

HOROSCOPES WITH OUR GIRL CASSANDRA NYE



ARIES (March 21 - April 20)

Long overdue rewards come your way this week, Aries. A sudden burst of optimism means that any worries seem to fade as good things happen to you. At work, choose your words with care when dealing with a prickly individual.



TAURUS (April 21 - May 21)

Exciting things happen when you least expect it. Well, you won't know for sure, but be aware that you should look and feel your best. Someone you considered lost to you appears again and there could be some celebrations.



GEMINI (May 22 - June 21)

Gently you will find that plans and projects that have had to be consigned to the back-burner are now active. You don't have to rush around, just pace yourself and keep ahead of your own dreams. Talents are meant to be on show.



CANCER (June 22 - July 23)

Tensions of late start to fade as more control comes back into your life. Those who seem to be having a negative effect on you need to be avoided. There are lots of positive people out there, you just need to get out and find them!



LEO (July 24 - August 23)

With Mercury the messenger direct again, communications of all kinds seem easier. Someone you may have fallen out with recently finds that bad communications were to blame. Expect an apology but don't make it hard for them.



VIRGO (August 24 - Sept 23)

With a strong emphasis on cash flow, it's a good idea to work out an advance budget. Get the family involved and see just how much you can make and NOT spend together. This can best be done by doing something physical.



LIBRA (Sept 24 - October 23)

Taken a few steps backwards in your romantic life recently? Don't worry, forgiveness is around the corner. Ambitions may be on a go-slow but that does not stop you from planning ahead and getting contacts and cash in order.



SCORPIO (Oct 24 - November 22)

Take the time to talk about your plans and hopes, even though you feel that others should already know what they are. Perhaps others are afraid that you will change, when you won't. Some reassurance may be in order.



SAGITTARIUS (Nov 23 - Dec 21)

It is as though a veil has been lifted from your eyes, Sagittarius, as the week unfolds. Something that you thought was inevitable turns out to be far from it. There are changes you can make that have beneficial and far-reaching effects.



CAPRICORN (Dec 22 - Jan 20)

Having been an inspiration to others, these same people may seek your help. That is encouraging and satisfying for you, even if it means taking up some of your time. Even so, take care when making far-reaching financial commitments.



AQUARIUS (Jan 21 - Feb 19)

The track of Neptune keeps things moving, although finances need careful containment. A happy disposition gets you through personal hiccups but maybe some serious thought should be given to a suggested business plan.



PISCES (February 20 - March 20)

Putting aside cares and concerns as the week progresses leaves your mind free to fire up your imagination. This is important when you are looking to further a dream. You of all people realise that patience is needed but progress is essential.

DUTCH COURAGE HOW MUM FROM HOLLAND'S Alexandra's

STEPHANIE BELL

BABY GIRL'S TRAUMA WAS INSPIRATION TO

A DUTCH mum-of-five who made her home in Northern Ireland five years ago has launched the province's first charity for families of children with Congenital Heart Defects (CHD).

As well as offering welcome support, CHD-NI is dedicated to raising awareness and much-needed funding for research for what is the most common cause of death among babies under one-year-old.

Alexandra Mouhsine, 38, who lives in Lurgan, knows all too well the shock and fear of having a baby born with a congenital heart defect.

Alexandra's second youngest child Dounya, now aged two, was born with a condition known as atrioventricular septal defect (AVSD) which means she had two holes in her heart and only one heart valve instead of two.

Her diagnosis within 24 hours of

her birth was the start of a frightening journey into the unknown for Alexandra and her family.

She said: "Dounya had tests done by specialists from the Royal Victoria Hospital Clarke Clinic within hours of being born.

"We were

given her diagnosis and told she would need open heart surgery when she was eight-months-old.

"I was in total shock. You've just had your baby and you are

supposed to be happy and instead I was worried sick, not knowing what to expect.

"It all sounded so scary and I have to admit I broke down in tears."

Alexandra was told that although her baby needed major surgery her AVSD seemed to be straightforward and therefore possible to fix.

"The first days after I heard the news I felt a bit lost and found myself searching the Internet about Dounya's condition.

"After I had read all those stories and facts it felt like it had nothing to do with Dounya because at that moment she was still doing very well."



DRIVING FORCE: Alexandra Mouhsine, chair & founder of CHD-NI, with her children (l-r) Amani (11mths), Dounya (two), Sanae (five) and Soufian (six)