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MERRY
CHRISTMAS

SHOP LOCAL THIS CHRISTMAS P.30

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A NOTE FROM THE EDITOR

Welcome to our Festive Edition! Christmas happens on the same day every year, and yet we all rush around at the last minute getting ready to celebrate. Many people try to pack the holiday with elaborate parties and extravagant gifts, but we all have hectic schedules and sometimes time and money are in short supply. The best advice is to keep it simple; enjoy the company of friends and family, share some good food and drink, and don't get too stressed if things don't go to plan. There's always next year!

Winter solstice occurs on the 22nd of December, the shortest day with the smallest number of daylight hours in the year. This is why it's a traditional time for gathering together, feasting and merriment, and many cultures light fires to celebrate the coming of the light.

Several charities have organised fun events during December. The Alzheimer's Society has Elf Day, an opportunity to dress up on the 6th of December to raise awareness and much-needed funds for research (alzheimerevents.org.uk). The 7th of December is Christmas Jumper Day, an event organised by Save the Children. Wear a festive sweater of your choice and make a donation to the charity (Christmas Jumper Day 2023 | Save the Children UK).

If you could be charitable this festive season - perhaps pay a visit to your elderly relative or a neighbour who might be on their own. Your smile and a chat might be the only interaction they get all week. Let's share the love and the warmth!

As always, we ask you to mention Stonestrow Directories when calling our advertisers, so we can bring even more special offers from local trades directly to you.

Here are a few of dates for your calendar:

25th December - Christmas Day (Bank Holiday); 26th December - Boxing Day (Bank Holiday); 1st January - New Year's Day (Bank Holiday).

December is a busy time of festive celebration and feasting for most of us, so I'd like to wish all our readers a very Merry Christmas!

Yours, Stonestrow Publications.

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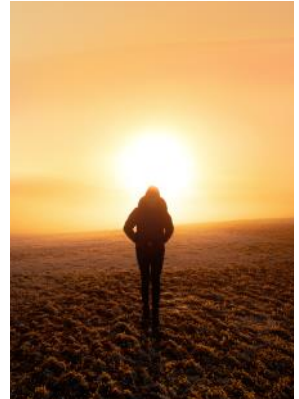
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CONFRONTING SEASONAL AFFECTIVE DISORDER

Seasonal Affective Disorder or 'winter blues' affects around two million people of any age in the UK each year. How can we confront it and cope this winter.

As the nights get longer, and the days shorter, more and more of us begin to feel a little down, some experience mild winter blues, and others the medical condition Seasonal Affective Disorder (SAD). No two people are the same and neither are any two cases of SAD. But there are some easy, free or inexpensive ways to combat and confront Seasonal Affective Disorder.



KEEP ACTIVE!

Much research shows that keeping active when the comfy sofa beckons is one of the best ways of confronting SAD. A walk in the middle of the day could in fact be as helpful as light treatment for coping with the winter blues.

GET OUTSIDE

It might sound too simple but going outdoors in natural daylight is a great way to fight Seasonal Affective Disorder. It works best on bright days but is good even in cloudy wet weather.

KEEP WARM

Being cold makes you more depressed. It has also been shown that staying warm can reduce the winter blues by half. A good way to keep warm is to drink hot drinks and eat hot food. Wear warm clothes – a few layers are best - and warm socks and aim to keep your home at a minimum of 18C.

EAT A HEALTHY DIET

A healthy diet is proven to boost your mood and it will give you more energy. Try and eat plenty

of fresh fruit and vegetables.

SEE THE LIGHT!

Most of us have heard of light therapy and one way to do it at home in winter is to sit in front of a light box for up to 2 hours a day. Light boxes give out very bright light at least 10 times stronger than ordinary home and office lighting.

TAKE UP A NEW HOBBY

A new hobby keeps your mind active, and this seems to ward off symptoms of SAD!

SEE YOUR FRIENDS AND FAMILY

It has been shown that socialising is good for your mental health and helps ward off the winter blues. So why not try and keep in touch with people you care about? And accept any invitations!

TALK ABOUT IT

Whether you seek out professional help or the listening ear of a friend, talking can help you cope with symptoms.

JOIN A SUPPORT GROUP

Why not consider joining a support group. Sharing your experience with others can make your symptoms more bearable.

SEEK HELP!

If all else fails, and if your symptoms are so bad that you cannot live a normal life, see your GP for medical help.

Seasonal Affective Disorder can affect many of us, if one of these tips does not work for you, try one of the others.

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Mulan <i>Chinese</i>		
78 Priory Rd CV8 1LQ	01926 851 108	
Raku 57 <i>Japanese Restaurant</i>		
57 Warwick Road CV8 1HN	01926 699 573	
The Farthing Gallery & Tearoom <i>Café</i>		
15 High Street CV81LY	01926 513244	
The Butcher's Bistro <i>Wine bar, European</i>		
16 High Street, Kenilworth, CV81LZ	01926 257690	
Alfie Grimshaw <i>Fish & Chips</i>		
94 Priory Road CV8 1LQ	01926 855 326	
Chips & Fishes <i>Fish & Chips</i>		
82 Roseland Road CV8 1GB	01926 853 782	
Hong Kong Garden <i>Chinese Takeaway</i>		
6, Oaks Precinct, Caesar Rd CV8 1DP	01926 512 640	
The Gauntlet <i>Gastro Pub, British</i>		
3, Oaks Precinct, Caesar Rd CV8 1DP	01926 852 110	
The Queen & Castle <i>Gastro Pub, English</i>		
Castle Green CV8 1ND	01926 852 661	
Harringtons On The Hill <i>Gastro Pub, European</i>		
42 Castle Hill CV8 1NB	01926 852 074	
Time for Tea <i>Café</i>		
40 Castle Hill CV8 1NB	01926 512 675	
Clarendon Arms <i>Gastro Pub</i>		
44 Castle Hill CV8 1NB	01926 852 017	
The Abbey Field <i>Gastropub</i>		
Clarendon House Hotel, 6 High St, CV8 1LZ	01926 515 450	
The Famous Virgins & Castle <i>British</i>		
7 High Street CV8 1LY	01926 853 737	
Kenilworth Cantonese <i>Chinese Takeaway</i>		
2 High Street CV8 1LZ	01926 863 390	
The Cross <i>British</i>		
16 New Street CV8 2EZ	01926 853 840	
School Lane Fish & Chip Shop <i>Fish & Chips</i>		
101 School Lane CV8 1GT	01926 859 490	
The Royal Oak Pub <i>British</i>		
36 New Street CV8 2EZ	01926 856906	
Engine <i>Pub</i>		
8 Mill End CV8 2HP	01926 853341	
The Wyandotte Inn <i>Pub</i>		
4 Stoneleigh Road CV8 2GD	01926 856167	
The Tiltyard <i>British</i>		
25 Leyes Lane CV8 2DE	01926 851 523	
Domino's Pizza <i>Pizza Takeaway</i>		
37 Leyes Lane CV8 1DE	01926 856 888	
The Kenilworth <i>Cocktail Lounge Bar</i>		
61 Warwick Road CV8 1HN	01926 779 473	
The Clock Tower <i>Café</i>		
212 Abbey End, Kenilworth CV8 1ED	01926 855 957	
Delightful Desserts <i>Dessert Parlour</i>		
43 Warwick Road CV8 1HN	01926 353 637	
Friends Kenilworth <i>Fish and Chips</i>		
72 Warwick Road CV8 1HH	01926 734 487	
La Ari Italian <i>Deli & Café</i>		
4 Warwick Road CV8 1HB	07392 339579	

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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 600 516
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 & 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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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: Tuesday evenings / Time: 7pm / 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 visit www.kenilworthartsociety.weebly.com or email the secretary: kenilworthartsociety@gmail.com or call 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. 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. 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. 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 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.

Kenilworth u3a Meetings

Time: 2.30pm / Venue: Kenilworth Methodist Church, Priory Road, Kenilworth CV8 1LQ
Join us for a tea/coffee and a chat from 1.45 pm
Members free - Visitors £1.

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

9th December: Martin Gower. NHS a Jewel in the Crown or a Patient in need of Therapy;
13th February: John McCormick. Computers are they really that smart?

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

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.

Kenilworth Scout Christmas Post 2023

Date: from end Nov-17th Dec / Venue: Talisman Square, Kenilworth
Just 40p per card; collections during opening hours at Kenilworth Books, GDT Automobiles, Steve Crowe Butchers, Farthing Gallery & Tearoom, Leyes Lane Pharmacy, All Saints Church Leek Wootton, Village Clubs in Stoneleigh & Ashow until Friday 15th Dec; also Talisman Square Sat 2nd, 9th & 16th Dec 9.30am-3.30 pm. Delivery from 17th Dec.

Christmas Tractor Run

Date: 13th of December / Time: 5.30pm
Warwickshire Young Farmers are holding a CHRISTMAS TRACTOR RUN, with all money raised being split between local children's charity, Molly Ollys and WFYFC. The run will feature a large number of tractors & farm machinery, covered in Christmas lights, and will start at Berkswell & Balsall

Rugby Club at 5.30pm before taking the following route: Balsall Common - Burton Green - Kenilworth - Leek Wootton - Warwick - Leamington Spa - Cubbington - Stoneleigh.

Christmas Market

Date: 16th December / Time: 10am - 4pm / Venue: Talisman Square

The annual Kenilworth Christmas Market is back this year hosted by Kenilworth Town Council in association with CJs Events! Come and shop local for your Christmas gifts this year where there will be the usual shop window competition, free parking in all Warwick District Council carparks and entertainment by the pop voices choir.

Carols at the Castle:

Date: 16th December / Time: 5.30pm - 7pm / Venue: Kenilworth Castle

Forget the frantic last-minute shopping and start the festive season in the traditional manner. Our ancient castle ruins will be filled with the sights and sounds of Kenilworth Lions' annual Carols at the Castle event. The Coventry Salvation Army band will be joined by the children of St. Augustine's School and Kenilworth School to provide the musical lead. Mulled wine and hot chocolate will be available, as usual, to keep the cold at bay. Don't forget to bring a lantern. You can also keep warm by wrapping up well, and singing the carols with gusto. The castle will open at 5.15pm, with the carol singing starting at 6.00. Admission is £5 for adults and free for children.

Boxing Day at the Castle

Date: 26th December / Time: 10am—12pm / Venue: Kenilworth Castle

Boxing Day at the Castle hosted by the Town Mayor returns this year! Performances from The Coventry Morris Men and Chinewrde Morris Dancers with Live music from Daniel Barrie and the Bianco Barbershop Quartet! There will be refreshments available to purchase from the Castle so do come down and continue the festive celebrations with this long standing Kenilworth tradition. It is 'Free Entry' for all with parking available at Abbey Fields (Blue Badge holders only in Braves Carpark).

Kenilworth Lions Duck Race!

Date: 26th December / Time: 11.30am—12.30pm / Venue: Abbey Fields

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.

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

HOROSCOPES: DECEMBER / JANUARY

ARIES (MARCH 21 - APRIL 20)

Jupiter arrives in Pisces at the end of the month, your intuition is heightened and you should start to feel that big changes are beginning to emerge. First you need to sweep out the old in order to create space for these exciting new prospects. Mars, your ruler, arrives in pivotal position from the 13th and the powerful Sagittarian new moon on the 4th will have ensured that your optimism is at its strongest. Your ambitions and your highest goals are in the spotlight during January 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. Excellent opportunities are now available, providing that you use your confidence and courage!

TAURUS (APRIL 21 - MAY 21)

Finances and resources are about to arrive in the spotlight as the radiant Sagittarian Sun with business minded Mercury light up this area of your chart. December brings some necessary but positive re-structuring ideas to the surface and at the end of the month flamboyant Jupiter suggests that a new friendship group is about to emerge offering some innovative ideas that will broaden your horizons. 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, love planet 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.

GEMINI (MAY 22 - JUNE 21)

Relationships are highlighted during December as the Sagittarian Sun and outgoing Mercury emphasise this area of your chart. Communication should be good and that special someone could have a surprise in store for you. Expansive Jupiter, arriving in Pisces at your career sector, reveals that 2024 will be a positive and successful year offering some wonderful opportunities. Be practical and optimistically cautious as you push yourself forward. January: Dynamic Mars and the emotional moon are a powerful combination in Sagittarius 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 after the Cancerian full moon on the 17th, take full advantage of any opportunities that come your way.

CANCER (JUNE 22 - JULY 22)

Romance looks lively during the first weeks of December as dynamic Mars in sexy Scorpio dominates your chart. Work opportunities are also looking rather positive as the Sagittarian Sun and communicative Mercury both shine a powerful light on anything to do with your career prospects. New adventures and socialising are also in the forefront, especially after Jupiter arrives in Pisces on the 29th. 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)

Events in December hinge around optimistic and expansive Jupiter spending most of the month at the end of Aquarius. This highlights your relationship and partner area and some long lasting decisions may have to be made before Jupiter's move to Pisces on the 29th. Interesting opportunities present themselves around the Gemini full moon on the 19th, it's a positive time for some new friendships and group endeavours. January: As forceful Mars in Sagittarius 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)

December highlights all things to do with your home and family, the Sagittarian Sun and communicative Mercury highlight the need for spending some quality time here. The new moon Sagittarius on the 4th stir up your curiosity and your desire to experience something new, could a move be on the cards for 2024? Venus spends all month in Capricorn suggesting challenges in your love life, it's a good time to sort out any relationship issues. 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 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)

Enthusiastic Mars in intuitive Scorpio is stirring up the financial angle of your chart during December, anything that needs your attention should be dealt with now before Mars changes sign on the 13th. Expansive Jupiter offers you some creative and innovative ways to boost your earning potential during the last few weeks of Aquarius. Capricorn Venus suggests that home renovations could also surface this month. 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)

Dynamic Mars, your ruler, has two weeks left in your sign suggesting that whatever projects need finishing should command your full attention. Mighty Jupiter arrives in a pivotal position on the 29th, possibly highlighting a period of expansion, particularly in your creative endeavours; the emphasis is on how you communicate your ideas to others. The Gemini full moon on the 19th offers a new perspective for making long term plans. 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.

SAGITTARIUS (NOVEMBER 23 - DECEMBER 21)

December is your birthday month, the Sun and Mercury light up your sign and with the new moon arriving on the 4th this couldn't be a better month for you. It's important to take a stock on how successful you have been over the past year, the emphasis is now on how you value yourself and making sure that you stay with a positive vibration. Dynamic Mars arrives in Sagittarius on the 13th, bringing some extra vitality your way. January: A busy month is indicated as vibrant 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 you keep an open mind, you can learn a great deal. The full moon in Cancer on the 17th offers you a sense of changing priorities.

CAPRICORN (DECEMBER 22 - JANUARY 20)

The Venus Pluto conjunction on the 11th heralds a time of great change and transformation. This important cosmic event ensures that some great achievements are possible. It's vital that you use your intuition when making decisions and trust that your self-confidence will pave the way forward. Jupiter's arrival in your communication sector on the 29th adds potency to this dynamic, bringing you a sense of deep satisfaction. 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)

Bountiful Jupiter is about to leave your sign after a one year stay. Arriving in Pisces on the 29th this change will ensure that your sensitivity, empathy and intuition are at their peak and your main objectives may involve helping and serving others. The planets are stirring up the more adventurous sector of your chart, new ideas involving innovative groups of friends are forming so get ready for change and a new lease of life. 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)

It's all change at the end of December as mighty planet Jupiter joins mystical Neptune and arrives in your sign. This move should give you a positive boost as optimism takes over from some rather unhelpful thoughts. Your career also gets a boost as the Sun and Mercury strengthen this area of your chart. Romance is also looking positive with a view to a long term partnerships becoming more serious. 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. Mobile: 07813 483549 | www.restyleyourlife.co.uk | christine_chalklin@hotmail.com

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SHOP LOCAL

THIS CHRISTMAS

It's very easy nowadays to click a button and have goods delivered to your door, but big multinational corporations may not value your custom as much as a local business. By shopping locally, you are supporting homegrown retailers and helping them maintain their place on the high street. Here are a few ideas to help you:

MAKE A LIST AND CHECK IT TWICE: Write down all of the people you'd like to buy a gift for this Christmas and jot down one or two gift ideas for each of them. Make sure you have plenty of time to explore local options and find the perfect gift or order it from a local supplier.

RESEARCH LOCAL BUSINESSES Make a list of stores and shops you'd like to support and ask friends and neighbours for recommendations. Some shops may have a website or social media posts that show the type of goods they have in store, prices, sale items or discounts. Some shops may offer a free local delivery service.

VISIT LOCAL MARKETS Many towns and villages hold craft fairs during the festive season. You could find artists and artisans that make jewellery or design clothes, creating unique handmade gifts from local vendors.

EXPLORE LOCAL ART GALLERIES: You could find a painting, sculpture or other artwork that would be a unique and beautiful gift. If you can't find the ideal present, why not ask a local artist to create a bespoke item?

BUY GIFT CARDS: Some shops may offer a gift card, which is a great way to support them even if you can't decide what to buy. It also allows the

recipient to choose their own gift and helps the business with cash flow.

BREWERS, DISTILLERIES AND FARM SHOPS:

It may be possible to purchase special tipples and edible gifts from local artisans. Butchers, bakers, and even candlestick makers will produce all manner of regional goodies. Purchasing items from your neighbourhood will help promote community commerce.

CONSIDER A LOCAL RESTAURANT: You could choose a locally owned restaurant for a special meal or purchase a gift card so that friends and family can enjoy a local dining experience.

SUBSCRIPTION BOXES: Some small businesses offer a subscription box service, delivering products on a regular basis for a small fee. This can be a great way to support local entrepreneurs.

PROMOTE ON SOCIAL MEDIA Take photos and videos of your shopping experiences and post it online. By adding hashtags like #shoplocal #SupportLocalBusiness you can encourage others to join in and support their own community.

Shopping locally contributes to the variety of businesses in your neighbourhood, making a positive impact and adding a vibrant variety and uniqueness to the range of shops and stores. Making Christmas a locally sourced event could make all the difference to nearby retailers, and contributing to the local economy will ensure your high street continues to trade throughout the coming year.

By Emma Russell

Lady Katherine Housing & Care

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Kids' Page



Rudolph is looking for his friends.
Can you find them in this grid?

C	P	R	A	N	C	E	R	N
U	D	X	F	V	R	X	D	E
P	B	L	K	E	I	Z	T	C
I	S	R	C	I	D	X	B	E
D	J	N	O	L	A	F	E	T
C	A	J	M	P	S	E	N	N
D	C	D	E	J	H	Z	B	M
B	L	I	T	Z	E	N	N	X
D	O	N	N	E	R	E	C	U

Blitzen	Dancer	Prancer
Comet	Dasher	Vixen
Cupid	Donner	



Can you help the Christmas
fairy find her way to the
top of the tree?



CHRISTMAS LIMERICK

The Christmas tree Fairy looked glum
She said, "I'M really NOT HAVING MUCH FUN
The top of THIS tree
ISN'T COMFY For Me

U	R	E	C	U
N	C	E	R	N
C	O	M	E	T
D	A	S	H	E
R	E	I	N	G
C	A	J	M	P
S	E	N	N	X
D	J	N	O	L
A	F	E	T	
I	S	R	C	I
D	X	B	E	
P	B	L	K	E
Z	T	C		
U	D	X	F	V
R	E	X	D	E
C	O	N	N	E
R	E	C	U	

Reindeer word grid solution



GET YOUR HOME WINTER-READY

As the days get frostier and the nights chillier, it's time to gear up and get your home winter ready. The last thing you want is to be caught off guard. That's why I've whipped up this maintenance checklist to help keep your home safe and snug all winter long.

CHECK YOUR HEATING SYSTEM: First things first, make sure your boiler and central heating system are up for the challenge. Give them a test run to check they're working properly. Bleed those rads and consider booking a boiler service with a Gas Safe engineer, to avoid any unexpected breakdowns.

SEAL THOSE GAPS: Seal gaps around windows, doors, and even electrical sockets. This small step can make a big difference to keep the warmth in and the cold out.

CLEAN THOSE GUTTERS: Those fallen leaves may look lovely, but they can wreak havoc on your gutters. Clean out any debris to prevent clogs that might lead to water damage. While you're up there, check for any loose or damaged gutters and get them fixed up.

ROOF INSPECTION: A solid roof is your first line of defence against the elements. Call in a professional to check your roof for any damaged or missing tiles. It's better to fix a small issue now than to deal with a huge leak later.

FIREPLACE AND CHIMNEY: If you're lucky enough to have a real fireplace, get it ready for those cosy nights in. Make sure the chimney is

clear to avoid any smoke or fire hazards and give the fireplace a good clean before lighting it up.

OUTDOOR PLUMBING: Frozen pipes are a big winter headache. Insulate exposed pipes and shut off the water supply to outdoor taps and hoses. Drain any excess water to prevent your pipes freezing, and if you're going away, leave the heating on a low setting to avoid bursts. Insulate, Insulate, Insulate: Insulation is your best friend in winter. Check your walls, floors and loft – heat rises, and you don't want it escaping through the roof.

TEST SMOKE AND CARBON MONOXIDE DETECTORS: Safety first! Test all your smoke and carbon monoxide detectors to make sure they're working properly. With windows and doors closed more often, you'll want to be alerted immediately if there are any issues.

CONSIDER A SMART THERMOSTAT: If you haven't jumped on the smart home bandwagon, now might be the time. A smart thermostat allows you to control your heating remotely, which can be handy if your plans change suddenly.

There you have it, the ultimate winter maintenance checklist! By giving your home a little extra care and attention, you'll be able to enjoy the season without any unnecessary stress. Now, get that checklist ticked off, so you can sit back, relax, grab a mulled wine and enjoy the Xmas festivities without a care in the world!

Written by Caroline Buist: www.abovebeyondva.co.uk



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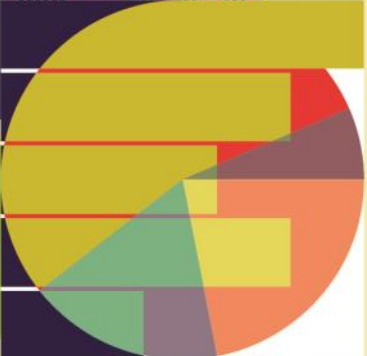
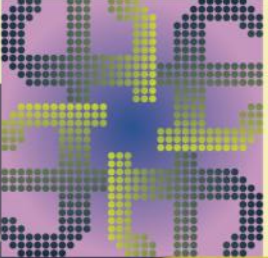
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