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AUGUST / SEPTEMBER 2024

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A NOTE

FROM THE EDITOR

Welcome to our August/September Edition!

August in England means that we are right in the middle of the school holidays. The cost of living crisis has made it harder to afford a holiday abroad. Staycations are a fantastic alternative, there's so much to explore in Britain. Camping, glamping, or private home swaps can be an affordable way to visit a place.

Some websites have posted great ideas to keep children entertained. The Parents website has a great list of low-cost activities to try: 24 Cheap and Easy Summer Activities for Kids (parents.com) and the folks at Good Housekeeping Institute have created some brilliant craft projects: 80 Best Activities for Kids 2023 - Fun Things to Do With Kid (goodhousekeeping.com)

September can feel like a new start for adults as well as schoolchildren, so why not take the opportunity to do something new this Autumn? You could spend some time sprucing up your home and preparing for the colder months ahead. There are so many businesses in your local community that could help you complete some of those troublesome tasks, from chimney sweeps to garden clearance, gutter cleaning to roof repair.

If you'd rather give yourself a spruce, you could book a beauty treatment, or visit a health practitioner, or maybe try a new exercise routine. It's a great time to join a club or special interest group that will keep you busy over the winter and introduce you to new people within your community.

As always, we have prepared a few interesting reads for you to enjoy, as well as special offers, discounts and a competition, all generously provided by our advertisers, exclusive to this magazine's readers. Your mentioning of Stonestrow Directories when claiming the offers would not only redeem them, but also enable us to introduce you to even more trades and services near you.

A date for your calendar:
28th August - Summer Bank Holiday.
However you decide to spend next couple of months - keep your heart and your business local.

Yours, Stonestrow Publications.

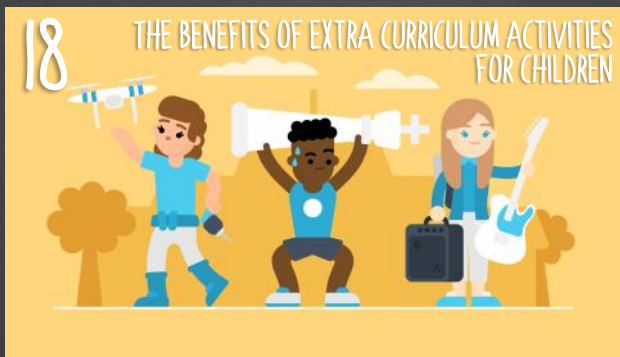
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CONTENTS

IN THIS ISSUE



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THE BENEFITS OF EXTRA CURRICULUM ACTIVITIES FOR CHILDREN



It is well known that children learn outside school as well as in, making extra-curricular activities vitally important to the future of our children.

Children do not just learn in school. After school clubs and societies as well as groups such as the Scouts, Cubs, Brownies and Guides along with awards such as the Duke of Edinburgh scheme, to name just a few, can help youngsters develop confidence, interpersonal, social and life skills to help them as they progress through life.

REPORT An Unequal Playing Field – this government research published in 2019 suggested those who do engage in some sort of extra-curricular activity are better placed to succeed in life than those who don't.

SOFT SKILLS

One of the main benefits of extra-curricular activities for children is learning what are known as 'soft skills' which are things you can't learn from books, such as good communication skills, making and maintaining friendships, and working well with others. Learning soft skills can set children up for life!

SOME EXTRA CURRICULAR ACTIVITIES THAT YOUR CHILDREN COULD ENJOY

PERFORMING ARTS – as well as helping children bring out their creativity involvement in extra-curricular performing arts have many other benefits including encouraging self-expression and cultural awareness, self-confidence and self-awareness.

DANCE – joining a dance club can have many benefits including fitness, balance, coordination, rhythm and core strength but because routines can be complicated children also learn that practice makes perfect! This is a great life lesson!

SPORTS – by participating in extra-curricular sport children benefit from an active lifestyle and better mental health, and they also learn the benefit of team

working and how to follow rules thus developing self-discipline. They can also learn the benefits of hard work and dedication.

TECHNOLOGY – engaging in coding, gaming or technology clubs is super brain exercise and helps children learn new tech skills that will not only underpin maths and science classes and also many things they do in the future but helps contribute to society's technological development.

LANGUAGE CLUBS – learning a language is brilliant exercise for the brain because children learn multiple grammar rules and vocabulary, and this strengthens their memory muscle.

SCOUTS CUBS BROWNIES AND GUIDES – these are the ultimate extra-curricular activities and have been around for well over a hundred years. As well as learning many different skills children achieve various challenges that give them a firm foundation for later life.

HOW TO CHOOSE ACTIVITIES DEPENDING ON THEIR INTEREST

It is best to start extra-curricular activities when children are young, perhaps from the age of five onwards and start small. Why not start with something that interests you as a parent because you might already know people who lead certain activities in your community.

Be guided by your child's interests and don't be afraid to try different things because it might take a little time to find something that your child loves and feels that they are good at.

Extra-curricular activities have a brilliant effect on a child's life learning, helping them grow as people and setting them up for life.

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ORGAN DONATION WEEK

23RD TO 29TH SEPTEMBER 2024



This year the NHS Organ Donor Register is 30 years old. Why not get involved and celebrate the amazing gift of life organ donation can give this Organ Donation Week?

This year Organ Donation Week runs from the 23rd to 29th September and the goal is to raise awareness by turning buildings around the country pink.

Organ donation is where someone decides to donate an organ either whilst they are alive or after they die. By registering on the NHS Donor Register to donate an organ after you die you take the decision about what happens out of the hands of your loved ones at a time when they are grieving. But there are some organs that you can donate whilst you are alive.

BECOME A LIVING DONOR

The most donated organs by a living person are a kidney or part of the liver. Each year here in the UK more than a thousand people donate one of their kidneys or part of their liver whilst they are alive. Often the donation is to a friend or family member, but it can be to someone they don't know.

People can also donate parts of bone and amniotic membrane too.

BLOOD DONATION

At the moment in the UK there is a blood bank emergency with stocks desperately low! Blood donors are urgently needed and in just one hour you could save three lives. Your blood could also be used to make plasma which could save someone's life.

DONATION AFTER DEATH

Here in the UK most tissue and organ donations occur after someone has died. Even though you might be on the Organ Donation Register loved ones always have the final decision on whether your organs will be donated. But the register tells medical professionals and loved ones what your intentions and wishes were, and this can bring much needed clarity on any decisions.

OPT OUT

The law here in England states all adults have agreed to be an organ donor when they die unless they are in an excluded group or have specifically recorded a decision not to donate.

THINK PINK!

Pink is the colour of the organ donation card and this year during Organ Donation Week the public are urged to get involved and light up as many buildings as possible in pink to raise awareness of the life-giving gift of organ donation.

There are many ways to get involved in lighting up pink as many buildings as possible. Do it yourself, if it's your home or business or for any official buildings you could call, email or write them a letter. The organ donation register has some useful tips and suggestions.

Donating an organ is a selfless act that could save a life, possibly a stranger's life, so why not get involved this Organ Donation Week – which runs from Monday 23rd to Sunday 29th September and add your name to the register.

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15 High Street CV8 1LY	01926 513244	
The Butcher's Bistro <i>Wine bar, European</i>		
16 High Street, Kenilworth, CV8 1LZ	01926 257690	
Morning Sunshine <i>Café</i>		
36 Castle Hill CV8 1NB		
The Pitt Stop <i>Mobile Baked Potato</i>		
Station Road CV8 1JD	07450 962 224	
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	
Milk & Mocha <i>Dessert Parlour</i>		
43 Warwick Road CV8 1HN	01926 511 444	
La Ari Italian <i>Deli & Café</i>		
4 Warwick Road CV8 1HB	07392 339579	
Ardens <i>Café</i>		
17 Talisman Square CV8 1JB	02476 422 422	
Amante Del Cibo <i>Pizza</i>		
72 Whitemoor Road CV8 2BP	07514 133 944	
The Station House <i>Bar</i>		
48 Station Road CV8 1JD	01926 852 300	
Zizzi <i>Italian</i>		
29 The Square CV8 1EF	01926 852980	

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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

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

A friendly group, with beginners and experienced artists, using a variety of mediums with a programme of optional activities. New members are welcome, to share and learn. For more information

www.kenilworthartsociety.weebly.com;
kenilworthartsociety@gmail.com; 01926 855470

Kenilworth History and Archaeology Society

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

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

Warwickshire Vision Support Centre

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

Warwickshire Vision Support are a local charity that supports people living with sight loss in Warwickshire. [www.warwickshire.vision/ enquiries@warwickshire.vision](http://www.warwickshire.vision/enquiries@warwickshire.vision) / 01926 411331

Rapport Social Group

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

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

Coventry And Warwickshire 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

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.schoolsliasoncommunity.net/CWSLC.htm 01926 490 456

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.

Kenilworth Lions Club

Date: 2nd Monday of the month / Venue: Kenilworth Sports & Social Club
Throughout the year we support needy causes in the community and with a full social programme, the Club is friendly, rewarding and good fun. To find out more visit: www.kenilworthlionsclub.co.uk

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: KPC2Contact@gmail.com
Web: www.kenilworthprobus2.org.uk

Bad Vibrations Community Choir

Date: 1st, 3rd and 5th Tuesdays / Time: 6.30pm - 8pm / Venue: United Reformed Church, Kenilworth CV8 1LW

Love to Sing? Then come and join us. No musical experience, ability (or even an audition) is needed to join our friendly and inclusive group. We sing for the joy of singing, when our choir rehearse a varied repertoire with instruction from a talented and professional choir master. Alternatively, on 2nd/ 4th Tuesday from 7 - 8pm in the same venue, we have a Singalong; no choir master, just singing to great soundtracks from the last 50 years. For information: www.badvibrations.org.uk; 07778 791365; badvken@gmail.com. Come for a FREE trial session.

Board Game Hub

Date: 3rd Sunday of every month / Time: 3-5pm / Venue: the Kenilworth Centre
Stuck in the house all day avoiding the cold? Why not join us for board game hub? Bring a game, play a game, enjoy and cup of tea and a slice of cake.

Repair Café

Date: every 3rd Saturday of the month / Time: 2-5pm / Venue: Abbey Hill United Reformed Church, Abbey Hill CV8 1LW

Repair not replace. If you can carry it or pedal it, we'll have a look at it. Repairs and advice are free, but card or cash donations are welcome. Last repair taken at 4.30pm. For more information please visit: www.repaircafe-kenilworth.org

Kenilworth Flower Club

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

Flower Demonstrators: September 5th Naomi Weetman: Dried and Fresh Flowers on The Farm; October 3rd: Emma Remington: A Bit of This and A Bit of That. For more details please contact Diane Cahill on 01926 853907

The Leamington Food & Drink Festival

Date: 7th, 8th September / Time: 10am—6pm / Venue: Pump Room Gardens, Royal Leamington Spa, CV32 4AA

There will be an exciting line up of entertainment

from the bandstand, demonstrations from the Live Cookery Theatre and a host of food and drink exhibitors, with something for everyone!

Sausage & Cider Festival

Date: 14th September / Time: 2pm - 11pm / Venue: St Nicholas Park, Warwick CV34 4QY

The outdoor Sausage & Cider Festival will be returning to Warwick after a huge sell out in 2023! For details visit: www.sausageandciderfest.co.uk/warwick

Saturday Talks in Support of The Fusilier Museum

Date: 29th September / Time: 2pm / Venue: Zoom
'From Trenches to Beaches-Brigadiers of the British Army in France and Norway 1940' by Phil McCarty: a popular misconception believes that after two strategic failures in Norway and France in 1940, there was a far-reaching clear out of the officer corps; using the Army's upper middle management (Brigadiers), this talk will show that some officers thrived after 1940 but this was not the case overall!

Warwick's first Autumn Food Festival

Date: 29th September / Time: 10am - 4pm / Venue: Warwick Town Centre, Market Place, Warwick, CV34 4SA

There'll be a huge selection of your favourite food and drink offerings, with plenty of opportunity to try something new all in Warwick Town Centre. We've got over 50 traders, music beats, kids rides, face painting and more. Get ready to indulge your taste buds and experience the vibrant flavours that Warwick has to offer. This is going to be the most delicious day out you've had all year!

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

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HOROSCOPES: AUGUST / SEPTEMBER

ARIES (MARCH 21 - APRIL 20)

Warrior planet Mars, your ruler, is travelling with expansive Jupiter in curious Gemini, they are exactly conjunct on the 14th, highlighting some ingenious and inspirational ideas that could take your life on a totally different path. The Aquarian full moon on the 19th encourages you to work with new business partners as opportunities for new community projects appear on the horizon. September: 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 a power packed month as dynamic Mars joins up with expansive Jupiter in your financial sector; you'll have the courage to make some major changes and possibly take some risks that will put you in a much better position. Be prepared as the cosmos is suggesting radical transformation. Your ruler, the love planet Venus, arrives in Virgo on the 5th illuminating the relationship area of your chart. September: 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)

Power packed Mars and Mighty Jupiter are in your sign all month, the two join forces on the 14th, be prepared and make the most of this fortunate encounter by restructuring the way you plan and think and be sure to remain open to exciting opportunities that are coming your way. September: The courageous Leo new moon on the 4th offers creative new ideas. 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 radiant Leo Sun suggests that creative money making schemes are at an all-time high, particularly around the Leo new moon on the 4th. Venus arrives in Virgo on the 5th energising your communication sector with practical new concepts. The powerful the unique energy of the Aquarian full moon on the 19th should offer insight into some practical new ideas that leave you feeling successful and prosperous. September: 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)

August is your special time as action packed Mars and mighty Jupiter offer a cosmic power boost; your energy and enthusiasm will be at an all-time high. New friendships and group endeavours are particularly favoured. Your powerful new moon on the 4th offers a turning point and the full moon in your opposite sign on the 19th encourages you to take up the challenge on an important project. September: 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 offers a radical shake up in all matters concerning your goals, ambition and career prospects. Lucky Jupiter and Action packed Mars are suggesting that exciting new beginnings are evident. The love planet Venus arrives in your sign on the 5th indicating that some relationship issues will come to the surface and need some careful consideration – and a practical solution! September: 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 draws you toward faraway travel, adventure and higher learning. Action planet Mars and expansive Jupiter in restless Gemini ensure that some radical changes are about to take place. The Sun and Venus in gregarious Leo are favouring some exciting new friendships and group endeavours, and the full moon in innovative Aquarius on the 19th brings your intuition to the forefront. September: Mercury, the sign of commerce and communication, goes in to 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)

Warrior planet Mars and expansive Jupiter are travelling together in your financial and resource sector, flagging up some challenges that need your attention. Adjustments will need to be made so that you can move forward positively. The Mars/Jupiter conjunction on the 14th offers courage, willpower and positive new insight around any decisions that need to be made. September: 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 optimistic time for Sagittarians as positive planetary activity is at its height. Abundant Jupiter, your ruler, is courageous and optimistic travelling together with dynamic Mars in curious Gemini. Your relationships are in the spotlight this month, the Powerful conjunction on the 14th is particularly auspicious and offers the potential for positive change. September: 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 personal issues to your attention as Stern Saturn, your ruler, makes a challenging aspect to expansive Jupiter in Gemini. Facing facts both personally and professionally will eventually make your life much easier as you progress forwards. Love planet Venus, in Virgo from the 5th, is in positive position, indicating that a new relationship might be on the horizon. 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 Virgo giving you the opportunity to broaden your horizons and plan some further study.

AQUARIUS (JANUARY 21 - FEBRUARY 18)

Home and family life come to the forefront during August as a variety of domestic issues demand your attention. Uranus, your ruler, might be stirring up some trouble and you'll need to keep a clear head to avoid any arguments. Venus arrives in your financial sector on the 5th, there could be some lucky breaks coming your way. The full moon in your sign on the 19th is both powerful and illuminating. September 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)

The Leo Sun lights up your work sector as you start to explore some creative new ways of making money. The Aquarian full moon on the 19th emphasises the area of your chart concerned with introspection and intuition. Good communication is now vital as any decisions made now will need your full attention. Planetary energy is positive, suggesting that exciting new opportunities are about to appear. September'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.

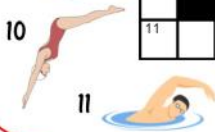
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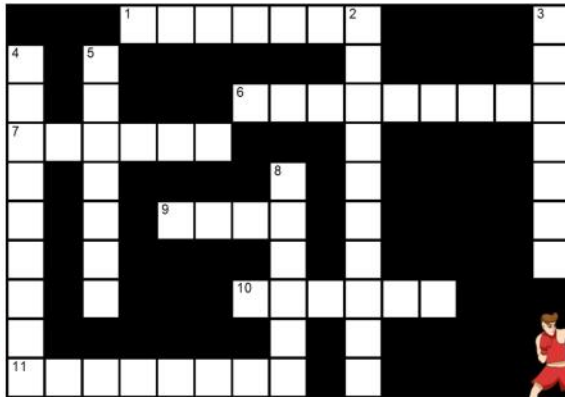
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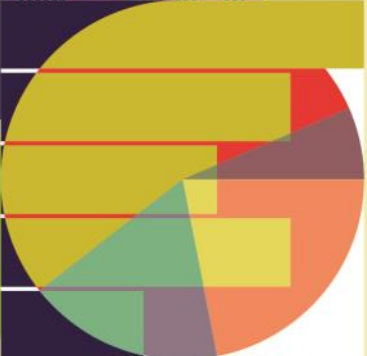
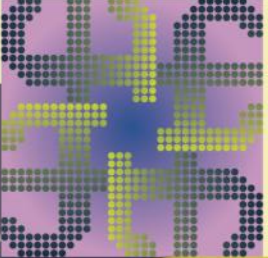
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