

STONESTHROW DIRECTORY



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A NOTE FROM THE EDITOR

Welcome to the August/September edition of your favourite local magazine – hot off the press for the height of the Summer holidays! It's the perfect time to get into the great outdoors and enjoy the warm weather because not only is it fun, it's good for your health, too. And we're not just talking fresh air! Did you know that in the UK the sun is only strong enough from early April to the end of September to make vitamin D? Vital for healthy bones, teeth and muscles, it's created in your body when the sun's ultraviolet rays penetrate your skin. However, there's a balancing act between getting enough exposure to shore up your reserves of this fat-storable vitamin and not burning. So do slap on the sunscreen or cover up before your skin starts to go red, and you'll be able to enjoy the sun and its health benefits safely!

Whether you're spending time on holiday in the UK or abroad, or simply making the most of the long days and warm evenings, enjoy the last month of Summer – it's a valuable breathing space before the kids go back to school and the autumn rolls around again.

As always, we have prepared a couple of interesting reads for you, as well as useful listings of local telephone numbers, local restaurants and takeaways. Please do keep your copy of this directory until the next edition is delivered, so your helpful local trades and services' contact details are never too far away.

Our advertisers have prepared special offers and discounts exclusive to the readers of Stonesthrow Directory. Please remember to mention our magazines when you call our advertisers, so we can bring even more trusted local talent to you.

Here's a date for your calendar:
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However you spend the next couple of months, keep your heart and your business local.

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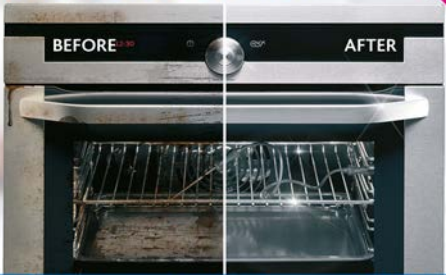
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MORTGAGE CRUNCH

EVERYTHING YOU NEED TO KNOW



The phrase ‘mortgage crunch’ has become part of our everyday vernacular, it’s on the TV, radio and websites, but what does it mean and how long could it last?

We had previously heard the term ‘credit crunch’ used to define a period of time when loans were more expensive to take out. The media have used the phrase ‘mortgage crunch’ because the impact has been mainly focused on mortgage rates. Obtaining a mortgage has become more difficult for borrowers due to tightening lending standards. It has previously led to a decrease in the availability of credit for homebuyers and eventually resulted in a decline in house prices.

Some financial experts are saying that this is the most difficult period for homeowners since the 1990s, as most mortgage holders have accrued a higher amount of debt and they earn comparatively lower incomes in relation to their monthly outgoings.

We are currently in this financial situation because the Bank of England has raised interest rates in an attempt to curb prolonged inflation. This had led to huge increases in the price of everyday items, most noticeably for food. By raising interest rates, the bank makes it more expensive for people to borrow money and encourages them to save. If the general population spends less, this will help lower prices and therefore lower inflation. This has also caused mortgage rates to rise, becoming more expensive than they have been for many

years.

Initially, experts predicted that inflation would fall during 2023 and the mortgage rates would fall with it. Everyone expected this period of financial hardship to be comparatively short-lived. However, high inflation has been prolonged and consequently, most people think that mortgage rates should peak in 2024 and the mortgage crunch will continue for much longer than originally predicted.

Households already struggling with the cost of living crisis are facing a possible further financial squeeze on their household budgets. The current bank rate has risen twelve times in a row and now stands at 5%. If you have a variable mortgage rate, the amount you pay will rise and fall with the bank rate. Anyone with a fixed-term mortgage that is due to end, needs to contact a professional mortgage broker as soon as possible, in order to secure the best rate for their new mortgage. If rates are set to increase, it would be wise to fix it at the best possible rate before they get any higher.

Of course, nobody can accurately predict what is going to happen with the mortgage market over the next few years, but tying down a fixed rate will mean that you will know with certainty how much you have to pay out each month, and that it won’t change if things get worse.

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SONALI <i>Indian Takeaway</i>	01926 856300	THE ROYAL OAK PUB <i>British</i>	01926 856906
33 Warwick Road CV8 1HN		36 New Street CV8 2EZ	
INDIAN EDGE <i>Indian</i>	01926 850 100	ENGINE <i>Pub</i>	01926 853341
50 Warwick Rd CV8 1HH		8 Mill End CV8 2HP	
RAFFLES RESTAURANT <i>British</i>	01926 864300	THE WYANDOTTE INN <i>Pub</i>	01926 856167
149 Warwick Road CV8 1HY		4 Stoneleigh Road CV8 2GD	
THE GREEN MAN <i>Gastro Pub, British</i>	01926 863 061	THE TILTYARD <i>British</i>	01926 851 523
168 Warwick Road CV8 1HS		25 Leyes Lane CV8 2DE	
INDIAN ARK <i>Indian</i>	01926 857 373	DOMINO'S PIZZA <i>Pizza Takeaway</i>	01926 856 888
101-103 Warwick Road CV8 1HP		37 Leyes Lane CV8 1DE	
TAI PAN <i>Chinese Takeaway</i>	01926 512 904	THE KENILWORTH <i>Cocktail Lounge Bar</i>	01926 779 473
96 Warwick Road CV8 1HL		61 Warwick Road CV8 1HN	
THE FULL HOUSE <i>Chinese</i>	01926 864 028	THE CLOCK TOWER <i>Café</i>	01926 855 957
86 Warwick Road CV8 1HL		212 Abbey End, Kenilworth CV8 1ED	
BEAR & RAGGED STAFF <i>Gastro Pub, British</i>	01926 857 980	DELIGHTFUL DESSERTS <i>Dessert Parlour</i>	01926 353 637
68 Warwick Rd CV8 1HH		43 Warwick Road CV8 1HN	
MULAN <i>Chinese</i>	01926 851 108	FRIENDS KENILWORTH <i>Fish and Chips</i>	01926 734 487
78 Priory Rd CV8 1LQ		72 Warwick Road CV8 1HH	
RAKU 57 <i>Japanese Restaurant</i>	01926 699 573	LA ARI ITALIAN <i>Deli & Café</i>	07392 339579
57 Warwick Road CV8 1HN		4 Warwick Road CV8 1HB	

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USEFUL LOCAL TELEPHONE NUMBERS

HELPLINES & HOTLINES

Victim Support Warwick	01926 682 689
Samaritans	0845 790 9090
Consumer Advice	0845 4040 506
Citizens Advice Bureau	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
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TRAVEL

Chiltern Railways	0345 600 5165
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 & Rescue	01926 423231
Crimestoppers	0800 555 111

LEISURE & SPORTS

The Kenilworth Centre	01926 855 205
Kenilworth Library	0300 555 8171
Meadows Community Sports Centre	01926 857 613

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STRUGGLING WITH MOBILITY ISSUES?



If you are struggling with mobility issues, there are several options that may help you.

The first port of call should be your local GP. You need to be honest and discuss your concerns regarding your physical and mental health with your family doctor before things become overwhelming. They can refer you to an occupational therapist for further assessment if needed.

If you need temporary support, to recuperate from illness or surgery, you could employ some help for all the difficult tasks around the home. If you require personal care, companies offer services that can assist you in your day-to-day living and ensure that you maintain your independence until you are able to look after yourself again. You may need a more permanent form of help, but care in your own home is usually preferable to moving into a care facility.

Occupational therapists can assess your needs and provide strategies to enhance your mobility and maintain your independence. They can offer advice about approaching daily activities, recommend assistive devices and suggest modifications to make your home or work environment more accessible.

If your current living arrangements are not suitable for your mobility needs, contact your local council's social services or adult social care department. They can provide information on available services in your area and assess your needs. They may be able to offer accessible housing options and help with home adaptations or equipment.

If you require adaptations to your home to improve mobility, you may be eligible for a

Disabled Facilities Grant. These grants are provided by the local council and can help you fund modifications around your home that will make life easier. Contact your local council's housing department to find out more about the application process. You can also get support from organizations and charities that focus on supporting individuals with mobility issues. The Disabled Living Foundation and Mobility Trust and Age UK may all be able to offer free advice.

You may be eligible to qualify for disability benefits in the UK like a Personal Independence Payment (PIP) or Disability Living Allowance (DLA). These benefits can provide a little financial support to help you pay for any additional costs associated with mobility issues. There's a wealth of information on the government's website. Benefits - GOV.UK (www.gov.uk)

Your doctor or an occupational therapist may suggest using mobility aids. There various aids available to help individuals with limited mobility, everything from walking sticks to frames, wheelchairs and mobility scooters. Charities or local mobility aid providers can help you explore these options.

Your community may have an Independent Living Centre (ILC) which will provide information and advice on various aspects of independent living. These centres often have demonstration areas with equipment, so that you can try out different aids before making a decision to buy anything. It is essential to consult with relevant authorities and healthcare professionals to determine the best options for your specific needs. They will guide you through the process and help you find the appropriate assistance.



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.

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.

Kenilworth Art Society

Date: every 3rd and 4th Wednesdays of the month / Time: 7.30pm / Venue: Kenilworth School, Leyes Lane
This is a friendly local group; beginners and experienced artists, watercolour, acrylic, pastels, etc New members welcome, to share and learn, meetings Wednesdays pm and some Saturdays. Keeping art alive with a programme of optional activities. For information visit our website www.kenilworthartsociety.weebly.com or contact us: Tel: 01926855470
Email: carole.fenn@icloud.com

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. Web: www.warwickshire.vision/
Email: enquiries@warwickshire.vision
Phone: 01926 411331

Kenilworth Senior Citizens Activities Club

Date: every Tuesday / Time: 1.30pm - 3.30pm /
Venue: Newbold Comyn Leisure Centre, Newbold Terrace E, Leamington Spa CV32 4EW
Because of the ongoing building work taking place at our usual venue of Castle Farm Leisure Centre, we are currently meeting at the Newbold Comyn Leisure Centre in Leamington. We are a small friendly group who play Table Tennis and Short Mat Bowling. We also usually organise a Summer Outing and a Christmas Lunch for our Members. We would love to welcome new members from Kenilworth, Warwick or Leamington and the surrounding areas to join us for fun and friendship on Tuesday afternoons. There is plenty of free parking at Newbold Comyn.

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

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

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.

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. Cotact Membership Secretary 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 very welcome (£12.50 a month subscription) a great way to start your day! Please contact Simon Morton (simonmorton8@yahoo.co.uk) for more details or a trial swim.

Warwick Memory Singers

Date: Wednesdays / Time: 1pm - 2.30pm /
Venue: All Saints Church, Vicarage Fields,
Warwick, 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

Kenilworth Probus Club No 2

Date: 2nd Thursday 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: contact@kenilworthprobus2.org.uk
Web: www.kenilworthprobus2.org.uk Our next speakers are: 12th September David Swanson 'A Powerful Story'; 10th October Chris Forse 'Thirty Years of Travel in China'.

Bad Vibrations Community Choir

No musical experience, ability (or even an audition) is needed to join our friendly and inclusive group. We sing for the joy of singing on the 1st /3rd / 5th Tuesdays from 6.30 - 8pm in Kenilworth School Upper Hall, Leyes Lane, when our choir rehearses a varied repertoire with instruction from a talented and professional choir master. Alternatively, on 2nd/ 4th Tuesday from 7 - 8pm in the Lower Hall, we have a Singalong, no choirmaster, just singing to great tracks from the last 50 years For information: advken@gmail.com or call 07778 791365. Or just come for a FREE trial session.

Summer Fundraiser

Date: 25th August / Time: 3pm / Venue: The Copper House Club, Albion Street, CV8 2PA
In aid of young carers Warwickshire. Stalls, Tombola, Food Stalls, Raffle, Cash bingo and more.

Moonlit Cinema: Jurassic Park

Date: 8th September / Time: 7.30pm - 10pm /
Venue: Mill Gardens, Leamington Spa

A perfect way to spend Friday night under the stars watching Jurassic Park on the Big Screen. Bring friends, family, sit back and let us take care of everything. There will be alcoholic and non-alcoholic drinks provided. You are welcome to bring a picnic or order a takeaway straight to the park.

Moonlit Cinema: Bridesmaids

Date: 9th September / Time: 7.30pm - 10pm /
Venue: Mill Gardens, Leamington Spa

A perfect way to spend Saturday night under the stars watching Jurassic Park on the Big Screen. Bring friends, family, sit back and let us take care of everything. There will be alcoholic and non-alcoholic drinks provided. You are welcome to bring a picnic or order a takeaway straight to the park.

Leamington Food and Drink Festival

Date: 9th, 10th September / Time: 10am - 6pm /
Venue: Pump Room Gardens, Leamington Spa

The Leamington Food and Drink Festival is back. Come and enjoy this FREE event. There will be food and drink vendors, live music and live cookery demonstrations. For more information please visit www.leamingtonfoodfestival.co.uk

Kenilworth u3a Meetings

Date: 21st September / Time: 2.30pm / Venue:
Kenilworth Methodist Church, Priory Road CV8 1LQ

Isambard Kingdom Brunel - a Victorian Genius with a 21st Century legacy. Join us for a tea/ coffee and a chat from 1.45 pm. Members free - Visitors £1.

Leamington Autumn Market

Date 1st October / Time: 10am - 5pm / Venue:
Parade, Royal Leamington Spa, Warwickshire,
CV32 4BL

This spectacular event features over 60 artisans, crafters, and local producers, all coming together to showcase their incredible creations and products. Alongside the incredible arts and crafts, Leamington Autumn Markets offer an exceptional selection of street food, tantalizing your senses with mouth-watering aromas and flavours from around the world. Indulge in delicious treats and savour the diverse culinary experiences available.

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@stonestrowpublications.co.uk*

HOROSCOPES: AUGUST / SEPTEMBER

ARIES MARCH 21 - APRIL 20

Dynamic Mars, your ruler, remains in industrious Virgo all month, although August is traditionally a holiday month, prepare to focus your attention on practical projects as a completely new way of working comes to your attention. Your creative abilities are at their height as the Leo Sun and Venus suggest positive results. Energetic Mars, your ruling planet, is in Gemini all month giving your vitality and your self-confidence an extra boost. All forms of communication can be looked at in a different light. Adjustments to your health and wellbeing are also favoured as the full moon in intuitive Pisces on the 18th gives you a chance to tune into your inner needs.

TAURUS APRIL 21 - MAY 21

August is an important month as the radiant Sun and Venus both occupy the fiery and extrovert sign of Leo, suggesting that your creativity is strong and a generous and carefree mood is yours. Abundant Jupiter and maverick planet Uranus are strong in your sign, if you have any radical changes in mind, this is the month to get them up and running. The Sun illuminates the love sector of your chart this month, pushing you to be open and honest about your relationships and all things to do with your romantic encounters. Venus enters practical Virgo on the 4th highlighting your creativity and suggesting that a new project could now get underway. The Pisces full moon on the 10th offers an intuitive boost.

GEMINI MAY 22 - JUNE 21

As the Sun and Venus pass through the communication sector of your chart during August you'll be looking at restructuring the way you think and how to expand your horizons. Important opportunities are coming your way and some significant decisions may need to be taken. Try to get your plans in order before Mercury, your ruler, goes into the retrograde phase on the 24th. Warrior planet Mars is in your sign all month giving your vitality a welcome boost. Take care that you don't scatter your energy and try to remain focused on important projects. September is positive for sorting through domestic issues and any space clearing that needs doing is favoured. The Libra new moon on the 25th favours all things romantic.

CANCER JUNE 22 - JULY 22

During August the Sun and Venus suggest that money making schemes are coming to the forefront, if you use this powerful energy wisely it should leave you feeling successful and prosperous all month. The powerful Leo new moon on the 16th raises your confidence and offers up opportunities for you to profit from your natural diplomatic skills. Venus changes sign on the 4th, by arriving in Virgo she suggests that you make a very practical review of an important relationship and make any necessary changes. Interesting developments begin to emerge as dynamic Mars in Gemini encourages you to make some innovative new business plans and really tune into your intuition.

LEO JULY 23 - AUGUST 23

This month starts with a challenging full moon in your opposite sign of Aquarius; the opportunity for dramatic change is all around you and some of your previous ideas may need reviewing. Love planet Venus is retrograde in your sign all month, indicating that you need to be flexible in your relationships. Be sure to use your intuition to make any necessary changes. The love planet Venus leaves your sign on the 4th, suggesting that now is the time to take a more serious approach to where you are in an important relationship. Mars is energetic and curious in Gemini, encouraging you to join up with a new circle of friends and be open to some exciting opportunities.

VIRGO AUGUST 24 - SEPTEMBER 22

August looks like a rather changeable month as Mercury and Mars both occupy your sign and the Sun and retrograde Venus also suggests that it's time to take a break and tune into your inner needs. A new phase of action begins after the 28th as Mars arrives in Libra, maximising your potential for an ambitious new joint venture. It's your birthday month and as dynamic Mars in Gemini illuminates the high point of your chart your attention turns to your ambition and to reaching your goals. Use this time to be bold and confident and make some solid plans for your future. Creativity is highlighted and good communication is the key for providing new solutions and innovations.

LIBRA SEPTEMBER 23 - OCTOBER 23

August continues with the emphasis on friends and social life, just perfect for the holiday season. Love planet Venus in Leo enhances the Sun's vitality and gives you good insight where communication is concerned. The energy shifts as dynamic Mars arrives in your sign on the 28th, use your intuition to get to the heart of anything that has been bothering you. Mercury, the sign of commerce and communication, goes into the retrograde phase in your sign on the 10th. This is not the best month to stride forward with new plans, better to use this time wisely for balanced communication and assessing any new business ideas. The new moon in your sign on the 25th offers excellent opportunities for new beginnings.

SCORPIO OCTOBER 24 - NOVEMBER 22

Venus increases the Sun's powerful and creative influence during August, suggesting that it's time to ask yourself two important questions - where do you shine, and what makes you feel really happy and fulfilled? Energy planet Mars arriving in Libra on the 28th highlights your need to find a better balance and take more time out for yourself. Energetic Mars is illuminating the finance and resource sector of your chart, Mars in Gemini can offer many ideas and make you feel rather scattered. Do what you can to focus on the best possible outcomes. The Pisces full moon on the 10th stimulates your intuitive side and gives you the opportunity to see new ways forward based on faith and trust.

SAGITTARIUS NOVEMBER 23 - DECEMBER 21

August is an important month as positive planetary activity is at its height. Abundant Jupiter and maverick planet Uranus are both in strong placement. Be sure to push yourself forward and make the most of a surge of self-confidence to lift your profile. The Sun and Venus both in Leo, suggesting a new and exciting career opportunity. Your goals and ambitions are the focus for this month as the radiant Sun highlights your career potential. Important plans should be completed before Mercury goes retrograde on the 10th. The Pisces new moon, also on the 10th, sets the pace for positive new areas of development within your home, your awareness and intuition should be at their peak.

CAPRICORN DECEMBER 22 - JANUARY 20

August brings some important financial issues to your attention; although the Sun and retrograde Venus are in optimistic Leo, facing facts professionally or personally will eventually make life so much easier for you. Dynamic Mars changes sign on the 28th, indicating that it's good time to be ready to embrace new career opportunities. Your health and wellbeing are big in focus during September as energetic Mars illuminates this area of your life demanding that you make some changes. Certain decisions that you have been putting off for a while will need your full attention now. The radiant Sun shines in in Virgo giving you the opportunity to broaden your horizons and plan some further study.

AQUARIUS JANUARY 21 - FEBRUARY 18

Relationships come to the forefront during August as a long term partnership demands your attention. The Sun and Venus are both in fiery Leo, indicating that passion, joy and creativity are more important than ever. The full moon in your sign on the 1st suggests that the opportunity for change is strong this month, but it may be best to keep your options open. This month puts love and happiness firmly in the spotlight, as energetic Mars travels through curious and playful Gemini all month. This looks exciting and could well clear the way for some new and exciting romantic encounters. The Pisces full moon on the 10th challenges you on a financial decision that needs investigation, for the best results trust your inner wisdom.

PISCES FEBRUARY 19 - MARCH 20

Embrace the powerful and fiery Leo new moon on the 16th as trends favour risk taking and forging ahead. Mars and Mercury are busy in practical Virgo, suggesting that you can be confident enough to forge ahead with the creative changes that have been on your mind. The Pisces full moon in your sign on the 31st offers deeper insight into a relationship issue. This month's powerful full moon in your sign on the 10th turns your attention to how you appear and come across to others. You may be seeking a completely new image and are keen to develop your mystical and creative side. Love planet Venus arrives in practical Virgo on the 4th, suggesting that you need to review any interactions that are not working.

Christine Chalkin, 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_chalkin@hotmail.com**

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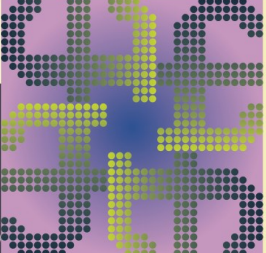
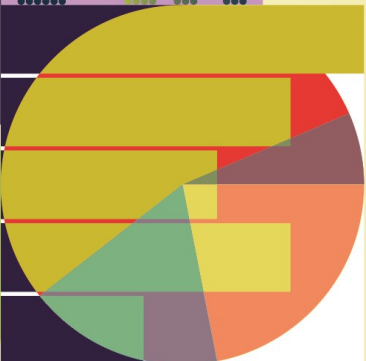
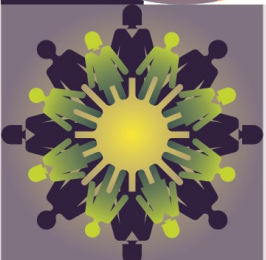


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