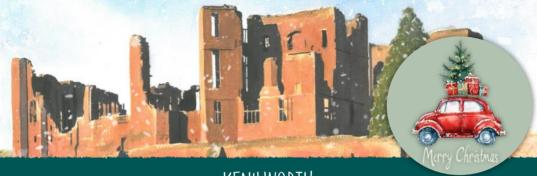
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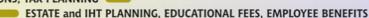








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#### A NOTE

#### FROM THE FOITOR

Welcome 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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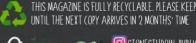


















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## KIDS PAGE

#### CAN YOU FIND ALL THE CHRISTMASSY WORDS HIDDEN IN THE GRID

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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.

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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.

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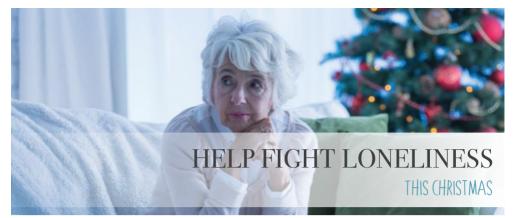
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Christmas can be a wonderful time of year for some – seeing loved ones, buying presents, and overindulging in mince pies – but for many older people it can also be an unwelcome reminder of loneliness.

#### 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.



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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.



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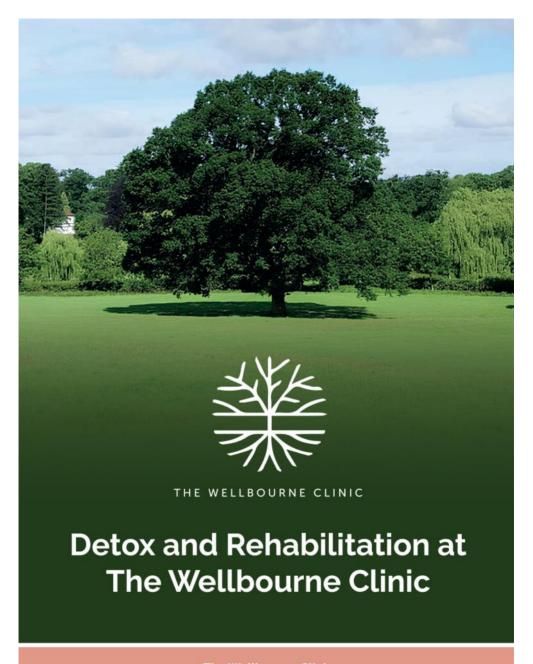




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Consumer Advice	<b>!</b>	0845 4040 506
Citizens Advice Bu	ureau	01926 457 900
RSPCA	07867 743827 /	0300 1234 999

#### MEDICAL.

Warwick Hospital	01926 495321	
Coventry University Hospital	02476 964000	
Pennington Dental Kenilworth	01926 678332	
NHS Advice Line / Out of Hours Dental Advice		
111		
Emergency Vets	01926 421465	

#### UTILITIES

Electricity Power Loss	0800 328 1111
Severn Trent Water	0800 783 4444
Transco Gas Leak	0800 111 999
BT Fault Line	0800 800151

#### KENILWORTH TOWN COUNCIL

Town Clerk Miss Maggie Field 01926 859 155

#### TRAVEL.

Chiltern Railways	0345 600 516
National Rail Enquiries	03457 48 49 50
West Midlands Trains	0333 311 0039
Bus Travel Line	0871 2002233
Coventry Airport	02476 308601
Birmingham Int' Airport	0871 222 0072

#### **POLICE**

Warwickshire Police	01926 415000
West Midlands Police	0345 1135000
Police Control Room	01926 851 111 Or 101
Warwickshire Fire & Rescu	ie 01926 423231
Crimestoppers	0800 555 111

#### **LEISURE & SPORTS**

The Kenilworth Centre	01926 855 205
Kenilworth Library	0300 555 8171
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#### WHAT'S ON LOCALLY

#### Kenilworth Market

Date: every Thursday / Time: 9am - 3pm / Venue: Abbey End, Kenilworth

Kenilworth market is a great opportunity to shop in a vibrant open-air setting. You will find variety and value, sold by new and experienced traders. Choose from stalls selling everything from fresh fruit and vegetables, plants, fresh baking, fish and clothing, to gifts & food specialities.

#### Kenilworth Art Society

Date: Tuesdays / Time: 7.30 - 9.30 pm / Venue: Venue: Waverley Centre, 65 Waverley, Kenilworth, CV8 1JL

A friendly group, with beginners and experienced artists, using a variety of mediums with a programme of optional activities. New members are welcome, to share and learn. For more information www.kenilworthartsociety.weebly.com kenilworthartsociety@gmail.com; 01926 855470

#### Kenilworth History and Archaeology Society

Date: second Monday of each month / Time: 7.45pm / Venue: Senior Citizens' Club, Abbey End, Kenilworth CV8 1QJ

We hold nine Open Meetings per year with guest speakers on a range of historical subjects, non-members are welcome for a donation of £2. We also hold three members only meetings per year. Full details of our programme and how to join the society can be found on our website www.khas.co.uk and on our Facebook page. The ethos of the society is to research the history of the town and make the results available to its residents.

#### 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. www.warwickshire.vision/enquiries@warwickshire.vision / 01926 411331

#### Rapport Social Group

Rapport is a non profit making, social group for unattached adults age 50+ on their own and would like to meet new friends. We have a varied monthly programme of hosted events, including coffee mornings, lunches and evening meals, cinema, theatre and National Trust visits, day trips, walks and pub nights. For more information contact Jenny Brown on 07725 094123

#### **Coventry And Warwickshire Retired Engineers**

Date: third Thursday of most months / Time: 10:30 -11AM / Venue: Dunchurch Village Hall CV22 6PN All events are open to the general public. www.retiredengineers.net 01926 490 456

#### A Walking Football Group

We meet twice a week, Tuesdays 11.00am and Thursdays 13.15pm at a superb local venue near Warwick University, for exercise, recreation, socializing and a laugh on an outside astro turf pitch. All Adults welcome. For further info contact 07941491488.

#### Men Walking and Talking

Date: every Thursday / Time: 7pm / Venue: Abbey Fields Car Park

A weekly walking group has been launched in Kenilworth aimed at supporting men's mental health. Set up by local resident Mark Taylor, the group was started earlier this year as the tenth branch of the Men Walking and Talking Group - which was launched during the pandemic. To join please visit their Facebook page: Men Walking and Talking or contact Mark:

menwalkingandtalking@outlook.com

#### Independent South Warwickshire NHS Retirement Fellowship

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

We have speakers, trips out, quizzes and much more, why not give us a try. Contact Jackie Shaw 01926 492361.

#### 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 are welcome (£12.50 a month subscription) a great way to start your day! Please contact Simon: simonmorton8@yahoo.co.uk for more details or a trial swim.

#### 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

#### Repair Café

Date: every 3rd Saturday of the month / Time: 2-5pm / Venue: Abbey Hill United Reformed Church, Abbey Hill CV8 1LW Repair not replace. If you can carry it or pedal it, we'll have a look at it. Repairs and advice are free, but card or cash donations are welcome. Last repair taken at 4.30pm. For more information please visit: www.repaircafe-kenilworth.org

#### Stratford upon Avon Guild of Weavers, Spinners & Dvers

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. www.wsdstratford.blogspot.com Or email: wsdstratford@gmail.com

#### **Bad Vibrations Community Choir**

Date: Tuesday evenings / Venue: United Reformed Church, Kenilworth CV8 1LW You don't need any musical experience, ability or an audition to join our friendly and inclusive group. Our choristers are taught a varied, modern repertoire by a talented Musical Director. At the same venue we also run a group who just sing along to great tracks from the last 50 years. COME FOR A FREE TRIAL SESSION of each type of meeting. For

detailed times and more information see badvibrations.org.uk; Email: badvken@gmail.com; Phone 07778 791365

#### The Kenilworth Walking Women

Date: every Tuesday / Time: 7pm / Venue: Abbey Fields Car Park

It's a wonderful opportunity to get some regular exercise, get to know some other women from Kenilworth, but in a safe walking group. See Facebook group page for details and updates.

#### Kenilworth Probus Club No 2

Date: 2nd Tuesday of the month / Time: 10.30am / Venue: Clarendon Arms, 44 Castle Hill, Kenilworth CV34 1NB

Kenilworth Probus Club No 2. Is a club for retired and semi-retired men. Just come along or email: KPC2Contact@gmail.com
Web: www.kenilworthprobus2.org.uk

#### Kenilworth Lions Club

Date: 2nd Monday of the month / Venue: Kenilworth Sports & Social Club

Throughout the year we support needy causes in the community and with a full social programme, the Club is friendly, rewarding and good fun. To find out more visit: www.kenilworthlionsclub.co.uk

#### **Board Game Hub**

Date: 3rd Sunday of every month / Time: 3-5pm / Venue: the Kenilworth Centre

Stuck in the house all day avoiding the cold? Why not join us for board game hub? Bring a game, play a game, enjoy and cup of tea and a slice of cake.

#### Kenilworth Flower Club

Date: 1st Thursday of each month / Time: 1.30pm / Venue: Kenilworth Methodist Church, Priory Road CV8 1LQ

Flower Demonstrators: May 1st - Andrew Lloyd 'Tis The Merry Month'; June 5th - Clare Bond 'Sustainable Summer'. For more details please contact Diane Cahill on 01926 853907

#### Father Christmas at Kenilworth Castle

Date: 6-7th December / Time: 10am - 3pm / Venue: Kenilworth Castle, Castle Green CV8 1ND Father Christmas is taking time out of his busy festive schedule to tell some of his favourite seasonal stories around the Christmas tree. After the group storytelling session, you and your children will meet the man himself to make memories to treasure. Visit www.english-heritage.org.uk for details and tickets.

#### 4th Kenilworth Scout Group - Christmas Card Delivery Service

Card drop off locations during opening hours: Kenilworth Books, GDT Auto's, Leyes Lane Pharmacy, Steve Crowe Butchers, Pittaway Thompson Estate Agents, All Saints Church (Leek Wootton), Stoneleigh & Ashow Village Clubs until 19th Dec. Talisman Square Stall: Saturdays, 6th, 13th & 20th Dec (9am -3pm). 40p per card, cash only. Donations very welcome. Deliveries from Sunday, 21st December.

#### 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!

#### Kenilworth Duck Race

Date: 26th December / Time: 11.30am - 12.30pm / Venue: Abbey Fields, Bridge Street, Kenilworth, CV8 1BP

An unusual ritual takes place starting at the Ford in Kenilworth; at 11:45am 18 Corporate Ducks will be launched into Finham Brook, followed at noon by 1,500 little ducklings. After a bracing swim of 200 metres the ducks cross the finishing line in the Town's Abbey Fields. The first four finishers capture prizes of £100, £75, £50 and £25 respectively. This annual event has been running for over twenty five years and now attracts thousands of visitors, from far and wide. Over the years the event has raised over £80,000 to help those in need.

#### 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

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 Ksenia: info@stonesthrowpublications.co.uk



#### ARIFS

#### (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.

#### TATIRLIS

#### (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.

#### CEMINI

#### (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.

#### (JUNE 22 - JULY 22)

CANCER

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)

Ābundant 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.

#### PISCES

#### (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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