

# Voice

## of the villages

Hunningham, Offchurch, Weston, Wappenbury, Eathorpe

# Newsletter

OCTOBER 2023



*September seemed to be a very warm month, and this kind of weather is sometimes called an 'Indian summer'. Where does this expression come from? It seems to have first been used in the*

*United States in the 18th century, but was not used in the UK until the early 19th century. The concept of a warm autumn spell was not new to the UK though. Previously, warm Autumn weather was often called "Saint Martin's summer", although St Martin's day is not until November.*

Editor: David Wray ([wraydj@gmail.com](mailto:wraydj@gmail.com))

The VOICE website  
[www.villagevoice.org.uk](http://www.villagevoice.org.uk)



# Practically Perfect Ceremonies

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Email. [lesley@practicallyperfectceremonies.co.uk](mailto:lesley@practicallyperfectceremonies.co.uk)

Web. [www.practicallyperfectceremonies.co.uk](http://www.practicallyperfectceremonies.co.uk)

## OFFCHURCH VILLAGE TIDY UP

Could you spare a little time and energy to help keep the Village Hall outside areas looking spick and span please?

We have booked **Saturday 4 November** from 9.30am to blitz the leaves and generally tidy up for the winter.

All help gratefully received. Please bring brooms and tools. Coffee and cake provided.



The Offchurch Village Hall Committee

## **WESTON BABIES and TODDLERS WEEKLY GROUP**

EVERY FRIDAY MORNING at 9.45am

(Restarts September 8th)

VENUE: Weston Village Hall

Come and let the little ones have lots of fun and meet other Mums, Dads, Grandparents, and Carers.



Further information contact Hazel Taylor 01926 632428

## **THE PILGRIM PUPPETS**

### **FORTHCOMING EVENTS:**

Sunday 1st October Harvest service at

HUNNINGHAM CHURCH 11.00am

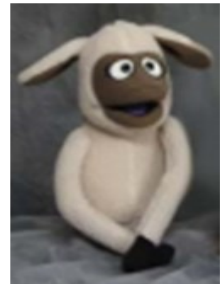
Saturday 7TH October MESSY CHURCH Weston

Village Hall 3.00pm

Monday 16th October LONG ITCHINGTON

PRIMARY SCHOOL 1.45pm

3rd, 4th, 5th November EUROPEAN FESTIVAL – EQUIP



Ring Hazel Taylor 01926 632428 if you are interested in our Puppets being part of your events.

For information about the Pilgrim Puppets, please have a look at [their web page](#) .

# MESSY HARVEST



**Messy Church  
Celebrates  
Harvest**

**Saturday 7 October 2023**

**Weston under Wether-  
ley Village Hall, Sabin  
Drive**

**3pm -5pm**

Crafts, stories, songs  
games and refreshments  
with a short time of wor-  
ship and you are invited to  
bring a small item of non-  
perishable food which will  
be donated to the Food  
Bank.

**Messy Church is for families of all shapes and sizes.**

**Please book by texting/calling Jane on 07850 444316  
or emailing [messyoffchurch@gmail.com](mailto:messyoffchurch@gmail.com)**

## COMMUNITY CAFE

**The Community Café 'Drop In' is now seasonal.**

Everyone welcome for refreshments & a chat at the café.

***During the Winter months ...***

On the last Wednesday of **September, October, November, January, February**

We will be serving a soup lunch 11.45am for  
12noon

In **Offchurch Village Hall**  
Wednesday 27th September  
Wednesday 25th October

We will keep in touch with regular attendees but for  
up-to-date information ring Hazel on 01926 632428



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## **The Eathorpe Art and Craft Fair**

**Sunday, October 15th**

**11.00 am to 3.00 pm**

**Eathorpe Village Hall**

**Come along, browse and buy from a range of  
Arts and Craft stalls**

⇒ ***From hand-made pens  
to products  
from the  
beehive***



⇒ ***From hand-made furniture  
to antique crockery***

**Refreshments available — tea, coffee, home-  
made cakes etc.**

**ENTRY FREE**



# ***Harvest Service***



***St John's Church  
Wappenbury***

***8th October 10am***

***Join with us in this wonderful  
building to give thanks for our  
2023 harvest***

***All is safely gathered in!***

***Please bring along any donations for the  
food bank***





## Offchurch Flower Club



*Meets at Offchurch Village Hall 7.30-9.30 on the second Wednesday of the Month.*

### **Future Dates**

*11th October: Use any kitchen utensil to inspire and create a floral arrangement.*

*8th November: Professional Demonstration of Autumnal and Dried Flower Wreaths*

*13th December : A Christmas decoration using three stems of flowers and some imagination.*

*Your first meeting is free except for a contribution towards materials used, or professional fees to cover.*

*Thereafter, £3 per meeting payable in advance until December.*

*Biodegradable Oasis is available @ £1 per block.*

*Please bring some garden scissors and a bag for offcuts.*

*Photographs are of the very different arrangements created at the September Meeting when the theme was 'Harvest'.*

*Most flowers and foliage were gleaned from gardens and hedgerows, so very budget conscious!*



For more information contact the Secretary :  
[patriciafollett@hotmail.com](mailto:patriciafollett@hotmail.com)



## MONDAY CLUB

On a warm September day sixteen members visited The Hill Cottage, Snitterfield, a garden in the National Garden Scheme for Charities. High on a ridge overlooking orchards and a golf course, this two acre garden was full of surprises, exotic specimens, pond garden, cool, shady woodland, and fabulous stone summerhouse were but a few.



All agreed it was a most enjoyable afternoon, finishing with a most welcome cup of tea and cake.

## Eddie Croxall

Painter & Decorator

1 Ellerton Grove  
Leamington Spa,  
CV31 1YN

Tel: 01926 882  
420

Mobile: 07778  
283 244



## HARVEST FESTIVAL SERVICE

### HARVEST FESTIVAL SERVICE Sunday 1st October in HUNNINGHAM CHURCH 11.00am

Our local farmer – Crick Ellis - will be giving us the present situation in Farming and how the 2023 Harvest has gone. Do come and support us all.

## WELCOME TO OUR VILLAGES

We would like to extend a warm welcome to Carole and Steve Sulston who have recently moved into Offchurch at The Osier on Welsh Road.



We hope that they settle happily into the village and make new friends.

## POETRY PAGE

Readers of this column will know that, while I consider myself a true poetry addict, I do define poetry very widely. Poets featured in the column have ranged from T.S.Eliot and John Clare to Leonard Cohen and Bob Dylan. I make no apology for that - sometimes poetry needs to be read and sometimes it needs to be listened to, accompanied by music.

This month's poet is a musician known for her introspective and emotionally charged storytelling. **Joni Mitchell's** musical output is filled with poetic gems, making it challenging to pinpoint a single "most poetic" album. However, one of her most widely acclaimed and often considered her most poetic work is "Blue,"

released in 1971.

"Blue" is an intensely personal and introspective album where Mitchell lays bare her emotions and experiences. The album's lyrics are deeply poetic, tackling themes of love, loss, longing, and self-discovery with raw honesty. Tracks like "A Case of You," "River," and "Little Green" are celebrated for their lyrical depth and emotional resonance.



Although I adore “Blue” and listen to it often, the two Joni Mitchell poems (I don’t want to simply call them “tracks”!) that I want to highlight, do not come from that album.

The first is one of her most popular songs, recorded by no less than 1600 other artists.

### **Both Sides Now**

*Rows and floes of angel hair  
And ice cream castles in the air  
And feather canyons everywhere  
I've looked at clouds that way*

*But now they only block the sun  
They rain and snow on everyone  
So many things I would have done  
But clouds got in my way*

*I've looked at clouds from both sides now  
From up and down, and still somehow  
It's cloud illusions I recall  
I really don't know clouds at all*

*Moons and Junes and Ferris wheels*

*The dizzy dancing way you feel  
As every fairy tale comes real  
I've looked at love that way*

*But now it's just another show  
You leave 'em laughing when you go  
And if you care, don't let them know  
Don't give yourself away*

*I've looked at love from both sides now  
From give and take, and still somehow  
It's love's illusions I recall  
I really don't know love at all*

*Tears and fears and feeling proud  
To say "I love you" right out loud  
Dreams and schemes and circus crowds  
I've looked at life that way*

*But now old friends are acting strange  
They shake their heads, they say I've  
changed  
Well something's lost, but something's  
gained  
In living every day*

*I've looked at life from both sides now  
From win and lose and still somehow  
It's life's illusions I recall  
I really don't know life at all*

*I've looked at life from both sides now  
From up and down and still somehow  
It's life's illusions I recall  
I really don't know life at all*

Perhaps the key to determining the song's meaning resides in Mitchell's use of the word 'recall'. Note that each time she sums

up her perspective (on clouds, love, life), she uses this word to describe her own view of them. She recalls the illusions, rather than the reality.

This is quite different from saying that one prefers the illusion over the reality. Illusion and reality balance each other, the one tempering but not destroying our idealism. So when Joni declares that she really doesn't know clouds/love/life in any meaningful sense, this need not be wholly a cause for regret. As the song goes on to acknowledge, there are gains as well as losses, the longer we live and the more experienced and wise we become.

This is a song which is much deeper and complex than it at first appears. The fact that it is often thought of as simple is a mark of Joni Mitchells' poetic genius.

The second poem shows this complexity even more. This is the song that I currently sing to myself in my head all the time. The story behind this is that Joni sang it firstly in front of a group of her friends, one of whom was her then lover, the guitarist David Crosby (of Crosby, Stills, Nash and Young). The song was apparently her way of telling Crosby she was breaking up with him! Read the lyrics and see if you get that message.

### ***That Song About The Midway***

*I met you on a midway at a fair last year  
And you stood out like a ruby in a black man's ear  
You were playing on the horses, you were playing on the  
guitar strings  
You were playing like a devil wearing wings, wearing wings  
You looked so grand wearing wings  
Do you tape them to your shoulders just to sing  
Can you fly  
I heard you can! Can you fly*



*Like an eagle doin' your hunting from the sky*

*I followed with the sideshows to another town  
And I found you in a trailer on the camping grounds  
You were betting on some lover, you were shaking up the  
dice  
And I thought I saw you cheating once or twice, once or  
twice*

*I heard your bid once or twice  
Were you wondering was the gamble worth the price  
Pack it in  
I heard you did! Pack it in  
Was it hard to fold a hand you knew could win*

*So lately you've been hiding, it was somewhere in the news  
And I'm still at these races with my ticket stubs and my  
blues  
And a voice calls out the numbers, and it sometimes  
mentions mine  
And I feel like I've been working overtime, overtime*

*I've lost my fire overtime  
Always playin' one more hand for one more dime  
Slowin' down  
I'm gettin' tired! Slowin' down  
And I envy you the valley that you've found  
'Cause I'm midway down the midway  
Slowin' down, down, down, down*

You can hear Joni Mitchell sing these poems by clicking these links.

[Both Sides Now](#)  
[That Song About The Midway](#)

## HAPPINESS IS IN YOUR HORMONES

Science tells us that it's not your heart that controls your happiness. It's your brain. Almost everything that makes you feel "happy" is linked to one of the four happiness hormones: dopamine, serotonin, endorphin and oxytocin. Understanding the ways in which these hormones work and how you can boost them naturally can help you be happier.

### **Dopamine**

The hormone dopamine is associated with motivation and reward. It's why you feel fired up when you set yourself an exciting or important goal, and why it feels good to reach that goal.



*Committing to a hobby or sport can boost your dopamine.*

There are some not-so-healthy habits that do increase dopamine – such as drinking lots of coffee, or eating sugary foods. But there are other ways to raise levels of this hormone. Set yourself a new goal and take small steps towards it every day. Your brain will reward you with dopamine each time you take a step. Committing to a rewarding hobby or sport can be just as gratifying as aiming at professional goals.

### **Serotonin**

Serotonin is important for reducing depression and regulating anxiety. Confidence triggers serotonin and you can build

confidence in several ways. One is to adopt a new exercise routine, or other activity, which can help boost your confidence when you stick to it over time.

## **Oxytocin**

Oxytocin is sometimes called the "love" hormone and is associated with how people bond and trust each other. Certain activities like kissing or hugging can trigger the release of oxytocin in the brain. It explains why you feel happy when you stroke or cuddle your pets.

*Playing or cuddling with a pet can give you a big oxytocin boost.*

You can boost oxytocin by being physically intimate with others. But there's also an emotional connection to how oxytocin is released.

Helping a friend will build a trust network and social trust is what triggers oxytocin.



## **Endorphins**

Endorphins are usually linked with exercise: they are the cause of a runner's high or post-exercise endorphin "rush." They function as "natural painkillers" that help minimize pain and maximize pleasure. Laughter is one way to boost endorphins naturally. So is eating dark chocolate, watching your favourite drama on Netflix, exercising and meditating.

# NEIGHBOURHOOD WATCH

Urgency: 3 2 1

## Good News



A prolific shoplifter was arrested, charged and remanded last night for 15 retail crime offences and remanded for court this morning.

CRIME UPDATE

Excellent work completed by the Police investigation team.

Urgency: 3 2 1

## Stoneleigh - Theft of Livestock - Crime Reference: 23/35630/23



Between 18:30hrs Wednesday 16-AUG-2023 and 18:00hrs Friday 18-AUG-2023 unknown offender(s) stole two Blue Texel rams from a field in the vicinity of Motslow Hill, Stoneleigh near to the river.

RURAL MATTERS

Urgency: 3 2 1

## Vehicle Crime - Bubbenhall - Crime Reference: 23/39221/23



Between 20:00hrs Wednesday 13-SEP-2023 and 08:00hrs Thursday 14-SEP-2023 unknown offender(s) stole a black Volkswagen Golf that was parked on the front drive of a residential property on Orchard Way, Bubbenhall. Offender(s)

RESIDENTIAL CRIME

stole the vehicle without keys.

Did you see/hear anything? Do you have CCTV footage?

If you have information relating to the above offences, please call Warwick Rural East SNT on the number below and quote the crime references. Alternatively call CRIMESTOPPERS on 0800 555 111.

For vehicle crime prevention advice visit - [Keeping vehicles safe](#)

Warwick Rural East Safer Neighbourhood Team

Dial: 01926 684471 | Email: [wre.snt@warwickshire.police.uk](mailto:wre.snt@warwickshire.police.uk)

Facebook: @kenilworthandwarwickruralpolice | Website:

[www.warwickshire.police.uk](http://www.warwickshire.police.uk)

## WHAT'S IN A NAME?

I am the middle of 3 sisters, Julie, Wendy, and Margaret.

JULIE means Youthful, Love's Child (true)

WENDY means?

MARGARET means Pearl, Patron Saint of Expectant Mothers (true)

Inexplicably because I was a very small baby I was called Wendy Wiffles; but I guess Wendy has its own charm with its connection to Peter Pan.

When I was about 8 years old because my initials were WEB I was called "Lettuce", but nothing of substance! I then decided to be called by my middle name Elizabeth which I loved, but was then called Lizzie, and for some reason the boys at school taunted me by tying my long plaits to a tree - for a joke!

Over 70 years later I have accepted that my name is Wendy!

Wendy Green

According to the [ukbabynames web site](#), the name Wendy is of German origin and means 'fair one'. I think it must be linked to the Anglo Saxon name Wendreda, a name I only know because the church of St Wendreda was next to my school in March, Cambridgeshire.

Apparently, the 10 most popular girls' names in 2023 are: Olivia, Amelia, Isla, Ava, Ivy, Freya, Lily, Florence, Mia, Willow.

The 10 most popular boys' names are: Noah, Oliver, George, Arthur, Muhammad, Leo, Harry, Oscar, Archie, Henry .



**Working Together as a Community**

Joint Parish Council Meetings

*The Parish Council website can be found at*  
[www.ehow-jpc.org.uk](http://www.ehow-jpc.org.uk)

Our next meeting is scheduled for 21st November 2023 at 7:30pm and is being held at Eathorpe Village Hall.

Members of the public are welcome to attend meetings.

Residents can still email or phone Parish Councillors if they have issues to raise.

For further information or an emailed copy of the meeting Agenda or minutes please contact the Clerk on [Clerk.jpcehow@outlook.com](mailto:Clerk.jpcehow@outlook.com)

**The meeting dates for 2023**

The dates below follow the usual JPC pattern of meetings.

October	No Meeting	
November	21 <sup>st</sup>	Eathorpe Village Hall
December	No Meeting	



# Warwickshire Mobile Library



**Eathorpe Village Hall**

**12.00 - 12.20**

**Offchurch Village Street**

**9.15 - 9.30**

The mobile  
library will be  
available on:

**6th October**



## **CONTACT THE TEAM**

**01926 851031**

[mobilelibraryservice@warwickshire.gov.uk](mailto:mobilelibraryservice@warwickshire.gov.uk)

[www.warwickshire.gov.uk/mobilelibraries](http://www.warwickshire.gov.uk/mobilelibraries)

## CHURCH SERVICES

**OCTOBER 2023**



Sunday 1st	11.00am – Come2Worship / Harvest + Zoom	St Margaret's Hunningham
Sunday 8th	10.00am – Harvest Festival + Zoom	St John's Wappenbury
Sunday 8th	6.00pm - Evensong	St Michael's Weston
Sunday 15th	10.00am – Holy Communion + Zoom	St Gregory's Offchurch
Sunday 22nd	10.00am - Service of the Word + Zoom	St Gregory's Offchurch
Sunday 29th	10.00am – Holy Communion + Zoom	St Gregory's Offchurch

## OFFCHURCH VILLAGE HALL - BOOKINGS SECRETARY

Offchurch Village Hall is a popular venue for clubs, parties and other activities and we now need a new Bookings Secretary to manage these bookings. We are in the process of switching to an online booking system and attempting to streamline the processes in order to make the work involved more manageable.

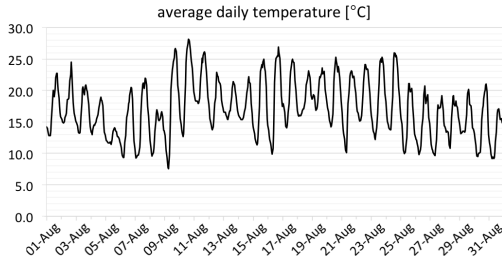
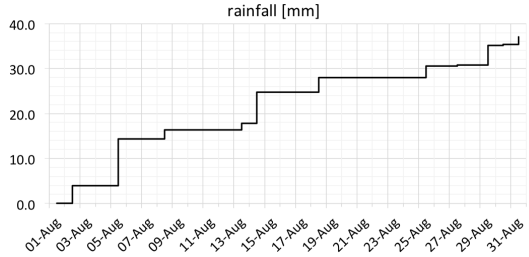
We are looking for a volunteer to take on this essential role. Could you spare the time please? If you are interested and would like to know more please get in touch with Louise Hartog who is holding the fort at the moment. Call or text her on 07876 543020 for a chat.

Thank you

Offchurch Village Hall Committee

# WEATHER WATCH: AUGUST 2023

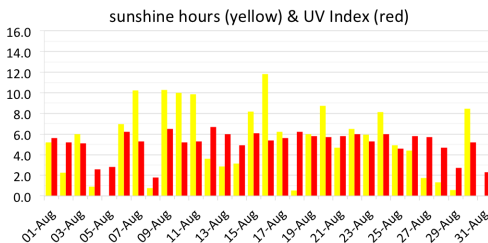
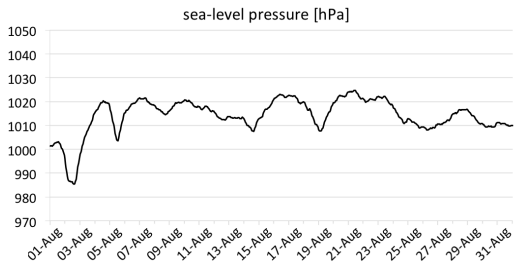
August has been described as being wet, cold and dull – in fact a typical summer-holiday month! Except that wasn't quite the case in our area, as it turned out to be quite dry with just 37 mm of rainfall, which is only 57% of our usual average of 65 mm for August.



Neither was it that cold with an average temperature of 17.5°C at my weather station site, just 0.1°C above the average for the area, with 10 days where the maximum temperature

was above 25°C.

The sea-level atmospheric pressure was slightly higher than in the previous month, averaging 1014 hPa, with a maximum of 1023 hPa and a minimum of 989 hPa.



Westerly winds again brought many cloudy days leading to another dull month of just 160 hours of sunshine compared with 228 hours in August 2022. This meant we had only 82%

of the average sunshine for our area. That said, there were only two days with no sun at all, but the maximum was 11.8 hours in a month where 14.5 hours of unbroken sunshine is quite possible, which we enjoyed on several days in August 2022.

### *The English Midlands Climate*

The English Midlands consists of 12 counties as shown on the map. Depending on their location each county will experience slightly different climate conditions, as does the Region as a whole compared with the other Regions of the UK. Its location within the UK means it receives the least influence from the sea, and its topography may be likened to a shallow bowl surrounded by hills, from the Derbyshire Peak and the Staffordshire Moorlands to the north, the Northamptonshire Escarpment to the east, the Cotswold Hills to the south and the Welsh Marches to the west, with the Birmingham Plateau forming a slight dome in the centre. In the winter the warmest area is that closest to the Severn Valley, owing to the inland penetration of warm south-westerly winds. Conversely, in summer the warmest area is in the north-east which lies furthest from the moderating effects of the cooler south-westerly winds. Frosts are a feature of the whole area, partly caused by the sandy nature of the soils and also the lack of a maritime influence. Rainfall is highest in the north and west, but is also influenced by both the Birmingham Plateau and the Cotswolds. The Derbyshire Peak and the Staffordshire Moorlands experience the greatest snowfall along with the Welsh Marshes. At lower levels, the east suffers greater snowfall than the west, where the cold north-easterlies penetrate inland. Our position towards the southern end of the Region means we enjoy an unexceptional climate with few extreme events, thank goodness.



The counties comprising the Midlands Region

<https://www.macearchive.org/sites/default/files/images/Midlands%20county%20map.jpg>

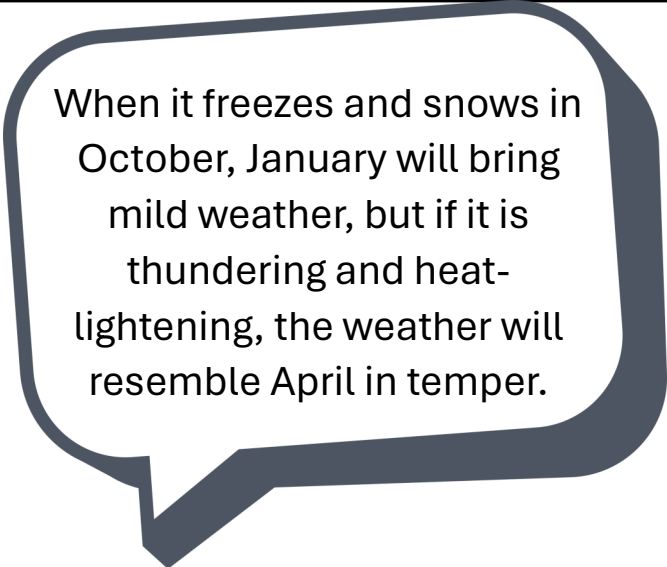
For local weather details and forecasts go to: <https://offweather.hopto.org>

Richard Seaton  
[rkseaton@outlook.com](mailto:rkseaton@outlook.com)



The Blue Moon over The Stag, Offchurch, on 30 August 2023 at 10:30 pm (unfortunately the sky was not absolutely clear)

## ST GREGORY'S CHURCHYARD: A SANCTUARY FOR WILDLIFE



When it freezes and snows in October, January will bring mild weather, but if it is thundering and heat-lightening, the weather will resemble April in temper.

The first part of this balance surprisingly works with 64% results. Poor figures meet the second part. Mind you, we don't get much snow in October, do we? I don't really want a mild January - let's have a bit of frost to sort out the aphids on my roses. Normally, the third Old-Wives' summer dry period at the end of September continues into early October. Then it becomes stormy, peaking 8th - 9th, returning to quiet anti-cyclonic weather in mid-month, peaking on the 19th. The see-saw pattern continues until the late autumn rains, and storms appear 24th October until 13th November. So it's what we remember: a few nice days, then about when we change the clocks, bang, it's winter. At least the grass stops growing in the Churchyard.

We haven't cut the wild areas yet as I need to collect the flower seeds to sow in November, should be any day now, keeping the seeds in paper bags to stay dry. Looking at our wildlife, the bats



have gone into hibernation, but they seemed to have had a very busy time in the hot spell in September. Let's hope they have built up fat tummies to see them through this winter. Our summer visiting birds have all gone south, and as yet, I haven't seen the winter visitors; any time now I hope.

Still signs of the hedgehog population and I'm not sure when they



go into hibernation. It must be about now. I suppose they will be governed by the temperature and the availability of food. Please use the lovely hedgehog box, Mr and Mrs Hedgehog - you left it empty last winter.

I will be arranging the annual dinner for our excellent team of volunteers. So reliable and I guess a bit pleased that the mowing machines have gone into hibernation too. A super team, thanks to you all. The sadness is that our numbers are too small to continue the mowing next year. Unfortunately, we have not had any firm offers of help for the future. By the way, we started in August 1994. This means that the Wildlife Churchyard will be no more and this may well be the last monthly report from me.

So if you have thought about helping, this is my LAST request. Just call me on 01926 624909 to chat about it. Very best wishes

Mike Porter 01926 624909

## WHAT IS A CELEBRANT?

Do you ever think “I wish I could do it my way?” When you think about getting married, do you want your story told - of how you met, fell in love and the journey to your fantastic day? When you are saying goodbye to a loved one or a friend, do you want to hear about them and their life so you can laugh and cry? You want to renew your vows but don't quite know how to? Or you don't want a christening, but do want to celebrate your new arrival.

All these things can happen just by using a celebrant at these ceremonies. A celebrant works with you on your special day. They centre everything around the main person. We write your ceremony with you. We tell the life story at a funeral or celebration of life, having written the ceremony based on the memories of the family and their friends. For a wedding we will have spent a long time with the couple learning all about their journey to getting married.

What I am trying to say is that a celebrant makes it personal, special and ‘you’ focused. There is no religious element involved, unless it is requested. There is no requirement for specific music - it's your choice. You can even have a symbolic ritual if you'd like one. Anyone can be involved and the ceremony can take place anywhere.

Our role is to make the day special. You only get one funeral so we can help you get it right; you may only get one naming for your baby, so we help you get it right.

The only things we can't do, as we are not registrars, is register a death or a birth, or officiate at a marriage. But hey, you register a birth and then have a christening; you register a death and then have a funeral and you register your marriage so you can then have your wedding.

That is what a celebrant is.

Lesley Coles

## THE COMPUTER PAGE

### Protect your privacy

As I said in the article last month on this topic, privacy seems an out-dated concept nowadays. We have made huge leaps in technology over the past few years, most of which have involved developing new ways of sharing information between us. This is a positive – increased social connections have to be good for us, as we are an inherently social species. Yet there is another more worrying aspect to this worldwide information sharing technology. Every social media account we create, every app we download, every phone, computer, and tablet we interact with take more and more information from us. This lack of privacy is becoming a big concern and we all, probably, need to take some positive action to protect ourselves from the negative side of information-sharing. How can you protect your privacy in this surveillance age? The actions we can take will depend upon the kind of connected devices we are using. Here, I'll focus on mobile devices – Android and IOS phones or tablets.

#### **a) Google Android Devices**

Android software from Google is used on the largest number of phones around the world, and even beyond mobile phones, Google privacy settings are important things to attend to. Here are some ideas for how to protect your privacy while using android devices.

#### **Search Data**

Google is a search engine first and foremost, so the most common way it collects data from you is by recording your searches and the web pages you visit. To manage all this information there are a couple of things you can do.

*(i) Delete all Google activity on your phone or on your computer*

- Use your web browser to go [myactivity.google.com](http://myactivity.google.com).
- There are 3 types of activity on the main part of the page, each with a check circle which you can click.

- These are Web & app activity, Location History and YouTube History. If the circles are marked Off, clicking them will probably take you to another web page where you can alter this is you wish.
- At the top left of the page, click or tap the Menu button (often called the ‘hamburger’ button) and then go select Delete activity by.
- In the box which pops up, you have a choice of how far back you want to go in terms of deleting activity. Click/tap your choice.
- Confirm your deletion on the next page.

*(ii) Location Information*

Many of us find Google maps a very useful tool, but what we may not know is that, if your phone’s GPS is turned on, Google maps is keeping track of all the places we visit. This is good if you need to establish an alibi in a police investigation but not if you are not comfortable sharing wherever you’ve been. Luckily it can be switched off in your Google privacy settings. In the MyActivity page click on the arrow to the right of Location History. On the page which then loads, click the Turn Off button.

**b) Alexa**

Amazon’s Alexa is a very popular virtual assistant that responds to voice commands to perform different activities. Connecting it to a smart device, you can use it to switch lights on or off, control your central heating, or choose music to listen to. There is, however, some controversy about how to protect your privacy with Alexa and there have been reports that the Alexa also hears and records all voices in its environment and that nobody is quite sure where these voice recordings end up.

**Alexa Privacy Settings**

You can limit Alexa’s ability to record voices by using the privacy settings on the Amazon website.

- Go to <https://alexa.amazon.co.uk/spa/index.html#cards>.

You will need to sign in with your Amazon name and password, and probably also via the authenticator app on your phone.

- Click on Settings in the left hand menu (you may need to click the hamburger menu first).
- Scroll down the main page to find Alex Privacy and click this. This opens a new webpage.
- Scroll down and click on Manage Your Alexa Data.
- This takes you to a page where you can make a number of changes to the ways that Alexa manages your voice recordings.

### **c) iOS Devices**

iOS devices (iPhones, iPads) are less profligate with user information than their Alexa counterparts, but they still do share some data with Apple, which you may not be comfortable with. iPhones are heavily synced to iCloud and store data with that service which goes beyond just photos and videos to include messages, contacts and emails. You may not want this information to be stored on a cloud server, especially in light of the fact that Apple can access any of this information if it wishes to. To stop this syncing is fairly simple.

- Go to the Settings menu on your iPhone or iPad.
- Tap the top entry in the menu, that has your name on it.
- Tap the iCloud entry in the next menu.
- Here you will find a long list of all the apps on your phone that use iCloud. You can turn all these off if you wish.
- This will prevent any future information being uploaded.
- To delete information that has previously been uploaded you will need to go through the iCloud main website (on a computer probably). Go to: <https://www.icloud.com/> and sign in with your Apple ID.
- This will eventually bring you to the standard iCloud menu where you can explore and delete any of your data.

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