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Sherri

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Dementia: what to do if you've just been diagnosed

Part two

IF you have just been diagnosed with dementia, you may feel numb, scared, and find it difficult to take everything in.

When ready, create an action plan for the future while you're still able to make clear decisions for yourself. Here we outline more of the issues that you can deal with in the aftermath of a dementia diagnosis.

Claim benefits

Make sure you're claiming all the benefits you're entitled to.

In particular, check whether:

- you're eligible for Personal Independence Payment or Attendance Allowance - find out more on our page about benefits if you're over State Pension age
 - your carer (if you have one) is eligible for Carer's Allowance
- Other benefits you may be eligible for include Income Support, Housing Benefit, Council Tax Reduction and Pension Credit.

Choose someone to have lasting power of attorney

You can make one or more people an "attorney" to manage your affairs, including your money, property, and medical treatment, if it becomes necessary.

You can choose anyone you trust to be your attorney (usually a close friend or family member), but they must be over 18.

Advance care planning

You may want to make plans for your future care, called an "advance statement" and an "advance decision". These let your family and healthcare professionals know your wishes for your care if you become unable to make decisions (lack mental capacity) in the future.

Driving

A diagnosis of dementia does not necessarily mean you have to stop driving immediately, but you're legally required to inform the DVLA and your car insurance company promptly.

Find out more from GOV.UK about how to inform the DVLA.

The DVLA may contact your hospital consultant or GP for more information. It may also arrange to assess your driving or eyesight, to check you can drive safely.

Take care of your health

It's important to look after your physical and mental health when you have dementia.

To stay healthy:

talk to a GP if you feel you have low mood or depression. This is common in dementia, but there are treatments, such as talking therapies, that may help eat a healthy, balanced diet exercise regularly, such as walking every day, gardening, or doing tai chi ask a GP if you would benefit from having a flu vaccine and pneumococcal vaccine have regular dental, eyesight and hearing tests

See a GP if you feel unwell.

Problems, such as urinary tract infections (UTIs), can make you feel more confused or agitated if they're not treated quickly.

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SPRING FASHION



CAN you feel that? It's finally in the air, a kind of palpable Springiness.

This means a whole new season of trends - a lighter, brighter outlook - not so much hot-house as simply hot florals to sporty layers to dresses that are pretty, yes, but still pack a punch.

Supple leather, fashioned into a harness top or panelled trousers (left), is always a key fabrication at **Hermès**. This Spring, seek out a conker shade - warm and easily paired with neutrals.

Pretty dresses (right) are back for Spring at **Dior**, especially embroidered with flowers or trails ribbons.

Athleticism inflected the art of dressing at **Fendi** (above left), where a perforated leather track jacket could be zipped over bare skin for a sporty yet sultry mood.

Chanel's classic tweed jacket was given new relevance by artistic director



TRENDS FOR 2026



Matthieu Blazy (above centre), making a future collector's item out of the cover-up. Paired with pumps - square-toed and block-heeled - it's this season's most covetable way to do suiting.

The black dress expanded its lexicon at **Celine** (above right), with a high neck, distinctive buttons and a cut - severe yet somehow artistic - that made it worthy of renewed interest.

A cinch-waisted dress (right), complete with pleated skirt, became a modern proposition in the hands of **Prada**, who gave it an off-kilter colour - somewhere between chartreuse and lime - for added pep. Tucking a shirt underneath, in a contrasting shade, will have a similar effect this Spring.



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CHOCOLATE & VANILLA CELEBRATION CAKE

Round off the Easter weekend with this stunning showstopper cake. The sponges taste even better after a day or two, so it's a great get-ahead recipe.

INGREDIENTS

- 225ml vegetable oil plus extra for the tins
- 300g plain flour
- 100g cocoa powder
- 2 tsp baking powder
- 1½ tsp bicarbonate of soda
- 400g light brown soft sugar
- 300ml milk
- 2 tsp white wine vinegar
- 100ml strong coffee or espresso, cooled
- 2 tsp vanilla extract or paste
- 3 medium eggs

For the vanilla buttercream

- 400g butter at room temperature
- 800g icing sugar
- 2 tsp vanilla extract or paste
- 4-5 tbsp milk food colouring pastes

METHOD

STEP 1 Heat the oven to 180C/160C fan/gas 4. Oil three 20cm cake tins and line with baking parchment. Weigh out the flour, cocoa powder, baking powder, bicarb and sugar into a large bowl, add a pinch of salt and whisk gently to combine.

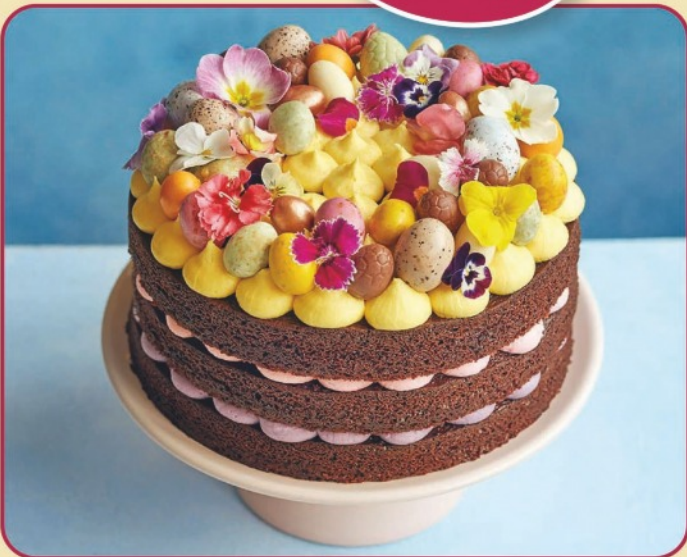
STEP 2 Measure the oil, milk, vinegar, coffee and vanilla into a jug, then add the eggs and whisk to combine. Pour the ingredients into the dry and stir with a whisk until smooth, making sure there are no pockets of flour at the bottom of the bowl. Divide the batter evenly between the tins, then bake on the middle shelf of the oven for 25 mins.

STEP 3 Check the cakes are

To decorate

- edible flowers
- pastel sugared almonds or chocolate eggs

SERVE: 15
PREP: 35 min
COOK: 30 min



cooked by inserting a skewer into the centre of each - if any batter clings to the skewer, return the tins to the oven for another 5 mins, then check again. Leave to cool in the tins for 30 mins, then turn the sponges out onto wire racks to cool completely. If making ahead, wrap the cooled sponges well and store in an airtight container for up to three days, or the freezer for up to two months.

STEP 4 For the buttercream, beat the butter using an electric whisk or in a stand mixer for a few minutes until smooth and creamy. Add half the icing sugar and beat again to combine. Add the remaining icing sugar, the vanilla and 4 tbsp milk then beat again to combine, adding a splash more milk if needed. Divide between three bowls. Add a few

drops of different food colouring paste to each bowl, then mix well.

STEP 5 Spoon the buttercream mixtures into three separate piping bags, pipe a dot of buttercream onto a cake stand or board and place a sponge on top to help keep it in place. Pipe small blobs of purple buttercream all over the top of the sponge by holding the piping bag directly above the cake, about ½cm from the surface, and squeezing the bag while pulling upwards to create a small peak.

STEP 6 Place the second sponge on top, add pink buttercream, add the third sponge, then pipe yellow buttercream over the surface. Decorate with edible flowers, sugared almonds or mini chocolate eggs. Will keep in a tin at room temperature for up to five days.




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How to save money on your weekly shop



Get savvy with storecards and gift cards

How to earn cashback at the supermarket

There are a handful of ways to make money back on your grocery spending:

- Cashback debit or credit card
- Go via a cashback site (online orders only)
- Use a cashback app that links to your bank cards
- Use a discounted gift card.

A cashback debit or credit card is probably the easiest, as you just tap with a card that offers this feature, potentially as much as 1%.

The most lucrative option for the long term, however, is to pay with a gift card that has been discounted or boosted in some way. Sometimes, the apps that offer these will also allow you to connect your bank cards to track spending that earns cashback, such as with Cheddar or Airtime.

Although this type of saving has been around for a good few years, I think most people still only think of gift cards as gifts. But you absolutely can use them for your own shopping.

There's no point doing this if the gift card is full price. In fact, there are a number of downsides, including losing section 75 and chargeback protections. But with up to 5% on supermarket shopping available via this route, you're on to a winner.

Where to get discounted supermarket gift cards

There are more and more services offering this discount, from dedicated apps to banks and work perk sites. The key ones are listed below. If you click on the hyperlinks you'll be taken to our reviews of each one, along with a link to get a welcome offer the first time you buy a gift card.

- Cheddar - £2 welcome
- Jam Doughnut - £4 welcome
- HyperJar
- TopGiftcards - £20 welcome
- Verve
- Complete Savings
- Airtime - £2 welcome (cashback paid to your mobile phone bill)
- Sprive - £5 welcome (cashback paid to your mortgage)

You can also get a boost, rather

than cashback, if you use your TopCashback and Quidco earnings to buy a gift card. This is how you can cash out, rather than paying it directly to your bank.

Which supermarkets can you buy discounted gift cards for?

You sadly won't find Lidl or Aldi, but the other core supermarkets are on all, if not most, of the apps.

- Asda ● Iceland ● Marks & Spencer ● Morrisons ● Sainsbury's ● Tesco ● Waitrose.

Using a discounted gift card

When you have a gift card for a supermarket you can use it like any other payment method, either at a self-service or standard till. Most will also be fine to use online. Buying the gift card from these cashback apps is quick and easy, and often the gift card is sent instantly for you to use. That means you could even be standing at the till and buy one for the exact amount you owe.



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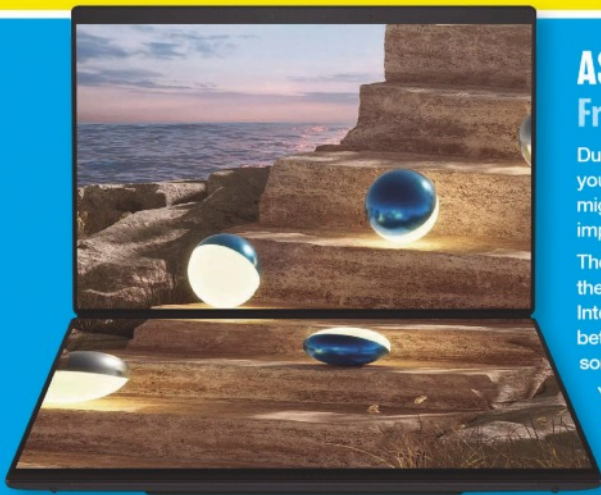
You may remember the PalmPre. Launched in 2009, it had both a touchscreen and a keyboard and was billed as a potential "iPhone killer" (before everybody realised the iPhone was essentially unkillable). Naturally, it failed.

Well, the Clicks Communicator has updated the idea for 2026. You get a full QWERTY and a 4in OLED touchscreen, a 50MP rear camera and a 24MP front one, Qi2 wireless charging and it runs Android 16, meaning you can use the keyboard with all your usual messaging apps and get stuff done rather than doomscrolling your life away...

FENDER ELIE 12 £320

ELIE stands for Extremely Loud Infinitely Expressive, and this 120W Fender amp certainly delivers on the first part, especially considering it's got a pair of full-range drivers, two tweeters and two built-in subwoofers to deliver it.

It also has Bluetooth 5.3 (but no Wi-Fi, unfortunately) and at just under 5kg it's more portable than most guitar amps, and with a built-in handle it will be easy enough to lug out into the garden without the help of a roadie.



ASUS ZENBOOK DUO (2026) From £2,300

Dual-screen laptops aren't for everybody, but if you're on board with the idea, the new Zenbook Duo might be the one to beat. It takes the old version and improves it in almost every way.

The 14in 3K OLED screens are closer together to make them look more like one, power comes from Intel's new Core Ultra Series 3 processors and it's better at keeping things cool when you give the CPU something to really test it.

You can choose up to 32GB of RAM and 2TB of storage, plus there's a 99Wh battery, so despite having to power two displays it should easily last a whole day.



THIS MONTH...

...in 1989: The Hillsborough disaster

On April 15 1989, football fans gathered at Sheffield Wednesday's Hillsborough ground amid a "carnival atmosphere". The mood was described as "boisterous" but jovial.

As kick-off approached, a large crowd built up outside the Leppings Lane turnstiles. Following an urgent request to relieve the pressure, match commander Ch. Supt. David Duckenfield gave the order to open an exit gate.

Two thousand Liverpool fans entered via a tunnel on to already-packed terraces. A severe crush developed in the central pens and people are pulled out in a "human cascade". Ninety-six men, women and children lost their lives with hundreds more injured. The oldest victim was

67, the youngest just 10 years old.

In January 1990, a judicial inquiry was held into the tragedy. Lord Justice Taylor's report concluded the failure to close off the tunnel was "a blunder of the first magnitude" and match commander David Duckenfield "failed to take effective control".

In November 2019, after a six-week trial at Preston Crown Court, David Duckenfield was controversially found not guilty of the gross negligence manslaughter of 95 Liverpool fans.

In July 2021 Andrew Devine, who suffered life-changing injuries in the crush, became Hillsborough's 97th victim, passing away at the age of 55. A coroner ruled later that month that he had been unlawfully killed.

...in 1755: Samuel Johnson publishes first dictionary

A Dictionary of the English Language, sometimes published as Johnson's Dictionary, was published on April 15 1755 and written by Samuel Johnson. It is among the most influential dictionaries in the history of the English language. There was dissatisfaction with the dictionaries of the period, so in June 1746 a group of London booksellers contracted Johnson to write a dictionary for the sum of 1,500 guineas (£1,575), equivalent to about £310,000 in 2023. Johnson took seven years to complete the work, although he had claimed he



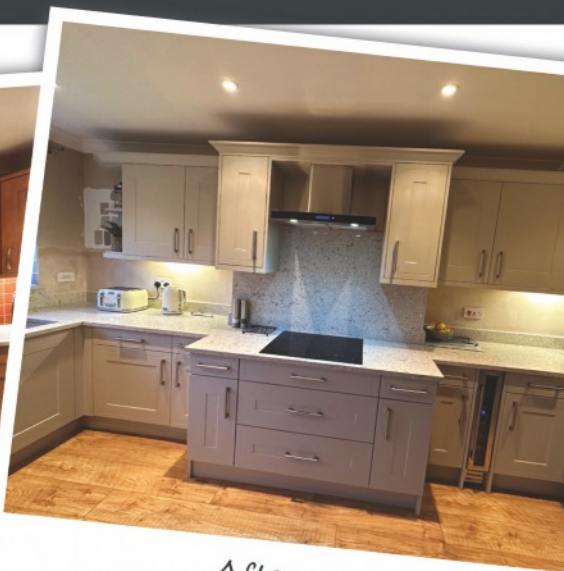
could finish it in three. He did so single-handedly, with only clerical assistance to copy the illustrative quotations that he had marked in books. Johnson produced several revised editions during his life. Until the completion of the Oxford English Dictionary 173 years later, Johnson's was viewed as the pre-eminent English dictionary. According to Walter Jackson Bate, the Dictionary "easily ranks as one of the greatest single achievements of scholarship, and probably the greatest ever performed by one individual..."

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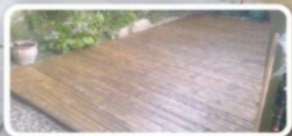
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TV Soaps Quiz

How good is your UK soaps knowledge? Now's the time to find out...

1: Which Coronation Street character started off as a student with high hopes, but never left his home town. He had a string of jobs and almost as long a string of ex-lovers and wives?

2: In 1993 what tragedy did Emmerdale use to attract viewers?

3: In Eastenders, who shot Phil Mitchell?

4: Originally a villain, which Emmerdale character softened his ways over the years. He also had an eye for the ladies, and dodgy antiques deals?

5: In Brookside, what was the name of Mandy Jordache's daughter who helped Mandy murder Trevor Jordache?

6: Unlucky in love may well have been a phrase coined for this Coronation Street



character. She had the misfortune to be widowed four times and really had to learn to stay away from water?

7: In the long running series "The Bill", what personal tragedy hit Chief Superintendent Adam Okaro?

8: in Hollyoaks, who was the Scouse businessman who turned his hand to many ventures. He first appeared as a teenager and chalked up a succession of marriages and affairs.

9: In Crossroads, which character ended up confined to a wheelchair following a car accident?

10: When he first appeared in Eastenders he was just an argumentative teenager, but which character managed to cook up five marriages to four women in 32 years?

11: Brookside was Channel 4's flagship soap and ran for nearly 20 years. In which city was Brookside set?

12: In Coronation Street, what is the name of Gail's third husband, who killed his ex wife Patricia, and buried her body under concrete?



**ANSWERS
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Conservatory blind ideas Part One

BACK in the 1980s, conservatories experienced wide popularity, meaning many homes throughout the UK still have the bright, open extension.

While some find the room unattractive, when decorated right and given the attention they deserve, conservatories have the potential to become a loved and cherished room. That's why you should think carefully about your conservatory interior ideas and choices and decorate it with consideration just like you would any other room in your home - and that includes your blinds.

Classic Roman blinds

Roman blinds are not only an excellent bedroom and living room blind idea, they also work really well dressing your conservatory windows. Roman blinds are a popular way to dress conservatory windows. Their soft textures, easy application and neat appearance makes for a window furnishing that is both smart and stylish. Roman blinds can be effectively lowered to the right position, allowing you to let daylight in without being disturbed or overlooked. They are also available with a thermal blackout lining upgrade, so you can further boost the functionality of your window dressing depending on the season.

Roller blinds

We love roller blinds for our kitchen windows just as much as we love them dressing our conservatory as this is another classic blind style that looks stylish in this space. And they're easy to use and affordable on top of that, which comes in handy if you're working with a tighter budget. Roller blinds offer a sleek, budget-friendly solution for conservatories, providing effective light control and privacy, all while blending seamlessly with modern or traditional decor styles. They are a celebrated classic that can be enjoyed throughout the home including conservatories.

Consider thermal blinds

Thermal blinds bring an extra layer of protection and temperature regulation as they will keep your conservatory cooler in the summer and warmer in the winter. Any blinds with thermal or light reflective properties will be most suitable, but you might also want to consider light filtration too. Some window dressings can become more expensive when you add blackout and thermal options, but most of our conservatory blinds already come with these properties included. So you're saving whilst also furnishing your conservatory with the very best.

Opt for light colours

When choosing your conservatory blind colours, it's best to stick to light colours due to the room's high exposure to the sun. Darker blinds would not only fade over time, but they would attract and trap the heat from the sun, making your conservatory even hotter.





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TV Soaps Quiz

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| 2. A plane crashed into the village, leaving most of it in ruins and four villagers dead. | 7. The death of his wife and children |
| 3. Lisa Shaw | 8. Tony Hutchinson |
| 4. Eric Pollard | 9. Sandy Richardson |
| 5. Beth | 10. Ian Beale |
| 6. Gail Rodwell (néé) | 11. Liverpool |
| | 12. Richard Hillman |

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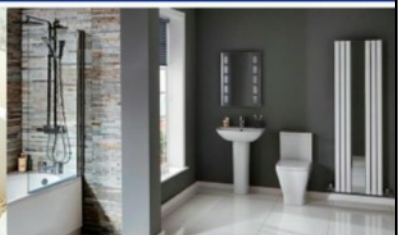
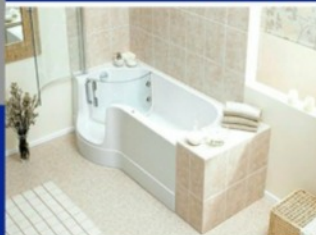
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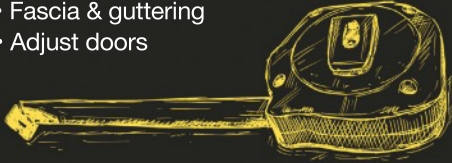
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MICHAEL ● In cinemas: April 24, 2026 ● Director: Antoine Fuqua

● Starring: Jafaar Jackson, Juliano Valdi, Colman Domingo. ● The story of “King of Pop” Michael Jackson. From his childhood of being the star of the Jackson 5, through times of abuse by his father Joe Jackson, to his hit Thriller, the purchase of Neverland Valley, to his tragic and unsuspected death on June 25, 2009.

LEE CRONIN'S THE MUMMY

● In cinemas: April 17, 2026
● Director: Lee Cronin
● Starring: Jack Raynor, Laia Costa, Natalie Grace.

● The young daughter of a journalist disappears into the desert without a trace. Eight years later, the broken family is shocked when she is returned to them, as what should be a joyful reunion turns into a living nightmare.



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● In cinemas: April 1, 2026
● Directors: Aaron Horvath, Michael Jelenic
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● Mario ventures into space, exploring cosmic worlds and tackling galactic challenges far from the familiar Mushroom Kingdom.

MINI COOPER 2026

THE new petrol-powered Mini Cooper hatchback is a bit like keeping your vinyl collection and a record player in the age of Spotify.

Sure, technological advancement towards electric cars is great and all, but sometimes you just want something simple and fun. It's still very good, too.



The Mini hatch is a premium small car - making it a posher and slightly pricier alternative to cars such as the Audi A1 or Peugeot 208. Being such a fashion-led model means it's also in contention with cars such as the Fiat 500 or Mazda MX-5.

Performance and drive comfort

In town: The Mini's tiny dimensions make it a dead cert for around-town manoeuvrability. It's light and darty, with good visibility out the front and a tight turning circle. All models have an automatic gearbox, too, so there's no clutch pedal to worry about in heavy traffic - and though it can be a little dimwitted if you ask for a quick burst of acceleration, say

at a roundabout, it's mostly fairly well-behaved. With firm suspension you do feel the bumps around town, but it's not uncomfortable thanks to excellent and supportive seats. With loads of low-down power from both engines, it's quite good fun to nip into small gaps in traffic and to zip about roundabouts.

On the motorway:

The suspension doesn't settle down too much at speed, and so you do feel the bumps, expansion joints and poor surfaces - but again, thanks to the excellent seats, this isn't too much of a hardship. What's nicer is that while the Mini is a small car, both engines are relatively powerful, so unlike some alternatives you don't feel like getting up to speed on a sliproad or overtaking is a challenge. It's not too noisy, either, and the

driver aids work quite well - the adaptive cruise control isn't too hyperactive and the lane-keeping keeps you in place without too much tugging at the wheel.

Space and practicality

Life in the Mini Cooper is alright if you're sat in one of the front seats. You get plenty of room, and loads of adjustment for drivers of all sizes in both the seat and the steering wheel. There's also a reasonable amount of storage. The door bins will fit a good-sized drink bottle, there's a pair of cupholders in the middle and a clever upright wireless charging pad





out exactly where everything is. The climate

controls are relegated

to the lower edges - they're a bit fiddly to press on the move. At the top you'll find your speed and other driver information, though if you don't like turning your head to look then a head-up display is a pretty reasonably-priced optional extra.

which keeps your phone within easy reach but covers the screen - so you can't get too distracted. There's also a covered box in the centre console, which looks a little like a jewellery case - it's not removable, despite appearances, but provides a good spot for things like keys.

Interior style, infotainment and accessories

The interior is the Mini's standout feature. It's dominated by a huge, totally circular touchscreen display - the first of its kind in a car - which controls almost everything, as well as displaying your driver information at the top.

Physical controls are limited to the steering wheel and column stalks as well as a small lozenge-shaped panel below the screen which contains a retro twist-to-start switch, a drive mode selector, gear selector and volume dial.

That touchscreen is pretty easy to use given its unconventional shape. The menus largely make sense though there are a lot of functions, so it might take you a little while to work

MPG, emissions and tax

CO2 emissions, meanwhile, are 133g/km for the Cooper C and 140g/km for the Cooper S, meaning neither makes a particularly good company car - you'd want a hybrid Toyota Yaris for that, or better still an electric car.

The Cooper attracts a reasonable

first-year tax bill, and unless you go absolutely crazy with the options list you probably won't push the list price above the £40,000 threshold for the higher rate of road tax.

Safety and security

Not many Minis go through crash testing - the last to do so was the Countryman back in 2017. The Cooper hatch was last tested in 2014, and that's the model that this new car is heavily based on - it scored four stars then.

All cars get the usual suite of safety aids including speed limit assist, lane-keeping assist, autonomous emergency braking and the like. A reversing camera is standard, and you can add a useful head-up display that lets you keep your eyes on the road more of the time as a not-very-expensive option.





How to create a calming garden

CALMING garden schemes are on track to be a huge trend in 2026. But if you're not sure where to start, garden experts have revealed how to use the **QUIET** method to achieve a beautifully serene outdoor space at minimal cost.

It's fair to say that most of us will lead busy, noisy lives, which is why it can be so beneficial for your garden to be a peaceful sanctuary where you can retreat after a long day.

What is the QUIET method?

The QUIET method is an acronym for five components that make up the foundations of a calm garden:

- Quiet corners
- Understated scents
- Indirect lighting
- Essential planting
- Touchpoints

Multiple studies have shown that natural environments like gardens and green spaces can reduce stress and anxiety by influencing cortisol levels, and improve mood and emotional wellbeing.

You don't need to spend a lot of money on redesigning a whole garden, or be able to constantly maintain the space and look after the plants. You can make it as low or high-maintenance as you like.

Quiet corners

Quiet corners lend themselves to your garden seating ideas and patio ideas,

whereby you can design and position the space to become an area you can relax in. It's a spot tucked away from the rest of the garden, where you get some peace and quiet.

A space like this doesn't have to be large, just a simple spot that is away from the main area of the garden, to feel a little more tucked away.



Understated scents

Strong perfume can feel overwhelming, so go for plants that release a gentle fragrance when you brush past them or when the air warms up slightly, things like lavender, thyme or sweet woodruff. They naturally encourage you to slow down and engage with the garden.

Indirect lighting

Your garden lighting ideas are equally

as important as your seating when it comes to creating a calming garden environment. You want to create a relaxing ambience, so avoid anything gaudy or harsh.

Gentle lighting in the evening encourages the body to wind down, so you feel that the space isn't for activity, but for rest. From low lamps that highlight paths, to fairy lights around a summerhouse, indirect lighting makes the garden feel more inviting than bright lights that are fully illuminating.

Essential planting

This means opting for calming plants when deciding what will be going in your beds, borders and containers. When we think about essential planting, we always come back to keeping things simple. Too much variety creates visual noise. We'd rather see a handful of well-chosen plants repeated through the garden, which creates rhythm and softness. Evergreens mixed with a few light, airy perennials like verbena or gaura give movement without clutter.

Touchpoints

Calming gardens need pieces that feel good to interact with, natural materials like timber and rattan, and soft cushions. Even the height and depth of a chair affect how relaxed you feel. Choose furniture you genuinely want to sink into, because if the seating isn't comfortable, the garden won't feel calm.

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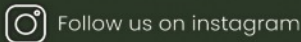
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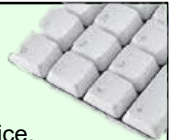
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Your horoscopes



Aries (March 21 - April 19)

With the arrival of spring, you will feel a high dose of motivation to exercise, and thanks to your strong will, which you will definitely not lack during this period, you will feel great changes in a moment. Organising and efficiency will become your strong point, especially at work.



Taurus (April 20 - May 20)

You will be more spontaneous, so do not be afraid to take full advantage of every opportunity, but a certain amount of prudence would be appropriate. You will also be full of physical strength, which you will put to good use in sports activities. But be careful not to overdo it.



Gemini (May 21 - June 20)

Gemini's moods will change like the weather, and the need to always have the last word will strengthen. However, this approach can drive away your friends, and they will want to keep their distance from you. So you don't unnecessarily argue with someone you really care about.



Cancer (June 21 - July 22)

You can expect an uncontrolled outburst of emotions that can cause significant problems in both personal and professional life. Your behaviour will be mostly impulsive, so during this period, try to focus on inner peace and try to think things through before you say something.



Leo (July 23 - August 22)

Whether it's a change in your behaviour, in the lifestyle, at work, or a change in your visage, you'll enjoy life to the fullest. However, it will also bring some negatives. You will want to get rid of your current obligations and enjoy your freedom. You might regret such changes later.



Virgo (August 23 - September 22)

During this period, you will start to cling to many things and want everything right away, which will keep you in constant tension. At the same time, you will be prone to making up scenarios, which can often lead to disappointment. Try to just enjoy the present moment.



Libra (September 23 - October 22)

Libras will be on the top of the world during this period. Everything will work in harmony at home and work, and it will be a great time to go on a short holiday. Try to come up with a family trip for a few days. In particular, your parents would appreciate it as you haven't spent much time with them lately.



Scorpio (October 23 - November 21)

Your moods will be changing, and even minor things might throw you off balance. Therefore, it is advisable that you learn how to work with your emotions because otherwise, your changing moods could discourage your friends and family from spending time with you.



Sagittarius (November 22 - December 21)

This will be an excellent time for going back to family values. Try to spend as much time as possible with your children, but don't forget your partner either. You can also try inviting your parent or a sibling on a trip just for you two since it's been a while since you've had time for each other.



Capricorn (December 22 - January 19)

You will be able to put a maximum of your energy to work, spending days and nights there. At the start it will look like your body is dealing with it well, but the tiredness will hit you later, and you might experience migraines and back pain, so do not work too much and give yourself enough rest.



Aquarius (January 20 - February 18)

Aquarians will not stop at all in April because they will become go-getters, and they will be very determined and even harsh when following their goals. You will be doing better than your boss would expect, and he/she will be amazed by your achievements.



Pisces (February 19 - March 20)

Pisces will seem like different people due to the influence of Mercury. On the one hand, your speaking skills will improve unbelievably, which can benefit you in many ways, but it will also bring along the temptation to manipulate others.

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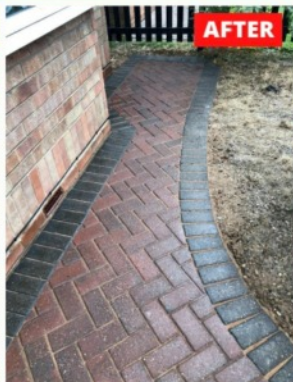
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