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Your FREE edition - just pick one up and keep up with the news

NHS manager groomed underage girls for sex

by **Andy Morris**
andy.morris@bullivantmedia.com

'HORRENDOUS' sexual offences against underage girls were committed by a manager who worked for University Hospitals Coventry & Warwickshire (UHCW) NHS Trust.

Paul Lipscombe, 51, was sentenced at Leicester Crown Court to 28 years and one month imprisonment after he pleaded guilty to 34 crimes - including rape and sexual assault - against six girls aged between 12 and 15 who he had groomed on social media app Snapchat.

He has also been placed on the sex offenders register for life, and subjected to a restraining order preventing him from contacting the victims.

Detectives are still working to uncover the full extent of his offending after identifying six girls he had abused between September 2023 and April 2024.

Lipscombe, who worked as an associate director of NHS performance for UHCW, would gain the trust of his victims before arranging to meet them in private locations where he would commit acts of rape and sexual assault.

With the use of AI technology, Lipscombe - from from Rothley in



The moment Lipscombe was arrested at a fast-food drive-through.

Leicestershire - was also found to be creating and distributing indecent images of children.

In April 2024, concerns were raised in Lincolnshire in relation to a missing 15-year-old girl.

Police discovered the girl was at an address in Leicestershire with Lipscombe, and he was initially arrested on suspicion of kidnap - but she later told police she had been raped.

Detectives at Leicestershire Police's dedicated Child Abuse

Investigation Unit discovered other offences against the girl had occurred, and Lipscombe had also been in contact with other girls on Snapchat, lying about his name and age.

Five more girls from across the country were identified and spoken to, and evidence on Lipscombe's devices showed he had been engaging in sexual activity with them.

Five of the six girls had met with him and been raped or sexually assaulted.

On his devices, officers found indecent images of children, many of which Lipscombe created using AI software.

He had also set up a website where others could buy illegal images of children, or pay him to create images.

The investigation into Lipscombe's offending remains ongoing.

Superintendent Helen Schofield said: "The extent of Lipscombe's offending is truly shocking. This man has been grooming young girls

online and after gaining their trust he has abused that trust in the most horrendous ways imaginable.

"It is because of the bravery and strength of the girls to talk to us about what he did that he now faces many years behind bars.

"We suspect other girls may have also been in contact with him and we would urge them to come forward. Detectives in our child exploitation team are here to listen and support anyone who may also have been groomed by this man."

A UHCW spokesperson praised the girls and their families for their bravery.

They added: "Following Lipscombe's arrest in April 2024, we immediately suspended him before dismissing him from his administrative, non-patient facing role in June 2024.

"The Trust has carried out its own internal review. Nothing has been identified at this stage to indicate this individual's criminal activity was committed as part of their role."

Visit <https://mipp.police.uk/operation/33EM19175-PO1> or call Leicestershire Police on 101 to report information or possible offences committed by Lipscombe.

Visit www.leics.police.uk/advice/advice-and-information/gr/grooming for more information on grooming and where to get help.



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ABOVE: Curator Hardish Virk in his bedroom. Picture by Marcus Mingins 4625008MMR1



LEFT: Ayisha Abraham takes a look around. Picture by Marcus Mingins 4625008MMR3



ABOVE: Ambassadors Prashant Kansara and Jitey Samra in the lounge. Picture by Marcus Mingins 4625008MMR2

Emotional story is told through new exhibition

by Andy Morris
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AN 'EXTRAORDINARY' new exhibition at Coventry's Herbert Art Gallery and Museum is billed as one of its 'most ambitious' projects.

Stories That Made Us – Roots, Resilience, Representation is now open at the Jordan Well venue.

Inspired by a Coventry family's story, the exhibition invites visitors to step inside four immersive rooms – a 1960s passport control room, 1960s passport control room, a 1980s bedroom, and a radio studio reflecting the 1990s to 2010 – exploring how South Asian communities adapted to social, political and cultural shifts in the UK.

Marguerite Nugent, Cultural Director at Culture Coventry Trust, said the exhibition was 'extraordinary'.

She added: "It's an immersive, emotional and vital celebration of South Asian heritage – and of Coventry's history as a city of migration, creativity and solidarity."

Curator and artist Hardish Virk is the author of the stories and themes in the exhibition, which have taken inspiration from what he saw and experienced growing up in Coventry and England as a British born South Asian.

It features photographs, books, magazines, posters, vinyl records, cassettes and personal memorabilia alongside oral histories, radio broadcasts, music and film.

Hardish said: "At its heart, Stories That Made Us is a human story – one family's jour-

ney that acts as a catalyst to share a bigger story about Britain's relationship with South Asia over the centuries.

"Through that personal lens, we're inviting everyone, whatever their background, to connect, reflect and find their own story in what they see – and to be inspired to share their own stories as part of Britain's collective narrative.

"South Asian communities have been a vital part of British life for hundreds of years, shaping its culture, industries and identity. I want younger generations to see that they belong here – that their families' and personal experiences are part of its fabric. When we understand that history, we find connection, not division.

"We're also showing that diverse stories can be told at the highest level. This is world-class storytelling, collaborating with leading artists, designers and the film-maker, Manjinder Virk from Riverbird Films, who were commissioned to make two film installations based on my original ideas, which she brought to life through cinematic and documentary style storytelling.

"It's ultimately about authenticity, pride and the need to know more about what connects us all, and we're excited to share that with audiences."

The exhibition is supporting an engagement programme to strengthen relationships with South Asian community groups in Coventry and beyond.

Stories That Made Us – Roots, Resilience, Representation runs until May 25. Visit www.theherbert.org for more information.



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November		
27th Christmas Lunch & Entertainment	£36.00	
December		
2nd Melton Mowbray	£25.00	£20.00
6th Stratford Victoria Christmas Market	£18.00	£10.00
13th Meadow Hall Sheffield	£27.00	£22.00
20th Black Country Museum	£35.00	£22.00
22nd Pub Lunch & Stratford	£30.00	£24.00
January		
17th Pub Lunch	£30.00	£24.00
21st Telford	£25.00	£20.00
March		
3rd Melton Mowbray	£29.00	£22.00
7th York	£27.00	£22.00
17th Cotswold Market & Broadway	£27.00	£22.00
21st Afternoon Tea & Litchfield	£33.00	£28.00
31st Liverpool	£29.00	£22.00
April		
8th Cheddar Gorge & Clarks Shopping Village	£30.00	£24.00
11th London	£30.00	£24.00
14th Cotswolds & Broadway	£29.00	£24.00
May		
5th Pub Lunch	£31.00	£25.00
16th Black Country Museum	£27.00	£24.00

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Govt needs to give area fair funding, urges MP

A CALL for fair funding for critical services in Rugby and Warwickshire has been made by the town's MP.

John Slinger says services such as adult social care, highways, schools, and children's services have been 'chronically underfunded' due to years of austerity.

He is appealing to the government to ensure Warwickshire's needs are recognised as part of its proposed Fair Funding Settlement, which will aim to allocate funding based on need.

Mr Slinger said: "Since 2010 the highest tier councils have struggled with rising demand coupled with significant real terms cuts to budgets.

"My constituents have faced longer waits for adult social care, highways, schools and children's services.

"They've also seen cuts to non-statutory services like sure start centres, and I am calling on our Labour government to ensure that Warwickshire's needs are recognised and properly funded.

"In our constituency we have significant areas of need, and I am calling for the resources to ensure that all residents can

by **Andy Morris**
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access the services they need instead of facing further cuts and uncertainty."

Coun Sarah Feeney, leader of the Labour Group at Warwickshire County Council, said she had seen first-hand the 'devastating' impact of local government cuts.

She said: "From libraries to children's centres, the residents of Warwickshire have seen cut after cut.

"Staff have worked with residents to try and protect the most vulnerable in our society but its time we had the resources to deliver for our communities.

"Given the Reform administration's desire to spend on non-frontline services such as political assistants and councillor safety grants, I would ask that any additional funding be directed to our frontline services where residents really need them."

John Slinger has called on the government for fair funding for critical services in Rugby and Warwickshire.



Driver jailed after crash killed woman

A MOTORIST from Rugby who ignored medical advice not to drive has been jailed after a collision that killed one woman and seriously injured another.

Alan Charles Parish, 74, of Lodge Road, crashed into another car in Ashlawn Road in August 2024 after he suffered a medical episode at the wheel.

He had been warned by doctors not to drive and to notify the DVLA, but had not acted on this advice.

He was sentenced at Birmingham Crown Court to four years and six months imprisonment for causing the death of the other car's passenger Margeurite Thomas by dangerous driving, and two years and three months concurrently for seriously injuring the driver.

He was also banned from driving for over seven years.

Det Cons Francine Brown, of Warwickshire Police, said: "This has been a long and complex investigation, during which the families have shown commendable strength and dignity throughout the investigation and court process.

"The sentences awarded will never reflect the huge loss and devastation caused to the families as a result of Alan Parish ignoring medical advice and continuing to drive.

"Our thoughts remain with all of those involved and affected by what happened."

Council pays tribute to Borough Freeman

A RESPECTED Freeman of the Borough who dedicated nearly a quarter of a century to serving the residents of Rugby has died.

John 'Jack' Lawton, former chief executive of Rugby Borough Council (RBC), passed away peacefully at home on Thursday November 6. He was 89 years old.

Born in Australia in 1936, Jack demonstrated his determination and dedication at an early age when he was left paralysed after breaking his neck in a diving accident at a swimming pool.

Just ten years old, Jack defied the odds, learned to write again and later studied law at the University of Sydney before qualifying as a solicitor and barrister.

In 1959, Jack met Sue, a trainee psychiatric nurse. The couple married a year later and had children Ruth and David before moving to England - Sue's home - in 1965 to start a new life.

Jack secured a job at Kingston-upon-Thames Borough Council, but in 1972 the family moved to Rugby after he was appointed assistant town clerk at Rugby Borough Council.

He was promoted to town clerk before becoming chief executive of the borough



John 'Jack' Lawton, pictured in 1979.

Milton Keynes. Jack went on to become vice chair and then chair of the association before stepping down from his charity work in 2013 to enjoy a quiet life with Sue at the couple's home in Rugby.

In a joint statement, Rugby Borough Council's group leaders Coun Michael Moran (Labour), Coun Derek Poole (Conservative) and Coun Jerry Roodhouse (Liberal Democrat), said:

"Jack Lawton dedicated nearly a quarter of a century to serving the residents of Rugby in his roles at the council and his significant contribution to both the council and the borough was rightly recognised when he was awarded the Freedom of the Borough on his retirement, the highest honour the council can bestow.

"We're truly saddened to learn of Jack's passing and our thoughts remain with his family and friends at this time."

In lieu of flowers, Jack's family has requested donations be made in Jack's memory to the Spinal Injuries Association.

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Support for cycle path

PARK users have given the thumbs up to plans for a cycle path through Abbey Fields in Kenilworth.

A recent Warwick District Council survey, which received over 1,000 responses, found the majority in favour of the creation of a continuous shared cycling and pedestrian footpath from Bridge Street to Borrowell Lane, connecting the park to Castle Farm and completing the missing section of National Route 52.

The survey also highlighted the need for the safety of all users, especially around the swimming pool and play area, which WDC will now review as part of the design process.

Council officers will now work with consultants on the design of the shared use path, for walking, wheeling and cycling, and the safety measures required around the pool, with final approval of the design being sought by Cabinet in March 2026.

The creation of the shared use path aligns with Warwickshire County Council's plans to install new crossings at Bridge Street and Borrowell Lane, ensuring that all users can enter and leave the park safely and confidently.

In addition to the path, the potential for adding additional seating along the route will be explored.

Coun Lowell Williams said: "I'd like to thank everyone who took the time to respond to our survey this summer. It shows what an important asset the park is to the town, and how it is valued by so many as a space for recreation and relaxation."

"We have listened and responded to the views expressed in the survey, and will continue to do so, ensuring that the detailed and final design of the shared use path meets the needs of all who use this wonderful space."

Work starts on scheme to join up green spaces

WORK to create a new public park linking the towns of Leamington and Warwick is under way.

Elizabeth Park is being developed through a partnership between Warwick District Council and Homes England. The district's newest green space will stretch along the riverside from Princes Drive and will encompass the area currently occupied by the Edmondscote Athletics Track.

The project will be completed in three phases. The first will see the area of grassland adjacent to Princes Drive undergo landscaping works, the installation of new footpaths, tree planting and seeding for wildflower meadows.

The planned relocation of the athletics facility will make way for phase two - the relocation of the sports ground - and phase three, to create access to the existing green spaces near the athletics track along the River Avon.

WDC's neighbourhood spokesperson Coun Will Roberts said: "This exciting project will not only create a wonderful new public park for Leamington and Warwick but will also provide an attractive traffic free route between the two towns. This is part of our ongoing commitment to enhancing green spaces across the district and improving accessibility for walking, cycling and sport."



Coun Will Roberts, Coun Naveen Tangri, Craig Mundy of WDC's green spaces team, Justin Tweed from Beechwood Trees and Landscapes Ltd, Mick Nevin of McVeigh Construction, Coun Sidney Syson and Coun Bill Gifford at Elizabeth Park.

Ragu Sittambalam, senior planning and enabling manager at Homes England added: "Having worked to secure planning approval for the design of Elizabeth Park earlier this year, it's exciting to see the first phase start on site which will provide new planting, footpaths and improved access to this area of open space. This

stands as one of our commitments having purchased the Riverside House site in 2024 which has now been demolished and will deliver new homes on previously developed land.

"We're grateful to the community for their input and cooperation, we hope that in time Elizabeth Park will contribute to

the wider green corridor connecting Warwick and Leamington."

The main works for phase one of Elizabeth Park are scheduled to conclude by the end of the year with further seeding to be undertaken in spring. The existing parkland will remain open throughout this time, with any disruption kept to a minimum.




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Violent thief jailed for 7 years after punching shop staff in head

by **Andy Morris**
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A VIOLENT thief has been jailed for more than seven years after a spate of robberies and shop thefts in Coventry.

Joseph Maughan, 22, of no fixed address, was sentenced at Warwick Crown Court to seven years and four months in prison for three counts of robbery and four counts of theft.

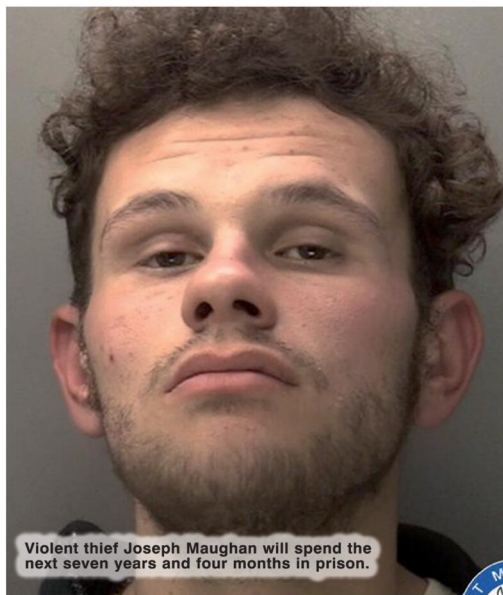
Maughan was identified by police officers from the Coventry Neighbourhood Crime Team and charged over the offences, which all took place in September and October.

Police said Maughan entered one of the shops at the Warwickshire Retail Park and tried to leave without paying for several packs of meat.

When he was challenged by a member of staff, he punched them in the side of the head before leaving.

Further thefts took place throughout September, including stealing £500 worth of goods from a shop in Humber Drive.

On September 29, Maughan again assaulted a member of shop staff in Binley Road after



Violent thief Joseph Maughan will spend the next seven years and four months in prison.

they tried to stop him leaving with stolen goods.

Finally, in early October, Maughan returned to one of the shops he had previously

stolen from, saying to a member of staff: "Remember when I punched you last time," before again leaving without paying.

Det Sgt Asa Morris, from the

Neighbourhood Crime Team, said: "We are really pleased to have taken a very dangerous individual off the streets of Coventry with such a strong sentence."

"Not only did he steal from businesses in the city, he was prepared to commit acts of violence against anyone who tried to stop him."

"Hopefully this sentence sends out a strong message of how seriously we take this type of offending in Coventry."

A Coventry Police spokesperson added: "We know the distress and trouble persistent shop thefts can cause businesses, and we are taking action across the force."

"Along with custodial sentences, we regularly apply for Criminal Behaviour Orders against people responsible for persistent thefts."

"These orders allow us to prevent people from visiting places they are known to offend. If found there, they can be arrested and brought back before the courts."

"We made 1,272 arrests for shop thefts in the first four months of 2025, a significant increase on the same period in 2023."

"During the first quarter of 2025, we detected more of these offences than any other force in the country."

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Kids left buzzing to play part in fundraising acts

KIND kids at a Rugby nursery have been spreading smiles and pledging acts of generosity for BBC Children in Need.

More than 120 children at Busy Bees Nursery in Rugby took part in the Great Kindness Swarm – a nationwide campaign created by Busy Bees to inspire 250,000 acts of kindness and raise vital funds.

The nursery encouraged children, educators and colleagues to complete six

by **Andy Morris**
andy.morris@bullivantmedia.com

thoughtful acts each – from sharing toys and helping friends to giving back to their communities.

Caroline Hampson-Peach, Busy Bees area director for Warwickshire, said: "Our children have loved finding creative ways to be kind, from baking treats for neighbours to planting kindness flowers.

"Together, these small gestures will create a powerful

wave of hope, joy, and generosity. It's wonderful to see how proud they are to help other children through BBC Children in Need."

The campaign is part of Busy Bees' ongoing partnership with BBC Children in Need, supporting the charity's Challenge Yourself to 25 initiatives. To date, Busy Bees has raised more than £110,000 for BBC Children in Need.

Chris McCandless, European CEO at Busy Bees, said: "Our children are discovering that even the



Kids at Busy Bees Nursery have been raising money for BBC Children in Need.

smallest act of kindness can spark something bigger - in nurseries, communities, and beyond. Every Busy Bee taking part is helping to create a brighter future and making a real difference for BBC Children in Need."

Claire Hoyle, director of income & engagement at BBC Children in Need, said: "We first partnered with Busy Bees last year to support children to thrive and be the best they can be. "What a year it has been!

From Giggle-a-Thons to the Great Kindness Swarm, Busy Bees has been raising the bar on fun and creative fundraisers."

Go online to <https://www.justgiving.com/page/busy-bees-national> to donate.

John was presented with the award by Mayor Barbara Brown in front of friends and relatives.



John thrilled to receive choir honour

A BELOVED former headmaster said he was 'moved to tears' after being honoured for devoting half a century to the Rugby Male Voice Choir.

John Evans, a resident at Overslade House Care Home, was presented with an honorary award by the choir upon being elected as its Vice

President for his service and dedication to the choir for more than 50 years.

John, the former head of Paddox School, was presented with the award by Mayor Barbara Brown and Mayor's Consort Elly in front of friends and relatives.

John said: "I was

moved to tears and very emotional.

"It is such an honour to know that Rugby Male Voice Choir, my friends and family and Overslade House staff and residents care so much about me.

"I am honoured to now be Vice President of Rugby Male Voice Choir."



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- "SME Customer Service Excellence Award 2024"



PCC points to record after government opts to axe commissioners

WARWICKSHIRE Police and Crime Commissioner Philip Seccombe has described the government's decision to abolish his post as 'a kick in the teeth'.

The government has announced all police and crime commissioner posts across the country would be scrapped from May 2028 and the money saved pumped into front line policing.

A Home Office spokesperson said removing PCCs would cut the cost of unnecessary bureaucracy - money that could be better spent on restoring neighbourhood policing. He claimed at least £20 million would be saved each year, enough for 320 constables.

Reacting to the announcement, Mr Seccombe said: "The announcement to abolish police and crime commissioners is deeply disappointing and can only make policing less accountable and more remote from the communities it serves. The government offers very little detail on what comes next or why this would represent a step forward. I think it is outrageous that a decision of this magnitude has been imposed with no consultation or public engagement - as PCCs we were given just 90 minutes' notice before it became public."

"The justification offered - that PCCs have a small electoral mandate - ignores the reality that turnout for PCC elections is now broadly comparable to local authority and mayoral elections. To base such a significant change on outdated arguments is extremely disappointing."

"Since the role was introduced, PCCs have transformed the way policing is governed with proper scrutiny to ensure that community priorities are addressed, as well as strengthening local partnerships and delivering improved support for victims of crime. These achievements risk being undone by a return to a more distant committee model or a remote deputy mayor that lacks accountability and visibility. I fail to see how either model will replicate the level of focus and accountability offered by PCCs."

Mr Seccombe continued that in Warwickshire his office had built considerable expertise and delivered outstanding results, including securing the funding to commissioning services for victims worth around £2.8 million each year.

He added: "During my tenure, officer numbers have grown from around 800 in 2016 to 1,140 today, responding to one of the key concerns of local people. I have introduced a Police and Crime Plan shaped by local



priorities and invested heavily in technology to support the force - all achieved despite the biggest reductions in central government funding per head of population in England and Wales.

"It feels like a kick in the teeth to see that swept away based on spurious justifications. It undervalues the work PCCs do and the difference we make to community safety. I am also concerned what this decision means for the future of the hard-working staff of my office and I will be working hard to get more answers from the government."

Philip Seccombe's role as police and crime commissioner will be scrapped in 2028.

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Left to right: Kavita Chauhan, Joanne Glover, Stuart Grainger, Jaycee Snow and Graham Schofield from Coventry BID are ready to hand out safety items in the city centre on Friday (November 21).

SAFETY DAY: SHOPPERS in Coventry city centre can get hold of items to help them feel safer while doing their Christmas shopping.

Coventry Business Improvement District (BID) will host its annual safety day in the city centre on Friday (November 21) - and will be handing out more than 8,000 free items.

Shoppers can take home a purse dipping bell, a card defender, a purse and bag cable, and a personal alarm complete with a torch.

The tools, designed to deter crime and help people shop with confidence, will be handed out by the fountain in Lower Precinct.

Joanne Glover, Chief Executive at Coventry BID, said: "Christmas is a fabulous time to visit Coventry, but as with city centres up and down

the country, it is also a time where thieves are most prevalent.

"We want everyone to enjoy the city centre safely this Christmas and small precautions can make a real difference in deterring crime. We're delighted to be able to provide these items to the public for anyone who needs them.

"This is one of many measures we are implementing this festive period across the city centre to make it a welcoming place to shop and spend time with friends and family."

Customers at Lloyds, Natwest, HSBC and Barclays will also be able to collect a supply of the items from city centre branches.

Visit www.coventrycitycentre.co.uk for more about shopping in Coventry City Centre this Christmas.

Bringing popular sights of Christmas

A FREE family event celebrating the Christmas season returns to Coventry this weekend.

A snow lion, a swan pedalo, seven-foot singing robins and other magical characters will take centre stage during the Festival of Christmas council-run event in the city centre, which this year takes on a theme of Christmas Dreams.

Father Christmas will be making special appearances during regular shows by local theatre company Ego, in addition to multi-sensory storytelling by Talking Birds.

The popular Snow Globe Fairy also makes a return this year, alongside Fire and Ice sculpture demonstrations and illuminated drummers Spark.

Coun Abdul Salam Khan, Deputy Leader and Cabinet Member for Events at Coventry City Council, said: "Last year's Festival of Christmas event received a huge amount of positive feedback from those who attended, so we've decided to host the event again this winter.

"The Christmas Dreams theme will bring a trail of magical festivities to our city centre as we work with some of our local organisations to create breathtaking performances, comedy shows and traditional Christmas characters for all ages, in different locations throughout the city centre.

"I encourage everyone to attend this free council event as it's the perfect way to start the winter season."



The Snow Globe Fairy will return for this year's Festival of Christmas.

The event, which takes place from 3pm to 8pm on Saturday November 22, will be held in locations across the city including University Square, Cathedral Ruins, Upper Precinct, Broadgate, Smithford Way, Market Way and Hertford Street.

The Christmas market and big wheel will also be open in Broadgate, with a variety of seasonal food,

drinks and gifts on offer.

Free parking will be available in council-run city centre car parks for entry after 3pm on November 22, and on December 20, 22 and 23.

Visit www.coventry.gov.uk/FestivalofChristmas for more information about the event, including a schedule of performances.



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LEFT: Fiona Taylor, Alan and Jackie Gear and the Braintree Organic Gardening Club mark the launch of the Seed Relay.

RIGHT: The relay is under way.

BELOW: 'Seed champions' will take a packet of seed from the golden anniversary parcel to grow - and eventually harvest and save.



Idea could grow into something

THE UK's first ever 'seed relay' is being launched by the Warwickshire-based charity which looks after the National Collection of Heritage Vegetables.

Garden Organic is marking its 50th anniversary with the relay, which will see heritage vegetable seed shared, sown and saved across the country to highlight the work of the Heritage Seed Library (HSL) in safeguarding food security and genetic diversity.

The relay will have three parts - in England this year, Scotland and Wales in 2026, and a special celebration will take place in Ireland.

The first leg of the Seed Relay began in Bocking, Essex, where

the seed of the HSL was first sown, and Garden Organic founder Lawrence Hills began his groundbreaking organic gardening and conservation work.

During the giant 50th birthday 'pass-the-parcel' event, the heritage seeds will travel more than 180 miles to be shared among individuals, organisations and communities across England, before finishing at Garden Organic.

At each stop-off point, supporting 'seed champions' will take a packet of seed from the golden anniversary parcel to grow - and eventually harvest and save - and pass the rest of the seeds onto the next destination.



A Garden Organic spokesperson said: "A changing climate and decline in insects including pollinators is making our food security more precarious. We need to conserve the widest variety of

vegetable seeds as possible to ensure the survival of home-grown food crops.

"Add to this worldwide food shocks caused by pandemics, wars and disrupted trade routes and the urgent need to save our precious seed becomes a race against time."

The HSL is the only living library of heritage vegetables in the UK, and the only seed library that conserves food by sharing heritage seeds with gardeners and communities.

By sharing and 'growing out' the seeds with community partners across the UK, the seeds become more resilient and better adapted to climate change and local conditions.

Fiona Taylor, CEO of Garden Organic, said: "The Heritage Seed Library conserves seed by sharing it, and this work is a continual relay between places and generations to ensure the survival of heritage vegetables.

"Passing seed on to be grown by friends, neighbours and future generations is a simple action that gardeners and growers can take to ensure our food crops adapt to climate change.

"Seed is a precious natural resource, and open pollinated seed continually adapts to the conditions in which it is sown. This means by passing seed on and sowing it in a variety of places, we are allowing it to survive and thrive."

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With the recent sharp increases in gold and silver prices, along with upcoming government tax rises, we will unfortunately need to adjust our prices from January 5th onwards.

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Family festive fun on the way



Ice sculptor Mat Challoner will show off his skills at the Fire and Ice Spectacular.

EXPERTLY carved ice sculptures will appear in Rugby town centre at the town's first Fire and Ice Spectacular next weekend.

The sculptures, fire beacons and live ice carving shows will provide the backdrop for the event, which takes place on Sunday November 30.

The sculptures, up to two metres tall, will include Rudolph, Santa's sleigh, The Snowman, an elf, a stocking filled with goodies, angel wings, a carving wall and a post box for letters to Father Christmas.

Initially lit with white light, the sculptures will be transformed with multicoloured light after dark. Each will also have its own fire beacon.

Sculptors will show off their skills at a series of live ice carving shows, in which ice artists will speed-carve in 15 minutes using a selection of chainsaws and power tools, with fireballs and sparkles hitting the ice

throughout.

The event will also feature a carving wall, story-telling, music, dance, fire breathing, walkabout characters, festive craft activities, Father Christmas, a funfair, food, toasted marshmallows, face painting and more.

Rugby First Business Director Linda Lowne said: "This new event is all about bringing back the magic and sparkle to Christmas, and creating some beautiful moments and memories, for residents and visitors from further afield.

"There are also opportunities for your little elves to enjoy 'Make and take' festive activities, listen to a story, toast marshmallows, meet Santa, be entertained by a real life elf, listen to carols and live music, a living nativity, enjoy a ride at the funfair or get blown away by our snow blower."

The free event will run from 2pm to 7pm on Sunday November 30. Visit www.rugby-first.org for more information.

ALL aboard – Rugby town centre is the destination for the Santa Express during a weekend of festive fun next month.

The town will host Christmas celebrations on Saturday December 13 and Sunday December 14.

The free Santa Express novelty train ride will run on both days, departing from the top of Sheep Street for ten-minute trips taking in sightings of Father Christmas and Alfie the Elf.

A lantern procession will be led around the town centre by a colourful samba band on the Saturday from 5.30pm, ending with hot chocolate, mulled wine and Christmas carols at St Andrew's Church. Participants are welcome to bring their own lanterns or make one on the day at a free workshop at the church.

On the Sunday, Rugby's first Christmas independent market takes place in Market Place, with stalls offering a range of Christmas gifts and festive treats.

The weekend will be accompanied by live music and appearances from Father Christmas and Alfie the Elf.

Rugby First Business Director Linda Lowne said: "I am really looking forward to this event as it has so many fun elements to it. The lantern procession is really magical, and I would love as many individuals, businesses, communities or groups such as Brownies, Beavers, Rainbows and schools to join the procession as well as make lanterns prior to or on the day.



"I am also really excited about our first independent market, and I would ask that you come and show your support for these businesses as well as those in the town centre."

"We still have a few stalls available so if you are aware of any local start-ups or small independent businesses that would be interested in having a free stall please get in touch."

The events will take place on High Street, Sheep Street, Market Place and in St Andrew's Church between 12noon and 6.45pm on the Saturday, and 11am to 5pm on the Sunday.

Visit www.rugbyfirst.org or email linda@rugbyfirst.org for more information, to obtain a free lantern making kit or to book a stall.

Participants lit up the town in last year's lantern parade.

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The High Sheriff of Warwickshire, Karen Lynch MBE, cuts the ribbon at the Percival Guildhouse's annual Christmas fund-raising fair, accompanied by Chair of Trustees Rob Close OBE (left) and Peter Reaney (right), reciprocal Guildhouse trustee representing the Westham House Fund.



Donated books will help spread message

'WONDERFUL' books donated to a Rugby primary school will boost its campaign against bullying and discrimination.

Housebuilder Barratt Homes has donated a collection of books to Bilton C of E Junior School during Anti-Bullying Week.

The donation includes a range of books by Usborne Publishing, which aims to support children's mental health.

Founded by Anti-Bullying Alliance, Anti-Bullying Week encourages the discussion of the stigma around bullying.

This year's theme is 'Power for Good', following a consultation with teachers and children who wanted a theme that empowered them to do something positive in the face of bullying.

Among the books donated were titles including 'The Unworry Book' by Alice James, 'Why Should I say Sorry' by Rose Hall, and 'Friendship Survival Guide' by Caroline Young.

Rebecca Ross, Head of School at Bilton C of E Junior School, said: "We would like to extend our heartfelt thanks to Barratt Homes for the generous donation of books. These wonderful books will be invaluable in supporting our ongoing campaign of zero tolerance towards bullying and discrimination."

"This year's theme for Anti Bullying Week, 'Power for Good,' inspires us all to take positive action



Bilton C of E Junior School Head Rebecca Ross and pupils reading some of the donated books. Picture by Alex Hannam Photography / alex@alexhannamphotography.co.uk

and promote kindness, understanding, and respect within our community. Thank you once again to Barratt Homes for helping us empower our children to be a power for good."

Many of the books include interactive features to help the children express their feelings and relieve anxiety.

Kerry Mullen of Barratt Homes said: "We hope that these books will

encourage pupils at Bilton C of E Junior School to consider their own mental health, and the feelings of their peers in the playground and in everyday life.

"Anti-Bullying Week is an initiative we are proud to support, and we delighted to help local schools within our community with tools to help stop bullying." alex@alexhannamphotography.co.uk



THE CHRISTMAS season got off to a royal start at Rugby's adult learning centre.

The High Sheriff of Warwickshire, Karen Lynch MBE, popped in to the Percival Guildhouse to open its annual Christmas fund-raising fair on Saturday (November 15).

She was treated to a tour of the 100-year-old St Matthew's Street centre, where she met enthusiastic volunteers and staff.

Meanwhile, visitors rummaged

through the bric-a-brac, books and toys on sale, and tested their luck with a tombola and raffles.

The office of High Sheriff is the King's representative in Warwickshire who carries out a ceremonial role in upholding law and order, and supporting the voluntary sector to build social cohesion.

Mrs Lynch said that during her year in office she was keen to support ventures in Rugby that promoted community, and had been delighted to get to know the Guildhouse first hand.

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Rachele Pizzillo. © Johan Persson. Image © Manvir Rai.

Girls on the ball to make their name at academy



Members of the Rugby Town Girls' Academy are being offered a pathway to develop, compete, and dream big.

YOUNG would-be Lionesses are benefiting from 'dedication, teamwork, and belief' at a Rugby football academy for girls.

by **Andy Morris**
andy.morris@bullivantmedia.com

The Rugby Town Girls' Academy is giving talented players across the Midlands a pathway to develop, compete, and dream big.

Still in its early days, the academy is already a fully-fledged programme led by qualified coach Liam O'Neill.

He said: "This has been coming for a long time.

"Every school visit, more and more girls wanted in - but there was nothing for them to join. That's changed now. And it had to."

With Rugby Town Academy boys' team already a proven success story - Liam's previous squad made it to both the FA Youth Cup third round and the National League finals - this is a new challenge, but one he's embracing wholeheartedly.

"There'll be tough matches," he said. "They'll go up against stronger, more experienced teams. But that's

how you learn. That's how you get better. We're building something that will last."

For the 17 girls who have joined from across Warwickshire, Birmingham, Leicester and Coventry, the chance to train seriously and compete at a high level is already a win.

Liam aims to grow the intake to 25 a year, supported by the same coaching structure and professionalism offered by the boys' programme.

He said: "These girls aren't here because they're girls. They're here because they can play. I treat them the same way I treat any footballer - with respect, with structure and with expectations."

Liam holds the PFA UEFA A Licence - the highest coaching qualification in world football - and plans to bring in a UEFA licensed female coach to support the group as it grows.

He also hopes to introduce joint sessions with the boys' squad to build skills, share ideas and inspire both sides to make it to the very top.

"I want to be the first in this area to help get a girl into the professional leagues," he said. "If a tiny percentage of boys make it, why can't girls? We've got the talent. Now we've got the platform.

"Whether we succeed or not - we tried. That's the bit I care about. They're out there, they're competing and they've got a shot. That's what matters."

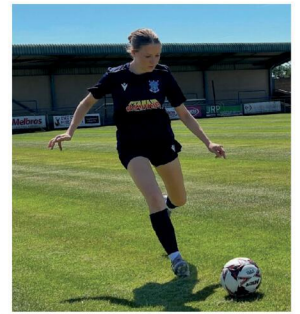
Club sponsor Stanair Industrial Doors has supported the academy

since 2018, backing both the boys' and girls' sides.

Managing director William Smith said: "This is an inspiring story of dedication, teamwork, and belief and one that we're thrilled to be part of.

"Liam's energy is incredible and we've seen first-hand how much he cares about every player. It's not about headlines - it's about hard work and opportunity."

Sales manager Simon Barnicoat added: "What they've built is something special and launching the girls' team feels like the next big step. You can feel the buzz around it already."





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LEFT: Scare-seekers queued around the block.

RIGHT: The House of Halloween celebrated its fifth birthday by raising a record-breaking £11,304 for Children in Need.



A frighteningly good fund-raiser

THE HOUSE of Halloween in Whitnash celebrated its fifth anniversary by raising a record-breaking £11,304 for BBC Children in Need.

The impressive figure includes proceeds from the popular spooky walk through attraction, a Halloween-themed quiz night, a 100-prize raffle, and a charity auction.

Now firmly established as a highlight of the local community calendar, the House of Halloween transforms the driveways of three properties on Whitmore Road into an immersive haunted experience each year - featuring themed rooms such as a graveyard, haunted mansion, clown room and chop shop.

This year's attraction introduced a haunted nursery and an eight-foot Grim Reaper, among other new props and effects.

Event organiser Darren Butler invested nearly £3,500 in new animatronics to deliver the most ambitious and spectacular experience to date. Even Pudsey Bear made special appearances, posing for photos and encouraging donations.

The fundraising effort was boosted further by a Halloween Quiz Night held on Friday November 7 at The Nelson Club in Warwick, where 24 teams took part. Approximately 6,000 raffle tickets were sold in the run-up to the event.

The raffle once again featured

100 prizes, ranging from hotel stays, days out, food, drink and gifts donated by local businesses and organisations.

Across its five-year history, Darren's House of Halloween and associated events have now raised over £30,000 for charity.

He said: "I've been a huge fan of Halloween for many years, and the House of Halloween has grown beyond anything I imagined. I'm amazed by the generosity and support from our community - whether it's donating prizes, materials, time, or coming along to enjoy the events. I want to say a huge thank-you to everyone involved. I know Children in Need will put the funds to good use, supporting those who need it most."



Darren Butler treated guests to even more spooky goings-on.



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Unless your vision has changed, you might not have given your eyes much thought over the last few months. But your eyes have the potential to reveal a lot about your general health, even if they don't feel any different.

That's why the team at Specsavers Rugby are keen to highlight the importance of having your eyes tested regularly. As well as checking your prescription, an eye test can pick up early signs of treatable conditions, such as glaucoma, the most common cause of preventable sight loss in the UK.

The store is locally owned and run by directors, Bhavna Hughes and Gerry Hughes, with extensive optical and audiology experience. Conveniently located on Market Place, the team are always on hand to provide professional and affordable eye and hear care for the local community and beyond.

Putting your vision in the frame

Specsavers recommends that everyone has their eyes tested once every two years, or more often if recommended by your optometrist. 'We will not only check how well you can see, we'll also thoroughly examine your eyes to look for anything that might need further investigation, including aspects of your broader health,' explains director, Bhavna Hughes.

The best optical experience

With regular eye tests, optometrists can monitor eye health and using the latest technology, including an OCT machine, identify early signs of conditions including macular degeneration, diabetes, and even brain tumours. It can also help detect glaucoma up to four years in advance.

The OCT machine, usually found in hospital eye departments, produces a structural scan of the eye, it's an additional service to your normal eye test and



can be requested when you book your appointment or when you arrive in store.

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If you do need glasses, the store offers an extensive range of frames to suit every face shape, style and budget. Plus, the team are highly trained in fitting and styling so will be able to guide you through the whole process. As well as frames starting at just £15, designer ranges, including Florence by Mills, Vivienne Westwood and Marc Jacobs, start from £100.

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To find out more or book an appointment visit <https://www.specsavers.co.uk/stores/rugby>.

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Cold snap prompts advice to prevent frozen pipes

SEVERN Trent has issued fresh advice to customers to help them avoid burst pipes as winter and colder weather approaches.

As we move closer to Christmas, temperatures across the UK will start to fall and soon turn freezing.

Now, Severn Trent has issued tips to customers to 'get winter ready' and protect their pipes from the freezing conditions by lagging them – and knowing where their stop tap is in case the worst happens.

Howard Perry, network operations lead at Severn Trent, said: "Freezing conditions followed by warmer weather can cause bursts."

"In cold weather, the water in your pipes can freeze and expand. It blocks them and can cause bursts including when they unfreeze in warmer conditions, causing damage to your home."

"But you can get prepared by spending a few minutes now going around your home and wrap up any pipes to protect them from the cold. Don't forget pipes in sheds, garages and outbuildings, plus any outside taps."

"Pipe lagging and tap jackets can be found at local hardware stores, they're easy to fit and could save you and your household a lot of hassle this winter."

"Finding where your stop tap is, and knowing how to turn it on and off is also important in case you



Severn Trent has issued tips to customers to get 'winter ready'.

get a leak at home. They're usually found under the kitchen sink, downstairs toilet or utility room."

Top tips for protecting pipes;

Wrap all pipework, fittings and storage tanks in unheated areas of your home (such as lofts, roofs, outbuildings and garages) with

insulation. It's best to use good quality waterproof foam lagging which can be found at your local DIY store.

If you have outside taps, either insulate them or drain them down to the pipework that links to the tap.

If you're concerned about your

own DIY abilities, a registered plumber can check your household pipes to make sure they're properly lagged and fill in any gaps. Severn Trent supports watersafe.org.uk – a dedicated online search facility for qualified and approved plumbers, so you can get plumbing help from someone you can trust.

Help is on offer

A MIDLANDS housing association has launched a campaign to help customers and communities prepare for the colder months ahead.

Platform Housing Group's Get Winter Ready campaign highlights a range of services and resources available from the company and its partners.

They include advice on saving energy and keeping homes warm; help with budgeting, energy bills and accessing grants; information on emergency repairs and how to report issues quickly; local community support contacts, including warm hubs and food banks; and guidance on how to stay well over winter.

Marion Duffy, Chief Operations Officer at Platform Housing Group said: "We know that winter can be a challenging time, especially with the ongoing cost of living pressures many people are facing."

"Our Get Winter Ready campaign is about making sure our customers feel supported and informed, whether that's through advice on energy saving, help with bills or knowing who to contact in an emergency."

"It's also a reminder that no one has to face the colder months alone; we're here to help."

The campaign also encourages neighbours to look out for one another and to seek help if they are struggling.

Customers can visit www.platformmhg.com/get-winter-ready to explore the advice, links and support services available.



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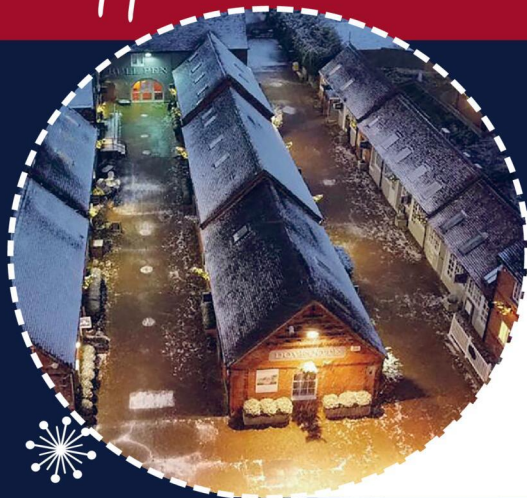
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Hatton

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FREE Admission



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Saturday 13th December

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* Christmas Markets

Christmas Shop



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Garden Centre & Shopping Village

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Hattonworld.com



Warwickshire High Sheriff Karen Lynch with former Blue Peter presenter Diane Louise Jordan.

JOINING SERVICE: THERE was a familiar TV face at a multi-faith service hosted by Warwickshire's High Sheriff Karen Lynch.

Held at St Mary's Collegiate Church in Warwick, the service is an annual tradition marking the start of the legal year and this year had an emphasis on young people.

And to further connect the themes of peace and youth, Diane Louise Jordan, former Blue Peter and Songs of Praise presenter, was invited to offer a reflection.

The service was attended by some 300 guests, including figures from Warwickshire's judiciary, legal profession, and local government, alongside High Sheriffs from neighbouring counties.

The service featured contributions from 18-year-old Sophia Wilk, the county's Young High Sheriff from Rugby, who read her winning entry from the Young High Sheriff pro-

gramme. Five Warwickshire Police Cadets delivered scripture readings, and another cadet lit a candle in a new candle-lighting ceremony to honour those who serve to uphold law and order across Warwickshire - including the emergency services, judiciary, probation, and education sectors.

Karen said: "In line with my theme for the year, Collaboration for Greater Impact, I wanted this service to be a truly collaborative and inclusive occasion. My aim was to involve young people at every opportunity and to connect all the faith leaders present through one shared theme - building the peace for our young people."

Music once again played a central role in the service, with performances by Rugby Ukrainian Ladies' Choir, Warwick School Consort and Warwick Prep School Senior Choir.

Booking lifted on recycling centres

RESIDENTS visiting any of Warwickshire's household waste recycling centres will soon no longer have to book.

Warwickshire County Council is launching a six-month trial geared towards making recycling simpler and more convenient for everyone.

From Monday (November 24), residents visiting any of the county's nine recycling sites will not need to book in advance.

The booking system was introduced during the Covid pandemic to support social distancing and has since helped to manage demand

at Warwickshire's recycling sites. Last year, nearly 1.5 million visitors used the sites and together recycled 31,429 tonnes of material.

It has been decided to remove the booking requirement on a temporary basis to improve access and encourage more people to use the recycling facilities available at each site.

As this is a trial, WCC will monitor visitor numbers, queuing times, customer satisfaction, and operational impacts over the six-month period before deciding whether to remove or reinstate the booking system permanently.

To minimise waiting times,

residents are encouraged to plan their visits to avoid the busiest times, which are typically Saturday and Sunday mornings, bank holidays, and the days immediately after Christmas.

WCC's environment spokesperson Coun Darren Cheshire said: "We know that Warwickshire residents care deeply about recycling and doing their bit for the environment."

"This trial will make it easier for people to access our recycling centres and dispose of their waste and recyclables responsibly, further reducing the temptation to fly tip, without needing to plan their visit in advance."

A generous donation

WARWICKSHIRE Pride has received a £12,500 donation from CharityJob, the UK's largest charity job board.

It is one of just five small charities across the country chosen to benefit from CharityJob's annual donation fund, which this year is £70,000, to support local organisations making a difference in their communities.

The funding will help Warwickshire Pride run a number of services and social

events for the LGBT+ community across the county. As well as an established festival in Warwickshire's events calendar, Warwickshire Pride also offers a range of support services, groups, and social activities which take place all year round, providing safe, welcoming, inclusive, and accessible spaces for LGBT+ people.

Visit www.charityjob.co.uk/recruiterinsights/annual-charitable-giving-for-more-on-CharityJob's-annual-donation-fund.

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- ✓ 2 nights at the Grand Hotel, Scarborough (JG2 rating) with dinner & breakfast
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‘Stay away from A&E unless it’s an emergency’

Cold snap prompts concerns

by Philippa Mingins
 philippa.mingins@bullivantmedia.com

ACCIDENT & Emergency departments are for emergencies. That’s the reminder to residents in Warwickshire this winter in a bid to avoid people attending A&E unless absolutely necessary.

A&E departments are for serious injuries and life-threatening emergencies, such as heart attacks, strokes, seizures and heavy bleeding. Across Warwickshire hospitals will be under intense strain and the message for residents, if possible, is to find alternative services.

Warwickshire County Council has produced a flyer that clearly highlights other health services, including GPs, pharmacists, walk in centres through to self-treatment for minor ailments, for residents to use.

WCC’s health spokesperson

Coun Anne-Marie Sonko said: “This winter please do take heed of the message from Warwickshire hospitals around avoiding A&E if you possibly can.

“We know it can be daunting if you or a loved one has always gone straight to A&E - but there are other alternatives such as calling NHS 111 who can direct you to the best place for your situation. By going straight to A&E you may be waiting for several hours and blocking someone who may need critical care, especially if they are elderly or have an underlying condition.”

Residents are being encouraged to avoid A&E unless absolutely necessary, use NHS 111 online or by phone for urgent advice, visit a GP or local pharmacist for minor illnesses, treat minor wounds at home if safe to do so, and check on vulnerable neighbours and relatives who may need help.

Visit www.nhs.uk/live-well/seasonal-health/keep-warm-keep-well/ for more details.



Age Concern Chief executive Michael Garrett says “too many older people are facing the cold, isolation and rising costs alone”.

OLDER people across Coventry and Warwickshire are bracing for a difficult winter, with cold weather, rising costs and loneliness creating a “crisis hiding in plain sight.”

National research from Age UK shows that 3.5 million older people are worried about the coming winter, with almost one in ten having no one to turn to for help. Locally, the charity is hearing the same concerns from older residents who are anxious about staying warm, managing bills, and coping alone.

Winter can be especially tough for older people. As temperatures drop, it becomes harder for the body to stay warm, particularly for those living with health conditions or in poorly heated homes. Many worry about turning on the heating, while others face long days without company or support.

The charity provides vital local services that offer advice, friendship and practical help throughout the colder months. This includes but is not limited to, Information and Advice that offers free, confidential guidance on benefits, heating, and financial support; Befriending Service, regular phone calls for companionship and conversation; Local activities and support groups, helping older people stay connected all year round.

The team is urging local people to help older neighbours this winter by checking in on them, lending a hand, or donating to support its work.

Chief executive Michael Garrett said: “Too many older people are facing the cold, isolation and rising costs alone. With your help, we can ensure no one feels forgotten this winter.”

To donate or find out more about local services, visit www.ageukcoventryand-warwickshire.org.uk or call 024 7623 1999.

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Don't just turn the heating up, make sure the warmth stays

WINTER is setting in and people will most likely start cranking their heating up very soon if they have not already. But if floors are not insulated, warmth could be slipping straight through them - draining households of cash.

According to Emre Eser, director at online rug retailer The Rugs - the-rugs.com - adding or rearranging a few rugs can help trap warmth, cut down on draughts and even lower heating costs - all without touching the thermostat.

He said: "People forget how much warmth seeps through bare floors. A rug helps hold onto that heat and gives the room a softer and cosier feel - almost like a blanket for your home, even if you already have carpet."

He added up to 10 per cent of a home's heat could be lost through uninsulated floor. Thicker rugs do the best job of slowing that loss, but even a lightweight one helped.

"And while the impact depends on the home and how much of the floor you cover, you could be looking at \$40 to £100 off your heating bill just by adding a few warm layers underfoot."

Here are his suggestions for the biggest impact.

Living rooms - If only adding one rug this season, make it the living room.

He said: "It's where people gather



and where you feel the chill most.

"A large rug underfoot keeps heat from escaping and gives the room a softer, cosier feel."

He suggests choosing a rug big enough to anchor the furniture, so at least the front legs of sofas and chairs sit on it.

"It spreads warmth and ties the space together visually."

"You can literally feel the temperature difference when you walk in."

Rugs also absorb sound, reduc-

ing that echo you get from wooden floors - another subtle change that makes rooms feel warmer and calmer.

Hallways - These are one of the biggest heat loss culprits.

They can act like wind tunnels through the home, leading to cold air travelling straight in and spreading to every room.

A long runner is an easy fix.

"It breaks up that airflow and stops draughts from racing through

the house.

"Plus, it's the first thing your feet touch when you come in from outside - that little bit of warmth underfoot makes a big difference."

Bedrooms - Many UK bedrooms are already carpeted, but Emre says layering still makes sense.

"You don't need a rug just for warmth - it's about comfort too."

"Placing one beside or partly under the bed gives that soft, cosy texture the moment you wake up."

He recommends adding smaller rugs on each side if space allows, or a single large one under the lower half of the bed.

"It adds extra insulation on top of carpet, especially if there's a draught under the floorboards."

"And it makes the room feel finished - like you've wrapped it up for winter."

Even if the temperature difference is subtle, the comfort factor is huge.

Kitchens - These are often the coldest rooms because of tiled or laminate floors.

Emre said: "A rug under the table or by the cooker makes a big difference."

"It keeps your feet warm while you're cooking, and if you choose something flat-weave or washable, it's easy to live with too."

"And the right pattern adds char-

acter to what's usually the most functional room in the home."

Even small kitchen runners can make a difference - both visually and thermally - breaking up cold flooring and making mornings more pleasant.

Bathrooms - There's nothing worse than stepping out of a hot shower and straight onto freezing tiles - especially now, when most of us have the water turned up to boiling just to survive the mornings.

Emre said even a small mat could make all the difference.

"Put something soft under your feet and that shock of cold disappears instantly."

"Go for a washable, quick-dry style so it can handle everyday use - it's a tiny change that makes the whole room feel warmer."

The finishing touch - Emre said the key was people focusing on areas where they spent the most time sitting, standing or walking.

"That's where floor temperature affects how a room feels - you don't need to cover every inch - just be smart about placement."

Rich colours like terracotta, forest green and burgundy also make a room feel instantly snug - for those renting, it is an easy win.

"You can't insulate the floors, but you can throw down a rug and take it with you when you go."

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Simple changes that can help keep those winter colds at bay

Brits are still clinging to old wives' tales when it comes to catching a cold. Picture Pixabay

MILLIONS of Brits are still clinging to old wives' tales when it comes to catching a cold – with many convinced draughty rooms and going outside with wet hair are to blame.

A poll of 2,000 UK adults found more than a quarter (27 per cent) believe you can catch a cold simply by being outside when the temperature drops.

While 28 per cent think stepping out with damp hair is directly linked to falling ill, and 22 per cent reckon sitting in a draughty room will make you unwell.

Yet while 89 per cent think it's important to support their immune system to keep colds at bay – as they feel, on average, under the weather three times each winter – 22 per cent admitted they had no idea improving gut health can play a big part in doing so.

The research was commissioned by Yakult, which has teamed up with registered dietician Lucy Kerrison, to help bust some of the most common winter wellness myths.

She said: "There are so many misconceptions about how our immune system works, often passed down through generations. Cold weather or damp hair don't cause colds – viruses do.

"However, during winter, we tend to spend more time indoors with others, which makes it easier for these viruses to spread. What can make a difference is keeping your immune system well supported – and that's where gut health comes in."

She said to keep the gut and immune system working together effectively, diversity in the diet is key.

Microbes in the gut feed on the fibre found in plant foods, so the more variety you eat, the broader the range of beneficial bacteria.

This includes fruits, vegetables, whole grains, nuts, seeds, legumes, and, to a lesser extent, herbs and spices.

As well as fermented foods such as live yoghurt, kimchi, and fermented milk drinks also play a role. Look for products which note their strain names and bacterial count as these products are more likely to improve the balance of gut bacteria and therefore your immune system.

It also emerged that 42 per cent of Brits find it harder to maintain a healthy gut during the winter months.

With 41 per cent admitting they crave richer, heavier comfort foods when the weather turns cold, almost four in 10 (39 per cent) confessed to

snacking more simply because they spend longer indoors.

While 22 per cent said their busy social calendar makes it difficult to stay balanced, especially when festive events lead to overindulgence.

In an effort to stay on top of their wellbeing, more than a quarter (27 per cent) have turned to social media for inspiration, with 39 per cent of those looking up gut health hacks and trends.

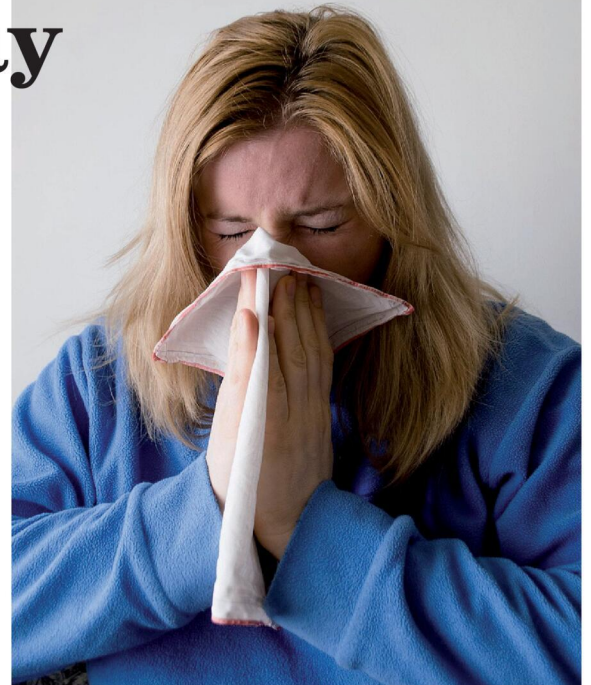
Science manager for Yakult, Dr Holly Neill, added: "With so much health content online, it's easy to see why people get confused.

"Social media can make wellness trends sound simple or miraculous, but not everything you see is backed by science.

"In fact, blanket case recommendations, such as everyone should avoid gluten, or promises of quick fixes are a red flag.

"Nutrition is nuanced, and there's no such thing as a silver bullet. Always look for advice from sources with recognised expertise and a strong scientific background.

"Supporting gut health doesn't need to be complicated. Simple, everyday choices can have a real, positive impact over time."





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Tips for Managing Hand Pain in Autumn

As the leaves change and the temperatures begin to dip here in Solihull, many of us may notice an unwelcome guest: increased hand pain and stiffness. The colder weather can have a significant impact on various hand conditions, particularly arthritis and Raynaud's phenomenon.

For individuals with arthritis, the drop in temperature and barometric pressure can sometimes lead to increased joint pain and stiffness. The cold can also cause the muscles and tissues around the joints to tighten, further exacerbating discomfort.

Raynaud's phenomenon, a condition affecting blood flow to the fingers and toes, can also be triggered by cold temperatures. This can cause the fingers to turn white, then blue, and finally red, often accompanied by numbness, tingling, and pain.

If you're finding that the autumn chill is significantly impacting your hand comfort and function, don't hesitate to seek professional advice.

Mr Shyamalan, Consultant Hand, Wrist and Elbow Surgeon at Midland Hand Clinic, specialises in diagnosing and treating a wide range of hand and wrist conditions. Don't let discomfort hold you back.

Tips for Managing Hand Pain in Autumn:

- **Keep Your Hands Warm:** Wear gloves, even indoors if necessary. Consider using hand warmers for extra comfort when you're out and about.
- **Moisturise Regularly:** Dry skin can become more of an issue in colder weather, potentially increasing discomfort. Use a good quality hand cream to keep your skin supple.
- **Gentle Exercise:** Continue to perform gentle hand exercises to maintain circulation and flexibility.
- **Stay Hydrated:** Drinking enough water can help keep your joints lubricated.
- **Consider Warm Compresses:** Applying warm compresses to your hands can help soothe aching joints and improve circulation.

Schedule a consultation with Mr Shyamalan at Midland Hand Clinic today to discuss your concerns and explore potential solutions.

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4			9	3		2		
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HARD

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PATHFINDER

Beginning with the top highlighted letter, follow a continuous path of words associated with the given subject. The trail goes through each letter once, twisting up, down and sideways, but never diagonally.

Rivers of the world

Y W C G O M E P O P O L U Z I
 E O O N N I K M I O C B M E B
 L L R W T A O N L S A I M B R
 C N E A L S O G G E D N A H A
 E D S O L A R I N A G I Z M A
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 A M A R E S E E B U D A G A M

Solutions opposite

CROSSWORD

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ACROSS

- Explorers (11)
- Favourite (3)
- Respectable (9)
- Disagreeable (5)
- Determine (7)
- Carry to excess (6)
- Have ambitions (6)
- Performer (7)
- Ate dinner (5)
- Amuse (9)
- Study (3)
- Unceremonious (4,3,4)

DOWN

- Suitable (3)
- Robust (5)
- Divulge (6)
- Hates (7)
- Uprising (9)
- Dogmatic (11)
- Eternal (5-6)
- Watcher (9)
- Merit (7)
- Keep (6)
- Dullard (5)
- Type of lettuce (3)

Scribble pad

LADDER

Using the clues provided, fill in each step of the ladder with a new word, changing one letter at a time.

- Network point
- Cipher
- Centre
- Crop
- Valuable token



NINER

Each number from 1 to 9 represents a different letter. Solve the clues and insert the letters in the appropriate squares to discover a word which uses all nine letters.

- 7682365** gives a fire;
- 1932** gives a second fire;
- 7641732** gives fire up.

1	2	3	4	5	6	7	8	9
---	---	---	---	---	---	---	---	---

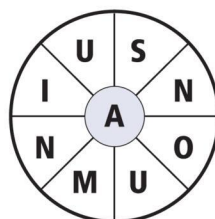
CODEWORD

This puzzle has no clues. Instead, every number printed in the grid represents a letter, with the same number always representing the same letter. For example, if 8 turns out to be a V, you can write in V wherever a square contains 8. Using your knowledge of words, complete the puzzle.

	1		25		5	18	24	25	14	4	1	22	
A													
B	6	15	14	16		3		16		22		14	
C													
D		24		20	16	8	22	24	13		21	25	4
E													
F	7	22	24	14					1		24		20
G													
H				3		25	19	3	22	2	3	18	13
I	17	6	20	5	9		3		24		2		13
J													
K	24		16			17	25	23			21		22
L													
M	20		26		21		24		5	16	22	22	24
N													
O	21	3	25	24	25	16	13	15		15			
P													
Q	21		14		10					14	15	13	6
R													
S	1	11	11		22	16	18	25	14	7		3	
T	22		3		4		11			6	25	18	9
U													
V	2	20	I	S	12	11	20	16	13		5		9
W													
X	1	2	3	4	5	6	7	8	9	10	11	12	13
Y						S							
Z	14	15	16	17	18	19	20	21	22	23	24	25	26

WORDWHEEL

You have 10 mins to find as many words as possible using the letters in the wheel. Each must use the hub letter and at least 3 others. Letters may be used only once. You cannot use plurals, foreign words or proper nouns. There is at least one 9-letter word to be found.

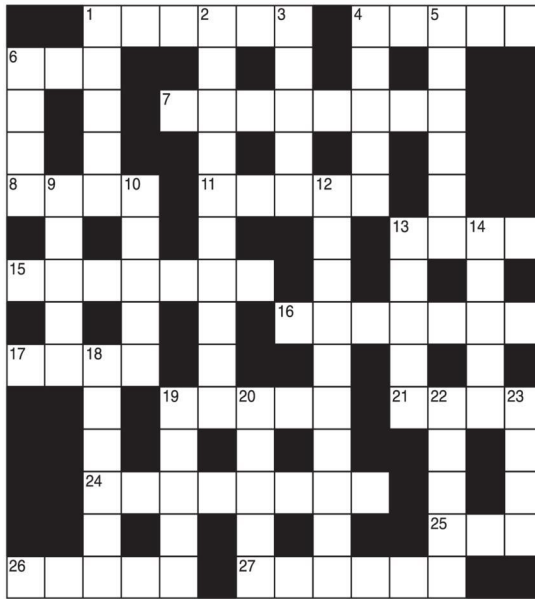


How you rate
 8 words: average
 12 words: good
 16 words: very good
 20 or more: excellent.

GENERAL KNOWLEDGE CROSSWORD

ACROSS

- 1 Red, brown or yellow variety of quartz (6)
- 4 and 16 Play by GB Shaw, about an officer in the Salvation Army (5,7)
- 6 Monetary unit of Romania (3)
- 7 Early-flowering, bulbous plant (8)
- 8 Celebration of the Eucharist (4)
- 11 Large, spiral univalve shell (5)
- 13 and 24 Novel by Tolstoy, a story of conflict between passion and duty (4,8)
- 15 Whorl of leaves forming the inner envelope of a flower (7)
- 16 See 4 Across
- 17 Native or citizen of Latvia (4)
- 19 Block for hammering metal into shape (5)
- 21 The South American ostrich (4)
- 24 See 13 Across
- 25 Tree, related to the Camelia, whose leaves are used for making a drink (3)
- 26 A bottomless chasm or deep gorge (5)
- 27 Large prawns, usually eaten fried in breadcrumbs (6)



DOWN

- 1 Apostle who betrayed Jesus for 30 pieces of silver (5)
- 2 Antibiotic discovered by Sir Alexander Fleming (10)
- 3 The mountain ash (5)
- 4 Aromatic gum used in perfumes (5)
- 5 See 10
- 6 Soil composed of clay and sand, with vegetable and animal matter (4)
- 9 In electricity, a positive electrode (5)
- 10 and 5 American ragtime king, famous for his Maple Leaf Rag (5,6)
- 12 Port of the Atlantic coast of Morocco, scene of a Second World War conference (10)
- 13 Fossilised gum, usually brown or yellow, used as an ornament (5)
- 14 Language of the ancient Scandinavians (5)
- 18 Large, gallinaceous bird with a naked, wattled head (6)
- 19 A wall hanging, especially of tapestry (5)
- 20 Roman goddess of beauty and love (5)
- 22 Republic in the western part of the island of Hispaniola (5)
- 23 Atmosphere diffused by or attending a person, place, etc. (4)

SOLUTIONS

ACROSS: 1 Jasper; 4 Major; 6 Lei; 7 Snowdrop; 8 Mass; 11 Conch; 13 Anna; 15 Corolla; 16 Barbara; 17 Lett; 19 Anvil; 21 Rhea; 24 Karenina; 25 Tea; 26 Abyss; 27 Scampi.
 DOWN: 1 Judas; 2 Penicillin; 3 Rowan; 4 Myrrh; 5 Joplin; 6 Loam; 9 Andoe; 10 Scott; 12 Casablanca; 13 Amber; 14 Norse; 18 Turkey; 19 Arras; 20 Venus; 22 Haiti; 23 Aura.

General Knowledge Crossword

Crossword
 Across: 1 Pathfinder; 9 Pet; 10 Reputable; 11 Nasry; 13 Resolve; 14 Overdo; 16 Aspire; 18 Artist; 19 Dime; 20 Entertainment; 21 Con; 22 Free and easy; Down: 2 Apt; 3 Hardy; 4 Impart; 5 Detest; 6 Rebellion; 7 Opinionated; 8 Never-ending; 12 Spectator; 15 Deserve; 17 Retain; 19 Dune; 21 Cos.

Wordwheel Pathfinder
 UMANIMOUS
 Dnepr, Zambezi, Brahmaputra, Mississippi, Amazon, Volga,
 Danube, Thames, Yangtze, Paraguay, Ayeyarwady, Senegal,
 Niger
 de la Plata, Blue Nile, Rio Grande, Severn, Gambia.
 PERSONIFY
 Colorado, Rhine, Vistula, Saint Lawrence, Hudson, Mackenzie, Rio

Ladder
 Nose, Node, Code, Core, Corn,
 Coin, Chin.
 1=L, 2=D, 3=U, 4=B, 5=S, 6=H, 7=P, 8=Y, 9=K,
 10=Z, 11=O, 12=L, 13=T, 14=M, 15=Y, 16=N,
 17=W, 18=C, 19=G, 20=L, 21=G, 22=E, 23=X,
 24=R, 25=A, 26=F

9	1	4	2	6	8	7	5	3
7	8	3	5	9	4	1	6	2
2	6	5	7	1	3	8	9	4
1	4	2	9	8	6	5	3	7
6	3	7	1	2	5	9	4	8
8	5	7	4	3	7	2	1	6
5	7	8	6	4	1	3	2	9
4	2	1	3	7	9	6	8	5
3	9	6	8	5	2	4	7	1

Hard

Easy
 Sudoku



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BREAKING NEWS WHAT'S ON SPORT INTERVIEWS

PUBLIC NOTICES

PUBLIC NOTICES

Warwickshire County Council

ROAD TRAFFIC REGULATION ACT 1984

Warwickshire County Council has made the following Temporary Traffic Orders:

CHURCH ROAD, CHURCH LAWFORD

Order Effect: Road closed to vehicular traffic.
Reason for Order: To enable duct laying works.
Order Commences: 24 November 2025 for up to 18 months.
Anticipated Completion: 3 December 2025.
Access & Diversion: There is no available diversion.
Contractor: Callan Connect, Tel: 01213 275 167.

C207 WARWICK ROAD, WOLSTON

Order Effect: Road closed to vehicular traffic from Brook Street to Dyers Lane.
Reason for Order: Carriageway patching and associated works, 09.30hrs - 15.30hrs.
Order Commences: 25 November 2025 for up to 18 months.
Anticipated Completion: 25 November 2025.
Access & Diversion: Warwick Road, Wolston Lane, A45, B4455 Fosse Way, Rugby Road, School Street.
Contractor: Balfour Beatty, Tel: 03452 415 302.

CORONATION ROAD, CHURCH LAWFORD

Order Effect: Road closed to vehicular traffic.
Reason for Order: To enable duct laying works.
Order Commences: 24 November 2025 for up to 18 months.
Anticipated Completion: 26 November 2025.
Access & Diversion: Coventry Road, Rugby Road, Lawford Heath Lane, Ling Lane, Coronation Road and vice versa.
Contractor: Callan Connect, Tel: 01213 275 167.

PUBLIC FOOTPATH FROM CROWTHORNS TO CONISTON CLOSE, BROWNSOVER, RUGBY

Order Effect: Footpath closed to all traffic.
Reason for Order: To enable water mains works.
Order Commences: 25 November 2025 for up to 6 months.
Anticipated Completion: 19 December 2025.
Access & Diversion: Diversion will be appropriately signed.
Contractor: Severn Trent Water, Tel: 0330 008 082.

PUBLIC FOOTPATH FROM HAWLANDS TO GRASMERE CLOSE, RUGBY

Order Effect: Footpath closed to all traffic from a point outside number 34.
Reason for Order: To enable duct laying works.
Order Commences: 26 November 2025 for up to 6 months.
Anticipated Completion: 28 November 2025.
Access & Diversion: Will be appropriately signed.
Contractor: Core Highways, Tel: 03300 169 688.

A426 LEICESTER ROAD, RUGBY

Order Effect: Road closed to vehicular traffic from Junction One Retail and the Island with Brownsover Road/Boughton Road.
Reason for Order: To enable road marking and associated works, overnight 20.00hrs - 06.00hrs.
Order Commences: 23 November 2025 for up to 18 months.
Anticipated Completion: 24 November 2025.
Access & Diversion: A426, A4071, A45, Coventry Road, Daventry Road, A45, A361, A5, A426 and vice versa. Access to Elliotts Park may be limited while works are in progress.
Contractor: Balfour Beatty, Tel: 03452 415 302.

HIGH STREET, RYTON ON DUNSMORE

Order Effect: Road closed to vehicular traffic.
Reason for Order: To enable repairs to wastewater pipework.
Order Commences: 24 November 2025 for up to 18 months.
Anticipated Completion: 28 November 2025.
Access & Diversion: High Street, Bagshaw Close, Fetherston Crescent and vice versa.
Contractor: CSP, Tel: 03339 969 800.

VALLEY LANE, KITES HARDWICK

Order Effect: Road closed to vehicular traffic from the junction of Southam Road.
Reason for Order: To enable duct laying works.
Order Commences: 24 November 2025 for up to 18 months.
Anticipated Completion: 28 November 2025.
Access & Diversion: No suitable diversion available.
Contractor: Callan Connect, Tel: 0121 327 5167.

TOFT LANE, DUNCHURCH

Order Effect: Road closed to vehicular traffic from its junction with Southam Road.
Reason for Order: To enable duct laying works.
Order Commences: 24 November 2025 for up to 18 months.
Anticipated Completion: 28 November 2025.
Access & Diversion: No diversion available.
Contractor: Callan Connect, Tel: 01213 275 167.

D22920 FLECKNOE STATION ROAD, FLECKNOE

Order Effect: Road closed to vehicular traffic between Sawbridge Road and School Hill.
Reason for Order: Carriageway patching and associated works, 09.30hrs - 15.30hrs.
Order Commences: 26 November 2025 for up to 18 months.
Anticipated Completion: 26 November 2025.
Access & Diversion: Flecknoe Station Road, School Hill, Flecknoe Road, A425 Daventry Road, A425 Park Hill, A425 Main Street, Sawbridge Road and vice versa.
Contractor: Balfour Beatty, Tel: 03452 415 302.

Warwickshire County Council proposes to make the following Temporary Traffic Orders:

D20160 COALPIT LANE, WOLVEY

Order Effect: Road closed to vehicular traffic from B41120 Withybrook Road.
Reason for Order: Carriageway patching & associated works, 08.00hrs - 16.00hrs.
Order Commences: 10 December 2025 for up to 18 months.
Anticipated Completion: 10 December 2025.
Access & Diversion: No diversion available.
Contractor: Balfour Beatty, Tel: 03452 415 302.

FOXONS BARN ROAD, BROWNSOVER, RUGBY

Order Effect: Road closed to vehicular traffic.
Reason for Order: To enable duct laying works.
Order Commences: 9 December 2025 for up to 18 months.
Anticipated Completion: 9 December 2025.
Access & Diversion: Foxons Barn Road, Howlands and vice versa.
Contractor: Omnis Highways Solutions, Tel: 01724 786 286.

For all of the above temporary orders, pedestrian access to and egress from properties and land situated adjacent to the length of road to be closed will be maintained at all times. Vehicular access will be maintained where possible.

To report any problems with these works or for further details of our current & planned roadworks visit our website warwickshire.gov.uk/roadworksmap or call us 01926 412515.
 S Duxbury, Director of Strategy, Planning & Governance, Shire Hall, Warwick CV34 4RL Date 20 Nov 2025

Classified

TELEPHONE 01527 588688 FACSIMILE 01527 584371

PUBLIC NOTICES



**Rugby Borough Council
Town and Country Planning
Act 1990 (as amended)**

**Application Number R25/0297
ORTON HOUSE, SOUTHAM ROAD,
DUNCHURCH, RUGBY, CV22 6NL**
Demolition of two dwellings and garage and the erection of five new dwellings and associated development.
This development may affect a Conservation Area

**Application Number R25/0394
2 CHURCH STREET, RUGBY, CV21 3PH**
Change Of Use of First Floor Offices to 1 Bed Flat & Second Floor Offices to Bedsit Including proposed Rear Extension and associated alterations.
This development may affect a Conservation Area

**Application Number R25/0661
LAND TO EAST OF WOLVEY ROAD,
STRETTON BASKERVILLE**
Variation of both Condition 12 (Access Improvement Works) and Condition 13 (Construction Traffic Management Plan) of R23/1047 (Construction of a motorway service area).
This is a major development

**Application Number R25/0875
OLD LODGE FARM, BRINKLOW ROAD,
BINLEY WOODS, COVENTRY, CV3 2AB**
Listed building consent for proposed repairs to farmhouse including repairs to windows and stonework.
This development may affect a Listed Building

**Application Number R25/0914
4 MAIN STREET, CLIFTON UPON
DUNSMORE, RUGBY, CV23 0BH**
Demolition of conservatory, erection of single storey rear extension, two storey side extension, single storey infill side extension, and front porch, and formation of new access driveway with dropped kerb.
This development may affect a Conservation Area

**Application Number R25/0936
A5 EAST LOGGISTS PARK, GIBBET
LANE, SHAWELL**
Outline planning permission, with all matters reserved save for access, for up to 60,000sqm of employment floorspace within Use Class B8, a new roundabout site access off the A5, amended site access from Gibbet Lane, plus landscaping, sustainable drainage, earthworks and all other associated works and infrastructure.
This development may affect a Public Right of Way. This is a major development

**Application Number R25/0970
RYTON CAR SALES, LEAMINGTON
ROAD, RYTON-ON-DUNSMORE, RUGBY,
CV8 3EL**
Redevelopment (demolition) of Sul Generis Commercial Site to provide a mixed-use commercial and industrial development.
This is a major development

Members of the public may inspect copies of the application, the plans and documents submitted with it online at: www.planningportal.rugby.gov.uk or in an electronic form at: Town Hall, Evreux Way, Rugby, CV21 2RR between the hours of 9.00 am and 5.00 pm Monday to Friday until 12 December 2025. Please note a planning officer would not be present. If you wish to make an appointment to discuss the application, please contact the case officer.
 Any person who wishes to make representation to the above mentioned Council about the applications should make them online - www.planningportal.rugby.gov.uk (search for application number and select comment) - or in writing by that date to Chief Officer - Growth and Investment, Town Hall, Rugby, CV21 2RR.

If an application is determined by the Planning Committee, members of the public may have the opportunity to speak at the meeting. More details about public speaking are available from the Council or on-line at: www.rugby.gov.uk/speakingatplanning
 For householder or minor commercial applications, in the event of an appeal against a refusal of planning permission, dealt with on the basis of representations in writing, any representations made will be sent to the Secretary of State, and there will be no further opportunity to comment at the appeal stage.

**Nicola Smith
Chief Officer - Growth and Investment
MRTPI**

To advertise call 024 76 011777

PUBLIC NOTICES

**WARWICKSHIRE COUNTY COUNCIL
PROPOSED TOUCAN CROSSING
LAWFORD ROAD NEAR
LAWFORD BRIDGE CLOSE, RUGBY**

Warwickshire County Council hereby gives notice of its intention to install a Toucan Crossing on Lawford Road near Lawford Bridge Close, Rugby as part of Casualty Reduction Scheme.
 A copy of this notice and a plan showing the location of the proposals can be inspected at Warwickshire Direct in Shire Hall, Market Place, Warwick and at Rugby Borough Council offices, Town Hall, Evreux Way, Rugby during opening hours.
 The plan is also available to view on our website www.warwickshire.gov.uk/traffic/signals or please use the contact details below to request a copy.
 Any enquiries relating to the proposals may be made to Cameron Macdonald, Engineering Design Services, Warwickshire County Council (telephone number 01926 413880). Any objections or representations to the proposals, which must be in writing and specify the grounds on which they are made, should be addressed to Cameron Macdonald, Engineering Design Services, Environmental Services, Communities Directorate, PO Box 43, Shire Hall, Warwick, CV34 4SX or sent by email to cameronmacdonald@warwickshire.gov.uk (Objections, representations, and the name of the objector or person making a representation, will normally be treated as public information and may be published. For further information on how Warwickshire County Council processes personal data please refer to the Customer Privacy Notice which is available at <https://www.warwickshire.gov.uk/privacynotice>). Objections and representations must be sent so as to be received by 14 December 2025.
 The Council regrets any inconvenience that may be caused due to the works.
 Richard Fenwick, Director of Highways, Communities Directorate, Shire Hall, Warwick Date: 20 November 2025

PUBLIC NOTICES

**WARWICKSHIRE COUNTY COUNCIL
Town and Country Planning (Development
Management Procedure) (England) Order 2015
NOTICE UNDER ARTICLE 13 (4) AND (5)
OF APPLICATION FOR PLANNING PERMISSION**

Proposed development at High Cross Quarry, Copston Lane, High Cross, Lutterworth, LE17 5BA
 I give notice that KSD/Direct Contacts Ltd has applied to the County Planning Authority under Section 73 of the Town and Country Planning Act 1990 for planning permission: To carry out the development permitted by planning permission reference R/02/CM007 (pursuant to R1238/891452) dated 17 June 1991 at High Cross Quarry, Copston Lane, High Cross, Rugby, Copston Magna, LE17 5BA. [Grid ref: 446406.286867] without complying with Condition 54 to allow the continued extraction of sand a gravel for a further 26 year period; to alter the hours of operation defined by Condition 20 and to alter Condition 22 to allow the erection of a more secure fence at the site entrance.
 Consent for that development was granted by permission ref: RBC/16CM015 and this application seeks to vary Condition 1 of permission ref: RBC/16CM015 to allow a processing plant to operate. The proposed development affects the Public Right of Way of Footpath(s) R14b.
 Details of this application, which has been submitted to the County Council, can be viewed on our website at www.warwickshire.gov.uk/planning. Search for the application by typing RBC/25CM009 into the 'planning reference' text box on the relevant web page. Access to our website is also available at your local library.
 Your comments and representations on this application, which should arrive no later than 10 December 2025, may be made in writing to: Infrastructure, Planning & Environment - Communities Directorate, Warwickshire County Council, Shire Hall, Warwick CV34 4RL; or by sending an email to: planningconsultation@warwickshire.gov.uk. Please quote application no. RBC/25CM009 in all correspondence.
 Anyone who wishes to discuss this application can contact Andrew Close on 01926 742985.
 The postal addresses of all consultants and neighbours notified of this application are listed on the Council's website as a record of that fact. The website will also indicate from which address any response is received. Your full representation may also be referred to in any report to the Council's Regulatory Committee.
 David Walden - Authorising Officer Date: 19 November 2025

PUBLIC NOTICES

**RUGBY BOROUGH COUNCIL
APPLICATION FOR A PREMISES LICENCE**

Notice is hereby given that **BJ Infotainments Ltd** has applied to Rugby Borough Council for a Premises Licence in respect of the premises known as **Spice Nest, located at 19 High Street, Rugby, CV21 3BG.**
 The application is for the following licensable activity:
 • Sale of alcohol
 The proposed hours for the licensable activity are:
 • Monday to Thursday: 07:00 - 23:00
 • Friday to Saturday: 07:00 - 00:00 (midnight)
 • Sunday: 07:00 - 22:00
 Any person wishing to make representations about this application may do so by writing to the Licensing Section, Rugby Borough Council, Town Hall, Evreux Way, Rugby, CV21 2RR, by no later than 11 December 2025.
 The application and register can be inspected at the Council Offices during normal office hours.
 Signed: BJ Infotainments Ltd
 Date: 13 November 2025

PUBLIC NOTICES

**Goods Vehicle Operator's Licence
ICP Transport Ltd of 118 Bennetts Road
South, Coventry, CV6 2FQ is applying for a
licence to use Secland Secure Storage, Oban
Road, Longford, Coventry, CV6 6HH as an
operating centre for 1 goods vehicles and 1
trailers**

Owners or occupiers of land (including buildings) near the operating centre(s) who believe that their use or enjoyment of that land would be affected, should make written representations to the Traffic Commissioner at Quarry House, Quarry Hill, Leeds, LS2 7UE, stating their reasons, within 21 days of this notice. Representors must at the same time send a copy of their representations to the applicant at the address given at the top of this notice. A Guide to Making Representations is available from the Traffic Commissioner's office.

PUBLIC NOTICES

**Department for Transport
TOWN AND COUNTRY PLANNING
ACT 1990**

THE SECRETARY OF STATE hereby gives notice of the proposal to make an Order under section 247 of the above Act to authorise the stopping up of the whole of the network of highways bounded by Windsor Street to the west, Upper Sunn Street to the north, Meadow Street to the east and the River Sherbourne to the south, in the City of Coventry.

IF THE ORDER IS MADE, the stopping up will be authorised only to enable development as permitted by Coventry City Council. The Secretary of State gives notice of the draft Order under Section 253 (1) of the Act.
 COPIES OF THE DRAFT ORDER AND RELEVANT PLAN will be available for inspection during normal opening hours at Coventry City Council, One, Friargate, Coventry, CV1 2GN in the 28 days commencing on 21 November 2025, and may be obtained, free of charge, from the Secretary of State (quoting NATRAN/WM/S247/6046) at the address stated below.

ANY PERSON MAY OBJECT to the making of the proposed order by stating their reasons in writing to the Secretary of State at nationalcasework@ddfi.gov.uk or National Transport Casework Team, PO Box 1393, Newcastle Upon Tyne, NE99 5FQ, quoting the above reference. Objections should be received by midnight on 19 December 2025. You are advised that your personal data and correspondence will be passed to the applicant/agent to enable your objection to be considered. If you do not wish your personal data to be forwarded, please state your reasons when submitting your objection.
 S Zamenzadeh, Casework Manager

PUBLIC NOTICES

**TREVOR JOHN EVANS
(Deceased)**

Pursuant to the Trustee Act 1925 any persons having a claim against or an interest in the Estate of the above named, late of Brookhaven Oak Lane Allesley Coventry, CV5 9BX, who died on 28/07/2025, are required to send written particulars thereof to the undersigned on or before 22/01/2026, after which date the Estate will be distributed having regard only to the claims and interests of which they have had notice.

HCR Wright Hassall,
HCR Wright Hassall, Olympus
Avenue, Leamington Spa,
Warwickshire CV34 6BF

PUBLIC NOTICES

JOSEPH JOHN ASTON (Deceased)

Pursuant to the Trustee Act 1925 any persons having a claim against or an interest in the Estate of the above named, late of 48 Morland Road Wellesbourne Warwick, CV35 9QA, who died on 10/04/2025, are required to send written particulars thereof to the undersigned on or before 22/01/2026, after which date the Estate will be distributed having regard only to the claims and interests of which they have had notice.

Pennans Solicitors LLP,
The Precinct School Road
Wellesbourne CV35 9NL

PUBLIC NOTICES

**JAMES PATRICK
CLIFFORD (Deceased)**

Pursuant to the Trustee Act 1925 any persons having a claim against or an interest in the Estate of the above named, late of 53 Northfield Road, Stoke, Coventry, CV1 2BS, who died on 21/10/2025, are required to send written particulars thereof to the undersigned on or before 22/01/2026, after which date the Estate will be distributed having regard only to the claims and interests of which they have had notice.

Alsters Kelley Solicitors
Limited, 1 Manor
Terrace, Friars Road,
Coventry, CV1 2NU
(Ref: TG/CL183/2)



Keeping you up to date with all the latest information on Planning Proposals, Traffic Notices, Goods Vehicle Operator Licences, Licences To Sell Alcohol, Probate Notices.....

Classified

TELEPHONE 01527 588688 FACSIMILE 01527 584371

PUBLIC NOTICES

Warwickshire County Council

ROAD TRAFFIC REGULATION ACT 1984

Warwickshire County Council has made the following Temporary Traffic Orders:

A423 SOUTHAM BYPASS, SOUTHAM

Order Effect: Road Closed to vehicular traffic between Leamington Road and Daventry Road.

Reason for Order: To enable carriageway resurfacing works, overnight 20.00hrs - 06.00hrs.

Order Commences: 24 November 2025 for up to 18 months.

Anticipated Completion: 1 December 2025.

Access & Diversion: Banbury Road, Leamington Road, Southam Road, Ufton Hill, Fosse Way, Long Itchington Road, Oxford Road, Coventry Road, Station Road, Marton Road, The Green, Southam ByPass and vice versa.

Contractor: Fitzgerald Contractors, Tel: 0800 8199 001.

SOUTHAM ROAD, NAPTON ON THE HILL

Order Effect: A 30 mph Speed Limit will be imposed between Napton Bridge and a point 270 metres west of Napton Bridge.

Reason for Order: For the safety of all road users and of contractors working on or near to the carriageway.

Order Commences: 25 November 2025 for up to 18 months.

Anticipated Completion: 28 November 2025.

Contractor: Go TM Ltd, Tel: 01158 965 832.

D23240 HIGH STREET, STOCKTON

Order Effect: Road Closed to vehicular traffic between Napton Road and The Square.

Reason for Order: Carriageway patching and associated works, 09.30hrs - 15.00hrs.

Order Commences: 21 November 2025 for up to 18 months.

Anticipated Completion: 21 November 2025.

Access & Diversion: High Street, The Square, School Street, Post Office Lane, Napton Road and vice versa.

Contractor: Balfour Beatty, Tel: 03452 415 302.

CROWN STREET, HARBURY

Order Effect: Road closed to vehicular traffic.

Reason for Order: To safely enable replacement of a decayed telegraph pole.

Order Commences: 12 December 2025 for up to 18 months.

Anticipated Completion: 12 December 2025.

Access & Diversion: Crown Street, Hall Lane, Ufton Road, Bush Heath Road, Vicarage Lane and vice versa.

Contractor: Core Highways, Tel:03300 169 688.

For all of the above temporary orders, pedestrian access to and egress from properties and land situated adjacent to the length of road to be closed will be maintained at all times. Vehicular access will be maintained where possible.

To report any problems with these works or for further details of our current & planned roadworks visit our website warwickshire.gov.uk/roadworksmap or call us 01926 412515.

S Duxbury, Director of Strategy, Planning & Governance, Shire Hall, Warwick CV34 4RL

Date 20 Nov 2025

PUBLIC NOTICES

Warwickshire County Council

ROAD TRAFFIC REGULATION ACT 1984

Warwickshire County Council has made the following Temporary Traffic Orders:

D18240 NEW ROAD, ASH GREEN

Order Effect: Road Closed to vehicular traffic between the junctions of Mercers Meadow and Exton Close.

Reason for Order: Structural patching and associated works, 09.30hrs - 15.00hrs.

Order Commences: 28 November 2025 for up to 18 months.

Anticipated Completion: 28 November 2025.

Access & Diversion: New Road, Vicarage Lane, Church Lane, Bowling Green Lane, Heath Road, Smorrall Lane, Highfield Lane, Bennetts Road North, Bennetts Road, Exhall Road and vice versa.

Contractor: Balfour Beatty, Tel: 03452 415 302.

Warwickshire County Council proposes to make the following Temporary Traffic Orders:

D478 GEORGE STREET, NEW ARLEY

Order Effect: Road closed to vehicular traffic from Gun Hill to island at Ransome Road.

Reason for Order: Carriageway/structural patching and associated works, 09.30hrs - 15.30hrs.

Order Commences: 8 December 2025 for up to 18 months.

Anticipated Completion: 8 December 2025.

Access & Diversion: Ransome Road, Gunhill and vice versa.

Contractor: Balfour Beatty, Tel: 03452 415 302.

D20980 CRAVEN AVENUE & D21010 FERNDALE ROAD, BINLEY WOODS

Order Effect: Road closed to vehicular traffic from Court Leet to Daneswood Road.

Reason for Order: Structural patching and associated works, 08.00hrs - 16.00hrs.

Order Commences: 9 December 2025 for up to 18 months.

Anticipated Completion: 9 December 2025.

Access & Diversion: Craven Avenue, Woodlands Road, Heather Road, Ferndale Road and vice versa.

Contractor: Balfour Beatty, Tel: 03452 415 302.

For all of the above temporary orders, pedestrian access to and egress from properties and land situated adjacent to the length of road to be closed will be maintained at all times. Vehicular access will be maintained where possible.

To report any problems with these works or for further details of our current & planned roadworks visit our website warwickshire.gov.uk/roadworksmap or call us 01926 412515.

S Duxbury, Director of Strategy, Planning & Governance, Shire Hall, Warwick CV34 4RL

Date 20 Nov 2025

PUBLIC NOTICES

Goods Vehicle Operator's Licence

Nadia Hent trading as Sustaina Drive Limited of 61 Yoxall Way, Streethay, Lichfield, England, WS13 8FT is applying for a licence to use Stobart Truck Stops Ltd, Watling Street, Clifton Upon Dunsmore, Rugby, CV23 0AE as an operating centre for 20 goods vehicles and 20 trailers.

Owners or occupiers of land (including buildings) near the operating centre(s) who believe that their use or enjoyment of that land would be affected, should make written representations to the Traffic Commissioner at Quarry House, Quarry Hill, Leeds, LS2 7UE, stating their reasons, within 21 days of this notice.

Representors must at the same time send a copy of their representations to the applicant at the address given at the top of this notice. A Guide to Making Representations is available from the Traffic Commissioner's office.

PUBLIC NOTICES

GOODS VEHICLE OPERATOR LICENCE

Deddington Liquid Waste Disposal Ltd of The Polars Eydon Road Woodford halse Daventry Northamptonshire NN11 3RG is applying for a licence to use Lower Fields Farm Napton on The Hill CV47 8NT as an operating centre for 2 goods vehicles and 1 trailer.

Owners or occupiers of land (including buildings) near the operating centre(s) who believe that their use or enjoyment of that land would be affected, should make written representations to the Traffic Commissioner at Quarry House, Quarry Hill, Leeds, LS2 7UE, stating their reasons, within 21 days of this notice.

Representors must at the same time send a copy of their representations to the applicant at the address given at the top of this notice. A Guide to Making Representations is available at www.gov.uk/object-hgv-operator-licence.

PUBLIC NOTICES

GRAHAM ROBSON (Deceased)

Pursuant to the Trustee Act 1925 any persons having a claim against or an interest in the Estate of the above named, late of The Lime Barn Fields Farm Lane Marton Rugby, CV23 9RS, who died on 26/09/2025, are required to send written particulars thereof to the undersigned on or before 22/01/2026, after which date the Estate will be distributed having regard only to the claims and interests of which they have had notice.

Wright Hassall LLP, Olympus House, Olympus Avenue, Lichbrook Park, Warwick, CV34 8BF.

PUBLIC NOTICES

Licensing Act 2003

Notice of Application to Vary Premises Licence

Notice is hereby given that Cooper Philipps Enterprises Ltd has applied to the Harborough District Council for the variation of its premises licence for The Crown, Lutterworth Road, Lutterworth LE17 5NY. The application is to extend licensed hours for sales of alcohol to: Sunday - Thursday 12:00 to 23:00hrs and Friday to Saturday 12:00 - 00:00hrs and update the premises licence conditions. Details of the application and Public Register may be viewed at https://www.harborough.gov.uk/info/20009/licenses/7/licensing_register or by appointment at Harborough District Council, Council Offices, Adam and Eve Street, Market Harborough, Leics LE16 7AG. Any person wishing to make representations must do so in writing, stating the grounds for objection, to the address above or by email to licensing@harborough.gov.uk. Representations must be received no later than 10/12/2025. It is an offence, under section 139 of the Licensing Act 2003, to knowingly or recklessly make a false statement in connection with an application for a premises licence and the fine on being convicted of such an offence is unlimited. Date: 12/11/2025.

PUBLIC NOTICES

Goods Vehicle Operator's Licence

BLF services Ltd of 21 Skelthorn Avenue, Rugby, CV230XL is applying for a licence to use Mitchell Potatoes Ltd, Boots Farm, Bourton on Dunsmore, Rugby, CV239QQ as an operating centre for 5 goods vehicles and 3 trailers.

Owners or occupiers of land (including buildings) near the operating centre(s) who believe that their use or enjoyment of that land would be affected, should make written representations to the Traffic Commissioner at Quarry House, Quarry Hill, Leeds, LS2 7UE, stating their reasons, within 21 days of this notice.

Representors must at the same time send a copy of their representations to the applicant at the address given at the top of this notice. A Guide to Making Representations is available from the Traffic Commissioner's office.

PUBLIC NOTICES

Keeping you up to date with all the latest information on Planning Proposals, Traffic Notices, Goods Vehicle Operator Licences, Licences To Sell Alcohol, Probate Notices....

RECRUITMENT



WELLESBOURNE AND WALTON PARISH COUNCIL

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For a full job description please contact the assistantclerk@wellesbourneandwalton-pc.gov.uk
Closing date 14th December 2025 at noon.

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FRIDGE W 47 D 47 H 84 good condition £10 02476 306871

SET of Golf Clubs in carrier £5 02476 306871

POUFFE wine colour £4 02476 306871

LADIES M&S red jumper, size 12, brand new with tag. £10. Tel: 07813 706 158 (Shirley area)

WEST Elm tall unit, Walnut veneer, 46 cm(I) x38 cm (h) £99. Tel: 07584 190667

MISCELLANEOUS

ELECTRIC chainsaw £30 ono but no protective clothing included proof of age required phone 07949435456

BABY cot wooden with sliding side, ideal spare for grandparents, no mattress £20 tel 07925170951

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BRINGING YOU **ALL THE LATEST** SPORTS NEWS AND VIEWS FROM THE AREA

Young driver makes karting history

by **Aaron Sutcliffe**
 aaron.sutcliffe@bullivantmedia.com

MOTORSPORT: A RACING driver from Warwickshire has made history after winning a prestigious British karting title.

Dhian Singh Pahal, from Coventry, became the first Sikh driver to win the Wera Tools British MicroMax Kart Championship.

The 11-year-old will now represent Team UK at the prestigious Rotax Max Challenge Grand Finals (RMCGF) in Bahrain next month.

The international event brings together 400 drivers from over 60 countries.

Dhian achieved his place at the international event after taking a dramatic victory in the final round of the British

MicroMax Kart Championship at the Paul Fletcher International (PFI) kart circuit in Grantham, Lincolnshire.

The young driver entered the final weekend of the season some 15 points behind the championship leader.

He began the weekend with two commanding wins in the heats.

However, a technical disqualification in the final wiped out his points to leave his title hopes hanging in the balance.

Dhian recovered to win both heats the following day and needed another win in the final, along with his opponent to finish fourth, to claim the title.

And Dhian executed a late overtake to take the race win and clinch the title by a single point.

Before the final race, Dhian said: "It's been the hardest



Dhian celebrates after making history in Lincolnshire. Pictures by Stu Stretton Photography.

weekend of my life. I'm going to need all of the strength I can get."

Dhian raced with the Khanda - the sacred Sikh symbol - dis-

played on his helmet and a photo of his late grandmother on his kart and rib protector.

He now heads to Bahrain to compete in the RMCGF from

November 29 to December 6.

To support Dhian on his motorsport journey, contact: dhianracing@outlook.com for sponsorship opportunities.

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