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CONTENTS:

- 5 Love to Ride this Bike Month
- 7 Charity Riding School Appeals for Help Following Theft
- 9 Prostate Testing Event a Huge Success
- 11 Tuxedo Junction Offering Free Singing Lessons
- 13 Going Wild for Wild Swimming
- 15 Nuneaton Recycles for Guide Dogs
- 17 Put the Mower Away for May
- 19 Family Fun Day
- 20 WIN a £100 Gift Voucher to Twinlakes
- 21 Wellbeing for Life Festival Returns

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BIKE MONTH CHALLENGE



RIDE 5

Love to Ride this Bike Month

May is here – and did you know that it is also official Bike Month?

Why not sign-up for Love to Ride Warwickshire today: <https://www.lovetoride.net/warwickshire>

As Warwickshire moves into the warmer Spring and Summer months with more hours of daylight, people are being encouraged to dust off their bikes and explore the many benefits of an active travel lifestyle.

Throughout May, Warwickshire County Council is supporting Love to Ride's Bike Month 2025 Challenge, which aims to get businesses, communities and individuals to take up cycling for work, health and leisure.

The theme of this years' Bike Month Challenge is #Ride5, which encourages individuals to ride at least five miles during May in order to clock up points for their workplace and to be in with a chance of winning some great prizes.

Getting involved is easy. Anyone who wants to take part, simply needs to:

Sign up for Ride 5 – Log in or create an account.

Download the Love to Ride app;

Set your goal for May – Ride 5 miles or set your own distance challenge.

Ride and have fun!

Stephen Rumble, Warwickshire County Council Service Manager for Transport Planning, said: *"The benefits of active travel, particularly*

travelling by bike, are huge, both for the individual and for our wider environment.

"For residents looking to reduce vehicle costs for fuel and maintenance, improve physical and mental wellbeing whilst also benefiting the environment, then there is no better time than now to get on those bikes.

"It's often the short journeys – less than five miles – which have the greatest negative impact, both on the environment and on finances. However, these are also the easiest ones to replace with a cycling alternative, whether it be for the school pick-up, the commute to work or to pop into town for shopping and socialising."

To start your cycling adventure today, visit: <https://www.lovetoride.net/warwickshire>

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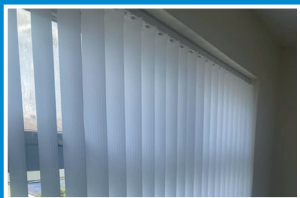
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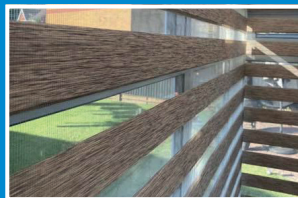
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Charity Riding School Appeals for Help Following Theft

Staff at a riding school for disabled people are appealing for help after being devastated by thieves who stole a quad bike and caused thousands of pounds worth of damage.

The burglary happened in the early hours of the morning in late March at the Nuneaton and North Warwickshire Equestrian Centre in Galley Common.

The manager of the riding school said a group of youths, who were captured on CCTV, raided the lock-up, took a specialist quad bike and destroyed fencing as they fled.

The school's manager said they were *"absolutely disgusted"* by the thieves behaviour and the burglary had made the young people and adults who visit the centre *"very anxious"*.

They added that the piece of equipment that had been taken *"was not just a basic quad"* and would cost about £10k to replace.

The riding school, which has supported children and adults with disabilities for 46 years, is a registered charity.

"The majority of the people who work here are volunteers, and they give up their time," the manager added.

"To steal from a charity is absolutely devastating."

A GoFundMe page had been set up to help pay for the repairs, but the manager said it had attracted criticism in the comments.

"People say we are begging and shouldn't be asking for money because that's what insurance is for, but people don't understand how charities work."

"We do rely on the goodwill of our local



community and the people that we serve.

"We are asking for generous donations, and that's what charities are dependent on to deliver a really valuable service."

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Prostate Testing Event a Huge Success

A prostate cancer awareness and checking event promoted by The Local Rock was a huge success when it was held in Hinckley earlier this month.

The Mary Forryan Centre, in Leicester Road, saw 167 men take a small blood test with a dedicated team of phlebotomists on Saturday, 12 April.

A spokesperson for organisers the Coventry and North Warwickshire Prostate Cancer Support Group said: *"The event was a poignant yet happy morning in memory of our chairman Brian Cooley, who sadly recently passed away.*

"His whole family were very helpful serving coffee, tea and biscuits throughout the morning.

"Also tested was the son of our founder member Brian Atkins, who also recently passed away."

Organisers said that a large majority of the men who attended had seen read about the event in The Local Rock.

They said: *"Very big thanks to The Local Rock for its amazing publicity.*



"The Local Rock's support towards awareness of prostate cancer and the annual testing events has been significant and we appreciate very much everyone's efforts.

"Thank you all most sincerely on behalf of Coventry and North Warwickshire Prostate Cancer Support Group."

Prostate support meetings are held on the third Thursday of each month at 7.30pm in Broad Street RFC, Binley woods, Coventry CV3 2AY.



Classic Vehicle Meets Rev Up for Summer in Hinckley

Classic car enthusiasts and the local community are invited to join us for a series of exciting Classic Vehicle Meets this summer in Hinckley. These free events will take place on Thursday evenings, providing a fantastic opportunity for car lovers to showcase their prized vehicles, connect with fellow



aficionados, and enjoy the vibrant atmosphere of our town.

****Event Details:****

- Classic Vehicle Meets
- Thursdays 5pm to 8pm on 19 June, 17 July, and 21 August
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From 1st April the Event Programmes can be purchased from the Bulkington Community Centre office and from 10:30am on the day in the Garden Room at the Centre.

Bulkington Community & Conference Centre (CV12 9JB) provides parking, refreshments, toilets and plant sale. Gardens will not be offering these facilities.

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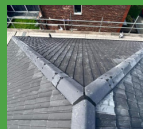
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Tuxedo Junction Offering Free Singing Lessons

A LOCAL vocal group is offering free singing lessons this summer culminating with an opportunity to perform two songs to family and friends at the end of a 5-week course.

Tuxedo Junction (Tux), a group of approximately 25 male singers get together each week in the function room at Greyhound Pub in Hinckley to sing well-known songs from films and shows.

Each Monday throughout June, there is an opportunity to join in, learn to sing, share a pint afterwards and make new friends, no matter what age or level of experience.

The group who occasionally perform in venues in Hinckley and surrounding areas also take part in an annual competition along with other Barbershop Groups across the UK.

Musical Director Tom Schofield said: *"Tux is an open space for men of all ages to come and enjoy the art of singing in harmony. We broach multiple styles and genres of music whilst applying 4-part*

harmony to bring forward some amazing sounds and interpretation to songs we all know and love."

Tuxedo Junction is growing fast, and their new members are so thrilled by what they've achieved personally. One of the members said: *"I never thought about singing in a chorus and I didn't know if I'd fit in. It's changed my life; the joy of singing is an unbelievable feeling, and it sounds amazing too. The guys are a brilliant bunch and super supportive. We laugh loads and it's nothing like what I expected and something I never knew I needed!"*

The free singing course starts on June 2nd at The Greyhound Pub, New Buildings, Hinckley, so, not matter what your background or level of experience, come and see for yourself. This is an opportunity to find your inner Freddie (Mercury), make new friends and join in the universal language of music.

The course fills up quickly so for more information and to book onto the course email sing@tuxjux.com

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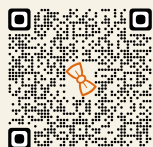
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Recent studies have revealed that wild swimming in lakes or rivers is linked to significantly higher levels of well-being compared to swimming in open-air pools.

The studies reveal that all outdoor swimming is associated with improved mood and reduced stress, but wild swimming delivered a particularly significant boost to well-being.

Wild Swimming should only be done at officially recognised wild swimming locations - and there are excellent opportunities to take part in this activity in our area.

NHS Nurse Jayne Wilson has been wild swimming for a year at Burton Hastings, Stoney Cove and Dosthill and is enthusiastic about the benefits.



Burton Hastings

matter how difficult it is dragging yourself out for a swim, you never regret coming.”

As for the mental wellbeing benefits, Jayne said: “It clears my head of any stresses or worries. There’s something about seeing nature whilst you’re actually submerged in it.

“Even if you swim at the same place you’ll always experience something new there.”

There are also social benefits. Jayne said: “It’s also a great way to meet new people. There’s something about the cold water that makes you feel alive.

“There are more venues now, and personally my favourites are Burton Hastings (complete with oystercatchers, goats and cafe) Dosthill and Stoney Cove (both are beautiful, amazing quarries, popular with divers. Dosthill is smaller but makes up for it with a bespoke changing area consisting of two shipping containers).”



Stoney Cove

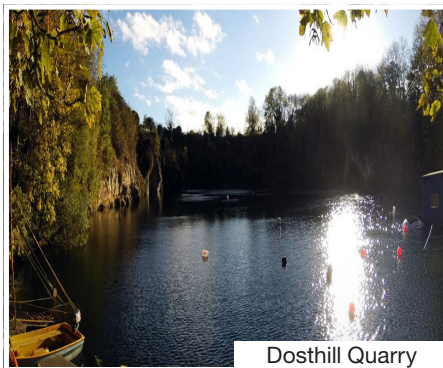
She said: “I didn’t know what to expect, so the first time it was.... Different to what I expected. Getting in literally takes your breath away.

“We all swim for different reasons, and every swim is different.”

Jayne said that all the people she swims with tend to agree on the following things:

“I wish I’d discovered this sooner”

“This should be available on the NHS” and “no



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Nuneaton Recycles for Guide Dogs

Generous textile donations from Nuneaton residents at Judkins Recycling Centre have helped raise over £10,000 for the Guide Dogs Charity - and enabled a new puppy to join the team!



As an incentive to encourage residents to recycle unwanted textiles at Warwickshire's recycling centres, Warwickshire's Waste Management Team, donate 10% of income received from textiles recycling to the Guide Dogs for the Blind.

Since the last puppy – Hugo – was named in November 2021, textiles donations have continued at all sites and the Waste and Recycling Team are very pleased to announce the latest target amount to be reached which enables another puppy to be named and followed through puppy walking and training.

Cllr Heather Timms, Warwickshire County Council's Portfolio Holder for Environment, Climate and Culture, said: *"Warwickshire residents have shown incredible generosity, turning unwanted textiles into a lifeline for Guide Dogs!"*

"This £10,000 milestone demonstrates the power of community recycling, proving that small actions can make a massive difference. Every bag donated helps train a life-changing guide dog, and we're immensely grateful for everyone's contribution. Let's keep up this fantastic effort!"

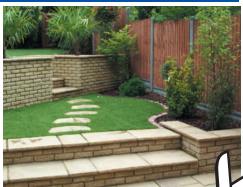
Residents are being encouraged to continue to bring their unwanted clean clothes, hats, towels sheets, blankets, duvet & pillow covers, curtains, paired shoes, bags and belts (in any condition) to Judkins. Please put these items in a plastic bag to keep them clean and dry and reminded that no duvets or pillows can be taken.

Residents will be given the opportunity to vote for the name of the new puppy on Facebook over the coming weeks and should follow @warwickshirerecycles for more details.

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Put the Mower Away for May

Nuneaton residents are being asked to protect plants and insects by leaving their lawnmowers in the shed and embracing No Mow May.

The No Mow May initiative, which is run by the charity Plantlife, encourages people to let their lawns grow wild in May to give smaller plants a chance to grow and to support pollinators.

Although April and May are traditionally the time when lawnmowers are released from sheds and garages, keeping them locked up for a little longer means grass and wildflowers have more time to grow naturally. By doing this, lawns can provide a vital habitat for a range of insects, such as bees, butterflies and moths.

Warwickshire County Council already follow the ethos of No Mow May throughout the year and roadside grass verges are only cut back when necessary to keep our roads and pavements safe.

Sarah Stear, Warwickshire County Council's Head of Climate Change and Sustainability, said: *"No Mow May is a fantastic opportunity for residents across Warwickshire to help support our local wildlife. By allowing our lawns to grow wild for a few more days, we can create a vital habitat for pollinators and other insects and make a positive difference to the environment. And if you ever needed an excuse for not mowing the lawn, this is it!"*

Plantlife's research has shown that allowing the grass to grow for just one month can significantly increase the number of flowers in a lawn, providing valuable nectar and pollen for insects. The charity also recommends delaying the first cut until late summer or early autumn, to allow time for the flowers to set seed and continue to support wildlife.



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The Local Rock

Our Nuneaton publication was established in April 2013 due to popular demand from elite businesses who wanted to grow their businesses further. Also, it has given a lot of help and support with our dedication towards further groups, charities and events.

If you would like to advertise within our Nuneaton edition and see the benefits and rewards for your business, please get in touch.

The Local Rock Community Magazine also publishes two further magazines – our Villages edition goes out to 16,000 homes fortnightly and our Hinckley Central edition to 10,200 homes fortnightly.

We embrace our delivery team, who enjoy working with the community.



For further information contact
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Family Fun Day

Bulkington Village Centre (BVC) a local charitable organisation dedicated to developing a financially self-supporting community centre where all surplus funds are ploughed back in for the benefit of local people. To improve the quality of life for the local community and to promote the benefits of social welfare by providing activities in the fields of education, culture, health, and entertainment.

BVC is thrilled to announce its 25th anniversary and a special fundraising event to continue its work in developing and refurbishing the centre. Established in 1996 and officially opened by the mayor in May 2000, BVC was originally Bulkington First School opened on 25th September 1939 (delayed 2 weeks because of the outbreak of war) Due to the need to reduce school places throughout the county in 1996, Bulkington First School was closed. However, after a huge outcry from village residents, it was decided to try and save the building for community use. The result being Bulkington Village Centre (BVC). BVC, now a charitable company, (Charity No: 1071175) has become a multi-activity community centre. This unique project is run by a board of local unpaid volunteers and small team of paid employees. The Centre has drawn together a blend of statutory and community services on one site. These include a Doctors Surgery, NHS Clinic & Occupational Therapists, Phlebotomy Service, Nursery, and the centre also provides rooms for hire at subsidised rates for the community for social, educational and cultural activities. BVC houses over 70 regular weekly community activity groups ranging from arts & crafts, health & fitness, as well as providing affordable entertainment: live music, quiz nights, film & fish suppers & more. We strive to offer more and to develop the use of the Centre, based on the community and users' needs. A grant from the National Lottery gave BVC the opportunity to

carry out major refurbishment and to turn what was then a 62 year old building into a more modern facility. Now a 90 year old building, the refurbishment and development continues but with very little funding available BVC continues to work hard to self-finance all projects and repairs. *"We are so proud to have reached this huge milestone of 25 years. We have fantastic support from the local community and wanted to not only celebrate with the community and showcase the centre, but an important aspect of our organisation is to raise funds to enable us to continue to develop the site & services. Our next project being to refurbish the toilet block and add additional disabled and baby changing facilities. More importantly, hopefully attracting new families to the centre, bringing people together for a day of fun! Quote from the BVC Manager about the importance of the anniversary,"* says Fiona Wyatt-Lynch, Centre Manager at Bulkington Village Centre (BVC)

Celebrating 25 years of Bulkington Community & Conference Centre!
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Family Fun Day

FOOD | FUN | FAMILY

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- Music & Entertainment
- Garden Games
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- Tombola
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25th ANNIVERSARY



HOW TO ENTER

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*Winners will receive
confirmation from
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Wellbeing for Life Festival Returns

The Wellbeing for Life Festival will return for a fifth year at Riversley Park Saturday 10 May, between 11am and 3pm.

As always, the messages for the day are all around mental and physical health.

In all, there will be 30 stands, each of which will be manned by representatives from statutory services and voluntary and community organisations who can offer relevant health and wellbeing support.

Representatives who will be attending include: Arts Uplift; Fire & Rescue; CGL; Everyone Health; Musical Moments; Safe Haven; Escape Arts; Men who talk; The Mind bus along with Mind colleagues; Carers Trust; Dimensions; Work well & supported employment service; Mary Ann Hospice; Talking Therapies; Nuneaton Library.

In addition to the stalls listed above, the Market Museum in Warwickshire will be holding a family, VE Day. You can come along to learn more about the end of the war in Europe, dress up in 1940's clothes and visit the mini-VE Day pop-up exhibition too. Refreshments are also



available from the cafe.

Visitors to the festival are encouraged to bring a picnic, have a chat with services and enjoy the entertainment that will be on throughout the day.

Mary Mumvuri, Chief Nursing Officer and Deputy Chief Executive Officer at Coventry and Warwickshire NHS Partnership Trust, said: *"The Wellbeing for Life event showcases the*

collaborative approach we're taking to physical and mental health across the system. A variety of services are coming together to promote activities and services to help you to look after your own health and wellbeing, and that of the ones you care for, so I would really encourage you to attend and see what's on offer."

If you or someone you know is struggling with your mental health, please do take a look at the Wellbeing for Life website. The website is a great resource and features the Five Ways to Wellbeing – which are Connect, Keep learning, Be active, Give and Take Notice. Following the Five Ways to Wellbeing you can boost yours and your family and friend's health and wellbeing.



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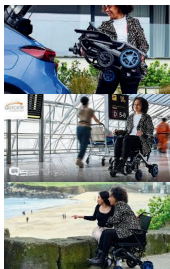
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