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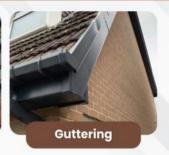
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A NOTE

FROM THE FOITOR

Velcome to the December/January Edition.

The shortest day of the year is 21st December and whilst it might be dark and cold outside there are welcoming warming firesides inside homes,

restaurants and hostelries offering the chance of spending quality time with family, loved ones and friends. This time of year, most of us like to look back at the year that is ending and look forward to the year to come. Many of us begin to plan summer holidays, spring breaks and long walks in our beautiful English countryside.

December is a time of joy as we travel to be with family over the holidays to catch up, enjoy each other's company and give and receive presents. Festivities abound as Christmas markets sell toys and trinkets and let us sample and buy delicious foods, mince pies, gingerbread cookies, panettone, stollen and Buche de Noel and traditional drinks like warming mulled wine, hot apple cider and eggnog.

2025 had an early spring, and a long hot summer but it has almost ended and now we look ahead with joy and excitement to 2026. We count down the weeks to the arrival of the first snowdrops of the year, and the months to the arrival of the Daffodils and Tulips and know that spring is not far away. We plan what we will plant in our gardens and what we'll do around our homes all with the hopeful optimism that 2026 will be the best year yet.

Here are some dates for your calendar: 24th December - Christmas Eve; 25th December - Christmas Day (Bank Holiday); 26th December -Boxing Day (Bank Holiday); 31st December - New Year's Eve; 1st January - New Year's Day (Bank Holiday).

As always, we ask you to please remember to mention Stonesthrow Directories when calling our Advertisers.

Wishing all our readers and supporters a joyful Christmas and a well-deserved festive break.

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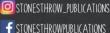
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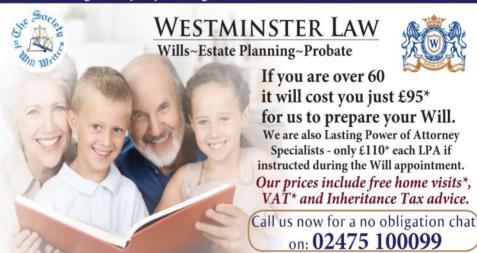
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FOCUS

ON HEALING

Welcome to The Wellbourne Clinic, Kenilworth.

The Wellbourne Clinic is a CQC registered private residential rehabilitation facility, offering expert treatment for addictions in a calm, restorative setting designed to support lasting recovery.

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For your free consultation:

Email: info@thewellbourneclinic.com



The Wellbourne Clinic

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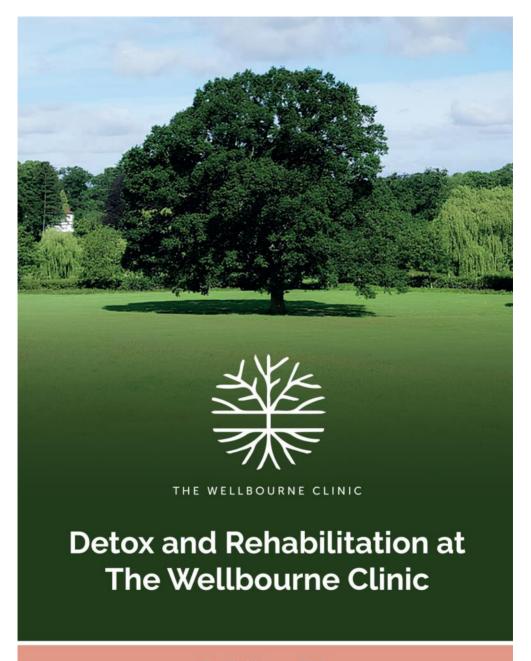




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From an apple a day to overloading on vitamin C, these are just some of the titbits of advice one might be given on announcing they think they feel a cold creeping over the horizon. However, the human body is far from straightforward and, unsurprisingly, there are many factors that can boost or burden your immune system.

Myth: Vitamin C prevents colds

While vitamin C is important for immune function, research shows it doesn't prevent colds, though it may slightly shorten their duration if taken regularly.

Truth: A rich and varied diet is the key

A balanced diet rich in fruits, vegetables, lean proteins and whole grains provides essential vitamins and minerals that support immune cell function. It's also important to mix it up with your fruits and veggies, which is why an apple a day is simply not going to cut it!

Myth: Exercise weakens your immunity

While excessive working out to exhaustion on a regular basis may leave your body vulnerable – particularly as chronic over exertion can leave you with consistently high levels of the stress hormone cortisol – moderate exercise is generally better for you than no exercise.

Truth: Exercise strengthens immunity

Moderate, regular activity (like brisk walking or cycling) improves circulation and helps immune cells move efficiently through the body. In other words, get off the sofa!

Myth: Echinacea is a proven immune booster

Evidence is mixed. Some studies suggest it may reduce cold symptoms, but it's not a guaranteed way to strengthen immunity.

Truth: Sleep is critical

When it comes to your immune system, there is no supplement which can replace rest. Adults who consistently get fewer than seven hours of sleep are more likely to catch colds compared to those who sleep eight or more. Sleep helps the body produce infection-fighting cytokines, so prioritise it.

Myth: Hand sanitiser boosts immunity

Overuse can actually harm beneficial skin bacteria. Proper handwashing with soap and water is more effective for overall health, and provided you do it at important times (e.g. after using the bathroom, before cooking and after touching pets etc.) you will be fine. In fact, obsessive handwashing and worrying can actually have the opposite effect on your health.

Truth: Some bacteria is really, really good for you

Good gut health is so important and probiotics with a diet high in fibre can support a healthy microbiome, which plays a key role in immune regulation. It can also help reduce bloating, fatigue and provides a first-defence against harmful bacteria. So, chow down on yogurt and fermented foods, while going easy on the less helpful caffeine and alcohol.

Misty Double Glazing?

Hi My name is Dave Millidge, let me introduce my company where I repair windows and replace misted up Double glazed units.

The area that I cover is Coventry and Warwickshire. You may have seen me around in your street or even have family and friends who I have worked for in the past ten years, with over 6,000 satisfied customers during that period. I started Misty to Clear to give customers the best value repairs in the current climate.

The Misty to Clear website allows total transparency of the customer experience. You can log into the website and view work that I have carried out. You can also leave feedback on social media. Therefore I give a 5 year guarantee on all new double glazed units fitted by Misty to Clear.

This is a genuine guarantee which does not come as an extra to my price.

I started Misty to Clear mindful that the cost of repairs is probably key to most people's budget when using tradesmen to do work on their behalf in their homes.

I offer a lower cost service to both old and new customers as I operate directly for the customer with no additional hidden charges or insurance costs to you the customer.

So my Company name is Misty to Clear where I can offer steamed up window glass replacement and fix broken handles, hinges, seals, window locks and door locks.

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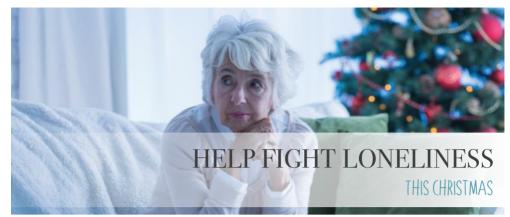
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Christmas can be a wonderful time of year for some – seeing loved ones, buying presents, and overindulging in mince pies – but for many older people it can also be an unwelcome reminder of loneliness.

Arrange a visit

Being bombarded with images of family reunions and joyful occasions can be hard for people who may not have family living close or don't have a wide social circle, so everyone should pause during the festivities and consider the wellbeing of older people who live nearby. Arranging a Christmas visit to spend some time with elderly neighbours, friends, or family during the festive season is a wonderful way to bring some cheer to someone who'll appreciate it, but there are ground rules to consider before doing so.

Don't turn up unannounced

This could be discomforting for the person if they're not expecting visitors, especially as the nights draw in. Ensure they actually want a visit — It's fair to say that some people are pretty happy in their own company, and it shouldn't be presumed that just because a person lives alone, they are lonely. A kind gesture could then be misconstrued as interfering or 'bothering', leading to embarrassment and potential bad feeling all round.

Take the time to call

Everyone is busy in the run-up to the festive season and routines can get stretched to breaking point with so much to organise. Even so, making time to get in touch with loved ones or friends who are further away can be as easy as picking up the phone in a quiet moment. Taking a few moments out of a busy day to check in with loved ones can also provide a chance to focus on something other than hectic plans.

Help with their shopping

Older relatives will usually enjoy buying family members something nice for Christmas, especially their grandchildren, but they may appreciate some assistance with sourcing suitable gifts. It's a myth that elderly people don't use the internet or know how to order items online; however, not everyone will, and they may be grateful for your input. Most people also like to have some extra groceries or drinks in over the festive season to ensure that visitors always get a chance to share a toast. Therefore, taking them to a supermarket or farm shop to stock up is another way that we can help loved ones prepare for the festivities.

Help with Christmas decorations

If your loved one isn't interested in Christmas, it might be that they don't have the energy to put decorations up or make extra preparations, so find it easier to say they would rather avoid it. Gently investigating if they would like some subtle decorations around their home may provoke an unexpected reaction, especially if it becomes an activity they can share with children in the family.

Offer to drive them to an event

Many places put up attractive Christmas displays in the weeks approaching the festive season, whether it's a garden centre, farm park, or department store. Taking a loved one to see displays and doing some early Christmas shopping at the same time can be a pleasant day out for everyone and help to stimulate some seasonal enthusiasm too. Getting involved in an event that other people of a similar age may be attending could also be a way for your loved one to meet others in their situation, meaning they get to enlarge their social circle too.



Get in touch for more information 01926 423519

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Saving money is often associated with huge sacrifices such as a ban on holidays, subsisting on beans and rice and, basically, having zero fun ever. Yet, in reality, some of the most effective savings come from small, consistent swaps in everyday habits.

Making coffee vs buying

If you're often left wondering where all your money has gone, consider your caffeine habit. A daily, basic barista-made latte is around £3.50. Multiply that by five days a week, and you're spending almost a thousand pounds a year on the dark stuff!

Compare this with brewing your own coffee at home and, even factoring in quality beans, milk, and electricity, the cost per cup is closer to 40p. That brings your yearly spend to roughly £100–£150, saving you in excess of £800. That's enough to cover several months of utility bills, or instead let it fund a cheeky weekend getaway.

Packed Lunch vs takeout

These days, grabbing lunch out can easily cost up to £10. If you do this four times a week, you're spending around £2,000 annually. Preparing lunches at home – think pasta salads, sarnies or leftovers – brings the cost down to about £2 per meal.

Walking or cycling vs. public transport

If you live in a city, commuting costs add up

quickly. A monthly travel card in London, for example, can cost over £160 - that's nearly £2,000 a year. If your commute is short enough, cycling or walking will not only cut that cost dramatically, it will also improve your health and general wellbeing.

Even if you invest in a decent bike (£400) and maintenance (£100 annually), you could still save £1,500+ per year, so get on your bike!

Branded vs own-label groceries

Supermarkets charge a premium for branded items but own-label alternatives are often just as good. Swapping branded cereal, pasta and cleaning products for supermarket versions can shave 20–30% off your grocery bill. For a household spending £80 a week, that's a saving of around £1,000 annually.

This is not just a financial swap, but a psychological one. Pay attention to your own feelings and responses when it comes to labels and try to remove the powerful association between brand and personal status.

SIM-only vs contract phone plans

Finally, many people stick with expensive phone contracts long after their handset is paid off. A typical contract might cost £50 a month, while a SIM-only plan with plenty of data can be as low as £10. You could even use that saving to purchase a refurbed or second-hand device!













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WHAT'S ON LOCALLY

Warwick Market

Date: every Saturday / Time: 9am - 3pm / Venue: Warwick Town Centre, Market Place, CV34 4SA Warwick Market is a great opportunity to shop in a vibrant open-air setting, surrounded by many independent shops & cafes. On our Market, you will find variety and value, sold by new and experienced traders. You'll find stalls selling everything from fresh fruit and vegetables, plants and cut flowers, to fresh baking, fish and clothing, to gifts, & food specialities..

Recycle your old glasses

Date: every 3rd Saturday / Venue: Warwick Saturday Market

Warwick Lions would like to say a big thank you to all the people who have kindly donated old and broken spectacles to our stall at the Warwick Saturday Market. The glasses are cleaned & refurbished then sent to eye camps in Africa, India & Eastern Europe. We aim to collect redundant glasses on our stall every third Saturday.

Independent South Warwickshire NHS Retirement Fellowship

Date: every 2nd Wednesday / Time: 10am -12pm / Venue: All Saints Church Hall, All Saints Road Warwick CV34 5NJ

Stratford upon Avon Guild of Weavers, Spinners & Dyers

Date: 3rd Saturday of the month / Time: 10am - 3pm / Venue: Stratford Methodist Church Hall, Old Town CV37 6BG

A friendly group, beginners welcome. Talks, workshops. See: www.wsdstratford.blogspot.com Or: www.wsdstratford@gmail.com

Warwickshire Vision Support Centre

Date: 2nd Friday of each month / Time: 9.30am - 11.30am / Venue: Kenilworth Senior Citizens Club, Abbey End CV8 1LG

Warwickshire Vision Support are a local charity that supports people living with sight loss in Warwickshire. Web: www.warwickshire.vision/Email: enquiries@warwickshire.vision
Phone: 01926 411331

Warwick Bridge Club

We are looking for new members. We play twice a week at Hill Close Gardens, Bread and Meat Close (Warwick Race Course) 7pm-10pm Mondays and Thursdays. We are a super friendly club who are fortunate to be able to play in these beautiful surroundings. Just to add we also have a couple of times a year Cheese and Wine evening. Contact Ken Mikulsky 07785955805, skm9inver@aol.com or Jenny Mikulsky: jenwren200@gmail.com

Warwick Lions Club

Warwick Lions aim to provide help and funds for those in need. We assist individuals and families in crisis, provide items of essential household equipment, distribute food parcels and make donations to local schools and other charities. We are all volunteers committed to helping those in need, we are non political, non religious, have no cultural boundaries or gender discrimination. If you would like to know more or to join us in helping others please contact us via our Facebook page or by telephoning 0345 833 5921.

Warwick Probus Club No.2

Date: 1st Wednesday of every month / Time: 10am / Venue: the Pavilion, Hill Close Gardens, Warwick. CV34 6HF

Warwick Probus Club No.2 was formed to give retired and semi-retired business men the opportunity to expand their interests and make new friends over a cup of tea or coffee while being entertained by a guest speaker. We are always pleased to welcome new members. If you think that you may be interested in joining us call our Membership Secretary 07983211467

Milverton Folk Dance Group

Date: every Thursday / Time: 8pm - 10pm / Venue: Budbrooke Village Hall, Hampton on the Hill, CV35 8QS

We are a friendly folk dance club and welcome complete beginners, individuals or couples and equally those rekindling their knowledge. Come and give us a try if you would like to use your memory and be active! For more information, please contact us on 01926 334808 or 07866 961967, alternatively visit our website: www.milvertonfolkdancegroup.org.uk/

Warwick Memory Singers

Date: Wednesdays / Time: 1pm - 2.30pm / Venue: All Saints Church, Vicarage Fields CV34 5NL Open to anyone living with dementia or other neurological condition, accompanied by their carer. Led by specially-trained musicians, our weekly sessions can help build new friendships and boost confidence, enabling people to feel more positive and supported. £5 per week, carers go free. First Session free! To book a place or for further information, please contact Sarah Riddell: sriddell@armonico.org.uk or call 07722 632242

Thrift Shop

Date: 1st Saturday of each month / Time: 10am - 12pm / Venue: Warwick Methodist Church Community Centre, Barrack Street CV34 4TH Good quality second hand clothes at bargain prices, typically £1 to £5. Refreshments also available.

Coventry And Warwickshire Schools Liaison Community

We have speakers on many hot topics and careers. Also activity kits we lend to schools and

clubs, all free of charge. www.schoolsliaisoncommunity.net/CWSLC.htm 01926 490 456

Kenilworth Over 30 Swimming Club

Date: Every Sunday / Time: 8am - 8.55am / Venue: Newbold Comyn, Newbold Terrace East, Leamington Spa, CV32 4EW
We swim at Newbold Comyn whilst the Abbey Fields facility is being rebuilt. Only two members in each of the reserved four lanes to date - new members very welcome (£12.50 a month subscription) a great way to start your day! Please contact Simon Morton simonmorton8@vahoo.co.uk for more details or a

Warwick Woodloes Townswomen's Guild

Date: 1st Wednesday of the month between February and December / Time 7.30pm - 9.15pm / Venue: Woodloes community centre, Deansway, Woodloes Park

Cost £3 for visitors. 40 pence for refreshments. We meet for friendship, fun evenings, and guest speakers, days out etc. You are assured of a very warm welcome. For more information contact Sarah on 07984 235005.

Coventry And Warwickshire Retired Engineers

Date: third Thursday of most months / Time: 10:30 for 11AM / Venue: Dunchurch Village Hall CV22 6PN

All events are open to the general public. www.retiredengineers.net 01926 490 456

Workshop Wednesdays

trial swim.

Date: every Wednesday during term time / Time: 1.30pm - 4pm / Venue: Warwick Arts Centre Our weekly artist-led workshops allow you to get hands on with creativity, meet new people, and take some time for yourself to unwind. Drop in to learn a new creative skill, and experience clay, printmaking, music, and more! Entry is free, donations gratefully accepted. No need to book, just drop in!

Leamington Market

Date: every Friday / Time: 10am - 4pm / Venue: Holly Walk, Leamington Spa CV32 4LY Holly Walk is set to host a brand new weekly market in the heart of Leamington Spa! Taking place every Friday, the market will showcase a fantastic range of local produce – from fresh fruit & veg to handmade artisan goods. It's the perfect way to shop local, discover something new, and support the amazing independent businesses in our community. Proudly in partnership with Warwick District Council.

German Christmas Market

Date: 7th December / Time: 12pm- 4pm / Venue: Oakley Grange, Cox Gardens in aid of Myton Hospice. There will be a fantastic range of gift stalls, a raffle, German food and drink

available for a donation, live entertainment and there might even be an appearance of Santa Claus himself!

Myton Hospices Santa Dash

Date: 14th December / Time: 9am—1pm / Venue: Victoria Park, Archery Road, Leamington Spa, CV31 3PT

The Myton Hospices Santa Dash is a 5km fun run/walk aimed at families to support and raise money for the local hospice.

Starting at Victoria Park, route to go through Jephson Gardens and round the back of the Royal Pump Rooms.

Leamington Christmas Markets

Date: 7th, 14th, 21st December / Time: 10am— 5pm / Venue: Parade, Royal Leamington Spa CV32 4BL

With over 90 incredible traders, you'll find everything from unique arts & crafts to delicious local produce and mouth-watering street food. There's truly something for everyone — whether you're on the hunt for the perfect gift, a festive treat, or just want to soak up the magical atmosphere.

Warwick Christmas Market

Date: 22nd December / Time: 9am - 3pm / Venue: Warwick Town Centre, Market Place, Warwick, CV34 4SA

Come along and support your incredible local traders, offering a fantastic range of arts, crafts, and local produce - perfect for those last-minute Christmas gifts or treats!

Stratford-upon-Avon Christmas Markets

Date: 6th, 7th December / Time: 10am - 6pm / Venue: Stratford upon Avon centre 200+ high-quality stalls filled with independent traders offering unique gifts, handmade crafts, seasonal food, mulled drinks & more. Live entertainment scattered throughout the market – from choirs and local schools to Shakespeare's Morris dancers, stilt walkers and a live DJ. A truly immersive festive atmosphere, set against the backdrop of Stratford's historic streets and twinkling Christmas lights.

WFYFC Christmas Tractor Run 2025

Date: 16th December / Time: 4.30 - 7.30 pm More than 60 Tractors will take part adorned with Christmas lights for that true festive mood all in aid of Breast Cancer Now, the Thomas Page Foundation and Warwickshire Federation of Young Farmers' Clubs. Full details can be found on Warwickshire EFC Facebook page.

While we do our best to ensure the accuracy of our listings, events may be postponed or cancelled without notice. Please confirm with the organiser before making any plans for attending events. For your news, events and group meetings to be featured free of charge on our What's On Page please email:

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Whether it's mince pies, eggnog lattes or glasses of bubbly, it's very easy to overdo it around this time of year. It is for this reason that a time of joy can turn into one of remorse as the excess of calories and alcohol take their toll.

Fortunately, it doesn't have to be that way. With a little pre-planning and self-awareness, you can avoid those predictable pitfalls.

Question Christmas calories

A soon as those festive sarnies and coffee-shop beverages hit the high street, you might feel your resolve start to dissolve, but make sure you check the nutritional stats on that turkey gut buster or eggnog latte with extra cream, because you may be surprised.

It is certainly not unusual for such treats to contain at least half of your daily recommended calories, and often more. So while you may enjoy the odd item from the seasonal menu, it's important you don't indulge every day leading up to Christmas.

Think before you drink

After all your hard work this year, it's understandable you may want to let your hair down. However, work-related soirees can soon lead to regret as you inadvertently vomit in the staff toilets or attempt to re-enact the scene from Flashdance using your desk chair.

To ensure such malady doesn't befall you, do the

following: before going out, take time to eat. Protein is best, such as a couple of boiled eggs, nuts or even a small turkey salad to line your stomach and slow the absorption of alcohol.

Then, when at the event, aim to drink one glass of water for every glass of booze. Your ego will thank you.

Stav active

Slobbing around in your PJs for an entire week may be tempting, but it isn't sensible. As work winds down, take time to indulge in self-care such as attending a fitness class, or go for a run or cardio in the form of gift shopping.

Then, on Christmas Day, insist on a family walk after lunch and balance all indulgence with a little activity.

Resist stress

Stress is inherently bad for you, and this season can be incredibly stressful. Be careful not to overcommit yourself to others and leave some alone time in your schedule for a bath or long walk

Be aware of the pressures you may put upon yourself on creating the perfect Christmas Day and instead focus on family, gratitude and love.

As soon as your local yoga, Pilates or meditation centre re-opens, hit the mats and re-centre yourself. Before you know it, you'll be fighting fit for the year ahead!

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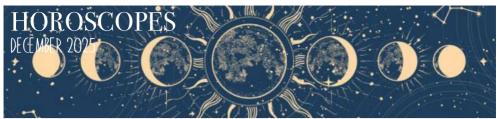


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ARTES

(MARCH 21-APRIL 20)

Mars, your planetary ruler, is making a brilliant aspect to your sign up until the 15th and with the Sun in fiery Sagittarius, some very positive opportunities will be up for grabs. Your intuition is heightened and you should start to feel that big changes are beginning to emerge. It's essential that you sweep out the old in order to create space for these exciting new prospects. The powerful Sagittarian new moon on the 20th ensures that your optimism is at its strongest.

TAURUS

(APRIL 21 - MAY 21)

Finances, investments and resources are in the spotlight this month as the radiant Sagittarian Sun, accompanied by dynamic and powerful Mars light up this area of your chart. Beneficial Jupiter in intuitive Cancer suggest that you can take your chances when the opportunities arise. Neptune and Saturn in Pisces, both indicate that new friendship groups could be about to emerge and offer some innovative ideas that will broaden your horizons.

GEMINI

(MAY 22 - JUNE 21)

Partnerships and relationships are highlighted during December as the Sagittarian Sun, energetic Mars and love planet Venus all emphasise this area of your chart. Communication should be good and that special someone could have a surprise in store for you. Expansive Jupiter in Cancer urges you to connect with your intuition and go with your gut feelings, this way 2026 will be a positive and successful year, offering some wonderful opportunities.

CANCER

(JUNE 22 - JULY 22)

Health and wellbeing are high on your agenda this month as the Sagittarian sector of your chart is in the spotlight. Mars and Venus both offer encouragement as you become more open to completely new ways of keeping yourself fit and healthy. Work and group endeavours are also looking rather positive, as new adventures and socialising become more important. The Winter Solstice on the 21st could offer a relationship challenge, possibly indicating the direction of your life for 2026.

LEO

(JULY 23 - AUGUST 23)

Events in December hinge around powerful contacts from the Sun, dynamic Mars and Venus all in optimistic Sagittarius. These powerful aspects highlight the love and romance sector of your chart and some long lasting decisions around a relationship may have to be made. Interesting opportunities present themselves around the Sagittarian new moon on the 20th, important breakthroughs are imminent, it's better to trust your own judgement and ignore well-meant advice.

VIRGO

(AUGUST 24 - SEPTEMBER 22)

December highlights all things to do with your home and family, the Sagittarian Sun, Mars and Venus highlight the need for spending some quality time in these areas of your life. The new moon Sagittarius on the 20th stirs up your curiosity and your desire to experience something different and exciting, could a move to pastures new be on the cards for 2026? The love planet Venus arrives in Capricorn on the 25th, suggesting some serious reviews concerning a relationship may well be due.

LIBR/

(SEPTEMBER 23 - OCTOBER 23)

Venus, your planetary ruler, has just arrived in intuitive and open minded Sagittarius. The Sun and Mercury also shine brightly in this sign, favouring anything to do with communication and business matters. Expansive Jupiter is at the highpoint of your chart offering you some creative and innovative ways to boost your earning potential. Be sure to tune into the new moon in Sagittarius on the 20th, it's perfect for enhancing your new plans.

SCORPIO

(OCTOBER 24 - NOVEMBER 22)

Your financial sector is strongly illuminated by the Sun, Venus and dynamic Mars, one of your rulers. An unexpected opportunity to get a great deal closer to your current goal could transform your chances of success in 2026. Whatever projects need finishing should command your full attention now as you can then focus on a period of expansion, particularly in your creative endeavours. The powerful Sagittarius new moon on the 20th offers a brand new perspective.

SACITTARIUS

(NOVEMBER 23 - DECEMBER 21)

December is your birthday month, the radiant Sun has returned to your sign and is accompanied by energetic Mars and vibrant Venus. The new moon arriving in Sagittarius on the 20th indicates that December, and well into 2026 could turn out to be an extremely positive time for you. It's important that you take stock on how successful you have been over the past year. Staying true to your beliefs and values is vital for success.

CAPRICORN

(DECEMBER 22 - JANUARY 20)

Transformational Pluto is in your financial sector indicating that some new plans will soon be underway. The emphasis on the intuitive sign of Sagittarius also bodes well for future business success. Use this time to realise how many options you now have by not letting your recent doubts about the future undermine your confidence or make you overly cautious. Dynamic Mars arrives in your sign on the 15th suggesting a time of positive action.

AQUARIUS

(JANUARY 21 - FEBRUARY 18)

Abundant Jupiter in Cancer illuminates the work area of your chart, suggesting that exciting new opportunities will come your way this month. The radiant Sun, dynamic Mars and love planet Venus are all in the fiery sign of Sagittarius, stirring up the more adventurous sector of your chart. As you feel pulled in two different directions it's important to stay centred and find a good balance. Tune into the powerful Sagittarian new moon on the 20th, by using your intuition and inner guidance, you can't go wrong.

PISCE

(FEBRUARY 19 - MARCH 20)

Your ruler, Neptune, is still hovering around the last degree of your sign, this probably makes you feel rather uneasy about what the New Year will bring. What matters now is standing back, staying centred and seeing the bigger picture as you make your plans for an exciting 2026. Expansive Jupiter is illuminating your love and romance sector, this bodes very well for an exciting festive period full of fun and laughter. The New moon of the 20th brings some welcome surprises.

Christine Chalklin, Inspirational Astrologer and Life Coach.

Take a refreshing new look at the year ahead by booking an astrological reading now. Consultations are available on Skype, Zoom, WhatsApp or telephone. Mobile: 07813 483549 | www.restyleyourlife.co.uk | christine_chalklin@hotmail.com

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The Eagle Bar 3 The Holloway CV34 4SJ 07765 896155

Market Place Pantry Café 26 Market Place CV34 4SJ 01926 400580

The Thomas Lloyd Pub 3-7 Market Place CV34 4SA

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The Square Warwick Bar 9A Market Place CV34 4SA 01926 730550

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7 Square Restaurant French 7 Old Square CV34 4RA 01926 411755

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The Aubergine Turkish 32 Smith St, CV34 4HS

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Il Piccolinos Italian 31 Smith St, CV34 4JA 01926 491020

The Roebuck Inn Pub 57 Smith St, CV34 4HU 01926 494900

Great Wall Chinese Takeaway 65 Coten End CV34 4NU 01926 494938



The New Bowling Green Pub 13 St Nicholas Church St, CV34 4JD 01926411470

Domino's Pizza Pizza 21 St Johns, Coventry Rd, CV34 4NE **01926 411003**

The Oak Pub 27 Coten End, CV34 4NT 01926 493774

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The Black Pug Pub 69 Coten End, CV34 4NU **01926 730496**

The Railway Inn Pub 55 Guy St, CV34 4LW 01926 493725

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