

STONESTHROW DIRECTORY



MOVEMBER: MEN'S MENTAL HEALTH AWARENESS MONTH P.14

USEFUL LOCAL TELEPHONE NUMBERS / ARTICLES / HOROSCOPES

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

FIRST AID FOR HACKED ACCOUNTS P.18



KENILWORTH

OCTOBER / NOVEMBER 2024



JAMIESON CHRISTIE
WEALTH MANAGEMENT



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A NOTE

FROM THE EDITOR

Welcome to our October/November Edition!

Now autumn is here, the days are shorter and the clocks go back on the 27th of October. We can pull out the woolly jumpers and put on our favourite boots and scarves, wrapping up against dull days and cold weather.

Many towns and communities offer their own version of Oktoberfest celebrations, featuring German beer, food, and live music. Festive markets and craft fairs will warm you up to the prospect of Christmas shopping.

We also have Halloween on the 31st of October, which some people consider a modern American celebration. In fact, Halloween originates from an ancient Celtic festival, Samhain (pronounced Saw-win) which celebrated the harvest yield and the end of the summer. People traditionally dressed in costumes and lit outdoor fires to ward off evil spirits. Today, younger children enjoy walking around in their Halloween costumes asking, "Trick or treat?". See our What's On Page for local Halloween events.

Autumn is a lovely time to take a walk outdoors with friends and family or organise a cosy indoor gathering before the hectic festive season ahead.

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.

Dates for your calendar:

27th October - Daylight Saving Time ends; 31st October - Halloween; 5th October - Guy Fawkes Night; 10th November - Remembrance Sunday.

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

Yours, Stonestrow Publications.

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Misty Double Glazing?

Hi My name is Dave Millidge, let me introduce my company where I repair windows and replace misted up Double glazed units.

The area that I cover is Coventry and Warwickshire. You may have seen me around in your street or even have family and friends who I have worked for in the past ten years, with over 6,000 satisfied customers during that period. I started Misty to Clear to give customers the best value repairs in the current climate.

The Misty to Clear website allows total transparency of the customer experience. You can log into the website and view work that I have carried out. You can also leave feedback on social media. Therefore I give a 5 year guarantee on all new double glazed units fitted by Misty to Clear.

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I started Misty to Clear mindful that the cost of repairs is probably key to most people's budget when using tradesmen to do work on their behalf in their homes.

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Planning an accessible loft for storage is one of the largest projects you can undertake as a homeowner. It requires careful consideration to ensure you get the best possible outcome.

First of all, you need to assess if the space is a feasible project for conversion. Is there enough integral support and is it structurally sound? You may also need to check whether you need planning permission for this work to go ahead.

Define what you want to achieve with the conversion. Once you understand your goals, the design process will be much easier to decide. It is essential to establish a workable budget. Try to think through and consider all possible costs, labour, materials, insulation, flooring, etc.

If you are planning to use the loft as an extra storage space (so needed and so often not accounted for in many houses across the country), then you might want to consider sturdy ladders installation to access the loft carrying heavy loads, as well as a thought through and well designed shelving system. It is worth considering insulating your storage space so your things don't get damp damage (it will also contribute to your house' overall energy efficiency, saving you money in the heating expenses).

Unless you are a highly skilled builder, it's best to hire professionals to complete the work to ensure compliance with regulations. You may need loft access specialists, electricians, etc. to complete the project, all of which should be accounted for in your initial budget.

As temperatures climb, insulation is probably the last thing on your mind. However, Ricardo, Owner

of Access4Lofts – Coventry, explains how important it is to ensure your home is well-insulated, whatever the weather. “Not only is it necessary from both an energy-saving and environmental perspective; insulation isn't solely designed to retain heat, it limits the amount of heat that can travel through the roof – helping to keep your home cooler in summer as well.”

A quality loft insulation and adaptation for organised storage needs is a great investment that can add thousands of pounds in value to your home. You'll more than make your money back in what you save on your bills. It is also worth checking with your energy supplier to see if they have any grants available to you.

While Access4Lofts Coventry specialises in supplying and installing loft ladders, hatches and boarding, hatch enlargements and relocations, we also offer loft insulation.

There's no need to worry about how this might affect your loft access either. You will still be able to use your loft for storage once it has been insulated, because our expert techniques can ensure any storage solution is fitted above your loft insulation.

Insulation installation could represent, not just a significant saving on your energy bills, but also a big step in the right direction when it comes to your household's impact on climate change.

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For over twenty years Movember has been an annual event involving the growing of moustaches during the month of November to raise awareness of men's health issues.

From just thirty men growing a moustache during the month of November in 2003 in Australia to over six million around the globe, Movember aims to raise awareness of some key men's health issues, including mental health and suicide prevention, prostate cancer and testicular cancer. In doing so men are living healthier and longer.

From just thirty men When in 2003 in Melbourne, Australia two friends, Travis Garone and Luke Slattery, had an idea of raising awareness of men's health issues. Little did they know that twenty years later Movember would be a global phenomenon. In 2003 they found thirty men to grow a moustache, or Mo in Australian.

Over the twenty years Movember has been going it has had 6,861,045 Mo Bros and Mo Sisters and it has funded more than 1,320 men's health projects.

Movember's three main causes:

Suicide prevention – it is shocking to discover that around the world one man dies from suicide every minute of every day, and here in the UK three out of every four suicides are by men.

Movember is tackling this head on by helping men and boys stay mentally healthy, encouraging them to develop strong social connections, lobbying governments to take action and funding initiatives around the world tailored specifically to help men when they need it.

Prostate cancer – here in the UK one in eight men will be diagnosed with prostate cancer in their

lifetime. Almost one and a half million men around the world are diagnosed with prostate cancer each year. Movember aims to raise awareness by helping men recognise the signs and symptoms of prostate cancer, as well as the risk factors. And they unite researchers and experts across the world to come up with groundbreaking innovations.

Testicular cancer – as with prostate cancer, Movember's focus is on raising awareness and helping men look for signs and symptoms, as well as supporting groundbreaking research. Although testicular cancer is the most common cancer in young UK men and there can be long term treatment side effects the odds of survival are ninety five percent.

Get involved, talk, listen and support

The ethos of Movember is that too many men are dying too young, largely from preventable causes. You can help by talking to someone if you have any health concerns or listen to and support someone who might.

There are lots of ways you can get involved to raise awareness and funds for Movember this year. If you can, why not start by growing a Mo! Please visit www.uk.movember.com for more information.

Help is out there .

If you need to speak with someone immediately you can call 111 or contact the Samaritans on 116 123. And if you're concerned and worried that someone's life might be in immediate danger, call 999.

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Discovering that your online account has been compromised can be deeply distressing, especially when you're unsure about what criminals may do with your data.

In today's digital world, a data breach occurs every 44 seconds, making cybersecurity vigilance more crucial than ever. As technology advances, the frequency of these breaches is expected to increase. It is now essential to stay informed on how to protect yourself and your digital access to various devices and online services.

Your emergency Response Kit for a compromised account:

Change Your Password: Update your password using a combination of 3 to 4 random words followed by a number or a symbol. This ensures a strong and unique password that is hard to guess. Remember length is strength.

Enable Multi-Factor Authentication

(MFA): Activate MFA wherever available, this adds an extra security layer to your accounts and you will be notified immediately if somebody is trying to login.

Monitor Account Activities: Take your time to monitor your account logs for any unauthorized transactions made or some possible changes to your settings and direct debits. Don't forget to report any suspicious activities immediately to limit potential damage.

Scan for Malware: Immediately run a thorough antivirus scan on ALL devices that have been used to assess the compromised account. If you use online banking from your mobile, laptop and

desktop you might need to scan all three devices. Malware could have facilitated the breach and may still compromise your system.

Contact the Service Provider: Get in touch with the customer support or security team managing the platform or service where your account was compromised. They will provide you with more guidance and assist in securing your account and data.

Secure Other Accounts: If you use the same passwords across multiple accounts, change them immediately, time is not on your side. Consider using a password manager to create and store strong, unique passwords for each account and don't forget length is strength.

Stay Informed and Protected: Staying informed about cybersecurity threats and scams is crucial for both individuals and small businesses to prevent future breaches. The recent Santander breach underscores the importance of robust security measures. If you want to stay informed and alert of the latest cyber threats and scams, subscribe to a newsletter on www.simplycybersmart.com crafted by experts using simple, non-technical and clear terminology to empower you with essential insights and strategies and safeguard your digital assets in just 5 minutes a week.

While the experience of a compromised account can be unsettling, taking prompt action and implementing enhanced security measures can help restore assurance and subsequent peace of mind.

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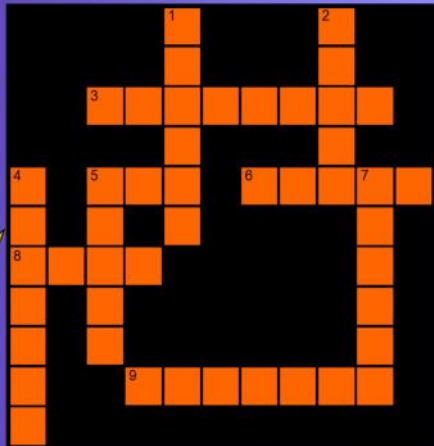
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Kids' Page

Across

Can you solve our picture crossword?

Down



Can you find all 15 differences between the two haunted houses?



A clumsy witch clutching a potion,
Spilled some and caused a commotion.
Her cat turned bright blue,
Her broom split in two,
and she fell splish splash into the ocean



Crossword solution

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Hong Kong Garden *Chinese Takeaway*

6, Oaks Precinct, Caesar Rd CV8 1DP **01926 512 640**

The Gauntlet *Gastro Pub, British*

3, Oaks Precinct, Caesar Rd CV8 1DP **01926 852 110**

The Queen & Castle *Gastro Pub, English*

Castle Green CV8 1ND **01926 852 661**

Harringtons On The Hill *Gastro Pub, European*

42 Castle Hill CV8 1NB **01926 852 074**

Time for Tea *Café*

40 Castle Hill CV8 1NB **01926 957 991**

Clarendon Arms *Gastro Pub*

44 Castle Hill CV8 1NB **01926 852 017**

The Abbey Field *Gastropub*

Clarendon House Hotel, 6 High St, CV8 1LZ

01926 515 450

The Famous Virgins & Castle *British*

7 High Street CV8 1LY **01926 853 737**

Kenilworth Cantonese *Chinese Takeaway*

2 High Street CV8 1LZ **01926 863 390**

The Cross *British*

16 New Street CV8 2EZ **01926 853 840**

School Lane Fish & Chip Shop *Fish & Chips*

101 School Lane CV8 1GT **01926 859 490**

The Royal Oak Pub *British*

36 New Street CV8 2EZ **01926 856906**

Engine *Pub*

8 Mill End CV8 2HP **01926 853341**

The Wyandotte Inn *Pub*

4 Stoneleigh Road CV8 2GD **01926 856167**

The Tiltyard *British*

25 Leyes Lane CV8 2DE **01926 851 523**

Domino's Pizza *Pizza Takeaway*

37 Leyes Lane CV8 1DE **01926 856 888**

The Kenilworth *Cocktail Lounge Bar*

61 Warwick Road CV8 1HN **01926 779 473**

The Clock Tower *Café*

212 Abbey End, Kenilworth CV8 1ED **01926 855 957**

Milk & Mocha *Dessert Parlour*

43 Warwick Road CV8 1HN **01926 511 444**

La Ari Italian *Deli & Café*

4 Warwick Road CV8 1HB **07392 339579**

Ardens *Café*

17 Talisman Square CV8 1JB **02476 422 422**

Amante Del Cibo *Pizza*

72 Whitemoor Road CV8 2BP **07514 133 944**

The Station House *Bar*

48 Station Road CV8 1JD **01926 852 300**

Zizzi *Italian*

29 The Square CV8 1EF **01926 852980**

Charlotte's *French Café*

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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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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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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: CV8 1JL
Venue: Waverley Centre, 65 Waverley, Kenilworth, CV8 1JL

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

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

Kenilworth History and Archaeology Society

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

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

Warwickshire Vision Support Centre

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

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

Rapport Social Group

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

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: riddell@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 choirmaster, 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

The Kenilworth Walking Women

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

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

Kenilworth 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

Halloween Party at Kenilworth Wardens Cricket Club

Date: 26th October / Time: 7pm / Venue: Kenilworth Wardens Cricket Club

Night of dancing, food, scaring and sharing. Live music and disco, hot supper, themed table quiz, fortune teller Dr Andre and temporary tattoos by Miss Scarlet. Prizes and surprises all included in ticket price of £14pp. This event is in support of Mollys Ollys children's charity. Call 07892719538 to book or visit Kenilworth Pet & Garden Supplies to collect in person.

Kenilworth Round Table Fireworks Extravaganza

Date: 2nd November / Time: 5.30-8.30pm / Venue: Kenilworth Castle and Elizabethan Garden

As in previous year's, this event will be ticket only and there will no ticket sales on the gate. Visit www.kenilworthroundtable.com for information and tickets.

Kenilworth Christmas Market

Date: 3rd, 10th November, 1st, 8th of December / Time: 10am - 4pm / Venue: Holiday Inn, Kenilworth
Come and enjoy Kenilworth Christmas market inside the holiday this November & December. Find the perfect gift for someone this Christmas.

Warwick Victorian Evening

Date: 28th November / Time: 3pm - 9pm / Venue: Market Place, Warwick, CV34 4SA

Step back in time and join us for a Victorian market from 3pm in the Market Square with themed rides and fun for all the family. Cost: Free. Lights will be switched on at 7pm.

Kenilworth Old Town (High Street) Christmas Lights Switch On

Date: 29th November / Time: 5pm - 8pm / Venue: High Street, Kenilworth, CV8 1LY

Come and join the celebrations when the lights on High Street Kenilworth will be switched on. The events starts at 5pm and throughout the evening there will be music, food and drink vendors and children's entertainment. The lights will be switched on at 6pm and the event finishes at 8pm.

Kenilworth Warwick Road Christmas Lights Switch On

Date: 1st December / Time: 1pm - 7pm / Venue: Warwick Road, Kenilworth, CV8 1QG

Fun for all the family is available on Warwick Road on Sunday 1 December. The event gets underway at 1pm with a Christmas market for you to browse and buy, and fun fair rides available to keep the kids entertained. At 4pm the entertainment starts with performances on the main stage. The lights will be switched on at 6pm and the event finishes at 7pm.

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: OCTOBER / NOVEMBER

ARIES (MARCH 21 - APRIL 20)

October begins with a powerful energy surge as the new moon arrives in your opposite sign on the 2nd. Vitality will be at its peak, but try to remember to take time out for rest and relaxation. Relationships are also in the limelight as the Sun shines brightly in Libra, take care with any disagreements and try to use your intuition before you act. Resources and finances are in the spotlight during November as the Scorpio Sun and Mars both encourage an all-important review. Scorpio Mars demands action and offers you the courage and determination to make some important changes. The practical Taurus full moon on the 19th suggests refreshing change.

TAURUS (APRIL 21 - MAY 21)

October turns the focus to your health and wellbeing; a nutrition and fitness review may well start now as the Libra Sun and Mercury both demand a better balance in your daily life. Venus, your ruler, is in intensely emotional Scorpio in your relationship sector, suggesting that you dig deep and connect with your most intimate desires and the shadow side of life. The transformational Scorpio Sun and dynamic Mars both shine a strong and guiding light on all your relationships and partnerships during November. This is the perfect time to make some dramatic changes as you communicate your values and your worth to all those in your circle.

GEMINI (MAY 22 - JUNE 21)

Important breakthroughs come to the surface during October as your curiosity and creative spark reaches a highpoint. Mars, active in your financial area gives you the energy and vitality to push ahead in business and work matters. Mercury, your ruler, in balanced Libra until the 14th clears up any misunderstandings and offers some deep and lasting insight. Be open to new possibilities in love and romance. The work and wellbeing angle of your chart is strongly emphasised during November as daily routines, wellbeing and general health become your top priorities. Mercury, your ruler, moves into determined Scorpio on the 6th suggesting that you can now be unwavering in your decisions.

CANCER (JUNE 22 - JULY 22)

Domestic issues are your top priorities during this month as you strive to create peace and harmony within your home and with your family. The radiant Sun and communicative Mercury in Libra are both in ideal positions for any problems to be ironed out. The dynamic Aries full moon on the 17th is highlighting the career sector of your chart, you'll need to stand your ground and be courageous when fighting for what you want. November suggests that love and romance are in the spotlight as the Sun and dynamic Mars fire up this sector of your chart. Whatever happens on the relationship front, it's going to be a fun month and the way forward becomes much clearer around the full moon on the 19th.

LEO (JULY 23 - AUGUST 23)

Your interactions are thoughtful and balanced during October as the Sun and Mercury work together in the sign of the scales. This planetary aspect mainly strengthens your communicating ability, enhancing your talent to see both sides of any discussion. Energetic Mars in Cancer offers intuitive insight, much needed for solving any domestic problems. Your home and family are high on the agenda during November as the Sun and Mars shine brightly in your domestic sector. Abundant Jupiter also lends a helping hand and ensures that things go your way, providing you use your intuition when dealing with any difficult issues.

VIRGO (AUGUST 24 - SEPTEMBER 22)

Mercury, your ruler, is balanced and harmonious in the sign of Libra until the 14th, an excellent placement for solving any misunderstandings or disagreements that may have recently cropped up. Financial issues may also be evident, deep thinking and forward planning is essential, particularly around the time of the Aries full moon on the 17th. November shines the light on all forms of thinking and communication, particularly after the 6th as Mercury in Scorpio gives you the courage to express opinions that you are normally reluctant to voice. Your mind is sharply focussed, particularly around the Taurus full moon on the 19th.

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. November welcomes your ruling planet to the careful and practical sign of Capricorn. The urge for adventure and risk taking must now make way for more serious plans concerning your future. Successful interaction and new projects are the main themes to keep you occupied.

SCORPIO (OCTOBER 24 - NOVEMBER 22)

Venus in your sign until the 18th suggests that you will be open to a totally new way of working. Expansive Jupiter indicates that new opportunities are on the horizon and any new project that you start now should turn out to be highly successful. The full moon in dynamic Aries on the 17th demands that you dig deep for answers to some important questions. November is your birthday month and it offers the start of a new cycle of transformation and personal growth. Dynamic Mars stays in your sign all month, ensuring the perfect opportunity to be more assertive as you step up into a more important role. The full moon in your opposite sign on the 19th suggests a lucky breakthrough.

SAGITTARIUS (NOVEMBER 23 - DECEMBER 21)

During October the balanced Libran Sun and the communication planet Mercury both illuminate the sector of your chart that governs friendships, groups, idealism and your relationship to the collective. The powerful new moon solar eclipse on the 2nd emphasises this high energy time. Innovative new people will appear as humanitarian concerns become your driving force. November starts off super charged as Jupiter positively aligns with Mercury and highlights all forms of communication. Some important work related issues come to the surface and you may need to renegotiate how you are valued. With renewed confidence your long held dreams and aspirations can finally take shape.

CAPRICORN (DECEMBER 22 - JANUARY 20)

This month the radiant Libran Sun and communicative Mercury both illuminate the highest point of your chart, indicating that you are able to find diplomatic solutions to challenging situations, particularly in the workplace. The New moon solar eclipse on the 2nd offers a dramatic turning point and the Aries full moon on the 17th favours intense interactions with others. The Sun and dynamic Mars are both extremely powerful during November stirring up anything to do with friendships and group endeavours. Romance is also favoured as love planet Venus arrives in your sign on the 6th, increasing the chances of a meeting with someone new.

AQUARIUS (JANUARY 21 - FEBRUARY 18)

October is a powerful time for you to press on with innovative plans for the future. The Sun and Mercury in balanced Libra offer you new insight as your focus turns to reassessing your vision and your life goals. The powerful full moon in fiery Aries on the 17th falls in a pivotal position, pushing you to be courageous and facilitate new projects. November could turn out to be quite a testing time on the home front as stern Saturn challenges individualistic Uranus and brings up issues concerning your personal freedom. Take heart, Jupiter is in your sign and can give you the required insight to solve any immediate problems.

PISCES (FEBRUARY 19 - MARCH 20)

This month highlights the need for insight, balance and stability concerning your investments, finances and resources. The Libra Sun and Mercury urge you to take a step back and work out what's best for the future. Love planet Venus in Scorpio until the 18th offers you an excellent opportunity to communicate your innermost needs and wants to those around you. November highlights study and spiritual growth as the intense Scorpio Sun and enthusiastic Mars both urge you to open your mind and explore subjects that you have been thinking about for a long time. Be sure to stay wide awake and attentive to any new opportunities that may suddenly appear.

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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