Warwick District Council Election Team at [elections@warwickdc.gov.uk](mailto:elections@warwickdc.gov.uk).

Those that have an accepted form of ID already do not need to apply. Accepted forms of ID include a UK, European Economic Area (EEA) or Commonwealth passport; a UK or EEA driver's licence; and some concessionary travel passes, such as an older person's bus pass.

Voters will be able to use expired ID if they are still recognisable from the photo.

The



# What's in this month's magazine

Since you might read this on April 1st I think a few foolish ideas are appropriate!

**"If tomorrow is April 1st, does that mean that more people than usual will lie on the internet?"**

**"You should know that on April fools Day my natural mistrust of others will go up to a level nearly the psychosis."**

**"If you have anything important to tell me, tell me tomorrow cause I won't believe you today. Happy April Fools Day!!"**

**"April Fools Day is cancelled this year as no made up prank could match the unbelievable stuff going on in the world right now."**

There's no April Fools' pranks in the rest of the magazine - I promise! What there is, are some great articles, pictures, poems and important information. For example, with local elections coming up on May 4th please check you've got the correct identification - see the page opposite.

Elsewhere we dive from inspiring lessons at Heathcote School, to the history of Guy of Warwick, to Ravens and to a disturbing article on river pollution. A little less heavy is the update from Matt Greene, Parish Council Chairman. Having said that the update on Oakley Grove School and the associated building works is of great importance locally!

So, lots to read and enjoy written by local people, if you want to contribute just send me your ideas by emailing: [btparishmagazine@hotmail.com](mailto:btparishmagazine@hotmail.com).

## Lorries

Lorries should not be travelling on 7.5T roads with weight restrictions. So, if you see construction lorries using the village roads please note the time and, if possible, registration number and report it to our Parish Clerk, Corinne Hill on

[clerk@bishopstachbrook.com](mailto:clerk@bishopstachbrook.com).

Corinne will inform the Police, WDC enforcement and the contractors.

# A Message from the vicar

Rev. Jonathan

## AGM AND EASTER GREETINGS FROM THE VICAR!



### ***John 10 vs 10. I have come that they may have life, and have it to the full.***

Greetings from St Chad's! As I wrote last month, the beginning of the church year is just before Lent and it has been a good time to take stock of where we are, individually and corporately at the AGM. In the context of a tiring year, I was really surprised to read a recent BBC Canadian article minimising the overall global emotional health of the pandemic - my experience is this just hasn't been the case! Some of the short-term effects may now have been understood, but longer-term repercussions will run much more deeply and profoundly.

One antidote to all the challenges has been to return to full unhindered worship again in church. Celebrating life in all its fullness once again, it's been a season to thank God for His faithfulness and feeling stabilised in community we have reimagined how church life would start to grow again.

We have enjoyed God's creation from country walks to sharing life in weekly groups. It was wonderful to welcome the BT school pupils for an autumn Church experience where they also got a taste of the delicious cakes at the Community Cafe. In school, links are establishing, and we have taken on the running of St Chad's (Tachbrook) Tinies Toddler group. The Fete, Carols on the Green, and a

Ukrainian teaching project with a coffee morning were just a few of the splendid highlights this year.

The 'Life Events' have gone well, and we have had many baptisms, a winter wedding, and funerals as well. We were all profoundly saddened by the death of one of our young village community members Annabel. We were glad to support the family by offering time and space at church and we will continue to support the family charities including the Scarecrow festival in May.

In all this year's activities our congregation continues to change and grow as old friendships develop, new people join, returners come back, and seek to grow deeper in faith following the teachings of Jesus.

Despite some of the future challenges, St Chad's remains a light to the village, deep foundations underpinned by centuries of prayer. The holy ground at the centre and serving the community. As the landscape moves around us, it's good to know the Church is always a stable fixture, its basis and purpose rooted and established in God's Love. We are a Church for the community, young and old, richer, and poorer, higher, and lower. Bringing different elements of worship together, strong liturgical traditions alongside vibrant children's work and always a relaxed welcome.

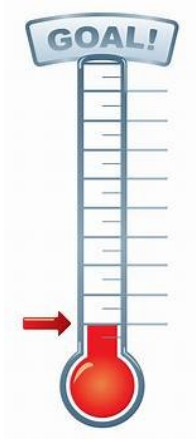
This is our God in diversity and village ministry for everyone. I hope and pray St Chad's will continue to celebrate the breadth of diversity in the Anglican Church for the months and years to come, because we are all loved no matter who we are, where we have come from, but we are accepted purely because of the death and resurrection of Christ. There's the real meaning of Easter!

I hope this article has given some insight into how much the church does for our village. It is important to let everyone know that the Church belongs to everyone here, and part of this is owning and the up keep the beautiful and vibrant Grade I building on The Green.

At St Chad's we continue to have a vision of being an open centre, welcoming groups to use our warm and welcoming space throughout the week (mostly free-of-charge where possible).. However, this vision does come at a cost. Maintaining a building of this type is not cheap and we have no income other than what is given generously and regularly by the Sunday congregation.

The challenges are many but one of the big issues we have currently is no heating. The heating system was sadly condemned at Christmas. We are beginning the long

journey of planning and installing something fit to see the churches viability into the next decade. We hope to get grants from the 'green' initiatives, but we will need to fundraise significantly locally to meet the full costs of our new system.



We hope that we can ask the wider community to get involved and contribute to our project. There are ways to help by donating money and time. Please ask any of our PCC if you want to know how the stages will work this year. Regular updates will be posted on our notice boards outside and inside church. There is a QR code which will be a simple way for people to give by phone and ways to claim gift aid.

We wish you a Happy Easter!





10AM TO 12AM.  
ST CHADS CENTRE.  
FREE FOR ALL THE FAMILY  
SATURDAY 8TH APRIL.

# ST CHADS EASTER CRAFTS & TREASURE HUNT



## St Chad's Cafe

The café will open to lovers of tea and cakes every Thursday from 10.15 to 11.45 a.m.

£2 for a drink and cake.



# Parish Council News

By Matt Greene

.With the mixture of weather (snow one day, warm and sunny the next) the end of winter has felt a little unsure of itself; however, with the lighter evenings and chance of clocks, it does feel like we're finally in spring.

With five bank-holidays in the next nine weeks, we can look forward to getting together with friends and family and making the most of the lighter days! The King's Coronation provides a fantastic opportunity for us to celebrate as a community and, hopefully, everyone is busy thinking about how to use the long weekend well.

May also brings Parish and District Council elections; good luck to all those from within our community who are standing for public office! A reminder that this election is the first where voters will require voter ID to cast their ballot.

At our March meeting three representatives joined us from County Highways to update residents on Oakley School, address concerns residents' had expressed regarding the closure of Oakley Wood Road and to talk about our parking issues.

Oakley School is still due to open in September 2024 (with temporary education provision being given to secondary school pupils at Myton for one year until they transfer to the new site); when the officer was pressed as to the likelihood the site would open in September 2024, he indicated that everything was on track at this stage - fingers crossed they remain so!

The contractor, who is building the school, has experience in school/university builds. They are responsible for several of the buildings at Warwick University.

We also understand that the new classroom at Bishop's Tachbrook Primary School should be finished by the third week of July 2023.

Some of the large piles of soil will be removed shortly, whilst some will be stored at the southern end of the site for up to 3 years to top up the playing fields to ensure



they are level. The Parish Council has been promised signage at the Banbury Road entrance to Mallory Road and Oakley Wood Road and opposite the site entrance telling construction traffic not to travel through the village; we know that the disruption and impact of the works is affecting residents and the amenity of our shared spaces; we are continuing to follow up any and all breaches of the agreed constriction management plan and we are grateful to residents who make us aware of such breaches (particularly construction traffic on Mallory Road and School Hill). Any issues with the works on Oakley Wood Road should be reported to the clerk who will take the matter forward and log all complaints.

Further restrictions and one way systems will be necessary on Oakley Wood Road throughout the construction process; we have been told that communications will be sent out at least 2 weeks before work is started. The Parish Council will relay any communications we receive via Social Media and the Parish website. County Highways were made aware of the issues with drivers ignoring the road closure notices; attendees at the meeting (both councillors and residents) requested that CCTV be installed when the works are recommenced. .

The Parish Council is liaising with the County Council and County Cllr. Jan Matecki to try and resolve the transport issue for children who have been allocated places at Oakley School but will be initially attending Myton School; Cllr. Matecki is of the view that the temporary nature of this education should be taken into account given the pupils are not attending Myton. We have also raised this with the CEO of the multi-academy trust following correspondence from residents. We understand that this is being addressed and encourage all potentially affected residents to apply for the provision of transport.

The Parish Council has been told of several roads where parking is an issue: Millway Drive, Farm Walk, Kingsley Road and Mallory Road. County Highways explained that to install parking bays the majority of residents living in the road would need to agree and we have agreed an initial detailed review of Millway Drive to consider feasibility.

A reminder to residents who drive their children to Bishop's Tachbrook Primary School that they can use the Oakley Meadow's entrance instead of Kingsley Road. There is more parking provision at the Oakley Meadows entrance and the roads are

wider and more able to accommodate the school traffic.

The Housing Needs Survey Report has been adopted. A copy is on our website.

The Working Party has planted our first orchard behind the Bullen Building on the Meadows allotments. Two Oak trees were also planted on St. Chad's Green. County Cllr. Matecki provided the funding for these two schemes.

Gates have finally been fixed on the Meadow play area. Apologies for the delay but one of the posts required the surfacing to be replaced which meant that the installer of the play area had to carry out the work. Please do not allow your children to swing on the gates. The gates drop and then don't automatically close. This is a safety measure to ensure young children do not run out of the play area.

A Jubilee tree will not be planted on Lionheart Avenue as the County Council has refused permission - we are considering alternatives.

The temporary fencing adjacent to the play area on Lionheart Avenue will be removed once the path has been tarmacked.

Our April meeting will start with the Parish Assembly which will give a brief update on work the Parish Council has carried out in 2022/23. This meeting will be followed by an ordinary meeting. The meetings starts at 7.30pm on Thursday 13th April and will be held in the St. Chad's Centre.

# TRACC

## Dirty old river

According to pollution expert, Dr Geoff Sallis, who gave a talk at the last Warwickshire Climate Alliance meeting (WCA), the UK has the dirtiest rivers in Europe. Sewage spills by water firms has increased 29 fold over the last 5 years. Over 400,000 incidents were reported in 2022, compared with 13,000 in 2016.

Geoff went on to say that the Avon is regularly polluted not just with sewage but also with agriculturally generated nitrates, nitrites and other chemicals that run off the land into the rivers. It is important that the pressure is put on water companies, farmers and UK government to urgently remedy the situation. Although water companies have been heavily fined, they continue to pollute. Dr Sallis said that continual up to date evidence on pollution levels is required to legally challenge the Water Companies. He suggested that people that lived near the river should become local action citizen scientists.

Warwick University life Sciences department has set a river surveys pollution survey. It supplies test kits and training in by the public. Full details will be available on WCA website [info@warwickshireclimatealliance.org](mailto:info@warwickshireclimatealliance.org)





## News from Heathcote Primary School

At Heathcote we have been celebrating the arts! It has been a great Spring term watching and listening to all our very excited artists, sculptors, dancers and musicians. There has been such a creative buzz around the school as the children and adults have tried lots of new things



together. We are so grateful to 'Shout Out to the Arts' ; a 'Cultural Education Partnership' who have' joined up their offer to support children to fulfil their creative potential.' They have funded different workshops



which were planned to link to the children's Arts Week themes in their classes. We had storyteller Kate who visited Reception, Camilla from Motionhouse who worked on some creative dance with our Year one children, Emily from Stagecoach who delivered a super drama taster and helped to prepare the short production, Sculptor

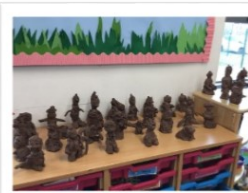
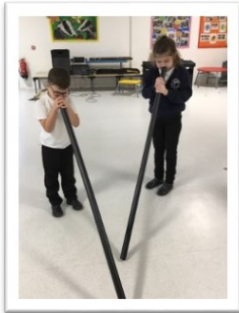
Matt who has worked at the Tate Modern and inspired Year three to experiment and create some wonderful African masks using clay and other materials and finally Ria from Bhangra Fit for putting Years five and six through our paces to learn some Bhangra Dance routines.

Promoting the arts has been all about finding those hidden talents amongst our children. It has given them: time to experiment, unleash their creativity when working with new materials and new faces, and opportunities to

celebrate their individuality and express themselves.

A special thank you must go to our wonderful Year 6 Arts Leaders (Ben, Spencer, Charlotte, Dhanvi, Sienna and David) for their commitment, support and enthusiasm in making it all happen. This is just the beginning of 'Shouting Out for the Arts' at Heathcote. The children were filmed making a video blog – follow it here:

<https://shoutoutforthearts.co.uk/2023/03/03/primary-students-create-their-own-arts-festival-for-the-community/>



Our March meeting was great fun, exhausting, but fun. We were taught the basics of line dancing by Pat Holliday. There were about 35 of us including new members and visitors, stepping it out in the school hall amid much concentration and lots of laughter.



Concentrating hard line dancing

After very welcome refreshments we went on to discuss the various events and outings we have on offer. These include the show Our House, which was excellent. There are Serious Science Lectures on Vicious Vegetables and Ferocious Fruit, and Artefacts of Invention, a roadshow on Autism and ADHD in Women and Girls, plus an Evening with the Women's Land Army. Crafts include English Paper Piece Patchwork, Cotswold Mosaics and a photography competition. There are also a selection of poetry mornings arranged.

The Federation Grand Day Out is to Cambridge this year and they will also be serving refreshments at the Kenilworth Show in June. Our Annual Federation Meeting is in July where the competition is a Coronation Themed Post Box Topper needless to say the Knitting Group have this in hand already.



Here we are looking forward to our Cake Stall on May 20th fingers crossed for fine weather and plenty of time to practice your baking. Any donations of cakes are always welcome as long as you list the ingredients.

On April 6th our speaker is Vicki from the House of Colour. Why not come along and learn what colour palette you should be wearing but if I'm advised not to wear red or hot pinks I shall have a major hissy fit. It sounds like a really interesting evening, come and find out. In May we were to be visited by Napton Cider but due to a mix-up we are now looking forward to a visit from Church Farm Brewery from Budbrooke and tasting their beers, soft drink will be available. As this is a rather special meeting due to someone having a coronation at the weekend we are going to have a party feel. More next month! This is followed in June by Murder and Manslaughter in Warwickshire and Worcestershire History. Lots to look forward to.

Our knitting group meets at The Leopard, under the television, on the second Tuesday of each month at 7:00pm you don't need to book to be able to knit or crochet, just turn up we'd love to see you and we'll help you master your craft.

Our supper club is eating at the Racehorse in Warwick this month. We meet alternate months finding somewhere different each time. What is nice is that husbands/ partners/friends drive and then enjoy their meal together on a separate table on the other side of the restaurant.

WI is great fun. We eat drink and are merry. Yes we have a lot of laughs but are always there to support each other when needed. We are all ages ranging from under 40 to over 90 . Why not come along and meet us. You don't have to join instantly, just give us a try. If you want to know more please contact me

Anne Allen 07929356701 or  
pussycatgalore12@yahoo.co.uk.



# Nature Page

By Steve Harvey

So as Spring stood poised in the doorway, as so often happens, Winter slammed the door shut again. No sooner had I thought the lawn could have its first mowing it started snowing.

Frogs had already laid their spawn in the cold water of the pond. I'd only glimpsed one frog. They'd obviously carried out their business and hopped it. The eggs are developing despite the freezing temperatures. They're a brave lot these Frogs!

We had our first Hedgehog out and about at the beginning of March, but when the cold snap came it snuffled back to bed. Haven't seen it since.

Snow brought in by North and East winds made it tougher for livestock and wildlife. Bird tables and feeders were a lifeline. Talking of bird tables it was Shakespeare who wrote "A pox on all your houses" in Romeo and Juliet. (Just trying to bring a little culture into the Nature scribble). Now the cottage is fine but on the bird table I've seen POX. There's a Great Tit that has a large pink lump on its cheek. This turns out to be a viral pox. It was originally spotted in Scandinavia on birds in the 1960s. As it swells it makes it harder for the bird to see and so it is more at risk from predators. Apparently it can regress in Great Tits so maybe this bird will survive. Hope so. It is contagious so each morning I spray the table and feeders with disinfectant. It's all I've got so fingers crossed.

On a brighter note the hedgerows in mid March have clouds of white flowers on the Blackthorn and sprinklings of small green leaves on the Hawthorn, always the first fresh green leaves - love 'em! Down below the Primroses are in bloom, snow or not. 'Primrose' meaning first, so its the 'first Rose'. Although not a rose at all there is a hint of Dog Rose about the shape of the flower. Just a touch more culture there. Early Honey Bees and Bumbles are checking them out.

Ravens are still very busy often flying as a pair a couple of weeks ago the two of them flew low over the cottages. You could actually hear the air beneath their powerful wing. Now you won't hear that from a Carrion Crow. Another time the

Ravens flew over our cottage each one with a twig in its beak. I reckon that was symbolic and the pair were adding new twigs to their nest; a nest that will be there for years. Well that's my theory and I'm sticking to it.

Along with the Primroses and Violets wild Arrum and Garlic are pushing through. So are the Stinging Nettles, nothing much holds them back.

The Muntjac are still around the cottage. Looks as though the male that was calling (barking) morning and night achieved his dream of finding a wife because we regularly see the female and her calf. So lovely to see the calf following its Mum, stopping to sample the emerging vegetation along the hedgerows down the lane.

We've had a single Long-tailed Tit on the bird table. Unusual to see that in Winter. The "Billy no mates" of the Long-tailed Tit world. Glad to say within a couple of days half a dozen others had turned up. Maybe he was their scout and went ahead to find food. Well, it paid off - they've hit the Jackpot here!



# History Group

By Ian Morley

## Guy of Warwick: A Very English Hero

The legend of Guy of Warwick is set out in the first chapter of Chantry Westwell's book, *Dragons, Heroes, Myths and Magic: The Medieval Art of Storytelling* (British Library Publishing, 2021). It is no accident that the story Guy of Warwick is the first chapter in her book, because for some time Guy was as well known as King Arthur and Robin Hood. Chantry Westwell described him as a 'superhero', and if you search the web it will not be long before you find him portrayed as 'England's other Arthur' in a 'blockbuster story' that would 'not look out of place as a plot line in *'Game of Thrones'*. However, for some reason or other the legend of Guy of Warwick seems less well known in the twentieth and twenty-first centuries than it was previously (Who knows why?).

He was undoubtedly a hero (perhaps a candidate for the most chivalrous knight) and did what knights were expected to do (slay dragons, wild boars, and the like, and all for the love of a fair maiden). I don't think he saved any maidens from dragons, although he did save a lion from one. Otherwise, he satisfies almost all of the criteria for becoming a certain kind of legend: including deeds of 'derring-do' to win the hand of a fair maiden returning in triumph after two periods of 'exile' abroad, leaving his love for what he thought were good and sufficient reasons, and in a grand finale, showing his enduring love for her just before he died. Netflix take note.

The main purpose of Chantry Westwell's talk was to tell the story of Guy of Warwick as set out in thirteenth century 'romance' manuscripts held in the British Library. The core of the story seems to go something like this (if I have understood it correctly):

*Guy aspired to win the hand of the fair Felice, but she, the daughter of an Earl, would only consider him as a suitor if he showed himself a 'true knight' renowned for his prowess throughout Christendom. Guy won tourneys wherever he went in Europe, and extended his quest to Istanbul. He saved a lion from a dragon by killing the dragon,*

*and the lion became his faithful companion. He returned to England and married Felice but felt compelled to go on pilgrimage to the Holy Land. On his return to England he killed a large brown cow, terrorising the people of Warwickshire (surely a bull?), and a wild boar running riot in Coventry. (Apparently, the brown cow is the origin of the pub name the 'Dun Cow', prevalent in Warwickshire but well known throughout the land.) After all of this, Guy returned in the guise of a pilgrim to Warwick, was not recognised by his wife, and went on to become a hermit (living in a cave outside Warwick, at what is now known as Guy's Cliffe). Just before he died he was reunited with his wife, and she died not long after him, to be buried by his side.*

Later versions expand the core narrative in all kinds of ways - as is the way in the development of myths and legends - most obviously by including the killing in ritual combat of the giant Colbrand, the champion of the enemies of King Athelstan. According to the Wikipedia entry 'Guy of Warwick' this expansion of the story was known to Shakespeare three centuries later and both Colbrand and Guy are mentioned in Henry VIII, thus 'I am not Sampson, nor Sir Guy, nor Colbrand. To mow 'em down before me.' Some versions of the narrative reveal ancestral links between Felice and the Earls of Warwick, and were probably 'sponsored' for political versions by later, and more influential members of the family.

The original thirteenth century manuscript that provided the basis for Chantry Westwell's talk was not illustrated, but later manuscripts were. The one shown here is taken from Chantry Westwell's article "'Frenssh' as it was 'spak'; in medieval England' (Medieval Manuscripts Blog, [blogs.bl.uk](https://blogs.bl.uk)). The language of the day was a blend of Old English and Norman French called, not surprisingly, Anglo-Norman French. or 'Frenshh'. The illustrated manuscripts may, perhaps, be described as an early form of graphic novel since few outside the upper classes could read the written language. This, in itself, explains why 'legends' are adapted, and expanded, to fit into cultural contexts, sometimes surprisingly local. The examples shown tell the story of Guy killing a dragon and rescuing a lion thereby. The lion is shown following Guy like a faithful hound.

A final question addressed the origins of the legend, and whether the cave at Guy's Cliffe is where Guy ended his days. It seems that there are lots of opinions but no definitive answers. As is so often the case.

Chantry Westell's book, *Dragons, Heroes, and Magic* is beautifully illustrated (and for further information there are photographs of local links to Sir Guy in Celia Rees' 'Guy of Warwick - A Very English Hero', <http://the-history-girls.blogspot,ot.com/2017/06/guy-of-warwick-very-english-hero-celia.html>. There are forty-nine other stories in Chantry Westell's book from Great Britain (including King Arthur, Merlin, and Sir Gawaine), from Ireland (Saint Brendan), and from Europe (including Alexander the Great, Charlemagne, Dante and Beatrice, and Tristan and Isolde). There is little of magic or miracles in the adventures of Sir Guy, but there are plenty in the rest of the book.

Chantry Westwell has given us much to think about and to talk about.





## Poetry please

### Last Snowman by Simon Armitage

He drifted south  
down an Arctic seaway  
on a plinth of ice, jelly tots

weeping lime green tears  
around both eyes,  
a carrot for a nose

(some reported parsnip),  
below which a clay pipe  
drooped from a mouth

that was pure stroke-victim.  
A red woollen scarf trailed  
in the meltwater drool

at his base, and he slumped  
to starboard, kinked,  
gone at the pelvis.

From the buffet deck  
of a passing cruise liner  
stag and hen parties shied

Scotch eggs and Pink Ladies  
as he rounded the stern.  
He sailed on between banks

of camera lenses  
and rubbernecks,  
past islands vigorous

with sunflower and bog myrtle  
into a bloodshot west,  
singular and abominable.



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## St Chad's Centre Schedule

Monday	Activity	Contact
10-11.30am	<p><b>St Chad's' Tinies</b></p> <p>We are a friendly playgroup for children aged 0-4 years and their carers.</p> <p>Hot drinks and snacks, toys, craft activities and singing.</p> <p>All welcome.</p> <p>Term time only</p>	Contact on facebook
17.00-19.00	<p><b>Martial Arts</b> Class. Over 12 years and adults</p>	<p>Andy Shaw – <a href="mailto:andy@linkcube.co.uk">andy@linkcube.co.uk</a></p>
19.30-20.30	<p><b>Kettle Bell Class</b></p> <p>The classes provide a friendly &amp; encouraging high intensity interval training session.</p> <p>50 minutes exercise and 10 minutes recovery &amp; stretching.</p> <p>It's a great way to improve one's general fitness.</p> <p>Classes run by Tony Foster a qualified KB Instructor</p> <p>Cost £6 per session</p> <p>Please bring KB (some are kept in stock please ask) exercise mat, towel and water.</p>	<p>Contact Bridget</p> <p>07795226047</p>

Tuesday	Activity	Contact
9.15-12.30	<p><b>ADVENTURE BABIES</b></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 <a href="http://www.adventurebabies.co.uk/warwickshireandcoventry">www.adventurebabies.co.uk/warwickshireandcoventry</a> to secure your place or contact <a href="mailto:lindsey@adventurebabies.co.uk">lindsey@adventurebabies.co.uk</a></p>	<p><a href="mailto:lindsey@adventurebabies.co.uk">lindsey@adventurebabies.co.uk</a></p> <p>or visit:</p> <p><a href="http://www.adventurebabies.co.uk/warwickshireandcoventry">www.adventurebabies.co.uk/warwickshireandcoventry</a></p>
14.30 –16.00 Tuesday 11th April	<p><b>HISTORY GROUP</b></p>	<p>John Fletcher on 01926 426001 or <a href="mailto:johnfletcher@sky.com">johnfletcher@sky.com</a></p>

<p>16.45-18.30</p>	<p><b>ATOMIC DANCE</b></p> <p><b>Acrobatic Arts 1</b></p> <p>4.45pm-5.30pm - 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><b>Acrobatic Arts 2</b></p> <p>5.30pm-6.30pm - 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 <a href="mailto:ellie@atomicdance.co.uk">ellie@atomicdance.co.uk</a></p>
<p>19.00-20.00</p>	<p><b>YOGA</b></p> <p>Supporting Health &amp; 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 I ask that attendees wear masks when not on</p>	<p><a href="http://www.lifewithaman.com">www.lifewithaman.com</a></p>

Wednesday	Activity	Contact
9.15-12.30	<p><b>ADVENTURE BABIES</b></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 <a href="http://www.adventurebabies.co.uk/warwickshireandcoventry">www.adventurebabies.co.uk/warwickshireandcoventry</a> to secure your place or contact <a href="mailto:lindsey@adventurebabies.co.uk">lindsey@adventurebabies.co.uk</a></p>	<p><a href="mailto:lindsey@adventurebabies.co.uk">lindsey@adventurebabies.co.uk</a></p> <p>or visit:</p> <p><a href="http://www.adventurebabies.co.uk/warwickshireandcoventry">www.adventurebabies.co.uk/warwickshireandcoventry</a></p>
18.00-19.00	<p><b>YOGA CLASS</b></p> <p>As for Tuesday class</p>	<p><a href="http://www.lifewithamanraj.com">www.lifewithamanraj.com</a></p>



Thursday	Activity	Contact
10.15-11.45	<p><b>ST CHAD'S COMMUNITY CAFE</b></p> <p>Serving Drinks and Cake for you to enjoy</p> <p>If you would like to volunteer for one or two weeks per month please contact:  <a href="mailto:Chad'streasurer@outlook.com">Chad'streasurer@outlook.com</a></p>	<p>Kate Wellsted</p> <p><a href="mailto:Chad'streasurer@outlook.com">Chad'streasurer@outlook.com</a></p> <p>or ring 07713113464</p>
Friday	Activity	Contact
10.00-12.00	<p><b>Tai Chi</b> - 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>	<p>Peter Fletcher 07487 685679</p>
<p><b>Sundays</b></p> <p>18.15-20.00</p>	<p><b>St Chad's Youth Club</b></p>	<p><a href="http://www.stChad'sbt.org">www.stChad'sbt.org</a></p>



## **Gentle effective acupuncture treatment.....**



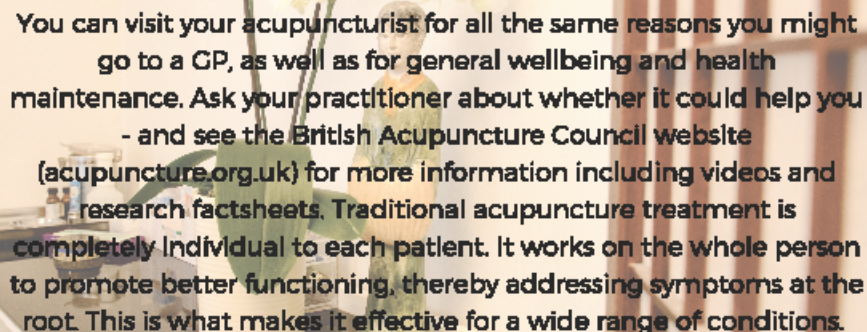
**Contact our intern  
practitioner for more  
information, costs and  
booking:**

Our pre-qualifying intern practitioners are in the last six months of the third year of their honours degree level training and have received permission to practice under indirect supervision. This means their treatment records are subject to scrutiny by supervisors who are fully qualified members of the British Acupuncture Council. They are fully insured, and their course is accredited by the British Acupuncture Accreditation Board (BAAB.co.uk), covering acupuncture theory, clinical skills, point location, conventional medical sciences, research and professional development.

Appointments on Tuesdays at the Acupuncture Academy, central Leamington Spa.  
Email (preferred): [acupuncturestudent17@gmail.com](mailto:acupuncturestudent17@gmail.com) for bookings, prices or just to find out more.

If you are not online, leave a message on 07811 872911 and I will call you back.

## **What can acupuncture do for me?**



You can visit your acupuncturist for all the same reasons you might go to a GP, as well as for general wellbeing and health maintenance. Ask your practitioner about whether it could help you - and see the British Acupuncture Council website ([acupuncture.org.uk](http://acupuncture.org.uk)) for more information including videos and research factsheets. Traditional acupuncture treatment is completely individual to each patient. It works on the whole person to promote better functioning, thereby addressing symptoms at the root. This is what makes it effective for a wide range of conditions.

Data gathered from over 260 previous patients of our Intern practitioners shows that they attended for diverse reasons, from emotional or mental health symptoms to digestive symptoms, musculoskeletal pain, menopause, reproductive health and skin conditions. Half of the patients had been suffering with their main complaint for over five years. 91% of patients reported a meaningful improvement after just five treatments, and over 20% had reduced or stopped medication (in conjunction with GP advice).

### **What happens when I go for treatment?**

During your treatment, your practitioner will use a range of diagnostic methods (including taking a full medical history and reading your pulses) to design your individual treatment plan.

### **How does it feel? Is it safe?**

Acupuncture is safe for all ages. The risk of adverse events is extremely low. Acupuncture needles are very fine - about the width of two human hairs, and sensations can range from a mild tingling to a dull ache on insertion.

Acupuncture treatment is very gentle and relaxing!



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