

Horoscopes

with **Cassandra Nye**



ARIES (March 21-April 20)
With family matters reaching a peak, lots of energy is needed to keep up. Of course, it is not possible to please everyone, but socially it is a pretty smooth ride. News from younger relatives may be unexpected but welcome. Keep a sharp eye on finances, especially as there are so many bargains around.

TAURUS (April 21-May 21)
Socially it is a bright and promising time, with many plans running around in your head. Any awkward customers can be charmed by a bright smile and a sincere approach. Although it is not a good week for important decisions, it does give you a chance to look into any propositions. A romantic link could be broken.

GEMINI (May 22-June 21)
Being your charming self will see you well through this week. It is not a time to push others to agree with your needs. Making them think that an idea was theirs could be the best way forward. Some low-energy days should not stop holiday or work plans in their tracks. Bargains are there, you just need to find them.

CANCER (June 22-July 22)
In a week of quiet but ongoing progress, there is satisfaction. Maybe something that you have tried to achieve over months suddenly slips into place. Your efforts here were never wasted, but sometimes there is just a perfect time for everything. Some low-energy days could serve to remind you to keep a good diet.

LEO (July 23-August 23)
This seems the perfect time to get your social life in gear. As you tend to be the life and soul of the party, others are probably waiting for those invitations. This weekend sees some special moments as romance flares. You need to be out and about to make the most of this time.

VIRGO (August 24-September 23)
A sudden emphasis on work could mean some exciting changes are about to come. Be aware that every change can be the start of an opportunity. Showing an interest in what is happening around you can make a big difference to your bank balance. Instead of thinking what is best for others, consider what is best for you.

LIBRA (September 24-October 23)
High energy and a fresh outlook see you shooting ahead this week. Something that you have wanted to do for a long time now seems right. A certain feeling of freedom runs through the whole month and affects your mood. What happens when you have high energy and optimism? Keep those ideas flowing.

SCORPIO (October 24-November 22)
Although social life may be in full flow, a sudden offer or opportunity may arise from work. Business can be good and even those in part-time work could receive a boost. Keep an enthusiastic and interested attitude to keep the spotlight on ambitions. Leaving your comfort zone boosts confidence.

SAGITTARIUS (November 23-December 21)
Sometimes it is hard for you to admit that you have talents. It is not a bad thing to show what you are capable of — and 'success' is not a rude word. Being far too modest sees you coasting along. Get that engine started to make real progress. Success could add to both your social and love life.

CAPRICORN (December 22-January 20)
In a highly rated family time, opportunities need to be taken. Something that can boost your finances and your confidence needs to be jumped at. How many of your talents are unused at the moment? This is a time to live life to the full and take loved ones on that journey with you.

AQUARIUS (January 21-February 19)
Take your pleasures as they come this week. In a great social atmosphere, it is easy to make new friends and contacts. One of those brings a chance to boost your finances in the future. Keep those ears and eyes open for what is on offer. A heavy workload is helped by getting others to pull their weight.

PISCES (February 20-March 20)
In a week when you really feel the affection all around you, smiling is essential. You have a way of being somewhat deadpan at times and others find you very hard to read. Communication is the key to contentment at the moment and working with others is crucial. Many doors will open for you if you try to help others help you.

By **Jade Beecroft**

FLICKING through the final proof of her children's book, Sarah and her husband Danny could barely contain their emotions.

Colourful drawings of a woman in a wheelchair dancing with her two children, breastfeeding her baby and pulling her son onto her lap for cuddles, popped from the pages.

"It's our family," Sarah smiles. "I was welling up when I saw the finished product for the first time. Even details like my floral patterned Doc Martens and rainbow baby sling are in there."

"Our kids Dexter (2) and Daisy (11 months) are in there. It was absolutely perfect."

Sarah wrote the book *My Mum is a Superhero* because she wanted to show the normality of families with disabilities.

"I think all mums and dads are superheroes, but for me, my disability is my superpower," she explains. "That's what the front cover image is all about. It shows a little boy, modelled on Dexter, but in the background there's a wheelchair being beamed into the sky, like the bat symbol over Gotham."

Sarah (37) says it took her just a day to write the rhyming words of the story, and she then worked with illustrator Joseph Hopkins to turn it into a book.

My Mum is a Superhero was self-published through Amazon in May, and the Enniskillen mum says she's already had a positive response.

"I've had loads of messages from families with disabilities, saying they love it," she says. "I wanted the fact that the mum is in a wheelchair to be part of the story — but I also wanted to show how normal family life is."

"So she's sat in her wheelchair breastfeeding, there's bedtime stories, a trip to the supermarket; just ordinary everyday stuff. Our wheelchair-adapted car even makes an appearance."

Music producer Danny (34) agrees that families with disabled parents are under-represented.

"Sarah didn't have a voice," he says. "Nobody was speaking for her, so she had to get out there and do it herself. I'm so proud of her."

Sarah, who works as a BT complaints handler, was born with cerebral palsy, a lifelong condition that affects movement and coordination. It's commonly caused by complications at birth that mean the brain is starved of oxygen.

She credits her mum and supportive nanny Alice with teaching her that "the sky's the limit" regardless of her disability. It's advice that Sarah has taken quite literally over the years — even doing a sponsored skydive for Sport Relief.

She and Danny met over a decade ago, while she was sat in her wheelchair in the middle of the dancefloor in a Cardiff nightclub. After a long distance start to the relationship, Danny moved to Co Fermanagh to be with her.

The couple married on May 4, 2013, with Sarah determinedly walking down the aisle with a walking stick wrapped in the same material as her dress, on nanny Alice's arm.

"I told Danny not to turn around and look at me, because if I got emotional I'd lose my balance," she laughs. "Everyone in the congregation looked so surprised; most of them had never seen me out of my wheelchair."

It took three years of trying before Sarah fell pregnant with Dexter.

"Doctors had warned us I was unlikely to get pregnant, but I'd spent my life defying doctors, so why stop?" she explains.

"Pregnancy was tough on my body; I suffered terrible morning sickness and the pressure on my spine meant constant backache. But I was still ecstatic."

But as Sarah's bump grew, the reactions to her pregnancy were mixed. That's when she first realised

“The mum in a wheelchair is important to show life’s still normal... that she can still go shopping and read bedtime stories at night”

Fermanagh mum with cerebral palsy on the

that she was considered to be doing something out of the ordinary, and the seed for her blog was planted. "People stared at us when we went out," she remembers. "I knew what they were thinking... 'That disabled lady can't be pregnant — she must just be really fat.'"

"In the end I bought a T-shirt to clear things up, with 'HANDS OFF THE BUMP' written across the front."

Dexter was born by planned C-section on July 25, 2016, and his little sister Daisy followed two years later, on July 11, 2018.

But when Sarah went out in public as a new mum with Dexter in a sling across her chest, the stares from strangers were even worse.

"People were looking at me like I'd kidnapped him," she says.

That's when she set up her blog, The Wheelie Momma Diaries — in a bid to change public perceptions of parents with disabilities.

Support came flooding in, so after her second pregnancy with Daisy, she decided to take things a step further and began offering empowerment coaching; both one-to-one and for small groups.

She also began public speaking at conferences and other events.

"I believe that people already have everything they need inside themselves," she explains. "You just have to work on bringing it out. After all, if you don't back yourself, then nobody else will."

"In my coaching and public speaking, I share the tools that have helped me, such as practising gratitude, mindfulness, connecting with

your inner child, and working out your skills and talents — the way you see the world that nobody else does. It's about tapping into your own unique brilliance."

"Your thoughts really do create your reality. Taking responsibility for everything is so empowering. I believe that everything I am is my own creation — through my thoughts, words and actions."

"I also believe that personal limitations are not actually limitations at all, they are potential. No matter what hand you've been dealt in life; it's all for a purpose and you get to choose how you experience it."

"Sometimes your most dark horrible situations are your biggest chances to shine."

Sarah is now planning her second children's book, which she says will



INSPIRATIONAL: Sarah Griffiths with her son Dexter looking at her super shoes; and (below) together with the rest of the family, husband Danny and daughter Daisy

themes behind her illustrated kids' book

be about superhero dads. "Danny is the lynchpin of our family, we couldn't function without him," she says. "In fact, I often joke that if he could lactate, I'd be surplus to requirements."

"My disability has been a gift for him too; because we rely on him so much, he's got such an incredible bond with his children as a result."

"We're a team and it's sometimes like a production line — I concentrate on breastfeeding while he deals with the dirty nappies. Danny is a phenomenal dad, and I want my next book to celebrate other superdads just like him."

■ **To find out more about Sarah's book, coaching and blog, visit www.wheeliemomma.com. You can also buy the book on Amazon, priced £9.99.**



JULY COUNTRY WEEKEND

Friday 12th – Sunday 14th
July 2019

FRIDAY 12th:
Patrick Feeney
9.30pm – 11.30pm
Michael English
11.30pm – 1.30am
Late Friday: Trevor Loughrey from 1.30am

SATURDAY 13th:
Afternoon: Conor O'Donnell
2.30pm – 4.30pm
Declan Nerney
9.30pm – 11.30pm
Gerry Guthrie
11.30pm – 1.30am
Late Saturday: John Molloy from 1.30am

SUNDAY 14th:
Ciaran Rosney
3pm – 5pm
Robert Mizzell
11.00pm – 1.00am

PACKAGE:
2 nights B&B, Dinner on Saturday night and admission to all dances for **€229pps**.
Stay Sunday night for an extra €60pps to include Robert Mizzell.
Single Room Supplement €20 per night.

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