

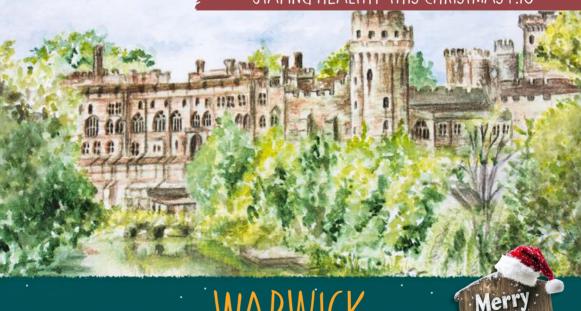


HELP TACKLE LONELINESS THIS CHRISTMAS P.IO

USEFUL LOCAL TELEPHONE NUMBERS / ARTICLES / HOROSCOPES

WHAT'S ON / LOCAL RESTAURANTS & TAKEAWAYS / KIDS PAGE

STAYING HEALTHY THIS CHRISTMAS P.16



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A NOTE FROM THE EDITOR

Welcome to our festive December/January Edition!

With only a few shopping days left until the big day our shops have truly pulled out all the stops this month to make sure Santa gets as much help as possible. And considering he delivers

toys to an estimated 152,000 household a minute on Christmas • Eve, no doubt he will be grateful for some help!

Many churches, religious and community groups and charities need the gift of your time this December, so why not consider volunteering. There are so many places that need a helping hand, from those who care for the elderly, to others that help animals, to hospitals, hospices and homeless shelters.

January is the month of looking forward, the shortest day is almost a week passed and the days are lengthening every day. Granted it might only be by just over a minute a day at the beginning, but by the end of the month it is over three in the south of England, and this provides hope for the future and the arrival of spring.

January is also the month of fresh starts and taking stock of our lives. Quite often this takes the form of starting a new fitness regime and eating more healthily. Many of us decide to shed the weight we have always wanted to shed and tone the muscles that have been hiding underneath.

Perhaps this desire to find our new selves is sparked by our overindulgence over the festive season? Who didn't eat one too many mince pies or have that extra portion of Christmas pudding? It is all part of the joy of the holiday season.

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);

However you decide to spend the next couple of months * keep your heart and your business local.

Yours, Stonesthrow Publications. 01926 8000 84 / 075 || 222 45

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Stonesthrow

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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.

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DISCOVER THE ENDLESS POSSIBILITIES OF GARDEN ROOMS

In recent years, garden rooms have emerged as the new way for homeowners to unlock more space without the hassle of major renovations. Imagine having your own space in the garden—a home office, a workout studio, or even a cosy retreat just a few steps from your back door.

If your home is feeling cramped or you're yearning for a spot that's both indoors and out, a garden room might be the answer. These standalone spaces blend beautifully into the garden, offering a fresh way to make the most of your outdoor area. There's something wonderful about stepping into a space that feels like an extension of the garden itself, with plenty of natural light and views of the outdoors—yet with all the insulation and comforts of an indoor room.

What makes a garden room so appealing is the flexibility it offers. Whether you want to design a quiet home office, a space for yoga or meditation, or a lively entertainment spot complete with a bar and seating, it's a blank slate that you can truly make your own. And the best part? Garden rooms can often be installed in a matter of days, meaning minimal hassle and a quick transformation.

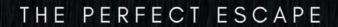
The design options are nearly endless. Many

people choose a modern, maintenance-free cladding that can handle the British weather, while others love the classic look of wood, like Cedar or Redwood. Inside, you can opt for bi-fold doors, custom lighting, climate control, and whatever else you need to make the space comfortable year-round. Cabin Master, for instance, has been in the business for over two decades, providing garden rooms that are tailored to each client's vision and made right here in the UK. They offer everything from design to installation, so you can go from idea to reality with one team.

If you're considering adding a garden room, it's worth visiting a show site where you can see different layouts and finishes in person, as it gives you a real sense of what's possible. The freedom to choose the size, style, and purpose of your garden room means it can grow with you and adapt to whatever you need—now or in the future.

Garden rooms offer more than just space, they give you a chance to rethink what home can be, bringing a touch of the outdoors in, and letting you create a room you'll truly love.

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AndyE-230 / 31 Jan 2024





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HELP TACKLE LONELINESS

THIS CHRISTMAS

As the colder and darker nights continue to draw in and Christmas approaches, this time of year can be especially lonely for the half a million older people who spend Christmas alone instead of being surrounded by family and loved ones.

According to Age UK, around 1 in 20 older people are facing Christmas without speaking to anyone. The charity says the rising cost of living is forcing pensioners to lead more solitary lives.

Living in isolation and loneliness is a stark reality for many older people all year round, not just at Christmas time, with nearly one million over 65 year olds only seeing close friends or family once a month or less.

Looking out for an older person in your life doesn't need to be a huge task – sometimes it's the smaller things which can make a person's day. So why not spread some festive cheer this Christmas and see if you can reach out to an older person in your community in one of the below ways?

Offer a listening ear

Sometimes the best thing that you can do is listen. Many older people who live alone can go entire days at a time without speaking to anyone, and this can lead to loneliness and isolation. Why not reach out to an older relative or neighbour this month just to see if they'd like a chat? Whether it's an hour for a cup of tea or a quick catch up over the phone, offering an older person your time and company over the Christmas period may just make their day.

Help them with a household task

Everyday tasks may seem simple and easy to you can be difficult to tackle as you get older.
Whether it's taking the rubbish out, hoovering

or even helping to put up the Christmas tree, a little help at home can go a long way and you'll be surprised at how appreciated the help and companionship can be.

Run an errand

If you know an elderly person who lives alone and doesn't have the means to get out and about, why not offer some help and some company in the process? It could be something as simple as a quick trip out in your car to pick up groceries, or a few hours Christmas shopping and seeing the festive sights around town.

Bond over dinner

It doesn't have to be a Christmas roast – inviting an older person to have a chat over lunch or even just a cup of tea can offer them with the companionship over Christmas period which so many go without.

Share your digital skills

According to Age UK, 25% of people aged 65 and over in the UK don't use the internet. Older people who are without digital skills risk losing access to key services such as banking, shopping and health services, as well as communications platforms that keep people connected. Show them new technology, they will always be awed by how far technology has come.

Invite them to join the family

Thousands of older people will spend Christmas alone this year, so why not invite an elderly person in your community into your home to share Christmas dinner with you? From a family games night to a Christmas movie viewing, reaching out to an older person and making them feel like one of the family can go a long way, especially during this time of year.



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POLICE

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UTILITIES

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LEISURE & SPORTS

 St. Nicholas Park
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 Newbold Community Centre
 01926 882083

 Warwick Library
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 Freedom leisure Warwick
 01926 49977

 Warwick School Sports Centre
 01926 776466

 Warwick University Sport
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TRAVEL.

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 03457 484950

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 0333 3110039

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 0871 2002233

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 02476 308601

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 0871 2220072

GENERAL.

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STAYNG HEALTHY THIS CHRISTMAS

Many of us eat and drink too much during the festive season. But once a year, why worry about a little overindulgence? Here are some easy tips to help you stay healthy and still enjoy Christmas.

Worrying about overindulging often makes Christmas extra stressful, but Christmas is all about indulgence. It comes but once a year and there is always that New Years' resolution to adopt a healthy lifestyle come January. And with a few simple changes the festive season need not be as bad for you as you might think.

Relax and enjoy

First and foremost. It's Christmas. Give yourself a break. Instead of worrying about calories or your waistline at Christmas why not just relax and try to enjoy yourself. Worrying too much is bad for you anyway. Don't stress about a holiday that is supposed to be the most wonderful time of the year. And by excluding yourself from socialising because you might have too much to drink and eat some unhealthy foods you might lose out on having a really great and memorable time.

Hydrate

Many of us forget to drink water over the festive season at a time when you really need to hydrate. Make sure you drink plenty of water throughout the day, especially if you are intending to drink alcohol in an evening because alcohol can dehydrate you and lower your system's immunity.

Start your day with a big glass of water. Drinking water in the morning helps get rid of brain fog and headaches and sets you up for the day.

Smaller portions

Most of us enjoy larger portions at Christmas but if you choose to make the portions you are eating a little bit smaller you can eat all the goodies that make Christmas so special!

Eat your veggies

If you are lucky enough to be invited out to dinner over Christmas, think about having the meal with a few less trimmings! Instead, fill up on the delicious veggies! So what if roast potatoes and roast vegetables are high in calories! They are scrumptious and make up part of your five a day!

Start your day with a good breakfast

The tendency over the festive season is to forget about breakfast because you might still be full or feeling the effects from the night before. But don't! Make sure you start your day with a healthy breakfast, perhaps porridge or cereal, eggs on toast, some fruit juice, and not too much coffee.

Drink savvv

Many of us enjoy a drink at Christmas but a good rule of thumb is to try to avoid mixing your drinks and remember that lighter coloured drinks tend to cause less of a hangover. And, if you are having a drink, remember to enjoy eating a festive nibble or two.

The wonderful thing about the holidays is that we can all overindulge a little and need not feel bad about it. Don't worry, enjoy and have a wonderful time.

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WHAT'S ON LOCALLY

Warwick Market

Date: every Saturday / Time: 9am - 3pm / Venue: Warwick Town Centre, Market Place, Warwick, 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

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

The Christmas Market

Date: 7th, 8th December / Time: 11am - 4pm / Venue: Royal Pump Rooms, Leamington Sa CV32 4AA

Support your local community & shop from the best small businesses in Warwickshire this Christmas.

Myton Hospices Santa Dash

Date: 8th 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. For more infomation and how to join in please see www.mytonhospice.org

Christmas at the Races

Date: 12th December / Time: 10am - 4pm / Venue: Warwick Racecouse, Hampton Street, Warwick, CV34 6HN

It's a race meeting that's not to be missed, and although we can't promise a sighting of Santa's reindeer in the sky, we can guarantee some of our other four-legged friends will be jumping for joy across our fantastic day of racing! So come on down and experience the ultimate Christmas celebration with heart-pumping races, a vibrant Christmas market, delicious food and drinks, and plenty of Christmas cheer! This is a ticketed event, please visit www.thejockeyclub.co.uk/warwick/events-tickets/christmas-at-the-races/ for more information.

Hatton Markets

Date: every Saturday & Sunday in December (excluding 28th, 29th December) / Time: 10am -5pm / Venue: Hatton Shopping Village, Hatton, Warwick, CV35 8XA

Discover a delightful selection of arts, crafts, and local produce set in the serene countryside!
Explore the charming garden centre, meet up to 16 independent market traders, and browse through a range of unique shops. Enjoy delicious meals at three dining spots, and immerse yourself in captivating country walks. Plus, don't miss out on

Hatton Adventure Park, which offers an array of attractions perfect for a fun-filled family day out! There's something for everyone to enjoy at Hatton Shopping Village.

Pre-School Grow, Explore and Learn Outdoors

Date: 12th December / Time: 9.30am—11am / Venue: Hill Close Gardens

Drop-In for pre-school children and their parents/carers. We focus on being outdoors, exploring the gardens, celebrating the changing seasons and the mini creatures and birds that live here. Please dress for the outdoors – wellies are always a good idea! £4 per child over 2yrs, siblings £1.

Come and meet Santa!

Date: 14th December / Time: 10am - 5pm
Date: 15th December / Time: 11am - 4pm
Venue: Royal Priors Shopping Centre, Royal
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Spa, helping raise funds for local charities)

Stratford-upon-Avon Christmas Markets

Date: 7th, 14th December / Time: 10am - 8pm 8th, 15th December / Time: 10am - 5pm Venue: Stratford upon Avon Boasting 200 high-quality stalls, the markets are some of the largest in the West Midlands, promising a truly special shopping experience. Entertainment will be integrated throughout the markets footprint, offering visitors the chance to experience a variety of performers as they explore. Unlike previous years, the markets will forego a centralised Main Stage and Funfair, allowing entertainment to roam freely and create an immersive experience for all visitors.

Carols at the Castle

Date: 21st December / Time: 6.30pm / Venue: Warwick Castle

Led by the excellent choir of St Mary's and accompanied by the fantastic Royal Spa Brass, this year the event returns to the magnificent setting of the Castle's Courtyard, 52 years since Lord Brooke invited Warwick Lions and Rotary Club into the Castle to hold the first event in 1972. The event has a wonderful atmosphere and visitors have the opportunity to enjoy a variety of stalls offering hot food and drinks including mulled wine. Adults: £10 Children: £5 www.carolswarwick.com

Photographing Birds Around Warwickshire

Date: 9th January / Time: 7.30pm / Venue: Friends' Meeting House, High Street A talk by Alec Cuthbertson for Warwick Natural History society.

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: info@stonesthrowpublications.co.uk





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PROSCOPES: DECEMBER

ARIES (MARCH 21 - APRIL 20)

The new moon and communication planet Mercury are shining a very favourable light on the sector of your chart concerned with the higher mind, further education and travel. Under current trends, you should be making some exciting plans for a very bright 2025. The full moon on the 15th puts you in a talkative mood and turns your attention to forward planning and inspirational thinking. Your ambitions and vour highest goals are in the spotlight during Januar as you plan for what could turn out to be a transformational year. Dynamic Mars, your ruler, is strong in fiery Sagittarius, emphasising the need for you to connect with your higher mind. Opportunities are now available, providing that you use your confidence and courage!

TAURUS (APRIL 21 - MAY 21)
Venus your ruler, arrives in quirky Aquarius on the 7th where she joins Pluto, the planet of deep transformation and change. This energy is powerful and strong and you'll feel inclined to make some dramatic decisions around your future and the direction of your life's journey. The full moon on the 15th brings your finances into focus, it's probably best to get some solid advice before making any major changes. January: The line-up of planets at a pivotal sector of your chart ensure that further education, travel and romance are seriously linked together this month. Your ruler Venus, is currently in down-to-earth Capricorn. moving back to direct motion on the 29th. A relationship issue that has been concerning you for months could at last present the practical answer you seek.

CEMINI (MAY 22 - JUNE 21)
The high energy planet Mars is strong in the communication and planning sector of your chart, its best to get projects underway before the retrograde period begins on the 6th. You may need to review your impulsive nature and take stock, listen to close friends as they can offer you fresh insight to do things differently. The full moon in your sign on the 15th joins beneficial Jupiter and suggests lucky breaks and heightened intuition. January: Dynamic Mars and the emotional moon are a powerful combination at the start of the month. Partnership issues are concerning you and it's now time to put your point of view across and win support from an unexpected quarter. Finances arrive in the spotlight on the 17th, take full advantage of any opportunities that come

CANCER (JUNE 22 - JULY 22)
The new moon and Mercury illuminate your health and wellbeing area, suggesting that you could be feeling a lot more robust than usual. December is the perfect time to forge ahead with a personal ambition and bring a long term project to a close. Love planet Venus arrives in unpredictable Aguarius on the 7th, a chance meeting could indicate that a new romance may soon be on the a new formation may soon be on the horizon. January: Your health and wellbeing are high on your agenda at the start of this month as Mars and the moon in Sagittarius urge you to take stock and put more energy into a good life balance The pivotal full moon in your sign on the 17th offers a challenge, but also helps you to reach a new understanding if you trust your intuition and your instincts.

LEO (JULY 23 - AUGUST 23)

The Sagittarius news moon and Mercury arrive at a pivotal angle of your chart, offering you a new sense of direction where love and creativity are concerned. Your future plans with a possible new partnership look exciting, so don't be afraid to take the initiative. The new moon on the 30th looks auspicious, take advantage and turn your attention to an exciting long term plan. January: As forceful Mars is now active in a pivotal sector of your chart, you'll find that your focus is changing. The value of broadening your horizons and using your creative talents becomes increasingly important. The full moon in Cancer on the 17th throws some light on an issue that's been troubling you for a while.

VIRGO (AUGUST 24 - SEPTEMBER 22)
The new moon and Mercury in fiery
Sagittarius illuminate the domestic sector of your chart, suggesting a dynamic month where you can make the most of your self-confidence and creative ability to make positive changes within your home. Venus arrives in eccentric Aquarius in the 7th, be prepared for the arrival of exiting new partnerships and relationships and be alert to new opportunities after the 15th. January: Relationship minded Venus remains in practical Capricorn all month, continuing the theme of all things to do with love and romance. You might need to with love and tromance. You might need to let go of any preconceived ideas about trying to solve a recent problem, go with the flow and use your intuition. The Cancer full moon on the 17th brings some fresh insight and lucky Jupiter in Pisces also lends a helping hand to whatever is bothering you.

LIBRA (SEPTEMBER 23 - OCTOBER 23)

Venus, your ruling planet, arrives in unpredictable Aquarius on the 7th, this cycle suggests that relationship is your top priority this month and the exchange of innovative ideas is set to bring huge rewards. Energetic Mars slows and goes retrograde after the 6th, try to stay patient and tolerant as you'll need to find some new solutions to old problems. Be prepared for exciting new developments after the full moon on the 15th. January: Vibrant Mars in Combination with the fiery Sagittarian moon ensure a dynamic start to the month. Your communication skills are the main focus and anything that's not working will have to be scrutinised and changed. Jupiter and Neptune highlight your health and wellbeing as new and exciting ways of keeping fit present themselves, particularly around the Cancer full moon on the 17th

SCORPIO (OCTOBER 24 - NOVEMBER 22)
The Sagittarian new moon and business minded Mercury are illuminating the financial area of your chart this month, be sure to make the most of your profound and analytical intellect as you make some important decisions for the future; your new strategies will work best after the 15th. The powerful and insightful conjunction of Venus and Pluto in Aquarius on the 7th trigger your intuition and enable you to see things in a very different light. January: The Sun, Venus, Pluto and Mercury are all activating the communication sector of your chart offering a new sense of direction concerning some important interaction Future plans look rosy so don't be afraid to take the initiative. The Capricorn new moon on the 2nd is significant as it highlights the possibility of linking your creative ideas with some firm foundations.

SACTITARIUS (NOVEMBER 23 - DECEMBER 21)

Your personal new moon arrives on the 1st, reinforcing the fact that this month is all about putting yourself first and fully recognising your potential. Major change is now coming your way and new beginnings are eminent. Relationship changes are also indicated as the full moon and Jupiter are strong in your opposite sign. The Capricorn full moon on the 30th brings an important financial issue to your attention. January: A busy month is indicated as Mars aligns with the moon in your sign. Four planets in Capricorn suggest that rearranging some financial issues will become a central theme. You may feel the need to break free from old ways of doing things, but if vou keep an open mind, vou can léarn a great deal. The full moon on the 17th offers you a sense of changing priorities.

CAPRICORN (DECEMBER 22 - JANUARY 20) Finances, investments and resources are high on your agenda this month as action planet Mars illuminates this area of your chart. Be sure to stand your ground, and be ready to achieve whatever you set your heart on. Mercury, back in direct motion after the 15th should help with clear thinking and decision making. It's important to keep an open mind as you can now learn a great deal from those around you. January: Four planets in your sign appear to be marking the beginning of a new chapter in your life, just right for the Start of the New Year! Jupiter is strong in Pisces, encouraging you to be flexible about the future and to be prepared to change your plans. The new moon in your sign on the 2nd offers you some extra powers of persuasion.

AQUARIUS (JANUARY 21 - FEBRUARY 18)
The new moon and Mercury in Sagittarius are powerful in the area of your chart concerned with community spirit and humanitarian goals, any new contacts and associations made now will pave the way for your future aspirations. Pluto is now settling in for a 20 year stay in your sign and this important transition will ensure major change on the World stage; as an Aquarian you have an important part to play - the Gemini full moon on the 15th is particularly auspicious in highlighting your creative gifts. January: Dynamic Mars in Sagittarius gives you great enthusiasm and a buoyancy when it comes to achieving your goals. New contacts can arrive out of nowhere and your networking skills will be at their very best. Wise Saturn in your sign gives you staying power for new projects as you leave recent problems behind and win the recognition that you deserve.

PISCES (FEBRUARY 19 - MARCH 20)

A positive start to the month seems to be assured with the powerful connection of the Sagittarian new moon and business minded Mercury at the highest point of your chart. If your ambition has been lacking lately, don't worry, things are about to change. You may need to speak your mind about certain issues that have been troubling you for a while, take advantage of the auspicious Gemini full moon on the 15th. January: Expansive Jupiter is now firmly in your sign filling you with hope for a rewarding year ahead. . Big ideas lead to remarkable results, so be sure to make your thinking optimistic and forward-looking. The new moon in Capricorn on the 2nd highlights friends and group activities that are connected to your personal aims and goals, teamwork is the way forward!

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.

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Here in the UK, we are spoilt for choice when it comes to winter travel destinations. We have world renowned centres of culture, historic towns and cities, wonderful countryside, hills, mountains, vales and dales, and an exceptional coastline, there are so many wonderful places you can visit this winter.

Mountains - Lake District

The Lake District has been a popular tourist destination since the nineteenth century, due in no little part to its wonderful mountains, including England's highest peak Scafell Pike. As you head towards the Lake District the mountains beckon visitors and on clear winter days are spectacular with their snow-covered peaks.

Because the Lake District is so popular, and many of the destinations such as Windermere, Ambleside and Keswick become exceptionally busy during the summer months, winter is the perfect time to visit.

Why not head towards Ambleside which sits on England's longest lake, Lake Windermere and take the drive north passing Wordsworth's home, Rydal Mount, onward passing Thirlmere on your left and the majestic mountain Helvellyn, England's third highest peak towards the beautiful Cumbrian town of Keswick.

Seaside - Suffolk coast

With its miles of unspoilt windswept beaches, inspiring countryside and charming towns and villages, the Suffolk coast is vastly different during the wintertime than the warmer months. The massive skies remain, but with fewer visitors, so you will have more time to appreciate the natural beauty and the unique wildlife.

For centuries the Suffolk coast has been a become famous for the Arts and Crafts movement and there are plenty of short courses and classes offered by leading artists. The world-famous concert hall at Snape Maltings plays host to numerous concerts throughout the winter and the range is eclectic, with everything from percussion and jazz to classical and choral. Something for every taste.

Why not take a trip to the charming coastal town of Lowestoft, walk along the beautifully preserved Southwold Pier, savour delicious fish and chips on the beach at Aldeburgh or go for a meander around the Deben Estuary.

City break - Chester

Historic Chester is a wonderful destination for a winter break. Occupied by the Romans, Vikings, Normans and Anglo Saxons - when you visit Chester history is literally around every corner. The city has the largest Roman amphitheatre in Britain, the most complete city walls and a thousand-year-old cathedral.

Chester offers excellent retail therapy, with The Rows – which are beautiful ancient timber framed buildings – and are home to exceptional boutiques. And, you don't have to look hard for world class bars and restaurants, they are in The Rows too.

Just a stone's throw from Chester is the world-famous Chester Zoo. You can also boat on the River Dee and enjoy informative city tours. Whether you chose mountains, coast or city, the UK has so much to choose from, and even if you only have a few days away, you will be delighted at the variety.

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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

01926 475690

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

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Wylie's Tearoom *Tea Room* 66A Market Place CV34 4SD **01926 490448**

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Apple Tree Tearnoms Tea Room 5A Old Square, CV34 4RA 01926 289365

Bread & Co Café 60 Smith Street CV34 4HU 01926 493089 Saffron Gold Indian Westgate Close CV34 4DE 01926 402061

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

The Art Kitchen Thai 7 Swan Street CV34 4BJ 01926 494303

ASK Italian Italian 16/18 High Street CV34 4AP **01926 941006**

Coffee#1 Warwick Café 22-24 High Street CV34 4AP 01926 419187

Giggling Squid Thai 1-3 High Street CV34 4AP 01926 497542

Jambavan Indian 6 Castle Street CV34 4BP 01926 496511

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Tasca Dali Spanish 15 High Street CV34 4AP 07445 223527

Aqua Food & Mood Lebanese 12-14 Jury St, CV34 4EW 01926 495491

Pizza Express Pizza 33-35 Jury St, CV34 4EH 01926 407895

La Mesa Fusion 5B Old Square, CV34 4RA 07528 080151

Warwick Spice Indian & Bangladeshi 24 Smith St, CV34 4HS **01926 491736**

The Pickled Crab Seafood 15 Smith St, CV34 4JA 01926 494904

The Aubergine Turkish 32 Smith St, CV34 4HS

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

Love Bread & Co Café 60 Smith St, CV34 4HU 01926 493089

The Roebuck Im Pub 57 Smith St, CV34 4HU 01926 494900 The New Bowling Green Pub 13 St Nicholas Church St, CV34 4JD 01926 411470

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

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

Pastelaria Portuguesa Bakery / Café 57 Coten End, CV34 4NU 01926 475871

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

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

The Wild Boar Pub 27 Lakin Rd, CV34 5BU 01926 499968

The Elephant & Castle Pub 105 Emscote Rd, CV34 5QY 01926 774078

Rivercross Indian 204 Emscote Rd, CV34 5QT 01926 734086

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Welcome Chinese Takeaway Chinese Reardon Ct, CV34 5RN 01926 403933

The Saxon Mill Gastro Pub Coventry Rd, Guys Cliffe, CV34 5YN 01926 492255

The Old Post Office Pub 12 West Street CV34 6AN 07717140834

Chopsticks Chinese 19-21 Smith Street CV34 4JA 01926 479188

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